

Teach_me_plz

Grade 9 - unit 8



Before you read

Reading: Expository

1



- Make a list of all the sports you can think of.
- Compare your list of sports with your classmate's.



Basketball

volleyball

football

walking

Swimming

Tennis

Reading

60

2 A. Read the following texts and guess the names of sports.





in a player's leg muscles? The world's most popular sport will
ports require a longer period spent running, the benefits of which
endurance, increased strength, and better foot-eye **coordination**
are all the benefits offered. It is the world's most popular ball game in terms of the
number of participants and **spectators**. Simple in its principal rules and essential equipment, the sport can
be played almost anywhere, from official playing fields to school playgrounds, streets, parks, or beaches.



Is a very popular individual sport in the world. There are certain rules to follow: The player uses a racket to hit a ball over a net into the opponent's court. The ball must be kept in play and can only **bounce** once on the court surface before the opponent strikes the ball back over the net. The ball is made of rubber. It is often played with one player per court, but it can also be played with two players per court. There are four international tournaments each year: the US Open, Wimbledon, The Australian Open, and the French Open. Millions of people watch these tournaments, making it a great spectator sport as well.





Reading

60

2 A. Read the following texts and guess the names of sports.



tennis



paintball



football



1. The main purpose of passage No. 1 is to:

- a. describe the rules of football.
- b. state the benefits of football.
- c. discuss the dangers of football.
- d. illustrate where football can be played.

2. According to passages No. 1 and 3 one of the following is TRUE about the two sports:

- a. They help develop self-confidence.
- b. They build endurance.
- c. They emphasize the need for safety in sports.
- d. They teach young people to play sports.

3. What can be inferred about the writer's attitude in passage No. 3?

- a. He believes it's hard to play paintball.
- b. He thinks only young people can play paintball.
- c. He is in favour of sports like paintball.
- d. He finds paintball physically challenging.

4. The following sentence ".....is one of the most popular individual sports in the world" in passage No. 2 is:

- a. a topic sentence
- b. a supporting idea
- c. a title
- d. a concluding sentence

3



Find the idiomatic expressions in the passages that mean the same as these ideas:

1. A sport that is watched by an audience (paragraph 2):

A spectator sport

2. Vision controls the movement of the foot (paragraph 1):

Foot-eye coordination

3. People doing different types of jobs (paragraph 3):

People from all walks of life

4



Work with a partner. Which five points of the following are important for you when choosing a sport? Why?

61

athletic skill - coach - cost - equipment - friends - fun - safety - sense of danger - social status - team - time - training - uniform - venue

The athletic skill is important for me to be professional.

Friends are important for me to do more practice together.

Fun is important for me to enjoy the sport and spend a nice time.

Team work is important for me to win the matches.

Training is important for me to improve my skills.

Based on your partner's answers, which sports would you recommend for him /her?

I would recommend him to play football, basketball and volleyball.

As a basic rule, people **PLAY** activities that use a ball, people use **GO** with activities that end in -ing, and people use **DO** with activities such as martial arts and other exercises.

Decide whether to use PLAY, GO or DO and complete the table:

football- swimming- boxing- cycling- chess- sailing- karate- judo- athletics- fishing- tennis-
volleyball- skating- golf- basketball- running- yoga- skiing- gymnastics- rugby

| PLAY | GO | DO |
|------------|----------|------------|
| Football | Swimming | Karate |
| Chess | Cycling | Judo |
| Tennis | Sailing | Athletics |
| Volleyball | Fishing | Yoga |
| Basketball | Skiing | Gymnastics |

Before you listen:

Name these sports:



Karate



Skiing



Rugby



Getting fit and healthy should be fun. Listen to "How to Get Fit by Playing Fun Sports," to find out how to enjoy yourself while exercising.

a. How many steps are there?

There are five steps.

b. Which step is the most important for you and why?

"Play various sports" to make me fit and build new skills.

Post-Listening

62

3 Talk about your favourite activity by answering these questions

1. What is your favourite activity or sport?
2. How many times a week do you do this activity?
3. Where do you do this activity?
4. Do you do this alone or with someone else?
5. What do you like most about this activity?

1- My favourite sport is football.

2- I play football once a week.

3- I play football in the club.

4- I play football with my friends.

5- It is interesting and keeps me fit.



1 Read the problems below and discuss possible solutions. Compare your solutions with your classmates. Do you agree or disagree with their ideas?

63

Ask Dr. Salem

Dear Dr. Salem,

My personal doctor says I am overweight and that I should lose at least 10 to 15 kilogrammes. Unfortunately, I don't have a lot of free time. After getting back from work, I usually help my kids with their homework for two hours. Then I have dinner and relax a little and I read a book before going to bed. Could you please give me some advice about which exercise is best to me to lose weight?

Yours faithfully,
Ahmed



Dear Dr. Salem,

Our 15-year-old daughter doesn't play any kind of team sports at school. She believes that playing sports is a waste of time if you aren't the best and you don't always get the first place. She says that winning is the most important thing about playing sports. Instead of exercising, she spends most of her time chatting on-line. Her mother would really like to see her make more friends and become more active.

Yours faithfully,
Fatma



Dear Dr. Salem,

How much exercise is too much exercise? My son exercises almost every day. He practices boxing for an hour. Then goes swimming for an hour and a half and does judo every other day. That's between 10 and 16 hours every week. He has a lot of energy and looks generally healthy, but I am worried that he might push himself to extreme limits. Too much exercise may be dangerous for him. What do you think?

Best regards
Mariam



2 Complete the following table:

| | Ahmed | Fatma | Mariam |
|----------------------|---------------------|---------------------------------------|-----------------------------|
| Problem | He is overweight | Her daughter spends her time on line. | Her son exercises too much. |
| My own solution | Playing sports | Make friends and become active | Exercising twice a week |
| My friend's solution | Eating healthy food | Playing team sports | Go running every day |

Countable nouns have a singular and a plural form.

an apple – two apples a peach – two peaches

Uncountable nouns do not usually have a plural form.

bread, beef, butter, coffee, water, milk, sugar

Some and any

You usually use some in affirmative sentences.

*I'd like **some** peaches and **some** milk.*

You usually use any in negative sentences and questions.

*We haven't got **any** butter.*

*Are there **any** eggs?*

A. Are these things countable or uncountable? Write C or U

| | | | | | | | | | | | | | |
|-----|---|--------|---|--------|---|------------|---|--------|---|-------|---|--------|---|
| C | U | C | U | C | U | C | | | | | | | |
| egg | - | money | - | orange | - | juice | - | apple | - | sugar | - | potato | - |
| | | U | | U | | C | | U | | | | | |
| | | butter | - | rice | - | strawberry | - | cheese | | | | | |

B. Complete these sentences with *a, an, some* or *any*

64

1. Have you got **any** oranges?

2. I'd like **some** tea, please.

3. I don't have **any** money with me.

4. I'd like to have **an** apple and **a** banana.

Pre- writing activity:

65

Match the sports with the definitions:

1. A game in which a heavy ball is rolled down a long, narrow lane toward a group of objects known as pins. **bowling**
2. A game played in a stadium by two opposing teams of 5 players: points are scored by throwing the ball through an elevated horizontal basket **basketball**
3. A game played on a large open course with 9 or 18 holes; where the objective is to use as few strokes as possible in playing all the holes **golf**
4. A sport that involves exercises intended to display strength, balance and agility. **gymnastics**
5. A ball game played with a ball between two teams of 11 players. **football**



a. football



e. golf



c. bowling



d. basketball



f. gymnastics

1



Use the prompts below to write a riddle about your favourite team sport.

Read it to the class and see if they can guess it.

65

Example: There are eleven players in each team.

There are **five** players in each team.

The players wear

uniform

The players use

running, jumping, dribbling and shooting.

The players can

bounce the ball.

The players can't

punch other players.

This sport is played in / on / at

court.

The game lasts

forty-eight

Minutes.

My Favourite Game

Write an article for your school magazine recommending a sport to be included in your school activities, describing its rules and equipment, and showing its benefits to students.

A. Complete the following outline:

Introduction:

Football is the most popular sport nowadays. It is very fun.

Paragraph 1:

Topic sentence:

There are special rules and equipment for football.

Supporting details:

- pitch and a football
- two 45 minutes halves
- 11 players in each team

Paragraph 2:

Topic sentence:

Football has got a lot of benefits to students.

Supporting details:

- improve health
- build muscles
- promote teamwork

Conclusion:

Football is an exciting sport. It is simple but very useful.

B. Use the notes taken in task A to write the article in your notebook.

66

Remember to:

- Use a capital letter after a full stop.
- Start a sentence with a capital letter.
- Use a full stop to show the end of a sentence.
- Use a comma to show a pause in a sentence.
- Use a question mark at the end of a sentence to show a direct question.