

Sports and games

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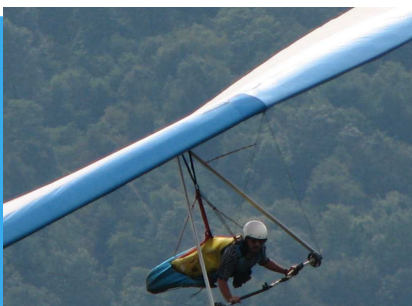
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Extreme and adventure sports: Brainstorming

- What sports do you play? Why did you decide to take them up? How long have you been playing them?
- Do you like watching sports on TV? Which do you like watching?
- What do you know about extreme/adventure sports?
- Now look at the following photos...

G



A



B



C



H



extreme and adventure sports

D



E



F



Look and match

Can you recognise the sports in the photos? Match the photographs 1-8 of the adventure/extreme sports with their name (A-H):

A) Bungee jumping

B) Cliff diving

C) Top-lining

D) Parkour

E) Base jumping

F) Ice-climbing

G) River surfing

H) Hang gliding

Vocabulary

Are you lost? Are there any of these names of sports that you do not know?

The names of the extreme sports are based on the **type of activity** involved (i.e. climbing, falling, jumping, surfing, flying, rafting, diving, gliding, lining, etc.)

Some names include the type of activity + **the environmental or urban elements involved** (wind, snow, street, ice, water, etc.)

Others include the type of activity + the **primary equipment needed** (board, kite, motorcycle, bicycle etc.)

① All surfing activities include a board as primary equipment, although it is not part of the name of the sport

Now try again! Using a dictionary, match all the photographs 1-8 of the adventure/extreme sports with their name (A-H)

But...what about PARKOUR? Can you explain its name?

Vocabulary

Explain the name of the extreme sports on the left of the table. Using a dictionary, put an X in the right column, depending on whether the name includes the type of activity and/or the element and/or the equipment. The first one has been done for you.

Sport	activity	element	equipment
Hang gliding	x		
Top-lining			
Cliff diving			
River surfing			
Base jumping			

Vocabulary

According to the equipment needed or the environmental elements where the activity takes place, extreme/adventure sports are grouped into the following categories. Complete the following sentences with the missing words:

BOARDSPORTS: sports that are played with a _____

MOTORSPORTS: sports which involve the use of _____

WATERSPORTS: sports that involve _____

MOUNTAINEERING: sports that involve the _____

FREE FALL: where gravity is the only force

FLYING: sports that involve some form of _____

Here are some further names of extreme/adventure sports:

Snowboarding; motorcross; rafting; whitewater kayaking; skysurfing; parachuting; scuba-diving; ice-climbing; rallying; speed flying; cliff diving; kitesurfing; rock climbing; waterskiing; snowskating; base jumping; air racing; bungee jumping; sandboarding

Surfing the Internet or using a dictionary, put each sport in the right column

Boardsports	Motorsports	Free fall	Flying	Mountaineering

Speaking

- Have you ever done an extreme sport?
- If so, which one? Tell the class about your experience
- If not, which sport would you like to try?
- Look back at the photos of extreme/adventure sports. Are they played in your own country? Are they popular?
- What kind of people do you think like extreme/adventure sports?

Research

- Choose an extreme/adventure sport and look for information about it using the internet.
- Make a list of all the difficulties involved in the sport you have chosen. You could also make a list of all the things that can go wrong when someone does this sport.
- Then choose several extreme sports and rate the level of danger involved in them, from 1= the most dangerous to 3= the least dangerous. Compare your findings with those of your colleagues.

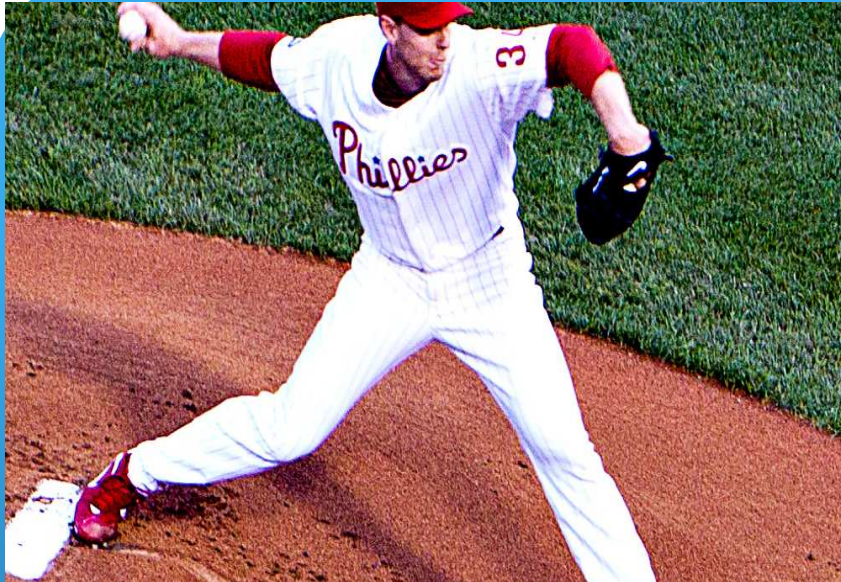
National vs. international sports

- There are some sports which have become universally popular while others are only played in their native country.
- Look at some of the main sports that originated in the English-speaking world, and their place in the world today.

Cricket was one of the British empire's major cultural sports. Apart from England, the top national teams remain those of former colonies such as the West Indies, India, Pakistan, Australia, New Zealand and South Africa, who battle for honours in the World Cup every four years.



Rugby is an important sport in Britain and in some of its former colonies, especially Australia, New Zealand and South Africa. It is a highly aggressive sport played with an oval-shaped ball. The team with the greatest reputation are New Zealand's All Blacks, who begin every match with a Maori war dance.



An early form of baseball was already being played in England in the mid-eighteenth century. This game was then brought by immigrants to North America, where the modern version developed. By the late nineteenth century baseball was widely recognised as the national sport of the United States. It is now popular in North America, parts of Central and South America and the Caribbean, and parts of East Asia, and is also the leading team sport in Japan and Cuba.

American football has its origins in varieties of football played in the United Kingdom in the mid-nineteenth century. Many games known as “football” were being played at colleges and universities in the United States in the first half of the nineteenth century. In the United States the major forms are *high-school football*, *college football* and *professional football*.



The modern game of **golf** originated in Scotland in 1457. It is now an international sport, although in many places club membership is expensive and quite exclusive. The most Important tournaments are the British Open, the US Open and the US Masters.

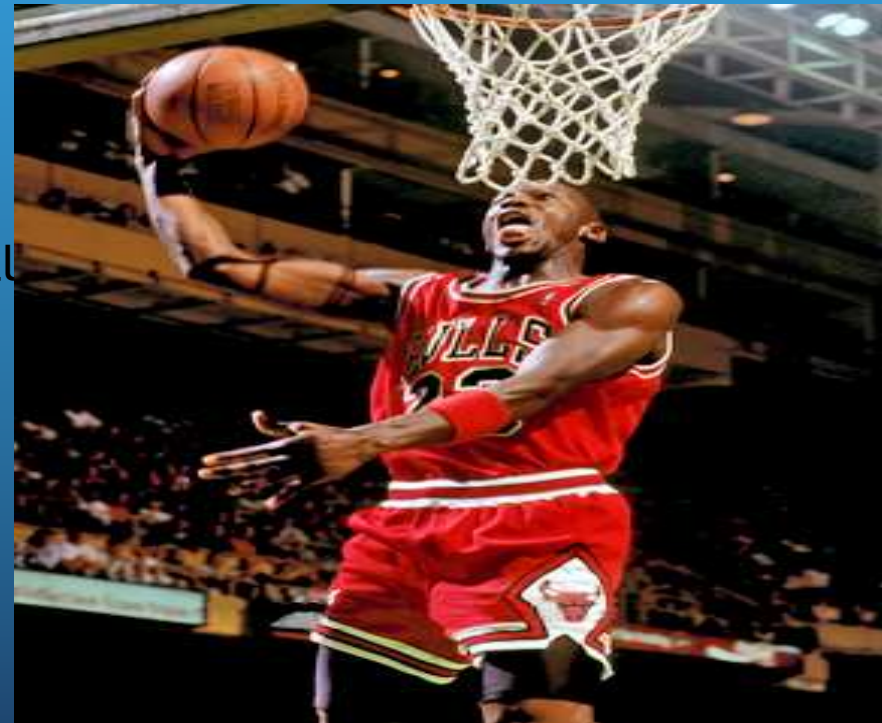


Hockey is the official national winter sport of Canada, where the game enjoys immense popularity. It is also very popular in other areas that are sufficiently cold for natural seasonal ice cover, such as the Czech Republic, Finland, Germany, Norway, Russia, Sweden and the northern United States.



Australian Rules Football is a major participation and spectator sport in Australia. It is a contact sport. The Australian Football League is the only fully professional Australian Rules Football league. It is played at an amateur level in various countries all over the world.

Wholly American in origin, basketball was invented in 1891. Today basketball is an international sport and its stars are known all over the world.



Speaking

- Are these sports played in your country? Are they popular?
- Which of the sports mentioned above are only played in their native country?
- Do you know the names of sporting heroes, stars or leading teams in any of these sports? Describe them to the class.
- Do you know the difference between a participation sport and a spectator sport? Find some examples from Italian sports.

The Commonwealth Games

The Commonwealth Games are an international, multi-sport competition involving nations and athletes from the Commonwealth (of Nations), which are held every four years.

They are the only Games which share a common language: all athletes can converse with each other in English, creating an atmosphere that has led people to call them “Friendly Games”. They are inspired by three core values: - HUMANITY - EQUALITY - DESTINY.

The Commonwealth Games now include many sports (plus seven para-sports), some of which are played mainly in Commonwealth countries, such as **lawn bowls**, **rugby sevens** and **netball**. Others sports are: athletics, badminton, basketball, boxing, cycling, diving, gymnastics, hockey, rugby, running, shooting, squash, swimming, table tennis, cricket, the triathlon, weightlifting, wrestling.

Important name changes

The first Commonwealth Games were held in 1930 in Hamilton, Canada, where 11 countries sent 400 athletes to take part in 6 sports and 59 events.

Since then, the Games have been conducted every four years (except for 1942 and 1946 due to World War II) and the event has seen many changes, not least in its name:

Years	Name
1930-1950	British Empire Games
1954-1966	British Empire and Commonwealth Games
1970-1974	British Commonwealth Games
1978-present	Commonwealth Games

Recent editions of the Games

The most recent hosts have been Scotland (Edinburgh 1986), New Zealand (Auckland 1990), Canada (Victoria 1994), Malaysia (Kuala Lumpur 1998), England (Manchester 2002), Australia (Melbourne 2006), India (Delhi 2010)



(Opening ceremony of Delhi 2010: www.thecgf.com)

The next host for the 2014 Games will be Scotland (Glasgow).

Pre-Reading-Vocabulary

(adapted from *Lifelike. Multicultural experiences in the English-speaking world*)

Here are some sports included in the Commonwealth Games. See if you can connect them with the equipment needed and the place where they are played. Some terms can be used more than once:

a) Sports:

Cycling, swimming, badminton, basketball, boxing, cricket, hockey, rugby, running

b) Equipment:

goggles, racket, shuttlecock, ball, gloves, bat, stick, spikes, bicycle

c) Places:

court, ring, pitch, ground, swimming pool, field, track

Reading

(adapted from *Lifeline. Multicultural experiences in the English-speaking world*)

- Reread the texts and find out:

When and where were the first Commonwealth Games?

How often are they held?

What are the aims of the Games?

Why are they called the “Friendly Games”?

Are there sports in the Commonwealth Games which are only played in their native country?

Where and when was the latest edition of the Games?

When and where will the next edition be held?

Speaking

(adapted from *Lifeline. Multicultural experiences in the English-speaking world*)

- Do you have a sporting hero? Describe him/her to the class. What particular qualities makes him/her so fascinating?

Research

(adapted from *Lifeline. Multicultural experiences in the English-speaking world*)

- Go to the Commonwealth Games Federation official website www.thecgf.com and look for information on any edition of the Commonwealth Games you like. Share your findings with the class.