

**UNIT  
6**

**READY, STEADY, GO!**

**EXERCISE A:**

A FRIEND OF YOURS WANTS TO TAKE UP A NEW SPORT TO GET FIT AND MEET NEW PEOPLE, BUT SHE HASN'T GOT MUCH TIME. TALK TOGETHER ABOUT THE DIFFERENT ACTIVITIES SHE COULD DO.



NOW DECIDE WHICH WOULD BE THE BEST.  
(GIVE REASONS & SEND VOICENOTE)

REASONS:

.....

.....

.....

.....

.....

# UNIT 6

# READY, STEADY, GO!

## EXERCISE B: READ THE TEXT BELOW.



### Sport with a difference

**Word Focus**  
**challenge:** something difficult that tests your ability  
**equipment:** things you need to do a particular sport  
**coordination:** the ability to make your arms, legs and other body parts move in a controlled way  
**ice rink:** an area inside a building with ice for people to skate on

**a Paddleboarding** is the hardest adventure sport you'll ever try! If you like surfing and rowing, you'll definitely love this. You sit on your knees or lie on a board and use your arms to move over the water! If you're fit and you love a **challenge**, try it! You will need to buy or borrow a board.

**b** For an underwater challenge, try **scuba diving**. There are courses for all levels, including beginners. **Instructors** with years of experience can teach you, so you'll be in safe hands. Lessons are available all year at local swimming pools. The bad news? Lessons are expensive and you have to pay extra to hire the equipment.

**c Judo** could be the right sport for you if you like reaching your goals. It uses coloured belts to show your level. There are seven levels, from white to black. When students get their first belt, it shows them that they can **succeed**. It gives them **confidence** and makes them want to go higher.

**d Cycling** is an activity you can enjoy alone, or you can train and enter **competitions**. Who knows? You could be a future winner of the Tour de France! Whether you ride for health, **enjoyment** or competition, you must wear special **equipment**. Never cycle without a helmet to protect your head.

**e** If your **coordination** is good and you aren't afraid of falling over, **figure skating** (dancing on ice) is an excellent way to get exercise and have some fun. You only need a pair of skates. If you like to try it, ask about figure skating programmes at your nearest **ice rink**.

**f** You have heard of surfing, but what about ... **skurfing**? It's an exciting new sport that combines water-skiing and surfing. A fast motorboat pulls you along; you stand on a surfboard instead of skis, and ride the waves that the boat creates. You need to hold on tight and not fall. Don't forget your life jacket.

70

# UNIT 6

# READY, STEADY, GO!



**g** Fast and exciting, **snowboarding** is one of the coolest winter sports. The baggy hip-hop clothing that snowboarders wear make it trendy. It's also an extreme sport, and that means it can be dangerous. If you've never done snow sports before and are trying snowboarding for the first time, make sure your instructor is experienced.

**h** **Handball** is one of the fastest team sports, so if you want to play it, make sure you have great coordination and are athletic. Good ball skills are important, too; you must be able to catch, throw and shoot a ball very quickly. Indoors or outdoors, it's a fantastic way to make friends and keep fit.

**THEN, UNDERLINE ANY REASONS THEY GIVE FOR WANTING TO DO SPORT IN THE DESCRIPTIONS BELOW. LASTLY, ANSWER ALL THE 5 QUESTIONS.**

The teenagers below are all looking for a sport to do. There are eight descriptions of sports for young people. Decide which sport would be the most suitable for the teenagers. For questions 1–5, mark the correct letter a–h.

- 1 Juan is very interested in the environment and would like to study the oceans when he's older. He'd like to do an activity that will help him to explore the seas.
- 2 Inga has been doing snow sports all her life, so she wants to try something else. She wants to spend time exploring the countryside around her village.
- 3 Mario is new to the area and wants to meet people his age. He's a good athlete who loves basketball and football but he'd like to try something a bit different.
- 4 Cheryl really enjoys discovering new things, so she doesn't want to do any of the usual sports. She's fit and wants to do something that will push her body.
- 5 Nigel is shy and isn't really interested in sports, but his doctor has told him he needs to get fit. Nigel wants to see results for his hard work.

# UNIT 6

# READY, STEADY, GO!

## EXERCISE C: READ THE TEXT BELOW.

Sports is more than just fun, games and entertainment. Sports involves discipline, fitness and team spirit. It develops a strong body and mind, as well as leadership and communication skills. Children, especially, should be encouraged to exercise and play outdoors. Taking part in regular sports activities is excellent for physical development and general health.

Sports teaches children to understand and follow the rules. Learning that the rules are there to keep the game fair and safe is a valuable life lesson. Taking part in sports and games is a great way to form friendships and build strong relationships. In team sports, each player has a part to play. Social skills like respect, obedience, kindness and looking after one another are all learnt and developed through sports.

Competitive sports can help to build confidence. If players feel like they're doing a great job, it can improve their self-esteem. Taking part in sports is a great way to feel proud of one's achievements. When taking part in competitive sports, children learn to handle losing in a safe and supportive environment. Learning to cope with failure is a good lesson for the real world. Children learn that although it is great to win, it is also okay to lose. Instead of thinking too much about their losses, they can think about how they can do better next time.

Participating in competitive sports teaches individuals to be committed and to play as a team. Learning to be a team player at a young age teaches participants to be responsible, supportive and encouraging towards others.

## THEN, GIVE A SUMMARY OF THE TEXT BY FILLING OUT DETAILS IN THE MIND MAP BELOW.



