



Sports began as a form of exercise, often used to train soldiers for fighting. The ancient Greeks believed that sports were good training for the mind as well as for the body. During the 19th century, people in America and Europe began to think so, too. This is when the rules were first made for many of the sports we enjoy today.

Baseball is a popular team sport in North America, Japan, and other countries. **Skiing** is an exciting winter sport. You don't have to be a professional downhill racer to enjoy the fun. In slalom races, the skiers twist and turn around flagpoles. **Golf** began in Scotland. A golf course has 18 holes. The object is to hit the ball into each hole, taking as few shots as possible. **Wrestlers** learn to throw opponents without hurting them badly. They also learn to fall softly. You can exercise **rock-climbing** in a gym. Outside on the rocks climbing is a dangerous sport - if you don't have solid equipment and a professional guide. **Water sports** are for



people of all ages. **Canoeing** on a lake or on a river is great fun. **Sailing boats** are small or large. **Swimming** is a good exercise and essential for water safety. **Athletes** train hard for important races, which may be short or long. **Soccer** (or football, in international English) is one of the most popular sports in the world. Most people like to watch other people play sports. Some enjoy sports on TV, others actually go to stadiums to watch the competitions. These fans are called spectators.

actually: really
ancient: old
believe: think, admit
competition: contest
enjoy: like
equipment: material
essential: important
exciting: interesting

guide: leader
gym: building for sports
hole: space, gap,
hurt: cause pain
mind: brain
object: aim, goal
opponent: enemy
pole: mast

possible: probable, hopeful
rule: regulation
safety: security
spectator: observer
throw: drive, fire
twist: turn
wrestle: struggle

What will you need? For curling we need stones.

rope, stone, paddle, bar, ski, gloves, surfboard, racket, bat, motorboat, sailing boat, ball, puck, goggles, swimming trunks

curling... *stones*.....
 high jump.....
 swimming.....
 canoeing.....
 windsurfing.....

water skiing.....
 tennis.....
 rock climbing.....
 ice hockey.....
 skiing.....

football.....
 boxing.....
 baseball.....
 yachting.....
 diving.....

They are famous for sports:

Roger Federer...*plays tennis*.....
 Muhammad Ali *was*.....
 Tiger Woods *is*.....
 Usain Bolt.....

Cristiano Ronaldo.....
 Reinhold Messner.....
 Sebastian Vettel.....
 Lindsey Vonn.....