

Scope and Sequence

Unit/Topic	Vocabulary	Reading	Listening	Speaking	Writing	Sports Focus
1  Olympic Games / Asian Games <i>Page 15</i>	Different sports in the Olympic Games	<ul style="list-style-type: none"> The History of the Olympic Games The Asian Games and Its Origin 	<ul style="list-style-type: none"> A talk about an Olympic dream An interview with an Olympic Games winner 	Talking about the Olympic Games	Writing about your most important sports event	Archery: Chien-Ying Lei
2  Safety <i>Page 29</i>	Vocabulary relating to signs and symptoms of COVID-19	<ul style="list-style-type: none"> How Coronavirus Affected Industries Around the World What Is COVID-19? 	<ul style="list-style-type: none"> A medical interview between an athlete and a doctor A conversation about athletes suspected of having COVID-19 	Discussing effects of COVID-19	Practicing writing comparisons	Cycling at the Olympics
3  Athlete Testing and Doping <i>Page 43</i>	Vocabulary relating to sports enhancing drugs and their effects	<ul style="list-style-type: none"> The Types and Effects of Performance Enhancing Drugs Rise and Fall of Alex Rodriguez 	<ul style="list-style-type: none"> The doping control process More discussion about doping testing 	Talking about how you feel about using sports enhancing drugs	Practicing argumentative writing	Softball vs. Baseball
4  Media and Commercialization in Sports <i>Page 57</i>	Mass media, sponsors, and sponsorship	<ul style="list-style-type: none"> Commercialization and Sports Media and Sports 	<ul style="list-style-type: none"> A post-game interview with a football player An interview with Olympic gold medalists 	Questions and answers about sports sponsorships	Practicing writing interview questions	Football vs. Soccer
5  Communication for Daily Routines <i>Page 71</i>	Daily sports activities	<ul style="list-style-type: none"> My Typical Training Day More Information About My Typical Training Day 	<ul style="list-style-type: none"> A talk by a weightlifter about his daily training routine A conversation between an athlete and her coach 	Discussing your daily workout routines	Writing about your daily training schedule	Weightlifting: Shu-Ching Hsu



1

Olympic Games / Asian Games

Objectives

- Learn about the different sports in the Olympic Games
- Identify the symbols of the Olympic Games
- Read about the history of the Olympic Games
- Read about the history of the Asian Games
- Talk about your sporting career and your dream of becoming an Olympian
- Write about your most important sports event
- Learn more about archery

Warm-Up

Look at the pictures and answer the following questions.



1. What do you know about the Olympic Games?



2. What do you know about the Asian Games?

Vocabulary

A Look at the symbols of the Olympic Games and read all the words aloud. Which words do you know?



archery



badminton



boxing



baseball



basketball



cycling



diving



football



gymnastics



judo



karate



shooting



surfing



swimming



track & field



table tennis



taekwondo



tennis



volleyball



weightlifting

B Work in pairs. Tell your partner which sporting event you enjoy the most. Why?

C Write the correct sport under each picture.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

D Choose the correct statement for each sport.

1. Archery

- a. Athletes punch each other in special gloves.
- b. Athletes serve, jump, and spike a ball.
- c. Athletes shoot an arrow with a bow.

2. Badminton

- a. Athletes slam and dunk a ball into a hanging basket-like ring.
- b. Athletes serve, jump, and spike a ball.
- c. Athletes use a racquet to hit a feathered ball (shuttlecock).

3. Baseball

- a. Athletes ride a horse over a barrier.
- b. A pitcher throws a ball and a batter hits the ball with a bat.
- c. Athletes serve, jump, and spike a ball.

4. Boxing

- a. Athletes punch each other in special gloves.
- b. Athletes throw a heavy metal ball.
- c. Athletes swim fast.

5. Cycling

- a. Athletes ride a horse over a barrier.
- b. Athletes shoot an arrow with a bow.
- c. Athletes ride bicycles.

- | | |
|------------------|---|
| 6. Diving | <ul style="list-style-type: none"> a. Athletes serve, jump, and spike a ball. b. Athletes plunge into water in style. c. Athletes punch each other in special gloves. |
| 7. Gymnastics | <ul style="list-style-type: none"> a. Athletes use a racquet to hit a feathered ball (shuttlecock). b. Athletes do several acrobatic stunts and are judged by a panel of judges. c. Athletes slam and dunk a ball into a hanging basket-like ring. |
| 8. Weightlifting | <ul style="list-style-type: none"> a. Athletes lift a barbell loaded with weight plates. b. Athletes plunge into water in style. c. Athletes serve, jump, and spike a ball. |

02 Reading 1

The History of the Olympic Games

According to legend, the ancient Olympic Games were created by Heracles, the son of the Greek god **Zeus**¹. The first recorded games were held in Olympia, Greece, in **776 BCE**². At that time, the only event was the stadium race, which was a 192-meter **sprint**³, and was won by a baker. This is where the word *stadium* comes from. In 708 BCE, five more events, collectively called the pentathlon, were added to the games. These included a sprint, the long jump, the **discus**⁴, the **javelin**⁵ throw, and a **wrestling**⁶ match. Over the years, more sports events were added, including boxing and equestrian events (such as chariot races and horse races).

Nowadays, the Olympians who come in first get gold medals, but in the ancient Olympics, the first prize was a holy **wreath of olive branches**⁷, which was placed on the winners' heads. The winners also got red **woolen ribbons**⁸.



¹ Zeus (n.) – the most powerful of the ancient Greek gods

² 776 BCE – in the year 776, Before the Common Era

³ sprint (n.) – a short race in which the runners are at a fast speed

⁴ discus (n.) – a heavy, thick-centered disc thrown by an athlete; a sport of throwing a heavy disc as far as possible

⁵ javelin (n.) – a light spear thrown by an athlete

⁶ wrestling (n.) – a sport in which two people fight and try to throw each other to the ground

⁷ a wreath of olive branches (phr.) – a circle made of the branches of an olive tree

⁸ woolen ribbon (n.) – a long, narrow strip made from the hair of sheep

and were considered to be heroes. At that time, only young Greek men were allowed to enter the stadium. Women were not even allowed to come to the games. The first modern Olympics took place in 1896 in Athens, Greece.

The Olympic Games are now an international event, participated in by many countries around the world. The Summer and Winter Olympic Games are held every four years.

Did You Know?

Olympic Charter Spirit (7 core values):

- Excellence
- Friendship
- Determination
- Courage
- Respect
- Equality
- Inspiration

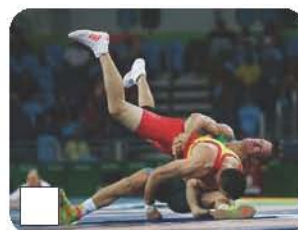
A Match the words to the correct definitions (a–h).



1. javelin



2. a wreath of olive branches



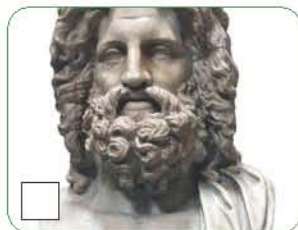
3. wrestling



4. the discus



5. a sprint race



6. Zeus



7. stadium



8. Athens

- a. a circle made of the branches of an olive tree
- b. a place where sporting events take place
- c. the capital of Greece
- d. a sport of throwing a heavy disc as far as possible
- e. the king of Greek gods
- f. a sport in which two people fight and try to throw each other to the ground
- g. a short race in which the runners are at a fast speed
- h. a light spear thrown by an athlete

B Read the statements below. Decide if they are True or False based on the article.

- | | |
|--|--------------|
| 1. The first Olympic Games took place in Greece. | True / False |
| 2. The legend says that the Olympic games were started by Zeus's son. | True / False |
| 3. The word "stadium" comes from the name of an Olympic event. | True / False |
| 4. There were five different events in the first Games. | True / False |
| 5. The winners of the early Games received gold medals. | True / False |
| 6. In the ancient Olympics, the first prize was placed around the winner's neck. | True / False |
| 7. Women did not participate in the early Olympic Games. | True / False |
| 8. The Olympic Games are now held every two years. | True / False |

Reading 2

The Asian Games and Its Origin

The Asian Games is the second important international sports competition after the Olympic Games. Their symbol, a red sun, represents the warmth of the Asian people. The Asian Games are held once every four years only for the athletes from Asian countries. India started the first Asian Games in 1951.

India is one of the seven countries that have always participated in the Asian Games. Until now, nine countries have hosted the Asian Games, such as Thailand (four times), South Korea (three times), and China (two times).

Forty-six nations have competed in the Games so far. The athletes from two countries, India and Japan, have always won at least one gold medal at every Asian Games. The Taiwanese team won 17 gold medals at the 2018 Asian Games in such sports as archery, badminton, **canoeing**¹, **karate**², shooting, **soft tennis**³, taekwondo, weightlifting, and **roller sports**⁴.

Forty-four sports have been performed in the Asian Games history, including 28 permanent Olympic sports. Other non-Olympic sports including **dragon boat**⁵ racing, roller skating, **mountain biking**⁶, and **board games**⁷ have been added by various host countries. The 19th Asian Games will be held in Hangzhou, China in September 2023.



¹ canoeing (n.) – the sport of paddling a light, narrow boat

² karate (n.) – combat using the hands and feet

³ soft tennis (n.) – a sport played with a rubber ball that is softer and lighter than the common tennis ball

⁴ roller sports (n.) – human-powered vehicles which use rolling either by gravity or pushing

⁵ dragon boat (n.) – a human-powered paddled watercraft

⁶ mountain biking (n.) – riding bicycles on mountainous terrain

⁷ board game (n.) – a game played by placing or moving pieces on a board (e.g., chess)

A Choose the correct answer based on the article.

- The Asian Games were founded by _____.
a. Indonesia b. India c. China
- The Asian Games are held _____.
a. every year b. every two years c. every four years
- Only athletes from _____ can participate in the Asian Games.
a. South Asian countries b. Southeast Asian countries c. Asian countries
- The symbol for Asian Games is _____.
a. a yellow sun b. Asian people c. a red sun
- _____ countries have always participated in the Asian Games since their beginning.
a. 7 b. 10 c. 46
- Taiwan won gold medals at the 2018 Asian Games in _____.
a. boxing b. karate c. judo
- The Asian Games include _____ traditional Olympic sports.
a. 24 b. 28 c. 44
- The non-Olympic sports include _____.
a. archery b. volleyball c. roller skating

B Match each sport to the correct picture.

- | | | |
|----------------------|--------------------------|-------------------------|
| 1. board games _____ | 2. canoeing _____ | 3. dragon boat _____ |
| 4. karate _____ | 5. mountain biking _____ | 6. roller skating _____ |
| 7. shooting _____ | 8. soft tennis _____ | |



Listening 1

A Listen to an athlete talking about his dream of the Olympic Games and fill in the blanks.

training
nine

arrow
hunting

archery
win

eastern Taiwan
family

competitions
September

My journey began when I was ① _____ years old. I come from an aboriginal **tribe**¹ living in ② _____. Each year in ③ _____, the people of my tribe celebrate a national holiday. On that day, the men compete in different events like hunting, wrestling, or archery. My father took me ④ _____ and let me try ⑤ _____, which I really started to like.

Later, I attended junior and senior high school where I always practiced archery. My coach suggested that I make archery my sporting career. Often, my whole ⑥ _____, including my brothers and sisters, supported me during different competitions. After many years of ⑦ _____, my body has developed into an athlete's figure with strong **muscles**². As an archer, I need significant **stamina**³ and strong upper body and core strength to pull the **bow**⁴ and keep the ⑧ _____ steady while **aiming**⁵. Due to my **perseverance**⁶ and professional coaching, I could ⑨ _____ several national ⑩ _____. My dream of the Olympics may soon come true.



¹ tribe (n.) – a group of people with similar values or interests, with common ancestors

² muscle (n.) – tissue in a human body that can expand and contract to produce movement and strength

³ stamina (n.) – the ability to sustain prolonged physical or mental effort

⁴ bow (n.) – a weapon for shooting arrows

⁵ aim (v.) – to direct a bow and arrow at a target

⁶ perseverance (n.) – continued effort and determination

B Work with a partner. Tell each other about how you began your sporting career.

Listening 2



A Listen to the interview of an Olympic Games winner. Then practice the conversation with a partner. Take turns reading both parts.



Interviewer: Congratulations on your Olympic Gold in the 50 m **breaststroke swimming**¹! How do you feel at the moment?

Athlete: I feel super excited! I can't put it into words.

Interviewer: Tell me about your Olympic journey.

Athlete: I joined the school swim team when I was 10 years old. I had to give up parties, junk food, and be careful not to waste time playing computer games or watching YouTube videos.

Interviewer: Did you ever consider giving up?

Athlete: Yes, several times I asked myself, "Is this really worth it?" However, my **passion**² for swimming, along with the support and encouragement of my family and coach, **motivated**³ me and helped me **move on**⁴ to the Olympics.

Interviewer: How did you feel the day before the Olympics competition?

Athlete: I felt a little **nervous**⁵, but overall I was calm, yet **excited**⁶. This morning, I had a great routine training in the competition pool. I focused on my goal to touch the wall as fast as possible. I had a feeling of **satisfaction**⁷.

Interviewer: What do you think helped you win?

Athlete: Due to my intensive training, perseverance, stamina, and the professionalism of my coach, I developed a strong body along with good techniques for fast speed and proper breathing.

Interviewer: And the last question: Who were your supporters in your sporting career?

Athlete: Of course, my family, my coach, and my fans. Their support, encouragement, and hope in me helped me win the Olympic Gold today.

Interviewer: Thank you very much for the interview. I wish you further success in your sporting career!

¹ breaststroke swimming (n.) – a swimming style in which the arms are pushed forwards and then swept back in a circular movement, and then the legs perform a "frog kick"

² passion (n.) – a strong interest in something and having love of it

³ motivate (v.) – to provide someone with a reason for doing something

⁴ move on (v.) – to start doing something new or making progress

⁵ nervous (adj.) – worried and anxious

⁶ excited (adj.) – very enthusiastic and eager

⁷ satisfaction (n.) – fulfillment of one's wishes



Listen again and answer the questions below.

1. What sport did this Olympic athlete participate in?
2. What did she win?
3. Did she enjoy her childhood? Yes/No? Why?
4. Did she want to quit her sporting career before? Yes/No? Why?
5. How did she feel before the Olympic competition?
6. What did she do before the Olympic competition?
7. Did she win because of good luck? Yes/No? Why?
8. Who are her supporters?

Speaking



Work in pairs. Interview each other about your most important competition.

Interviewer: What is your most important competition, and why?

Athlete: It is _____ because _____.

Interviewer: How did you prepare for this sports event?

Athlete: I trained _____.

Interviewer: What did your coach tell you?

Athlete: He/she said that _____.

Interviewer: How did you feel before the competition?

Athlete: I was _____.

Interviewer: How did you feel after the competition?

Athlete: I was _____.

Interviewer: What is your next sports competition?

Athlete: It is _____.



With a partner, discuss the following questions about the Olympic Games.

1. Which Olympic sports do you like to watch most? Why?
2. Would you like to be an Olympic athlete? Yes/No? Why?
3. Does your country sometimes win the Olympic Games? If yes, in what kinds of sports?
4. What are the advantages of the Olympic Games?
5. What are the disadvantages of the Olympic Games?

 **Talk about your sporting career and dream of becoming an Olympian. Fill in the blanks with the words from the box below. Add more of your own ideas.**

flag
athlete

coach
competitions

Summer Olympic Games
event

competed
winner

I am a(n) ① _____. My sport is _____. I have been doing it since _____ years old. I started to do this sport because _____.

My ② _____ is very professional and supportive. I have already successfully ③ _____ in different national and international ④ _____. My dream is to participate in the ⑤ _____ and become the ⑥ _____. I will be proud to carry out the ⑦ _____ to represent my country in this ⑧ _____.

Writing

Write about your most important sports event. Describe your preparation, training, feelings, results, expectations, etc. Write about 50–100 words. Use mostly the simple past tense verbs.

Example: The most important event in my sporting career was during the 18th Asian Games in Jakarta, Indonesia in August 2018. I won the bronze medal in badminton in the men's doubles competition. At that moment, my heart pounded heavily and I felt very excited. I worked so hard for this goal. To prepare, I had to train every day for six hours, except on Sundays.



Grammar Tips

Simple Past Tense

event already happened and finished in the past

Remember!

	Regular form	Irregular form
V + ed	jump – <u>jumped</u>	swim – <u>swam</u>

- The most important event in my sporting career was _____.
- I competed in _____.
- At that moment, I felt _____.
- For that event I trained hard, _____ hours each day.
- In the future, I want _____.

Sports Focus Archery

Archery /'ɑ:tʃəri/ is shooting with a bow and arrows, especially at a target, as a sport.

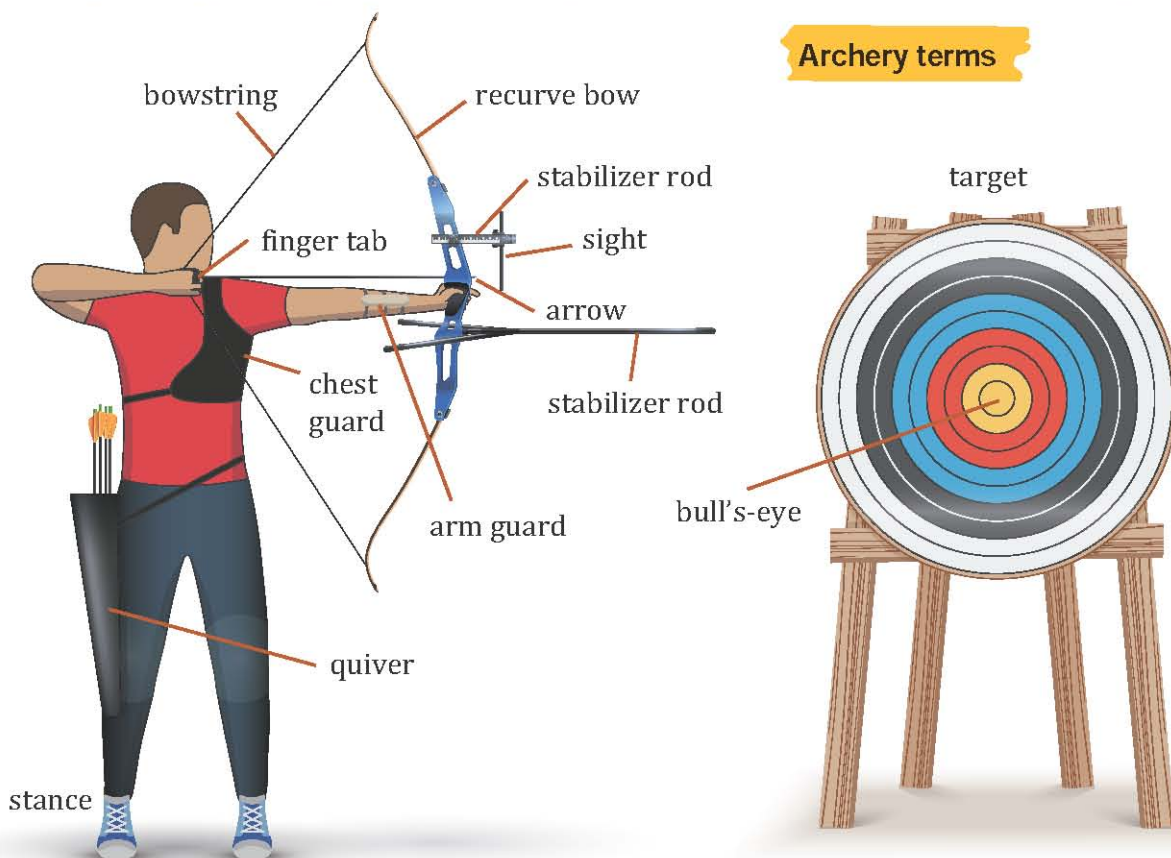
A Social Model: Read about a Taiwanese archer. What can we learn from her?

Chien-Ying Lei is a Taiwanese female athlete who *is fond of* archery. She won a bronze medal at the 2016 Summer Olympics in Rio de Janeiro in the women's team event, and a silver medal at the 2018 Asian Games in the women's team event. Lei also won two gold at the 2019 World Archery Championships in 's-Hertogenbosch, Netherlands, defeating South Korea in the women's individual event and women's team event. She is also a PhD student at National Taiwan Normal University (NTNU). Her perseverance and professionalism lead her to success both in her sport and in life. Her secret is to stay focused in the game and keep calm.



Language Tips

be fond of: having love of something/somebody
He **is fond of** sports, especially archery and shooting.



B Look at the picture on the previous page. Match the words to the correct definitions.

- | | |
|------------------------|---|
| 1. ____ arm guard | a. a device to hold arrows |
| 2. ____ bull's-eye | b. a fin-stabilized projectile launched by a bow |
| 3. ____ arrow | c. the object (usually paper) at which an archer is shooting |
| 4. ____ draw | d. the center ring of a circular target |
| 5. ____ stabilizer rod | e. a conventional bow with the tips of the limb curved toward the back of the bow |
| 6. ____ quiver | f. a strong string used to launch an arrow |
| 7. ____ recurve bow | g. a device to protect the arm from abrasion by the string |
| 8. ____ target | h. a bar to keep the bow pointed straight ahead at the target |
| 9. ____ bowstring | i. the way of standing when shooting a bow and arrow |
| 10. ____ stance | j. pulling the string back to the anchor point |



More Practice

Watch the video “Japan’s New Olympic Stadium” and answer the questions below.

1. When did Tokyo first hold the Olympics?
 - a. 1944
 - b. 1964
 - c. 1986
2. The Tokyo stadium looks like _____.
 - a. a giant helmet
 - b. a spaceship
 - c. both
3. How many seats does the Tokyo stadium provide?
 - a. 60,000
 - b. 80,000
 - c. 180,000
4. The construction of the stadium costs _____.
 - a. \$1.2 million
 - b. \$1.7 million
 - c. \$1.7 billion
5. What does “white elephant” mean?
 - a. beautiful
 - b. useless
 - c. useful



Now I can

- ◆ name various Olympic sports.
- ◆ give the definition of various Olympic sports.
- ◆ talk about the origin of the Olympic Games.
- ◆ talk about the origin of the Asian Games.
- ◆ describe my sporting career and whether I have Olympic dreams.
- ◆ talk about the sport of archery.
- ◆ use the simple past tense of verbs.

Yes No

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