

# BE A SPORT!

listening



I'm actually not listening to anything, I just really like it when people don't talk to me.



**... etwas über the Olympic**

**... meine Lösungen selbst zu überprüfen.**

**... einfache Hörtexte zu erschließen.**

**... genau zuzuhören**

**In diesem Baustein lerne ich...**

## Durchführung des Bausteins:

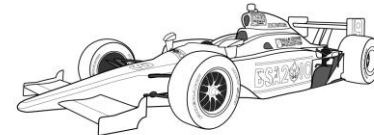
1. Ich erledige die Aufgaben in der vorgegebenen Reihenfolge.
2. Ich notiere die Aufgaben in mein Heft.
3. Ich schreibe die Lösungen der Aufgaben ordentlich und in der richtigen Reihenfolge darunter.
4. Wenn ich alle Aufgaben erledigt habe, übergebe ich sie meinem/r Lehrer/in.
5. Ziel ist, dass ich so viel wie möglich alleine erledige.
6. Sollte ich einige Aufgabenstellungen nicht verstehen, hier ein paar Vokabelhilfen:

English	German
to match	etw. (mit etwas) verbinden
to tone up	die Muskeln kräftigen
to warm up	sich erwärmen
weight training	Krafttraining
rowing machine	Rudergerät
stationary bikes	Trimm-Rad

**Du kannst dir jederzeit ein Wörterbuch zur Hilfe nehmen.**

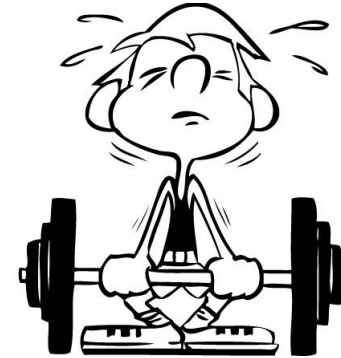
**Task 1: Listening**

**a) Listen to the sport news. Number the pictures that go with the sports in the order that you hear them.**



**b) Listen to Akif and Elvis at the fitness centre and tick (  ) the correct sentences.**

1. Akif comes to the studio every Monday.
2. Elvis shows him how to use the biceps curl.
3. Elvis works out at the studio on Mondays and Tuesdays.
4. Akif wants to tone up his leg muscles.
5. Sandra tells the two boys that she likes their perfect bodies.



**c) Match the sentences halves.**

- |  |                                    |
|--|------------------------------------|
| 1. The biceps curl helps you                   | a. with some warm-up activities.   |
| 2. You should always start your training       | b. are good for warming up.        |
| 3. The rowing machine and the stationary bikes | c. on two days of the week.        |
| 4. The stationary bike has got a computer      | d. every day of the week.          |
| 5. Elvis trains at the studio                  | e. join Sandra's aerobics course.  |
| 6. Gary does weight training                   | f. to tone up your muscles.        |
| 7. Akif has never been                         | g. which you set before you start. |
| 8. Elvis does not want to                      | h. to a fitness studio before.     |

## Task 2: Bodyplus Fitness Center

a) Listen to the trainer who works at “Bodyplus Fitness Center” explaining some of the sports equipment.

What equipment can you find at the centre? What does the trainer say about the bikes?



- What are they good for?
- What are the parts of a bike?
- What do you have to do before you can ride a bike?

*(Use a dictionary to check the spelling of your words!!)*



### Task 3: Physical fitness

Different types of sports need different physical qualities. Three of the most important aspects of fitness through sport are **stamina**, **strength** and **suppleness**.

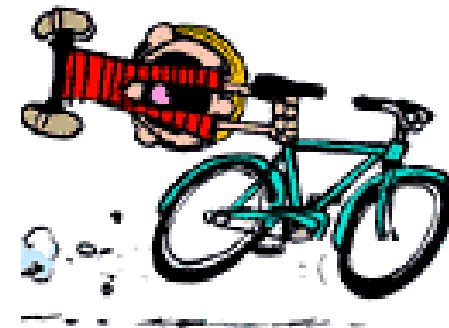
a) **Skim through the text and guess what “stamina”, “strength” and “suppleness” mean in German.**

#### **Why stamina?**

The more stamina you have, the longer you can keep going without getting tired. As you exercise, you gradually strengthen your lungs and heart and other muscles.

This improves your stamina. Try running up and down the stairs, for instance. Or simply repeat movements like stepping onto a stair and down again. Both improve stamina.

Try walking more often. Stronger, continuous exercise such as jogging, skipping, cycling and swimming all increase stamina and strengthen muscles. As your stamina improves, you will find yourself less breathless.



## Why suppleness?

Suppleness is important in everyday life.

Being supple means that you can lift, stretch and bend down smoothly. Exercises to improve suppleness should be included in any fitness programme.

They help to reduce the risk of sporting injuries. If you do them, your knees, ankles, shoulders and back will not become stiff.

Gentle stretching exercises should be done slowly. They are often used for warming up before an exercise session.

Activities such as volleyball, skiing, skating, gymnastics, dancing, judo, yoga, tennis and swimming are particularly good at keeping you supple.





## Why strength?

If you want to be stronger, you must train the 600 or so muscles in your body regularly. You should aim to keep all your muscles in good shape. Strong stomach muscles help you to hold pushing, pulling and lifting actions. Strong leg muscles mean you can run fast. So you can catch the bus every time you are late meeting a friend.

An easy way to increase strength is to do exercises which use your body weight, e.g. sit-ups, press-ups and squat jumps. Start by repeating the exercises five or six times. Slowly build up to about 20 repeats when you are really fit. Exercise machines are a good way of building up strength and stamina.

But exercising badly is worse than not exercising at all. You can injure yourself seriously if you lift heavy weights without advice from a qualified instructor. Exercising to improve strength does not mean that the activity should be long or painful. You should feel the exercises working but not hurting.



**b) Find another way in the text of saying these words and expressions:**

- make something stronger
- when you are out of breath
- the ability to keep going for a long time
- a pain in your back
- a trainer or coach
- the ability to stretch and bend your body
- what you do when you want to prepare for an exercise session

**c) What examples of the following can you find in the text?**

- exercises which make you feel breathless
- types of continuous exercise
- ways of exercising your muscles
- parts of your body which you should try to keep supple



## Task 4: The Olympic Games.

### **a) Read this text about *The Olympic Games*.**

The Olympic Games – or, for short, the Olympics – date back to ancient Greece. In 776 BC sportsmen met for the first time in Olympia in southern Greece to find the champions in various sporting events. These included the pentathlon, wrestling, chariot racing and discus. The Games ended in 393 AD.

The Roman emperor Theodosius the Great said they were non-Christian because they honored the Greek god Zeus. The modern Olympics as we know them began in 1896. A young French student, Pierre de Coubertin, introduced his idea to revive the Games at a meeting of the Athletic Sports Union at Sorbonne University in Paris. His enthusiasm spread throughout Europe, mostly because he tried to persuade kings, queens and presidents to let their countries take part.

The International Olympic Committee, IOC, was created, and in 1896 athletes met in Athens for the first modern Olympic Games. In 1924, when the Olympics took place in Paris, the IOC organized an “International Sports Week” in Chamonix, France, in the winter. This event was such a success that in 1926, during the 25<sup>th</sup> session of the IOC in Lisbon, the Chamonix Games were recognized as the first Olympic Winter Games.

In 1986 the IOC voted to change the schedule of the Olympic Games so that the Summer and Winter Games would be held in different years. To adjust to this new schedule, the Lillehammer Games were held in 1994, the only time that the two Games were staged two years apart.

The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.

(Pierre de Coubertin)

**b) Read the article and mark about 8 words that**

- you don't understand
- are new for you and/ or
- you find interesting.

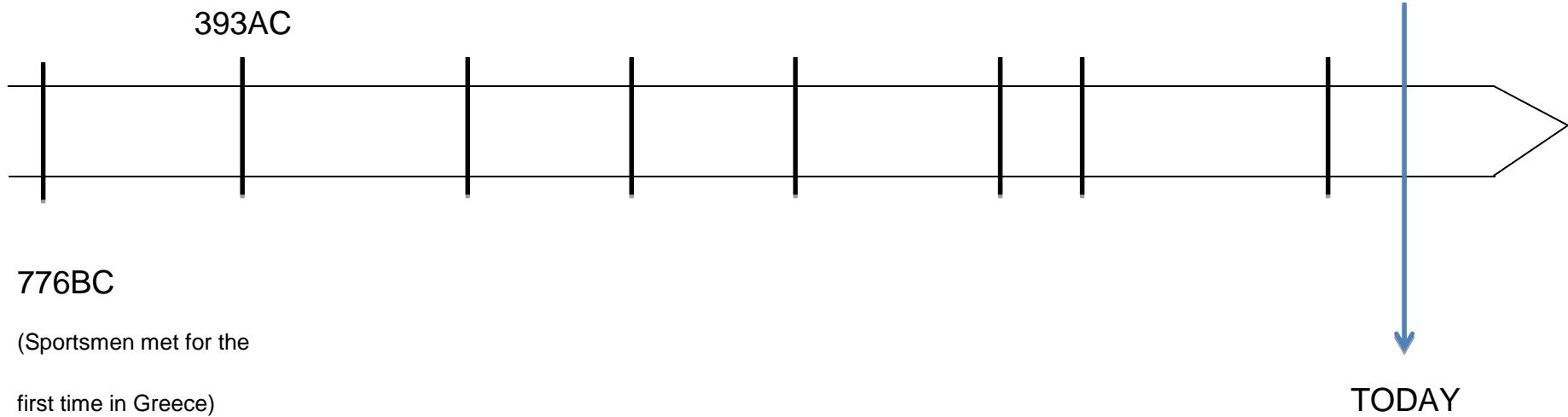
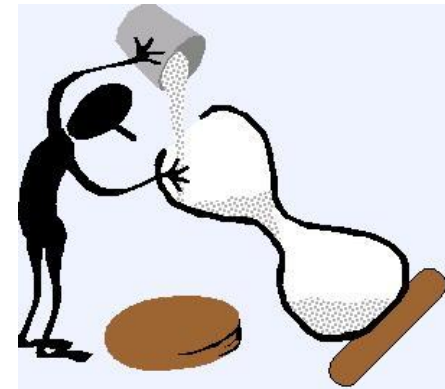


**c) Look up your words in a dictionary.** Make a table and write down the German translation. Give the page of the dictionary. Write down the infinitive form (*Grundform/Infinitiv*).

*Example:*

<b>English</b>	<b>Infinitive</b>	<b>German</b>	<b>Page in the dictionary</b>
<i>games</i>	-----	<i>Spiele</i>	<i>80</i>
<i>spread</i>	<i>to spread</i>	<i>etw. verbreiten</i>	<i>150</i>
<i>wrestling</i>	----	<i>Ringkampf</i>	<i>97</i>

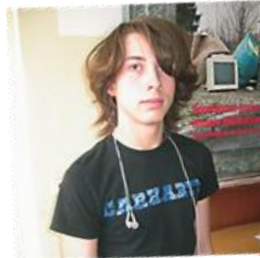
d) Make a time line of the history of the Olympic Games up to 1994.



### Task 5: Talking about sports.

Tristan, Felix and Ferdinand are all ninth graders at Nelson Mandela International School in Berlin. The 15-year-old boys talk about their favorite sports.

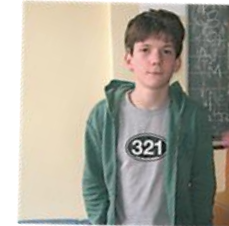
**a) Listen to the boys talking about sports. Fill in the right names next to the statements .**



**Tristan**



**Felix**



**Ferdinand**

A. Are you good at sports?

Name:

1. *“ Well yes, in some areas such as tennis or football. I play tennis once a week, so I have some experience in that area.”*

\_\_\_\_\_

2. *“ Doctors have always said I have the perfect body build for swimming. And I´m fast at it. But it is just zero fun for me. I like to do sports which I am not very good at.”*

\_\_\_\_\_

3. *“ I´m dreadful at sports. I am a bit sporty, though I´m hopeless when it comes to balls. The only sport I can really do is doing myself dance steps.!”*

\_\_\_\_\_

B. Are you on any sports team in school?

Name:

1. *"I played flag football at school. That was kind of fun. But I have the body build for real American football. I am a big guy. Now, I'm just starting sailing in this school."*

\_\_\_\_\_

2. *"Well, yes, at my old school I used to be on a baseball team. Even though I was mostly used as a bench warmer. I would mostly sit on a bench and not really do anything, but it was still a big experience for me."*

\_\_\_\_\_

3. *"I am not on any team, because like I said, I don't enjoy team sports and I'm really bad with balls."*

\_\_\_\_\_

C. What is your favourite sport?

1. *"Currently my favourite sport is probably soccer, because it is quite fun. I just like it because we play every day and, you know, it is motivating too!"*

\_\_\_\_\_

2. *"The only sport I actually do regularly is skating."*

\_\_\_\_\_

1. *"I'm a gear junky. I like sports with lots of gear, but my parents don't like that, because they have to spend the money for it."*

\_\_\_\_\_