ELF2: Lesson 78 (READING)

(NTB) **THEME**: Health and Environment	**TOPIC**: Sports and You
(Resource: Amazing English Form 2, Oxford Fajar, page 86)	

Reading LS 3.1.1, 3.1.2

A *What do you think the most common sports injuries are? Read the text below and check your answers.*

Playing Safely in Sports



Yazid was a school athlete from SMK Rinting. He excelled in athletics and football, and was the captain of his football team.

One day, Yazid bumped hard into an opponent during a friendly match and fell to the ground. He could not get up. Yazid had not only fractured his leg, he had also strained his back.

Even professional athletes may get injured while playing sports. Most sports-related injuries occur when the players knock into each other or obstacles on the playing field. Some common injuries are bruises, sprains, strains, swollen muscles, dislocations and fractures. An injured athlete needs time and, sometimes, professional treatment to recover fully before playing again.

Can sports-related injuries be prevented? The answer is yes. Wearing the right protective gear such as helmets, gloves and protective pads like knee pads is important. Warming up your muscles before playing helps prevent injuries. Knowing the rules of the game, playing it right and watching out for others also helps. You should avoid playing if you have an injuries.

Net work

1. Use a variety of search engines to look for information about:
   - sports with the most injuries
   - top athletes who stopped playing due to injuries
2. Work in pairs and ask and answer questions based on the information you have found.

Fun facts

Using the right kind of shoes for your sport can help you avoid injuries!



Football shoes (also known as cleats) have studs to help the players run better on grassy fields.

Tennis shoes have smooth, flat soles. There are even different types of tennis shoes to suit the type of tennis courts, whether indoors or outdoors.

B Answer the following questions based on the text given above.

1. What is the article about?

   The article is about_____.

2. What happened to Yazid during a friendly match?

   Yazid _____.

3. Can we prevent injuries when doing sports?

   _____ prevent injuries when doing sports.

LIVEWORKSHEETS

C **Refer to paragraphs 3 and 4. Complete the graphic organiser below by filling in the main idea for each paragraph.**

Title of article:	
Main Idea:	Main Idea:
Paragraph 3	Paragraph 4

D **Which of the following is true? Mark each sentence with T (True) or F (False).**

1	Yazid's school is SMK Rinting.	
2	Yazid was bad at athletics.	
3	His injuries happened during a hockey match.	
4	Yazid hit someone from the rival team by accident during a match.	
5	Yazid hurt his back and leg.	
6	Professional athletes can get injured during sports.	
7	Only a few sports-related injuries are caused by obstacles on the playing field.	
8	A professional athlete heals faster from an injury than a normal person.	
9	Warming up your muscles before playing sports helps to prevent injuries.	
10	It is all right to continue playing when you have an injury.	

D **Match the words from the text in Column A with their definitions in Column B.**

A	B
1. bumped	• breaks in the bones
2. opponent	• blue, brown or purple marks on the skin
3. bruises	• person you are playing against in a game
4. dislocations	• bones that have been put out of their normal positions (in a joint)
5. fractures	• hit by accident

LIVEWORKSHEETS