

Guía nº3 Unit 3 “Sports and Free time activities”

OA 9: Aplicar lo aprendido a través del reconocimiento de vocabulario, selección de información relevante y redacción de textos cortos sobre deportes y actividades de tiempo libre.

SECTION 1: LET'S PRACTICE

Girls playing football in Kenya

1. Before reading the text, write 3 parts of the equipment you need to play football.

- Antes de leer el texto, escribe 3 partes del equipamiento que necesitas para jugar fútbol.

1.
2.
3.

2. Read the text carefully.

- Lee el texto cuidadosamente.

Football changes girls' lives in rural Kenya



“We can do it” is the slogan of an organization in Kenya called “Moving the Goalposts”. It uses football to increase self-confidence in girls in Kenya and aims for nothing less than changes in the society. The sound of girls playing football and clapping wildly when they score goals is not a sound often heard in rural Kenya. But here in the Kilifi district, north of the city of Mombasa, it has become fairly common. In this region, around 3,000 girls play football.

Today, on a dusty pitch in the village of Sokoke, 22 girls are playing in a training session, half in blue shirts, and half in red ones. Many are barefoot. The weather is very hot, but the girls are constantly in motion.

But these girls are learning a lot more than just how to pass, kick and score: they are learning how to think in new ways, ways that are unusual for young women in this part of the world.

"It is about a teenage girl realizing her goals in life, making her own decisions, including sexual decisions," Margaret Belewa, program manager of the Moving the Goalposts project said. "Most of the time, those decisions are made by the parents or by the husband. Now, can we help them so that they can take control of their life?"

Moving the Goalposts (MTG) aims to empower girls and young women in Kilifi, one of the poorest districts in Kenya, through football.

Key words

increase: aumentar - **self-confidence:** auto-confianza - **aims:** intenta
barefoot: descalza - **empower:** empodera

Texts taken and adapted from

<https://en.islcollective.com/english-esl-worksheets/grammar/past-simple-or-past-continuous-tense/football-and-extreme-sports/3282>

3. According to the text, decide if these sentences are **Correct (C)** or **Incorrect (I)**

- De acuerdo al texto, decide si estas oraciones son correctas (C) o incorrectas (I).
 - a. "Moving the Goalposts" is a football team.....
 - b. It is very common that girls from Kilifi district play football.....
 - c. "We will play it" is the slogan of the organization.....
 - d. Girls play football without any shoes.....
 - e. Kilifi is one of the richest areas in Kenya.....
 - f. Football helps girls to increase their self-confidence.....

4. Explain this slogan.

- Explica este slogan.

"We can do it"

SECTION 2: LET'S CONSTRUCT AND APPLY OUR KNOWLEDGE

In my free time, I...

1. Write the sport or free time activity under the corresponding category and match them with the description.

- Escribe el deporte o actividad bajo la categoría que corresponde y relacionalos con la descripción.

Description

- 1- It is an English sport played outside between two teams, using a ball and a stick.
- 2-It is to go outside to enjoy nature alone or in groups. You need a tent and a sleeping bag.
- 3-It is an individual outside winter sport and you need to use something like a wide ski.
- 4-It is an indoor or outdoor game that is played with raquets, balls and net by 2 or 4 players in a court.
- 5-It is an activity you do by yourself with a musical instrument.
- 6-It is an individual activity that can be done inside or outside, in which you can use many colors.
- 7-It is an individual sport, in which you use your arms and legs to move through the water.

Activities / Sports

Snowboarding

Painting

Cricket

Play the guitar

Tennis

Go camping

<i>Sport</i>	<i>Free time activities</i>	<i>Description</i>
<i>Swimming</i>		<i>7</i>