

I ♥
SPORT



Find all eight
differences
in the pictures



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Find all eight differences in the pictures





Question: Which 10 sports below use a ball?

- A** aerobics *n.*
archery *n.*
athlete *n.*
- B** badminton *n.*
baseball *n.*
basketball *n.*
bowling *n.*
boxing *n.*
bronze medal *n.*
bungee jumping *n.*
- C** coach *n., v.*
cycling *n.*
- F** field *n.*
figure-skating *n.*
finish line *n.*



G

- first place *adj., n.*
football *n.*
goal *n.*
gold medal *n.*
golf *n., v.*
gym *n.*
gymnastics *n.*

H

- hang-gliding *n.*
hiking *n.*
hockey *n.*

J

- jogging *n.*

K

- karate *n.*

M

- marathon *n.*
medal *n.*

O

- Olympics *n.*

P

- ping-pong *n.*
push-ups *n.*

R

- race *n., v.*
referee *n., v.*
rollerblading *n.*
running *n.*

S

- score *n., v.*
scuba-diving *n.*
second place *adj., n.*

- silver medal *n.*
sit-ups *n.*
skating *n.*
skiing *n.*
skydiving *n.*
snowboarding *n.*



- soccer *n.*
squash *n.*
stadium *n.*
starting line *n.*
surfing *n.*
swimming *n.*
swimming pool *n.*

T

- team *n.*
teammate *n.*
team sport *n.*
tennis *n.*
third place *adj., n.*
track *n.*
trophy *n.*

V

- volleyball *n.*

W

- weights *n.*

- wrestling *n.*

Y

- yoga *n.*



Question: Which 10 sports below use a ball?

baseball; basketball; bowling; football;
golf; ping-pong; soccer; squash; tennis;
volley ball



- A** aerobics *n.*
archery *n.*
athlete *n.*
- B** badminton *n.*
baseball *n.*
basketball *n.*
bowling *n.*
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- yoga *n.*



All of the words must begin with the letter of the alphabet given. Some letters may have many different answers, while others may not have an answer.

A	<u>athlete</u>	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____



1. Which of the following nouns best describes the word *'athlete'*?

- a) action
- b) person
- c) place
- d) thing

2. Which of the following things is smallest?

- a) a bowling ball
- b) a golf ball
- c) a soccer ball
- d) a tennis ball

3. Which of the following sports do people usually play on a *'field'*?

- a) badminton
- b) basketball
- c) ping-pong
- d) soccer

4. Which of the following nouns best describes the word *'gym'*?

- a) action
- b) person
- c) place
- d) game

5. Which of the following creatures might enjoy *'hang-gliding'*?

- a) a bird
- b) a fish
- c) an elephant
- d) a horse

6. Which of the following verbs best describes a *'marathon'*?

- a) jump
- b) hit
- c) run
- d) swim

7. Which of the following best describes the word *'score'*?

- a) starting line
- b) person
- c) place
- d) number

8. Which of the following best describes a *'silver medal'*?

- a) first place
- b) second place
- c) third place
- d) all of the above



9. Which of the following things do you need to go '*skating*'?

- a) ice
- b) a ball
- c) snow
- d) water

10. Which of the following exercises or sports does NOT need water?

- a) scuba diving
- b) skydiving
- c) surfing
- d) swimming

11. Which of the following is NOT a '*team sport*'?

- a) baseball
- b) football
- c) hockey
- d) squash

12. Which of the following words does NOT describe a kind of person?

- a) coach
- b) referee
- c) teammate
- d) trophy

13. Which of the following activities do people usually do on a '*track*'?

- a) run fast
- b) watch baseball
- c) play a team sport
- d) kick a ball

14. Which of the following words best describes '*yoga*'?

- a) exercise
- b) goal
- c) sport
- d) team

13 – 14 = Excellent

11 – 12 = Very Good

9 – 10 = Study More!

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Let's Talk

Find your question by rolling your die twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left. **Talk for one / two minute(s) about that topic.** Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".

		1	2	3	4	5	6
1		Ask any question!	What sport do you most like to watch on TV?	Describe how to play any sport.	What do you think is the best kind of exercise?	Why should people exercise?	Do you enjoy exercising?
2		Baseball or football: which is better?	Which sports do you think are most dangerous?	How often should people exercise?	Ask any question!	At what age should kids learn to play a sport?	Do you prefer team sports or individual sports?
3		At what age should people stop exercising?	Would you like to be a professional athlete?	Is winning the most important thing in sports?	Do you prefer to watch or play sports?	Which sports activities can you do with animals?	Ask any question!
4		What sport are you best at?	Ask any question!	Is it important to learn how to swim?	Describe some 'winter' sports.	Do you agree that boxing is too violent?	What sport or exercise would you like to learn?
5		Describe some 'water' sports.	What sports are most popular in the world?	Should students play more sports in school?	Would you like to run in a marathon?	Ask any question!	Is lifting weights a good way to get strong?
6		How much exercise is too much exercise?	What sports do you think are most boring?	Ask any question!	How can sports or exercise develop your mind?	Talk about a strange or unusual sport or exercise.	Describe the Olympics.



POSSIBLE ANSWERS:

5 - I agree completely

4- I mostly agree

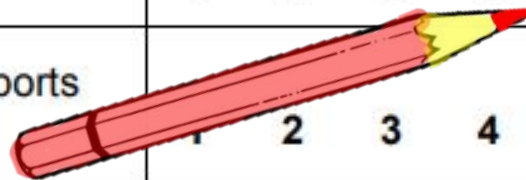
3 - I'm not sure

2 - I mostly disagree

1 - I disagree completely

1. What is your favorite sport to watch on TV?
2. Do you think you get enough exercise? Why (not)?

Running is fun.	1	2	3	4	5
Riding a bicycle is dangerous.	1	2	3	4	5
Learning how to swim is easy.	1	2	3	4	5
Team sports are better than individual sports.	1	2	3	4	5
Everyone should get at least an hour of exercise each day.	1	2	3	4	5
Kids should learn how to play sports when they are 4 or 5 years old.	1	2	3	4	5



- Now, read the sentences below. Circle the numbers that best express your opinions.
- Then, compare your answers with your classmates. Give reasons.





POSSIBLE ANSWERS:

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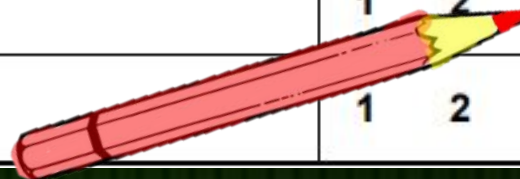
3 - I'm not sure

2 - I mostly disagree

1 - I disagree completely

1. What is your favorite sport to watch on TV?
2. Do you think you get enough exercise? Why (not)?

Older people should stop exercising.	1	2	3	4	5
Watching sports on TV is more fun than playing sports.	1	2	3	4	5
Winning a silver medal is just as good as winning a gold medal.	1	2	3	4	5
Lifting weights is the best kind of exercise.	1	2	3	4	5
It would be great to work as a football coach.	1	2	3	4	5
It's fun to exercise.	1	2	3	4	5



- Now, read the sentences below. Circle the numbers that best express your opinions.
- Then, compare your answers with your classmates. Give reasons.





TOPICS DISCUSSION

EXERCISE and SPORTS

Student 'A'



- *Discuss the questions below with your partner.*

1. What is your favorite kind of exercise?
2. How much exercise do you get each week? Do you think you get enough exercise?
3. What are some examples of 'winter sports' that you can play in the snow or on ice?
4. Should schools give more time to students to play sports? Why? / Why not?
5. What are three examples of *team sports*? *Individual sports* (sports you play alone)?
6. What strange or unusual sports do you know about?
7. Do you know how to swim? Is a pool or a beach the best place to swim? Why?
8. What sports do you think are really boring?
9. Should older people stop exercising? Why? / Why not?
10. Did you do any exercise or play any sports yesterday? If, 'yes', what kind?



TOPICS DISCUSSION

EXERCISE and SPORTS



Student 'B'

- *Discuss the questions below with your partner.*
- 1. What kind of exercise do you hate? Why don't you like it?
- 2. Do you like to watch sports on TV? Why? / Why not?
- 3. Would you like to be a *professional athlete* (play sports as a job)? Why? / Why not?
- 4. What sport are you best at?
- 5. Do you prefer *team sports* or *individual sports*? Why?
- 6. What are the most popular sports in the world? Why are they so popular?
- 7. What is the best age for children to learn how to swim? Why?
- 8. Is lifting heavy weights a good way to get strong and healthy? Why? / Why not?
- 9. Baseball or football? Which is better? Why?
- 10. Are you going to do any exercise or play any sports tomorrow? If 'yes', what kind?



Ask Anita!

Dear Anita,

My doctor says I am too heavy and that I should do exercise to lose 10 or 15 kilograms. Unfortunately, I don't have a lot of free time – After I come home from work, I usually help our kids with their homework, then eat dinner, and then relax a little by watching TV before I go to bed. Also, I think that a lot of exercise, like running or doing push-ups, is quite boring. Could you please give me some advice about what kind of exercise is best for me to lose weight?

Gerald



Dear Anita,

How much exercise is too much exercise? My friend and classmate in university exercises almost every day. She swims for an hour, then lifts weights for an hour, and then does half an hour of aerobic dancing after that. That's between 15 and 20 hours of exercise every week! She looks healthy and she has a lot of energy, but I'm worried that she might be pushing herself too much with too much exercise. What do you think?

Suzanne

Dear Anita,

Our 16-year-old son refuses to play any kind of team sport at school. He says that playing sports is a waste of time if you aren't the best and you don't always get first place. He says that winning a gold medal or a trophy is the most important thing about playing sports. Instead of exercising, he spends most of his free time on-line with his computer. His mother and I would really like to see him make more friends and become more active.

Do you have any suggestions for us? How can we get our son off the computer and become more interested in team sports? Thanks.

Sam





Ask Anita!

After you read the advice column write a possible solution for each person.

Gerald

Suzanne

Advice Column

problems about exercise and sports

Sam





1. How much does Gerald weigh?

- (a) 15 kilograms
- (b) 70 kilograms
- (c) He doesn't say.

2. How many hours of TV does Gerald watch?

- (a) an hour each day
- (b) half an hour each day
- (c) He doesn't day.

3. What does Gerald think about running?

- (a) He thinks it's the best kind of exercise.
- (b) He thinks it's boring.
- (c) He thinks he should do it more often.

4. What does Sam think about sports?

- (a) More schools should have team sports.
- (b) It can help you make friends.
- (c) It's a waste of time.

5. Sam's son often wins gold medals.

- (a) TRUE
- (b) FALSE
- (c) He doesn't say.

6. Sam's wife agrees with Sam.

- (a) TRUE
- (b) FALSE
- (c) He doesn't say.

7. Who is Suzanne worried about?

- (a) her classmate
- (b) herself
- (c) her sister

8. How much time does her friend spend doing aerobic dancing?

- (a) one hour
- (b) thirty minutes
- (c) two hours

9. Why is Suzanne worried?

- (a) Her classmate doesn't study enough.
- (b) 15 to 20 hours of exercise might be too much.
- (c) Lifting weights can be dangerous.

10. Which two people don't get much exercise?

- (a) Sam's son and Gerald.
- (b) Gerald and Suzanne's classmate.
- (c) Sam's son and Suzanne's classmate.



Find Someone Who ...



Did you exercise this morning?

EXERCISE and SPORTS

	CLASSMATE'S NAME	Who...? What...? Where...?	ADDITIONAL INFORMATION	When...? Why...? How...?
... exercised this morning.				
... played a sport yesterday.				
... is a member of a sports team .				
... loves to watch sports on TV.				
... wants to exercise after class.				
... swims almost every week.				
... played basketball with friends last month.				

Do you ...?

Yes, I do.
No, I don't.

Did you ...?

Yes, I did.
No, I didn't.

Are you ...?

Yes, I am.
No, I'm not.

Were you ...?

Yes, I was.
No, I wasn't.



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