Section B : Information Transfer (10 marks)
Read the following text. Then, answer questions (1) – (10).

Sports figures have fallen into superstitions that they believe will put them in a better position to win every time. The Olympic Games have the most superstitions and rituals. According to some sports psychologists, superstitions and rituals attached to them give athletes a sense of control over themselves and they feel less anxious. In a sports environment, anything can happen. They have spent day and night training to secure medals and fame. 'Superstitions bring us luck and help us succeed! So, why not do it? Guys, it's not going to hurt, right?'

Tiger Woods is often sighted wearing his lucky red shirt on the last day of a major tournament. 'I have had a few wins wearing red,' said Woods, 'and it's not going to change'. Judo gold medallist, Kayla Harrison, wears the lucky socks that were a gift from her grandmother. Hockey player, Alex Danson, spins her stick 15 times before each game. Tennis player, Rafael Nadal, takes alternating sips from two identical water bottles at every break between games.

Even coaches are superstitious, too. Just imagine a basketball coach chewing on a towel during games and a football coach eating turf ! That is interesting, right? All in the quest of winning !

There are other less complex forms of superstitions practised by sports figures. Such examples are having a lucky charm in the pocket, crossing fingers and chanting the mantra. These small tokens of luck make them feel more confident in their abilities.

LIVEWORKSHEETS

Using the information from the text, complete the following graphic organiser.

Superstitions And Sports

Most superstitions and rituals.

(Game) 1. _____

Reasons for its popularity

2. _____

3. _____

4. _____

Types practised by

Alex Danson – spins stick 15 times before each game

5. Tiger Woods – wears his _____

on the last day of a major tournament

6. Kayla Harrison – wears the _____

a gift from her grandmother.

7. Rafael Nadal – takes _____

from the identical water bottles at every break between games.

Football coach – eat turf

8.Basketball coach - _____

Other forms of superstitions practised by sports personalities

9. _____

10. _____

LIVEWORKSHEETS

PRESENT PERFECT TENSE + FOR AND SINCE

PULSE 2 PAGE 86

- We use *for* and *since* with the present perfect to talk about a period of time up to the present.
- We use *for* when we are talking about the length of time up to the present.
  - I've been in the team *for* three years.
- We use *since* when we state the starting point of the period of time up to the present.
  - I've been in the team *since* 2012
  - I've been in the team *since* I was 13.

STUDY THE TABLE . COMPLETE THE SENTENCES WITH *FOR* OR *SINCE*.

A. Superstitions have been part of sports _____ it began.

B. Some footballers have worn the same pair of socks _____ many weeks

COMPLETE THE TABLE WITH THE TIME EXPRESSIONS IN THE BOX

~~Two hours~~	~~yesterday~~	five minutes	last week
A few days	10th June	many years	1995
My birthday	she was a student	a long time	

Time expressions with since	Time expressions withfor
Yesterday	Two hours

Section C : Language Awareness (10 marks)

A. Complete the sentences with 'for' or 'since'

1. Samitha has attended basketball training _____ two days.
2. Nicol David has played squash _____ she was five years old.
3. I have been a fan of Manchester United _____ the last ten years.
4. The boys are very patient. They have waited _____ three hours.
5. I have had this cold _____ Tuesday.
6. Miss Polly Pang has coached the swimming team _____ she joined the school.

LIVEWORKSHEETS