

SPORT



Vocabulary task

I Choose the correct word.

1. The most popular spectator / viewer sport is football.
2. Outside there is also a basketball court/ course, baseball and softball diamonds and football track / pitch.
3. If you continue to play this way, you'll never beat / win the girls team!
4. The team's competitors / opponents haven't lost a game this season.
5. A hockey player moves it around with his hockey bat / stick.
6. At the end / ending of the game the score was equal.
7. Do you agree that more money equals / draws a better education?
8. I'll try to make / do my best to achieve the highest results in the competition.
9. Her life dream was to take on/ up paragliding.
10. She prefers teaching methods that actively involve / include young students in physical activities.
11. He stopped to do / doing morning exercises.
12. Jenny couldn't concentrate in / on her training – her mind was on other things.
13. I want to practice / practise my running skills to compete successfully in / at the next Olympiade.
14. Olyvia is quite good in / at ice skating – it's the result of her regular trainings in the skating rink / ring.

Listening task

I Match the words and expressions with the definitions.

1	to negotiate	A	to change subject (of a conversation etc.)
2	to move on	B	to be more important than something else
3	easier said than done	C	to discuss something in order to come to an agreement with another person.
4	to outweigh	D	to make someone want to do something in a positive way
5	come in handy	E	regardless of
6	at the end of the day	F	difficult to do
7	despite	G	be useful
8	to motivate	H	In the end

II Listen and do the task. Are the sentences true or false?

1. The class have already talked about at least three of the physical effects sport has on the human body. _____
2. Doing sport can slow down the production of chemicals in the brain that make us feel good. _____
3. There are no real benefits associated with doing individual sport. _____
4. Swimmers or tennis players are responsible for their own achievements. _____
5. Being part of a team requires you to practise more regularly. _____
6. Collaborating with other members is essential for a team to be successful. _____
7. The skills you learn in a team sport are transferable to everyday life. _____
8. It doesn't matter which sport you choose, as long as you're good at it. _____

III Listen again. Choose the benefits of sport which are mentioned.

- reduced risk of diabetes
- lower blood pressure
- improved muscle tone
- stronger heart and lungs
- stronger bones
- increased feeling of calm and tranquillity
- improved mood
- improved concentration
- increased motivation
- makes people less competitive
- improved communication and negotiation skills



Reading task

Read about Parkour and freerunning, then answer the questions.

The World of Parkour

In 1902, a volcano in the Caribbean island of Martinique blew up. A French naval officer on the scene, Lt. George Hébert managed to coordinate the rescue of over 700 people, both indigenous and European. He noticed, as he did so, how people moved, some well, some badly, around the obstacles in their path, and how this affected their chances of survival. Hébert had travelled widely and was well aware of skills many indigenous people exhibited in being able to traverse the natural environment. From these experiences, Hébert developed a training discipline which he called 'the natural method' in which climbing, jumping and running techniques were used to negotiate obstacles. His method was adopted by the French military and became the basis for all their training. In time, it became known as *parcours du combattant* – the path of the warrior.

Raymond Belle was a practitioner of *parcours* in Vietnam in the 1950s. He had great athletic ability, and the skills and agility he had learnt through *parcours* earned him a reputation as an agile and elite soldier. In later life, he returned to France and passed on his skills to his son, David, who combined what he had learnt from his father with his own knowledge of martial arts and gymnastics, and in time, the sport of *parkour* was born.

Parkour involves a range of 'moves', although none are official. They involve vaulting, jumping and landing accurately on small and narrow features, catching ledges, traversing high wall and landing with a rolling impact to absorb impacts.

Belle formed a group of *traceurs* called the Yamikasi, meaning 'strong man, strong spirit', that included his friend, Sebastian Foucan. In time, the two of them started to follow different paths. Belle concentrated on the art of getting from place to place in the most efficient way possible, while Foucan developed his own style which involved more self expression. This he termed *freerunning*.

From the late 1990s, the art and sport of parkour spread worldwide. Both Belle and Foucan gave interviews and appeared on television. In 2003, filmmaker Mike Christie made the film *Jump London*, and urban freerunning, or freeflow, began to dominate the London scene. But it was the arrival of YouTube in 2005 that really brought freerunning to a global audience. People around the world began to post their videos online, making freerunning a mainstream sport, and in 2007, the first major freerunning and parkour competition was held in Vienna.

Since parkour values freedom, there are few facilities dedicated to the practice. Traceurs use both rural and urban areas, typically parks, offices and abandoned buildings. Traceurs generally respect the environment they practice in, and since part of their philosophy is 'leave no trace', there have been few concerns over damage to property. However, law enforcement and fire and rescue teams argue that freerunners are risking their lives needlessly., especially when they practice at height. However, practitioners argue that injuries are rare, because they rely on their own hands and feet rather than things out of their immediate control, such as ice and wheels, as is the case with skiing and race-driving.

1. George Hebert developed *parcour du combattant* because...

- he saw native people doing it in Martinique.
- he saw how it could save lives.
- he saw how the French were poor at negotiating obstacles.

2. The natural method...

- was replaced by Hebert's new discipline.
- was taught to Hebert by indigenous people.
- was widely practiced by the French military.

3. Raymond Belle...

- was trained by George Hebert.
- gave the discipline its new name.
- was a notable practitioner of the natural method.

4. David Belle...

- brought in moves from other disciplines.
- also learnt *parcour* while in the French military.
- learnt *parcour* from his father in Vietnam.



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5. A *traceur* is...

- a parkour move.
- someone who practices parkour.
- an obstacle in a parkour course.

6. Freerunning differs from parkour in that...

- it is faster.
- it is more creative.
- it is more efficient.

7. What brought parkour and freerunning to an international audience?

- TV appearances and interviews
- a British documentary
- a video sharing website

8. According to practitioners, where is the best place to do parkour or free-running?

- in cities
- in safe facilities
- wherever you like

9. Which of the following is NOT true about freerunning?

- There are a large number of reported injuries.
- There are now international competitions.

- Practitioners often cause damage to public property.

10. Parkour and freerunning practitioners...

- require a lot of equipment.
- rely on their own bodies.
- avoid taking risks.

