

LESSON SIX



LESSON SIX

SOCCER (FOOTBALL)

New Words:

kicking: driving a ball by hitting it with the foot.

dribble: to move or advance the ball along the ground with successive light kicks.

defense*: the act of protecting somebody or something.
(Soldiers died in defense of their country.)

Dialogue : Some skills and rules

Instructor: Hello, class.

Students : Hello, sir.

Instructor: Today, we are going to review some skills and rules in soccer, or football. Ali, what are the basic skills in soccer?

Ali : Kicking, dribbling, passing, heading, trapping ...

Instructor: And tackling. Very good. Nader, what is tackling?

Nader : It's trying and taking the ball from the opponent. It is the primary tool of defense.

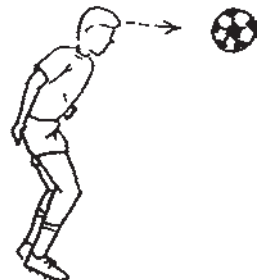
Instructor: Thank you. Amir, can players wear protective equipment ?

Amir : Well.... yes. Soccer rules require players to wear only one piece of equipment, shin guards.

Instructor: Thank you Amir. Ali, can you tell us about offsides?

Ali : Yes. Ah.... Um.... I know it but it is hard to explain.

Instructor: OK, class. I'll tell you another major rule in soccer. Listen carefully.



heading



trapping



shin guards

* "Defense" is also spelled "defence."

UNDERSTANDING

PART A : Which of the following sentences are false and which are true? Write “ T” or “ F” before the sentence!

- _____ 1. Football players use five basic skills.
- _____ 2. An important skill used in defense is tackling.
- _____ 3. Football players can wear different pieces of protective equipment.

PART B: Put a check mark (✓) before the correct answer!

- 1. Soccer is a _____
 - a. game
 - b. play
- 2. Kicking is a soccer _____
 - a. skill
 - b. rule
- 3. Shin guards are protective _____
 - a. equipment
 - b. skills
- 4. Tackling is a defense _____
 - a. rule
 - b. tool

New Words

commit: (v), to do (something wrong or illegal).

defend: (v), to keep safe from harm.

They defended their goal with great skill.

defensive: (adj), used for defending; e. g. defensive tactics, a defensive position.

forward: (adj), directed or moving toward the front.

A forward pass moves the ball nearer to the goal.

infraction: (n), the breaking of a rule or law.

infringe: (v), to go against a law, etc.

to take over (the right of another person).

interfere: (v), to get in the way of; prevent from working or happening.

involve: (v), to cause (someone or oneself) to become connected or concerned in; to have as a necessary part or result.

offense: (n), (also spelled offence) an act of wrongdoing, esp. of breaking the law offensive (adj), causing offence: unpleasant; e. g. offensive remarks.

penalize: (v), (also spelled penalize) to punish (a team or player) by giving an advantage to the other team, esp. by giving the other team penalty.

prohibition: (n), a rule that stops something being done.

A prohibition against touching the ball with hands.

sanction: (n), a formal action or punishment (to be) ordered when a law or rule is broken.

OFFSIDE

One of the major rules in soccer, in addition to prohibition against striking the opponent and touching the ball with hands, is the rule of offside.

Offside is defined as: infraction in which an offensive player does not have at least two defensive players between himself and the goal line when the ball is played forward by a member of the attacking team.



a goal keeper

OFFSIDE RULE

It is **not** an offence in itself to be in an offside position.

A player is in an offside position if:

- He is nearer to his opponents' goal line than both the ball and the second last opponent

A player is **not** in an offside position if:

- He is in his own half of the field of play
- He is level with the second last opponent
- He is level with the last two opponents

Committing an offside offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

No Offence

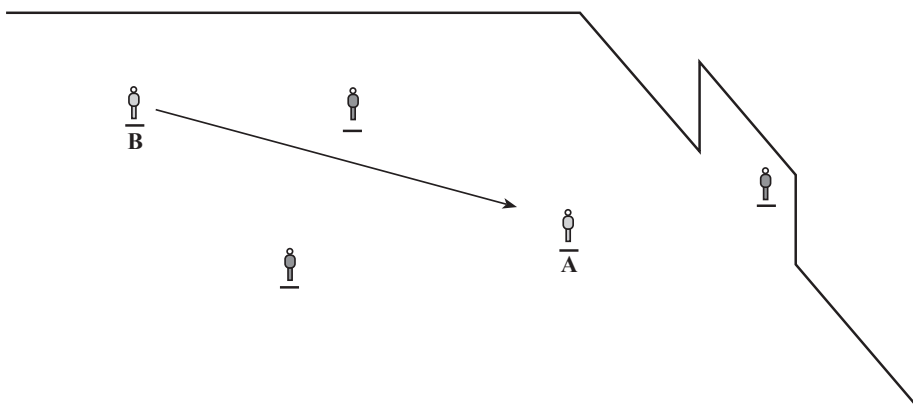
There is no offside offence if a player receives the ball directly from:

- A goal kick
- a throw - in
- A corner kick

Infringements / Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

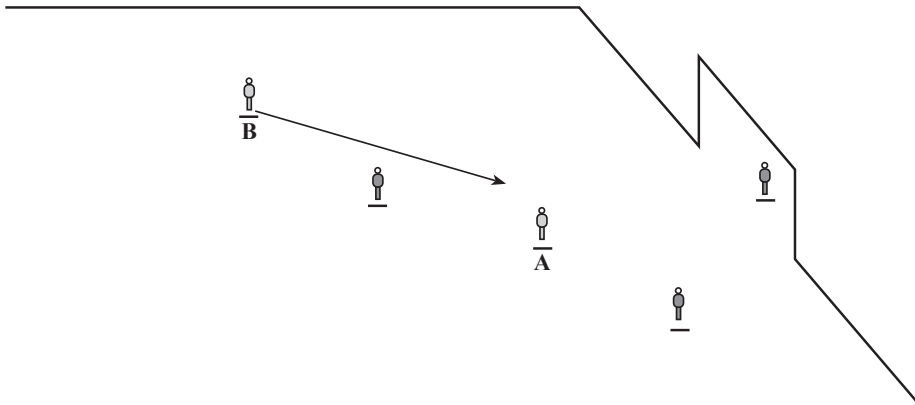
Now let's make this easy with some pictures:



Question: How many opposition players are there between player “A” and the goal line when the ball is played forward by player “B”?

Answer: One, the goalkeeper.

So player “A” is offside. There needs to be at least two opposition players between “A” and the goalkeeper when B plays the ball forward.



Question: Is player “A” still offside?

Answer: No, because there are two opposition players between “A” and the goal line when the player “B” plays the ball forward.

PART A: Write “T” or “F” before the sentences!

1. The offensive player is penalized if he is in his own half of the field.
2. The indirect free kick is always given to the opposing team from the center of the field.
3. A direct corner kick doesn't cause an offside offence.

PART B: Choose the best answer!

1. There rule(s) in soccer.
 - a. is just one major
 - b. are several
 - c. are only three
 - d. are no major

2. A player is if he breaks a rule.
 - a. awarded
 - b. defensive
 - c. punished
 - d. offside
3. Touching the ball with the hand is
 - a. offside
 - b. a major rule
 - c. an infraction
 - d. striking the opponent
4. Striking the opponent is in soccer.
 - a. an indirect kick
 - b. a free kick
 - c. a rule
 - d. prohibited
5. If the attacker receives the ball from a throw - in, he is
 - a. not offside
 - b. offside
 - c. infringing
 - d. awarded
6. Any offside offence means a(n)
 - a. direct free kick given to the defensive team
 - b. indirect free kick awarded to the goal keeper
 - c. advantage for the offensive team
 - d. advantage for the member of the attacking team

New Words:

basic: most necessary or important.

particular: special.

endurance : the ability to continue doing something difficult for a long period of time.

cardiovascular : relating to the heart and blood vessels.

(The old man is suffering from a cardiovascular disease.)

athletic: relating to sports.

(He is a member of the most famous athletic club.)

muscular: of or relating to muscles.

(He has a very muscular body.)

elementary school: a school for children between the ages of 6 and 12.

(He went to elementary school in Shiraz.)

The importance of soccer

Soccer should be taught in every basic physical education program from elementary school up through high school and college if for no other reason than to teach boys and girls the skillful use of their legs. Soccer is a running game and thus it helps develop cardiovascular endurance. Little equipment is required, making soccer one of the least expensive athletic activities.

No particular body size or physical build is necessary. Training for and playing soccer develop leg strength, body coordination, speed, and muscular endurance. The game can be played equally well by both sexes.

UNDERSTANDING

PART A: Which of the following sentences are true and which are false? Write “T” or “F” before the sentence !

- _____ 1. There is only one reason to teach soccer in the schools.
- _____ 2. Soccer is good for one’s health .
- _____ 3. Soccer players should have certain body size .
- _____ 4. Only boys can play the game.

PART B: Choose the best answer !

- 1. The word “it” in line 6 refers to _____.
 - a. reason
 - b. soccer
 - c. teaching boys
 - d. a running game
- 2. Among the advantages of soccer we can mention_____.
 - a. body coordination
 - b. running game
 - c. playing soccer
 - d. skillful use

3. Soccer can be taught at _____ levels in physical education program.

- a. school
- b. two
- c. almost all
- d. college

WORD FORMATION : Study the following examples !

EXAMPLES:

athlete	athlet <u>ic</u>
help	help <u>ful</u>
act	act <u>ive</u>
nation	nation <u>al</u>

Use the suffixes in the box to change the following nouns into adjectives!

-ic	-al	-ful	-ive
-----	-----	------	------

- | | |
|------------------|-------------------|
| 1. base _____ | 5. politics _____ |
| 2. skill _____ | 6. hope _____ |
| 3. physics _____ | 7. protect _____ |
| 4. origin _____ | 8. act _____ |

Study the following examples :

EXAMPLES :

move	movem <u>ent</u>
protect	protect <u>ion</u>
important	importan <u>ce</u>
inform	informat <u>ion</u>
read	read <u>ing</u>

Use the suffixes in the box to change the following verbs into nouns !

-ance	-ment	-ion	-ing	-ation
-------	-------	------	------	--------

- | | |
|-------------------|----------------------|
| 1. equip _____ | 2. build _____ |
| 3. develop _____ | 4. co-ordinate _____ |
| 5. direct _____ | 6. train _____ |
| 7. endure _____ | 8. run _____ |
| 9. prohibit _____ | 10. educate _____ |

FREE ACTIVITIES:

WORD FORMATION: Write the correct form of the word in the gap.

1. Soccer requires little _____ (equip).
2. Body _____ (co-ordinate) is important in soccer.
3. Soccer develops _____ (muscle / endure).

Free Reading

Read the following passage carefully. Then draw a football playground. Put the measurements on your drawing.

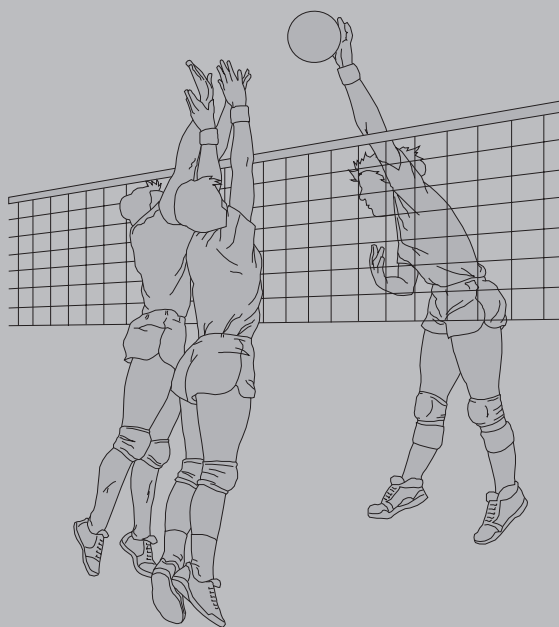
THE FIELD

Soccer is played on a rectangular field not more than 110 nor less than 100 meters in length . The width should not be more than 75 nor less than 64 meters.

The side field boundary lines are called touchlines. Corner flags not less 1.5 meters high are placed at each corner . At each corner of the field a quadrant with a one-meter radius is drawn. Corner kicks are taken from this area.

In front of each goal a goal area is drawn, 5.5 m. along the goal line from each goalpost and 5.5 m. into the field of play . A large area is also marked out in front of each goal 16.5 m. along the goal line from each goalpost and 16.5 m. into the field. This is called the penalty area. Within each penalty area a penalty mark is made 11 m. from the midpoint between the goalposts and equidistant to them. An area is drawn 9.15 m. using the middle of the penalty kick mark as the center . In addition the field has a centerline (or halfway line) drawn across it and a center circle with a 9.15 m. radius.

LESSON SEVEN



LESSON SEVEN

VOLLEYBALL

New Words :

substitution: the replacing of one or more players in the game by other players on the team.

injury: damage to the body of a player.

rotation: the action of players moving in a clockwise direction when regaining the serve.

shifting: moving from one position or place to another.

Dialogue : Some useful expressions in volleyball

Marjan : Could I ask you some questions ?

Solmaz : What are they about ?

Marjan : Some terms in volleyball .

Solmaz : Please go ahead .

Marjan : What is “ time-out” ?

Solmaz : Stopping the game for rest, substitution and injuries

Marjan : Thanks. What about “dead ball”?

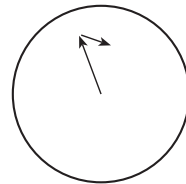
Solmaz : It means the ball that is out of play.

Marjan : And what is “rotation” ?

Solmaz : It means shifting positions clockwise just before the next person serves.

Marjan : Thank you very much .

Solmaz : Not at all .



clockwise rotation

UNDERSTANDING

PART A : Which of the following sentences are false and which are true ? Write “ T” or “ F” before the sentence !

- _____ 1. Terms refer to some words or expressions .
- _____ 2. “To rotate” means to shift position .
- _____ 3. A dead ball is not a good ball .

_____ 4. There is a “time-out” only when the teams change members.

PART B : Read the dialogue again to answer the following questions !

1. Which word in line 1 is the opposite of answer ? _____
2. Which word in line 3 means words and expressions ? _____
3. Which expression in line 4 means continue ? _____
4. Which word in line 10 means changing ? _____
5. Which word in line 10 is the opposite of after ? _____

PART C : Use the halves in column II to complete the conversation started in column I ! Write a ,b,c,..etc. in the spaces provided !

I

Hi. How are you today ? ()
I'm fine. What's this ? ()
What are they about ? ()
How many are they ? ()
Please, tell me 2 of them. ()
Dead ball ? What's that ? ()
Well, thank you very much. ()

II

a. You're welcome.
b. Rotation, and dead ball.
c. Fine thanks, and you?
d. A list of expressions.
e. Ball that is out of play.
f. They're about volleyball.
g. About twenty.

New Words:

overlap: when two things overlap, part of one thing covers part of another thing.

contact: the act of touching something.

replace: to be used instead of something or somebody else; put a new or different person or thing in the place of another.

report: to give somebody information that you have done, heard or seen something.

scorer: someone who records the score of a game or contest as an official or under the direction of the chief official.

original: first ;earliest.

remove: take somebody or something away or off.

permission: allowing somebody to do something.

(The referee gave me permission to leave the court.)

Players and Substitutes

In official matches each volleyball team must consist of only six players. Player positions along the net are: right front, center front and left front; those in the backcourt are called right back, center back, and left back.

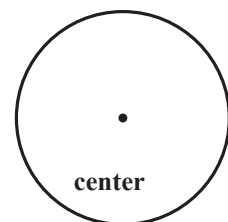
When the ball is served, players must be in their positions. In the front line the center front must be between the right and left fronts. In the back line the center back must be between the right and left backs. Also, the back row players may not overlap with the front line players. As soon as the serve is contacted, players may move anywhere on their side of the court.

A substitute may replace any player when the ball is dead, provided the player reported to the scorer and received permission of the referee. A player taken out of the game may reenter once but must return to the original position in the serving order.

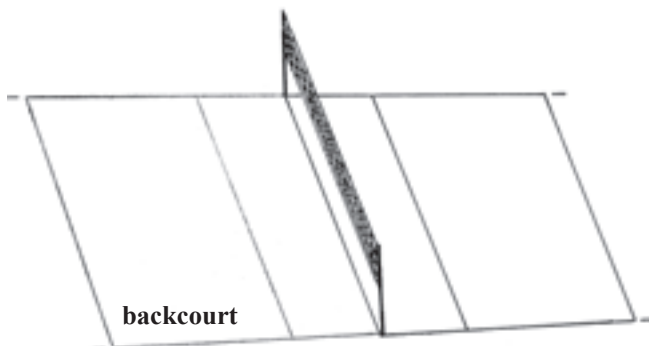
A substitute who enters the game and is then removed cannot reenter until the next game.



overlap



center



UNDERSTANDING

PART A : Which of the following sentences are false and which are true. Write “ T” or “ F” before the sentence!

- _____ 1. In any volleyball match there must be six players in each team.
- _____ 2. The substitute must have the scorer’s permission.
- _____ 3. When the ball is dead, players must be in their positions.
- _____ 4. A substitute cannot enter and reenter in the same game.

PART B : Put a check mark(✓) next to the correct answer !

- 1. There are six players in each team .
Each team _____ six players .
 - a. consist
 - b. has
- 2. A substitute may replace any player when the ball is dead.
S/he may _____ the court .
 - a. enter
 - b. leave
- 3. A substitute has to get the referee’s permission.
S/he _____ the referee’s permission.
 - a. needs
 - b. returns
- 4. Players must be in their positions when the ball is served.
They must be in their _____ .
 - a. court
 - b. places
- 5. A substitute cannot enter the same game again.
S/he cannot _____ the same game.
 - a. replace
 - b. reenter

PART C : Use the most appropriate words in the box to complete the sentences that follow!

return	served	positions
serving	team	serve

1. Three forwards and three backs compose a volleyball_____.
2. The ball is _____from behind the back line of the court.
3. Teams must ___ the ball without allowing it to touch the court.
4. Only the _____team scores points.
5. If the receiving team wins the volley, it gains the next_____ after the players rotate their _____clockwise.

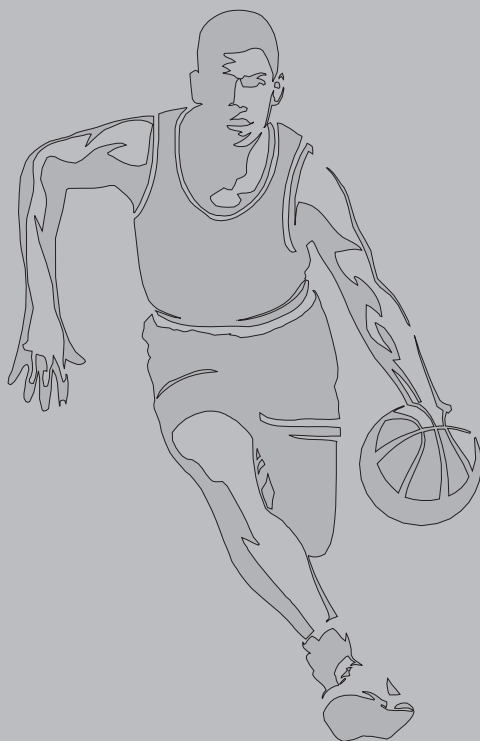
FREE ACTIVITIES

Translate the following into Farsi !

In volleyball, spiking is the game’s most dramatic offensive maneuver, occurring when a player drives the ball forcefully downward into the opponents’ court with an open hand at speeds of about 100 mph*. Defenses attempts to block spikes at the net .

* mile per hour

LESSON EIGHT



LESSON EIGHT

BASKETBALL

New Words:

guarding : attempting to prevent an opponent from playing effectively or from scoring.

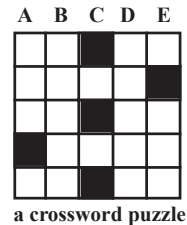
offense : the act of attacking an opponent or of attempting to score points in a contest.

defense : the act of attempting to protect one’s side from an opponent’s attack.

Don’t mention it : used as a polite answer when somebody has thanked you for something.

(:Thanks for all your help.

Don’t mention it.)



Dialogue: Crossword puzzle

Karim: Hi. You look busy .

Sina : Hi, Karim . This is a crossword puzzle .

Karim: I really like doing crossword puzzles .

Sina : OK. Maybe you can help me with some questions .

Karim: Go ahead.

Sina : Let’s see . Yes. Number one: The game that involves two five-player teams that play both offense and defense.10 letters.

Karim: Two five-player teams / offense and defense. Is it basketball ?

Sina : Yes. There are ten letters in the word “basketball”.

Karim: What about the next one ?

Sina : Number five down : One of the basic offensive skills in Basketball.

Karim: Is it “shooting” ?

Sina : No. The word starts with p .

Karim: Is it “passing” ?

Sina : Fine. There is one more : The basic defensive technique in basketball.

Karim: Is it “guarding”?

Sina : Yes. Well, thank you very much .

Karim: Don’t mention it .

UNDERSTANDING

PART A : Which of the following sentences are true and which are false. Write “ T” or “ F” before the sentence !

- _____ 1. In basketball ,the players only defend .
_____ 2. Guarding is a basic offensive skill .
_____ 3. As an offensive skill ,one can mention “shooting”.

PART B: Use the halves in column B to complete the sentences in column A!

Note : There is an extra half in column B

A	B
1. There are five players ()	a. in a basketball game
2. Offensive is ()	b. both among offensive skill
3. “Passing”,and“shooting”are...()	c. in a basketball team
	d. the opposite of defensive

New Words:

jump ball: A method of putting the ball in play that consists of the referee’s tossing the ball

overtime : an extension of the playing time to decide a winner.

line up : to get into form in a line; to take one’s position in.

midcourt : the area of the basketball court just on either side of the division line.

regain : to get back

score: (n) the number of points, goals, etc. each player or team gains.

score : (v) to make a score in a game or contest.

points : the basic scoring unit in most games.

make a basket: (also shoot a basket) to gain a point by throwing the ball through the basket net.

shot : the throwing or propelling of the ball toward the basket.

foul : against the rules of the game.

tie : to make one's score equal to the opponent's score.

Basketball

The basketball game involves two five-player teams that play both offense and defense. At the completion of each game, the team that has scored the most points wins. When a game is tied after regulation time has ended , the teams play overtime periods until one team ends an overtime period with more points and is therefore the winner.

Every game begins with a jump ball at the center of the court. With one player from each team lined up in the midcourt circle, a referee tosses the ball high into the air, and the two players attempt to direct the ball to one of their own teammates. The team that gains possession plays offense, and the opposition plays defense, protecting its own basket until it regains possession of the ball .

There are two ways an offensive team can score points . The first way to score is to make a basket, which is worth 2 or 3 points, depending on the distance of the shot. The second way to score is a foul shot, also called a free throw. These are awarded to a player when the opposition commits a personal foul (illegal contact such as pushing, holding, charging , or tripping) or a technical foul (violation of the rules without physical contact, such as unsportsmanlike conduct).

UNDERSTANDING

PART A : Which of the following sentences are false and which are true ? Write “ T” or “ F” before the sentence !

- _____ 1. When the game is tied ,the referee stops the game .
- _____ 2. Not every game begins with a jump ball.
- _____ 3. Pushing , holding or tripping are technical fouls.
- _____ 4. The distance of the shot is important in gaining the points.

PART B : Use the halves in column B to complete the sentences in column A.

Write a,b,c, etc in the spaces provided

A

B

- | | |
|---|----------------------------------|
| _____ | _____ |
| 1. A winner team is(). | a. the referee tosses the ball. |
| 2. Sometimes the teams have to play... (). | b. the other team plays defense. |
| 3. At the beginning of the game(). | c. overtime periods. |
| 4. One team plays offense,..... (). | d. is a technical foul. |
| 5. An unsportsmanlike conduct..... (). | e.the team that scores the most. |

PART C: Choose the best answer !

- 1. One way to score is to _____.
 - a. make a basket
 - b. end an overtime period
 - c. involve two teams
 - d. commit a personal foul
- 2. An example of personal foul is _____.
 - a. pushing
 - b. jumping
 - c. shooting
 - d. scoring
- 3. In the jump ball each player tries to _____ the ball to a member of his/her team.
 - a. play
 - b. send
 - c. attempt
 - d. gain

4. The team playing defense has to _____ its basket .
 - a. protect
 - b. point
 - c. push
 - d. play
5. For a jump ball the referee invites _____ player(s) from each team.
 - a. one
 - b. two
 - c. no one
 - d. someone

PART D: Use the most appropriate words in the box to complete the sentences that follow !

Note: There are some extra words in the box.

violate	winner
different	score
an offensive	tied

1. There are two ways for _____ team to score points .
2. Foul shots are not awarded to players who _____ the rules.
3. Sometimes teams have to play overtime periods in order to determine the _____.
4. Personal fouls are _____ from technical fouls.

Free Activity

Read the following and try to translate it into Farsi!

Fundamental skills and techniques

Passing

Passing is the key to successful basketball . A successful team must be able to handle, control, and move the ball downcourt quickly and accurately to create scoring opportunities .

First, learn to catch as well as pass. When the ball is thrown to you ,spread the fingers but keep them relaxed . When the ball hits the fingers ,let the arms give slightly toward the body. When the ball is under control, finger it into passing position by placing the hands on each side of the ball so that you can get it away quickly or get set for a shot.

LESSON NINE



LESSON NINE

THE OLYMPIC GAMES

New Words:

unscramble: to arrange something that is confused or in the wrong order in a clear, correct way.

boycott : to refuse to buy, use or take part in something.

peace: a period of time in which there is no war or violence in a country or an area.

amateur : a person who takes part in sports or other activities for enjoyment or interest, not as a job.

Dialogue: let's unscramble words!

Azadeh : Hello, Maryam; Hello Parvin.

Maryam and Parvin: Hello Azadeh.

Azadeh : What's this? A crossword puzzle?

Maryam : It is not a crossword puzzle.

Parvin : We are unscrambling some words to find the hidden words.

Azadeh : I see you've unscrambled nationals, boycott, peace, skiing and compete.

Parvin : Yes. We have only two more left. Would you like to join us?

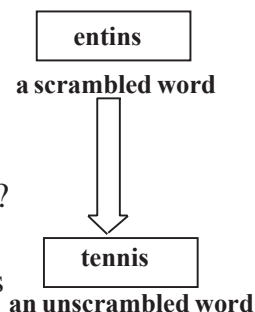
Azadeh : Sure.

Maryam : The first one reads as amsureat (8 letters). The clue is : The competitors must not be "professionals". They must be_____.

Azadeh : Excuse me , Parvin . What is the opposite of "professional" ?

Parvin : Is it amateur ?

Azadeh : Exactly. And the plural form of the word is "amateurs" which is 8 letters.



Maryam : That's fine. Now . The second one reads as steelhat (8 letters).The clue is :People who play sports well:_____

Azadeh : Is that "athletes"?

Maryam : Yes. Now ,let's find the hidden words.

UNDERSTANDING

Unscramble the words, put them in the corresponding boxes, and then find the hidden words:

naalstoin	n	a	t	i	o	n	a	l	s			
		9			1							
steelhat				2					12			
bootcy	b	o	y	c	o	t	t					
			3									
amsureat		4										
pceea	p	e	a	c	e							
		5			11							
skgnii	s	k	i	i	n	g						
			6			8						
ocpement	c	o	m	p	e	t	e					
		7										
			10									
Hidden words	1	2	3	4	5	6	7	8	9	10	11	12
	-	-	-	<u>M</u>	-	-	-	-	-	-	<u>E</u>	-

New Words:

all over: everywhere

unite : join together

(His aim was to unite the country)

national: connected with a particular nation;shared by a whole nation.

(The national anthems of the winning countries were played in the stadium.)

hero : a person who is admired by many people for doing something brave or good.

(Those who fight for their country are national heroes.)

The Olympic Games

Every four years people all over the world watch the Olympic Games. It is a time for all kinds of people to unite in peace. Some of them join together to compete for gold medals. Millions of other people watch them on television.

Why do we have Olympic Games? How did they begin ?

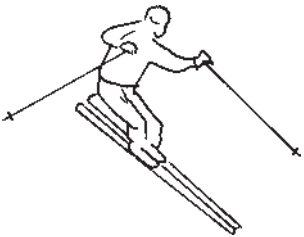
The first Olympic Games were in Greece in 776 BC. There was only one event - people ran a race the length of the stadium. The Games lasted one day.

Slowly people added more events. The Games were only for men, and women could not even watch them. Only Greeks competed. They came from all parts of the Greek world. The time of the Games was a time of peace, and the government let everyone travel safely. Kings competed against common people. The winners became national heroes. The first modern games were in 1896, in Athens. The Greeks built a new stadium for the competition. Athletes from several countries competed. Then there were Olympics every four years in different cities in Europe and the United States until 1952. After that they were in Melbourne, Tokyo, Mexico City, and Montreal besides in European cities. Each year there were athletes from more nations. The first Winter Olympics were in 1924. The athletes compete in skiing and other winter sports.

Today there must be Olympic Games every four years. The Games must have at least fifteen events, and they cannot last more than sixteen days. There is no age limits—people of any age can compete.



a gold medal



skiing

The competitors must not be professionals. They must be amateurs. The athletes compete for gold medals. The winners are still national heroes, as they were in the early Olympic Games in Greece.

UNDERSTANDING

PART A: Which of the following sentences are true and which are false? Write “T” for true and “F” for false.

- _____ 1. In the past, the games lasted more than sixteen day.
- _____ 2. The first Olympic competitors ran the length of the stadium.
- _____ 3. The Winter Olympic also started in Greece in 776 BC.
- _____ 4. Little by little, more countries joined the games.
- _____ 5. Only Greeks could compete in the modern games.
- _____ 6. The word “it” in line two refers to the world.

PART B: Choose the best answer !

- 1. The Olympic Games help all kinds of people to _____.
 - a. compete for gold medals
 - b. watch the games
 - c. become national heroes
 - d. unite in peace
- 2. The Olympic Games were held in other cities such as Tokyo and Mexico City _____.
 - a. in 1896
 - b. after 1952
 - c. in 1924
 - d. every 4 years
- 3. “There is no age limit”. This statement means that _____ can compete in the games.
 - a. only young people
 - b. people of any race
 - c. both men and women
 - d. athletes of any age
- 4. The games must have at least _____.
 - a. 15 nations
 - b. 15 events
 - c. 16 winners
 - d. 16 days
- 5. After the Greeks built a new stadium, _____ from some other countries joined the competitions.
 - a. running
 - b. an event
 - c. athletes
 - d. skiing

PART C: Use the halves in column B to complete the sentences in column A!

- | <u> A </u> | <u> B </u> |
|--------------------------------------|------------------------------|
| 1. The first Olympic Games() | a. were in 1924 |
| 2. The first modern games() | b. lasted one day |
| 3. The first Winter Games () | c. were in 1896 |
| 4. The first Olympic Games () | d. until 1952 |
| | e. were in Greece |

VOCABULARY

PART A: Use the words in column B closest in meaning with the words in column A!

- | <u> A </u> | <u> B </u> |
|------------------------------|------------------------------|
| 1. last () | a. try to win |
| 2. kinds () | b. ordinary |
| 3. compete () | c. continue |
| 4. common () | d. countries |
| 5. nations' () | e. types |

PART B: Find the antonyms of the words. Write a, b, c,etc, in the spaces provided!

- | <u> A </u> | <u> B </u> |
|------------------------------|------------------------------|
| 1. peace () | a. fast |
| 2. slowly () | b. ancient, old |
| 3. winner () | c. same, similar |
| 4. modern () | d. war |
| 5. different () | e. last |
| 6. first () | f. loser |
| 7. professional () | g. amateur |

PART C: Study the words in the following box. Use the word or phrase closest in meaning with the word or phrase underlined. Write your choices in the spaces provided.

countries friendship included get together everywhere

1. People **all over** the world (_____)

2. Slowly people **added** more events. (_____)
3. The time of the Games was a time of **peace**. (_____)
4. Each year there were athletes from more **nations**. (_____)
5. It is a time for all kinds of people to **unite** in peace.(_____)

PART D: Add an appropriate suffix to each of the following words.
You can use suffixes given in the box.

-ion -ation -ition -al
-ful -d/-ed itor -or

- | | |
|------------------------|---------------------|
| 1. nation () | 2. beauty () |
| 3. compete () | 4. peace () |
| 5. unite () | 6. limit () |
| 7. profession () | 8. compete () |

PART E: Study the following examples

Example 1 Iran → Iranian
 Japan → Japanese

Example 2 England → English
 Greece → Greek
 Iraq → Iraqi

- | Country (noun) | people/language (adj/noun) |
|----------------|----------------------------|
| 1. _____ | Egyptian |
| 2. Germany | _____ |
| 3. Lebanon | _____ |
| 4. _____ | Spaniard /Spanish |
| 5. _____ | Turkish |
| 6. America | _____ |
| 7. Greece | _____ |
| 8. India | _____ |
| 9. China | _____ |
| 10. _____ | French |

PART F: Unscramble the words in the parentheses and use them in the corresponding sentences! Finally, use the numbered letters to discover the hidden word.

1. (p u l f c e a e) Millions of people watch the _____ 1 ___ games on TV.

2. (n a l a t i o n) The winners became 2 _____ heroes.

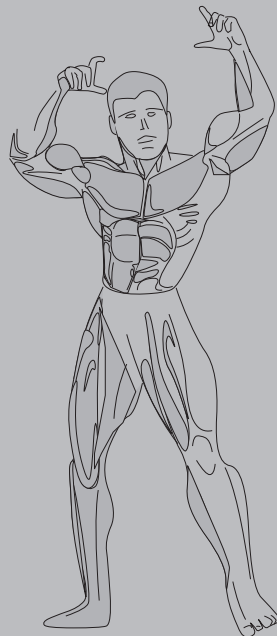
3. (p o m c t i s e t i o n) The Greeks built a new stadium for _____ 3 _____.

4. (p o f a l i s e r n s) Are the competitors 4 _____?

Now put the numbered letters in the given order to find out the hidden word.

1 2 3 4 play

LESSON TEN



LESSON TEN

PHYSICAL EDUCATION

New Words:

objective: something that you are trying to achieve; goal.
(You must set realistic goals and objectives for yourself.)

mission: particular work that you feel it is your duty to do.
(The mission for physical education is to make the body and mind healthy.)

environment: the conditions that affect the behavior and development of somebody or something.
(An unhappy home environment can affect a child's behavior.)

sportsmanship: fair, generous and polite behavior especially when playing a game.
(He is famous for skillful play and good sportsmanship.)

expose: (expose somebody to something) to let somebody find out about something by giving him experience of it or showing him what it is like.
(We want the kids to be exposed to as much art and culture as possible.)

recreation: doing things for enjoyment, when you are not working.
(You need some recreation after a hard day.)

Dialogue: Goals

Instructor : Hello, class.

Students : Hello, sir .

Instructor : Today we are going to review some points in a physical education program .

Students : OK, sir.

Instructor : First , what is the main objective of a physical

education schools like our school .

Ebrahim : I think the main mission of any school is to provide educational excellence.

Instructor : How ?

Ebrahim : By providing a positive school environment.

Instructor : Fine . Now , Babak , what are the other goals ?

Babak : Well, they are also designed to teach skills , knowledge, sportsmanship and safety .

Instructor : Exactly. Morad , please tell us how such schools can reach these goals ?

Morad : Through being exposed to a wide variety of sports and recreational activities.

Instructor : Very good . OK class let's complete what we've discussed .

Students : OK, sir .



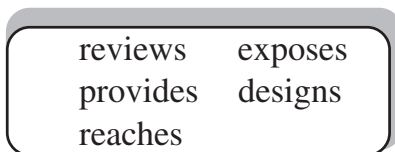
UNDERSTANDING

PART A : Use the words or phrases in column B that are closest in meaning with the words in column A. Write a,b,c,...etc. in the parentheses provided !

A	
1. goal	()
2. mission	()
3. provide	()
4. positive	()
5. design	()

B	
a. get to	
b. think of and plan	
c. objective	
d. make better	
e. duty ,task	
f. give, lend or supply	

PART B : Use the words in the box to complete the sentences that follow!



1. When a teacher goes over a lesson, s/he _____ the lesson .

2. When someone _____ you with something, s/he gives, lends, or supplies it .
3. When a person _____ a program ,s/he plans it for a particular purpose.
4. When your school _____ the students to a variety of sports, they let the students try, and enjoy those activities .
5. When your student succeeds , s/he _____ his/her goal .

New Words:

appreciate: to recognize the good qualities of something.

(His family doesn't appreciate him.)

organize: to arrange something into a particular order or structure

(Computers organize a lot of data in a very short time)

safety: being protected from danger or harm.

(This is a place where children can play in safety.)

Physical Education Goals (1)

Every physical education school is expected to have a well organized program. Such programs are designed to teach skills, knowledge, sportsmanship, and safety through an exposure to a wide variety of sports and recreational activities . The students will establish a degree of physical fitness, respect for a healthy body and mind, and appreciation for lifetime sports.

UNDERSTANDING

PART A : Which of the following sentences are false and which are True ? Write "T" or "F" before the sentence!

- _____ 1. In line 2 the phrase 'such programs' refers to life time sports.
- _____ 2. A well organized program is a good program.
- _____ 3. From the passage we understand that any well organized program is supposed to help the students in a limited way.

- _____4. Physical education concerns only recreational activities .
- _____5. Physical fitness results from the student's exposure to a variety of sports .

PART B: For each of the following definitions choose the most suitable word.

There are two extra words.

- | | |
|--|----------------------|
| 1. sportsmanlike quality or spirit | () a. recreation |
| 2. well and able to resist disease | () b. build |
| 3. not being dangerous or in danger | () c. appreciate |
| 4. way of spending free time, relaxation | () d. safety |
| 5. to understand and enjoy something | () e. sportsmanship |
| | f. healthy |
| | g. degree |

PART C : Organize the following groups of words into correct sentences !

1. body / mind / will / healthy / the students/ a / respect /and/ for.
1. _____
2. well / program/ was / that / organized /very ?
- 2 _____?

PART D: Write the Farsi word for each of the following !

- | | |
|--------------------------|--------------------------------|
| 1. lifetime sports _____ | 5.recreational activities_____ |
| 2. sportsmanship _____ | 6. degree _____ |
| 3. respect _____ | 7. is expected _____ |
| 4. establish _____ | 8. knowledge _____ |

New Words:

advantage: a quality of something that makes it better or more useful.

adult: a fully grown person who is responsible for his/her actions.

adulthood: being an adult.

cancer: a serious disease in which cells of the body grow in an abnormal way.

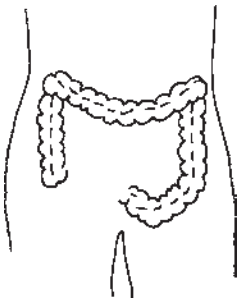
hypertension: blood pressure that is higher than is normal.

coronary: connected with the heart, particularly the arteries that take blood to the heart.

Physical Education Goals (2)

The overall mission of the physical educator is to help all students enjoy and learn physical activities so that they will continue to be active for the rest of their lives. The following offers a short list of the advantages a physical education program can offer : They

- *prepare students with skills for future by exposing them to various individual and team activities.
- *formulate activity patterns that can be extended into adulthood.
- *reduce risk for specific health problems including: coronary heart diseases, hypertension, colon cancer, and depression , as well as lower all-cause death rates.
- *improve understanding of health-related fitness concepts .
- *develop students' sense of security with their own body.
- *improve overall mental health .
- *reduce stress and increase energy-enriching quality of life.
- *teach safety techniques, reducing accidents outside of school.
- *increase awareness of physical opportunities within the family and the community.



colon

UNDERSTANDING

PART A : Some of the sentences are false and some are true. Write “T” or “F” before each of the sentences.

- _____ 1. The physical education program can help us in many ways.
- _____ 2. Learning and enjoying the physical activities are the only things such programs can give us.
- _____ 3. Colon cancer is a health problem.
- _____ 4. Some activity patterns are also suitable for other stages of life.

PART B: Underline the most suitable word or phrase!

1. A good physical education program helps you (reduce/ increase) health problems.
2. Such programs expose the students to individual (or / and) team activities.
3. Another advantage of a physical education program is that they help us improve our overall mental (problem / health).
4. If you follow such programs, you will continue to be active (for the / to) rest of your life.

PART C : Choose the best answer !

1. In line two “ they” refers to _____.
a. advantages
b. physical education
c. physical educator
d. the students
2. In line five ‘various’ means _____ .
a. short
b. different
c. specific
d. similar
3. One way to _____ is to take part in a physical education program.
a. increase risk for specific health problem
b. reduce energy enriching quality of life
c. live a happy and healthy life.
d. Improve all-cause death rates .

4. If you follow a well-organized physical education program, you can improve your _____ .
- a. overall mental health
 - b. accidents outside of school
 - c. safety techniques
 - d. sense of security with your own body
5. Which is NOT one of the advantages of the physical education program ?
- a. Teaching skills
 - b. Improving one's sense of security
 - c. Depression
 - d. Reducing risk for specific health problem

FURTHER ACTIVITIES

I - FREE READING :

Definition of a Physically Educated Person

A physically educated person is a lucky person for many reasons. However , in this short paragraph ,we are going to learn about a few of them. First, s/he has learned the skills necessary to perform a variety of physical activities. Second, s/he knows the implications of and the benefits from the involvement in physical activities. The third reason concerns his or her being physically fit . Next, a physically educated person knows the rules ,strategies and appreciates behaviors for selected physical activities. Finally , a physically educated person respects the role that regular physical activity plays in pursuit of lifelong health and well being.

II- TRANSLATION

Translate the following into Farsi

A physically educated person recognizes that participation in physical activities can lead to multicultural and international understanding. Such a person appreciates the relationship with others that results from participation in physical activities.

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III. WEB SITES

Different web sites including, encyclopedia.com, encarta.com and burtrandworld.com.

Appendix I

List Of Abbreviations

- (F.I.B.A) Federation International de Basketball Amateur(French)
International Federation of Amateur Basketball(English)
- (F.I.F.A) Federation International de Football Association
(French)
International Football Association Federation (English)
- (F.I.L.A) Federation International de Lutter Amateur (French)
International Federation of Amateur Wrestling (English)
- (F.I.N.A) Federation International de Natation Amateur (French)
International Amateur Swimming Federation (English)
- (F.I.V.B) Federation International de Volleyball (French)
International Federation of Volleyball (English)
- (I.A.A.F.)International Amateur Athletic Federation
- (I.B.F) International Badminton Federation
- (I.C.S.P.E) International Council of Sport and Physical Education
- (I.H.F) International Handball Federation
- (I.T.T.F) International Table Tennis Federation

Appendix II

List of New Words

- adult:**(n), a fully grown person who is responsible for his/her actions.
(lesson ten)
- adulthood:**(n), being an adult. (lesson ten)
- advantage:**(n), a quality of something that makes it better or more
useful. (lesson ten)
- afloat:** floating on water. (lesson four)
- all over:**(adv), everywhere. (lesson nine)
- amateur :**(n), a person who takes part in sports or other activities for
enjoyment or interest, not as a job. (lesson nine)
- appreciate:**(v), to recognize the good qualities of something.(lesson ten)
- athletic:**(adj), relating to sports. (lesson six)

award:(v), to make decision to give something to somebody as a prize.
(lesson six)

basic:(adj), most necessary or important. (lesson six)

boost:(v), increase the value or amount of something. (lesson three)

boycott :(v), to refuse to buy, use or take part in something.(lesson nine)

breath:(v),take in and let out air through your nose and mouth. (lesson one)

burn up:(v), use energy by doing exercises. (lesson one)

cancer:(n), a serious disease in which cells of the body grow in an abnormal way. (lesson ten)

cardiovascular:(adj), relating to the heart and blood vessels. (lesson six)

circulate:(v), move in a closed path. (lesson one)

commit: (v), to do (something wrong or illegal). (lesson six)

competition:(n), a game that people try to win; a contest. (lesson four)

competitor: a person who takes part in a competition. (lesson three)

contact:(n), the act of touching something. (lesson seven)

contest:(n), struggle, competition, fight. (lesson two)

coordination:(n), the act of making things work together. (lesson three)

coronary:(adj), connected with the heart, particularly the arteries that take blood to the heart. (lesson ten)

defend: (v), to keep safe from harm. (lesson six)

defender:(n), a player who must stop the other team from scoring a goal. (lesson six)

defense:(n),(also spelled defence), the act of attempting to protect one's side form an opponent's attack. (lesson eight)

defensive: (adj), used for defending; e. g. defensire tactics, a defensive position. (lesson six)

depressed:(adj), very sad; without hope. (lesson one)

disappear:(v), to stop existing; to vanish. (lesson four)

disqualify:(v), prevent somebody from doing something because they have broken a rule. (lesson two)

distribute:(v), to place at different points. (lesson two)

don't mention it : used as a polite answer when somebody has thanked you for something. (lesson eight)

drag:(v), move or make something move, partially touching the ground. (lesson three)

dribble:(v), to move or advance the ball along the ground with

successive light kicks. (lesson six)

efficient:(adj), doing something well and successfully. (lesson four)

elementary school:(n), a school for children between the ages of 6 and 12. (lesson six)

endurance:(n), the ability to continue doing something difficult for a long period of time. (lesson six)

enthusiasm:(n), interest or admiration for something. (lesson three)

environment:(n), the conditions that affect the behavior and development of somebody or something. (lesson ten)

equipment:(n), the things that are needed for a particular purpose. (lesson two)

event:(n), any of the individual contests that comprise a sports program. (lesson two)

exceed:(v), be greater than a particular number or amount. (lesson three)

expose:(v), (expose somebody to something) to let somebody find out about something by giving him experience of it or showing him what it is like. (lesson ten)

fit:(adj), in shape; healthy and strong. (lesson one)

float:(v), To stay on top of water. (lesson four)

forward:(adj), directed or moving towards the front. (lesson six)

foul :(n), against the rules of the game. (lesson eight)

fundamental:(adj), serious and very important.(lesson two)

gliding:(v), moving smoothly and quietly, without much effort.(lesson four)

graceful:(adj), moving in a smooth and beautiful way. (lesson four)

guarding :(n), attempting to prevent an opponent from playing effectively or from scoring. (lesson eight)

gymnast:(n), a person who performs gymnastics especially in competition.(lesson two)

healthy:(adj), well; not ill; how well your body is. (lesson one)

hero :(n), a person who is admired by many people for doing something brave or good. (lesson nine)

hypertension:(n), blood pressure that is higher than is normal.(lesson ten)

improve:(v), make or become better. (lesson one)

indoor:(adj),(n), done or used inside a building. (lesson five)

infractions:(n), an act of breaking of playing rules. (lesson six)

injury:(n), damage to the body of a player. (lesson seven)

instinct:(n), a natural tendency that makes people and animals do certain things. (lesson four)

instinctive:(adj), based on instinct. (lesson four)

interfere:(v), to get in the way of; prevent from working or happening.
(lesson six)

introductory activities:(n), lead up activities. (lesson three)

involve:(v), to cause (someone or oneself) to be come connected or concerned in; to have as a necessary part or result.
(lesson six)

jump ball :(n), a method of putting the ball in play that consists of the referee's tossing the ball. (lesson eight)

kicking:(n), driving a ball by hitting it with the foot. (lesson six)

land:(v), come onto the ground. (lesson three)

lead up activities:(n), preparatory activities; activities at the beginning of a task. (lesson three)

line up :(v), to get into form in a line; to take one's position in. (lesson eight)

make a basket:(v), (also shoot a basket) to gain a point by throwing the ball through the basket net. (lesson eight)

make progress:(n), become better. (lesson four)

midcourt :(n), the area of the basketball court just on either side of the division line. (lesson eight)

mission:(n), particular work that you feel it is your duty to do.(lesson ten)

muscular:(adj), of or relating to muscles. (lesson six)

national :(adj), connected with a particular nation; shared by a whole nation.(lesson nine)

nervous:(adj), worried or afraid. (lesson one)

objective:(n), something that you are trying to achieve; goal.(lesson ten)

offense :(n), the act of attacking an opponent or of attempting to score points in a contest. (lesson six)

organize:(v),to arrange something into a particular order or structure.
(lesson ten)

original:(adj), first; earliest. (lesson seven)

outstretched:(adj), stretched or spread as far as possible. (lesson five)

overlap:(v), when two things overlap, part of one thing covers part of another thing. (lesson seven)

overtime:(n), an extension of the playing time to decide a winner.
(lesson eight)

participate:(v),To take part in an activity.

passing zone:(n), (also exchange zone or take over zone) an area

marked in each lane of the track within which the exchange of the baton must take place in a relay race.
(lesson two)

peace:(n), a period of time in which there is no war or violence in a country or an area. (lesson nine)

penalize:(v), to punish (a team or player). (lesson six)

permission:(n), allowing somebody to do something. (lesson seven)

physical education: lessons in school in which students do physical exercises or take part in physical activities or sports.
(lesson two)

points :(n), the basic scoring unit in most games. (lesson eight)

popular:(adj), liked by many people. (lesson five)

popularity:(n), being liked by a lot of people. (lesson five)

prohibition:(n), a rule that stops something being done. (lesson six)

rate of improvement:(n), a measurement of the speed at which something becomes better. (lesson three)

recreation:(n), doing things for enjoyment, when you are not working.
(lesson ten)

recreation:(n), a particular activity that people do for enjoyment , when they are not working. (lesson four)

regain :(v), to get back. (lesson eight)

relaxing :(adj), helping you to rest or become less anxious.(lesson one)

remove:(v), take somebody or something away or off. (lesson seven)

replace:(v), to be used instead of something or somebody else.; put a new or different person or thing in the place of another.
(lesson seven)

report:(v), to give somebody information that you have done, heard or seen something. (lesson seven)

resemble:(v), look like; be similar to another person or thing.(lesson three)

rotation:(n), the action of players moving in a clockwise direction when regaining the serve. (lesson seven)

run ups:(n), a run made to gain speed for making a jump. (lesson three)

safety:(n), being protected from danger or harm. (lesson ten)

sanction:(n), a formal action or punishment ordered when alaw or rule is broken. (lesson six)

score :(v), to make a score in a game or contest. (lesson eight)

score: (n), the number of pornts, goals, etc. each player or team

gains.(lesson eight)

scorer:(n), someone who records the score of a game or contest as an official or under the direction of the chief official. (lesson seven)

shifting:(adj), moving from one position or place to another. (lesson seven)

shot :(n), the throwing or propelling of the ball toward the basket.(lesson eight)

shot put:(n), a field event in which a shot is thrown for distance. (lesson three)

soccer:(n), football. (lesson one)

spectacular:(adj), impressive; wonderful to see. (lesson three)

sportsmanship:(n), fair, generous and polite behavior especially when playing a game. (lesson ten)

spot:(n), a particular area or place. (lesson six)

sprint starts:(n), a position normally used by competitors at the start of sprint races. (lesson three)

sprint:(n), a short, fast race. (lesson two)

sprinter:(n), a person who takes part in a short, fast race. (lesson two)

steeplechase:(n), a race on a track with some hurdles and a water jump. (lesson two)

strike:(v), hit. (lesson five)

striking:(v), hitting something or somebody; hitting or kicking a ball. (lesson six)

substitution:(n), the replacing of one or more players in the game by other players on the team. (lesson seven)

teammate:(≠opponent)(n), someone who plays on the same team as another. (lesson six)

technique:(n), a special way of doing something. (lesson four)

tension:(n), being worried because you are waiting for something. (lesson one)

term:(n), a word or expression, often used in relation to a particular subject. (lesson four)

the triple jump:(n), a sporting event in which people try to jump as far forward as possible with three jumps. (lesson three)

throw-in:(n), the act of throwing the ball back onto the playing field after it has gone outside the area. (lesson six)

throwing circle:(n), a circular area (7 feet in diameter)in which a

competitor must remain during his attempt. (lesson three)
tie:(v), to make one's score equal to the opponent's score.(lesson eight)
track and field:(n), sports that people compete in, such as running
and jumping. (lesson two)
tremendous:(adj), very great. (lesson three)
unite :(v), join together. (lesson nine)
unscramble :(v), to arrange something that is confused or in the wrong
order in a clear, correct way. (lesson nine)
vaulting:(also pole vaulting):(n), a field event in which each contestant
uses a long pole to vault over a horizontal bar that
rests between two upright standards. (lesson two)
vital:(adj), very important; something that you must do or have.(lesson
one)

