

Scope and Sequence

Unit/Topic	Vocabulary	Reading	Listening	Speaking	Writing	Sports Focus
1  Social Models <small>Page 15</small>	Features of social models	<ul style="list-style-type: none"> Hsing-Chun Kuo: An Athletic Social Model Tzu-Ying Tai as a Social Model 	<ul style="list-style-type: none"> A short story of a shooting athlete An interview with a shooting athlete 	<ul style="list-style-type: none"> Interview role-play about weightlifting competition Talking about your athletic career 	Writing about your personality	Shooting
2  Elite Performers' Personality Traits <small>Page 29</small>	Personality	<ul style="list-style-type: none"> Having a Positive Mindset Mental Health and Young Athletes 	<ul style="list-style-type: none"> A talk about an athlete's mental health and playing sports An interview with a badminton player 	Questions and answers about becoming a professional athlete	Writing about how to control your emotions before a big competition	Badminton (1)
3  Athletic Career Development <small>Page 41</small>	Table tennis	<ul style="list-style-type: none"> An Introduction to Table Tennis Chuang's Career Development as a Table Tennis Athlete 	<ul style="list-style-type: none"> Talks about three athletes' career development after retirement An interview with a Taiwanese table tennis athlete 	<ul style="list-style-type: none"> Interview role-play about table tennis Talking about your winning style 	Writing about your career development	Badminton (2)
4  Sustainability <small>Page 55</small>	Global warming	<ul style="list-style-type: none"> Climate Crisis and Ways to Help Ecologically-Friendly Olympic Surfers and Coast Cleaning 	<ul style="list-style-type: none"> A talk about carbon mileage A conversation between a TV host and an environmental activist 	Discussing effects of climate change	Writing about a green experience	Surfing: Belinda Baggs
5  Fairness and Discrimination <small>Page 69</small>	Combat sports	<ul style="list-style-type: none"> Penalty at the 2009 Kaohsiung World Games Sportsmanship and Discrimination 	<ul style="list-style-type: none"> Two pen pals talking about karate competitions A conversation between two coaches on rules of karate 	<ul style="list-style-type: none"> Discussing rules of karate Questions and answers about sports fairness 	Writing about an unfair experience	Karate: Tzu-Yun Wen



3

Athletic Career Development

Objectives

- Learn about the core vocabulary of table tennis and badminton
- Read stories about the history of table tennis and athletic career development
- Listen to talks about athletic career development
- Talk about table tennis playing styles
- Write about your career development
- Learn more about badminton

Warm-Up

Work in pairs. Look at the pictures and answer the following questions.



1. Who are these athletes?
2. What sports are they good at?

Vocabulary

A Look at the pictures for table tennis vocabulary. Do you know these words? Read all the words aloud.

◆ Types of table tennis grips



racket



penhold grip



shakehand grip

◆ Offensive stroke



▲ hit



smash ►

◆ Defensive stroke



▲ block



lob ►

B Work in pairs. Which grip do you use? When do you use these strategies while playing table tennis?

An Introduction to Table Tennis

Table tennis was invented in England in the 20th century, and its original name was Ping-Pong. The name *table tennis* was **adopted**¹ in 1921–1922 when the old Ping-Pong Association was **revised**². The Ping-Pong Association broke up in 1905 though the sport was still performed in parts of England. By the 1920s, it was played in lots of countries, including Germany, Hungary, and England. In the mid-1950s, Asia appeared as a **breeding ground**³ for champions. Since then, the men's team event has only been won by either Japan or China.



Table tennis was introduced to the Olympics at the 1988 Summer Olympics in Seoul, South Korea, where the singles and doubles titles were held for both genders. The doubles events were **dropped**⁴ from the 2008 Summer Olympics program and replaced by team events. Chinese and Korean athletes have been the most successful in the history of table tennis at the Olympics.

When talking about table tennis, one should know some basic rules. First, players are not allowed to **lean**⁵ their hands on the table. Second, if the ball hits the net on **service**⁶, players should serve again. Finally, the racket should be made of rubber with one side black and the **opposite**⁷ side red.



¹ adopt (v.) – to accept

² revise (v.) – to look at an idea again in order to correct it

³ breeding ground (n.) – a place where something develops easily

⁴ drop (v.) – to stop doing something

⁵ lean (v.) – to move the top part of the body in a particular direction

⁶ service (n.) – in sports such as tennis, the act of hitting the ball to the other player to start play

⁷ opposite (adj.) – being in a position on the other side

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

1. The British invented the sport of table tennis. True / False
2. The name Ping-Pong was popular during 1921–22 in the history of table tennis. True / False
3. Table tennis players can lean their hand on the table. True / False
4. In the mid-1950s, Asia trained successful table tennis players. True / False
5. Table tennis was introduced to the Olympic Games in 1988. True / False
6. At the Seoul 1988 Olympics, singles and doubles were only available for male athletes. True / False
7. The doubles have been replaced by team events since the 2008 Summer Olympics. True / False
8. Chinese and Korean table tennis athletes have won many medals at the Olympics. True / False

B Match the words to the correct definitions (a–g).



1. singles



2. drop



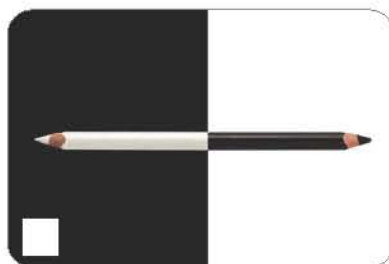
3. champion



4. revise



5. adopt



6. opposite



7. doubles

- a. completely different
- c. a game or competition for individual players
- e. a game involving sides made up of two players
- g. prizewinner

- b. take on
- d. stop
- f. alter

Chuang's Career Development as a Table Tennis Athlete

Chih-Yuan Chuang, who has been named the Godfather of Taiwan Table Tennis, was born in Kaohsiung, Taiwan. Chuang's mother discovered his **persistence**¹ in playing with rackets and began to train him as a table tennis player. In 1993, he entered the training of the reserve national table tennis team in China. In 1999, he went to Europe to learn new training styles.



Chuang became a player in the Taiwan national team in 1998. The year 2002 was a **brilliant**² year in Chuang's career. He reached his first three Pro Tour **finals**³, and finished as **runner-up**⁴ in all of them. He also won a silver medal at the 2002 Asian Games. In 2003, Chuang won his first men's singles international **tournament**⁵ at the Brazil Open. At the end of the same year, his personal world ranking rose to third, which is also the highest ranking of his career. Chuang previously announced he would not participate in the Tokyo 2020 Olympics. However, the Chinese Taipei Table Tennis Association successfully **convinced**⁶ him to take part in it before his retirement and he agreed. He performed very well at the Tokyo 2020 Olympic Games without the help of a coach, as his mom, his usual coach, didn't go to Tokyo with him. He ranked ninth in the men's singles and fifth in the men's team events.

¹ persistence (n.) – the fact that someone persists

² brilliant (adj.) – very good

³ finals (n.) – the last games in a competition

⁴ runner-up (n.) – a person who comes second in a competition

⁵ tournament (n.) – a competition in which a series of games is played, and the winners of each game play against each other until only one winner is left

⁶ convince (v.) – to persuade

Choose the correct answer for each question based on the article.

1. What personality did Chuang's mother discover when Chuang played with rackets?
 - a. Insistence
 - b. Persistence
 - c. Perseverance
2. When did Chuang go to Europe to learn new training styles?
 - a. 1993
 - b. 1998
 - c. 1999
3. Which year was a fruitful one for Chuang?
 - a. 2003
 - b. 2002
 - c. 1998
4. What championship did Chuang win at the 2003 Brazil Open?
 - a. Men's singles
 - b. Men's doubles
 - c. Men's team
5. What was Chuang's world table tennis ranking in 2003?
 - a. First
 - b. Second
 - c. Third
6. What medal did Chuang win at the 2002 Asian Games?
 - a. Gold
 - b. Silver
 - c. Bronze
7. How did Chuang finish in his first three Pro Tour finals in 2002?
 - a. Champion
 - b. Runner-up
 - c. Third place
8. Who first trained Chuang as a table tennis player?
 - a. His mother
 - b. His father
 - c. His school teacher

Listening 1

A Listen to three speakers talking about their career development after retirement. Fill in the blanks with the information you hear.



Speaker 1

I am a table tennis player. I plan to **purchase**¹ ① _____ in Kaohsiung and ② _____ money to build a table tennis **stadium**². I want to run this stadium after I **retire**³.



Speaker 2

When I was a national table tennis athlete, I was ③ _____ moving forward. After my ④ _____, I became a coach. Now, I am the ⑤ _____ of the Korean Table Tennis Association. I am still ⑥ _____ since I retired. For example, I was **appointed**⁴ as a(n) ⑦ _____ committee member of the International Table Tennis Federation (ITTF) and the ⑧ _____ of the World Table Tennis Championships Busan Organizing Committee. Currently, I am **concerned**⁵ with the ⑨ _____ of table tennis ⑩ _____ and **sustainability**⁶.



Speaker 3

I am a tennis player. After my ⑪ _____-year professional career, I announced that I plan to retire from the ⑫ _____ after the Tokyo 2020 Olympics. I plan to establish a platform, where ⑬ _____ tennis players or coaches can help train local players or local players can go abroad to experience different training. I want to make Taiwan a(n) ⑭ _____ location for attracting many tennis players from all over the world.

¹ purchase (v.) – to buy something

² stadium (n.) – a large closed area of land

³ retire (v.) – to stop working

⁴ appoint (v.) – to choose someone officially for a job

⁵ concerned (adj.) – worried

⁶ sustainability (n.) – something that is capable of being continued

B Work with a partner. Tell each other about how you plan to develop your career after retirement.

Listening 2

 **A** Listen to the interview of a Taiwanese table tennis athlete. Then practice the conversation with a partner. Take turns reading both parts.

Interviewer: Yun-Ju Lin is a left-handed table tennis player with a shakehand **grip**¹. He is also named as a rising butterfly table tennis star. I am honored to interview him. Can you tell us how you improve yourself?

Athlete: I always re-examine myself after each match and try to **figure out**² any possible problems and solve them. I feel I have improved myself through this process.

Interviewer: Can you share with us one of your memorable competitions?

Athlete: I'm not very good at playing against **defensive**³ players, so during one match, I found it hard to **break through**⁴. Finally, I lost this match. However, this competition inspired me a lot.

Interviewer: We know you are ranked as the highest among Chinese Taipei men players. How do you feel about the ranking?

Athlete: I don't think about it too much. I will continue to try my best in each match.

Interviewer: Who are your table tennis role models?

Athlete: I learned a lot of strategies from Chih-Yuan Chuang. He is my role model. Some Japanese athletes also set good examples for me to follow, especially their attitude toward practicing—**spare no effort**⁵.

Interviewer: How about your targets for the future?

Athlete: I want to improve step by step. Of course, I will try to raise my world ranking.



¹ grip (n.) – the act of holding something very tightly

² figure out (v.) – find the answer to something by thinking about it

³ defensive (adj.) – used to protect someone against attack

⁴ break through (v.) – to force oneself through something that is holding you back

⁵ spare no effort (phr.) – to use a lot of energy to do something



Listen again and answer the questions below.

1. What is another name for Yun-Ju Lin?

2. How does Lin improve himself?

3. What kind of player can cause pressure for Lin?

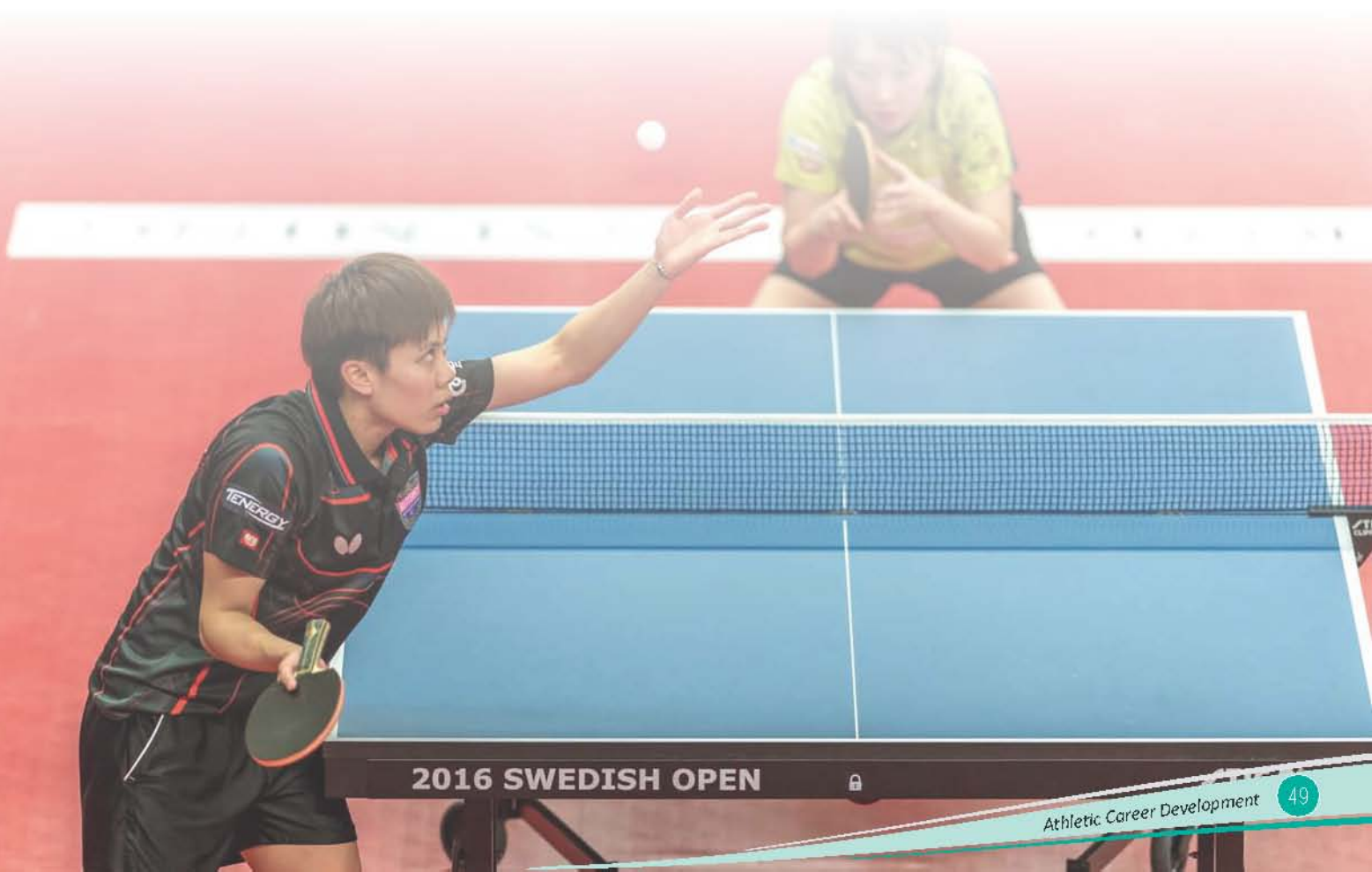
4. What is Lin's ranking among Chinese Taipei men players?

5. How does Lin feel as a top table tennis athlete?

6. What has Lin learned from Chih-Yuan Chuang?

7. What is an example of the Japanese attitude toward practice?

8. What will Lin pursue in the future?



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Speaking

A Work in pairs. Take turns interviewing each other using the questions below.

Interviewer: What makes you a good table tennis player?

Athlete: I think _____ is important because _____.

Interviewer: How do you conquer your opponents?

Athlete: The key point is _____, otherwise your opponents get used to it and _____.

Interviewer: What is your playing style?

Athlete: _____ is my favorite. This style helps me _____.

Interviewer: Why do you choose it?

Athlete: I choose it because _____.

Interviewer: Does your playing style have any weaknesses?

Athlete: Yes, of course. Sometimes I find it difficult _____.

B Are you familiar with the following playing styles? Try to match the playing styles to the definitions.

1. Blocking style _____
2. Attacking style _____
3. Defensive style _____

- a. is used to give the player power to have patience and remain calm
- b. is used when the approaching ball is moving quickly toward you
- c. is used to prevent the challenger from making openings

Words to Remember

- conquer (v.) – to successfully fight against someone or something
- challenger (n.) – someone who tries to win a competition

C Talk about your playing style, why you choose it, and the weaknesses of your playing style. Fill in the blanks with the words below. Add more of your own ideas.

power

basic

calm

short

defensive

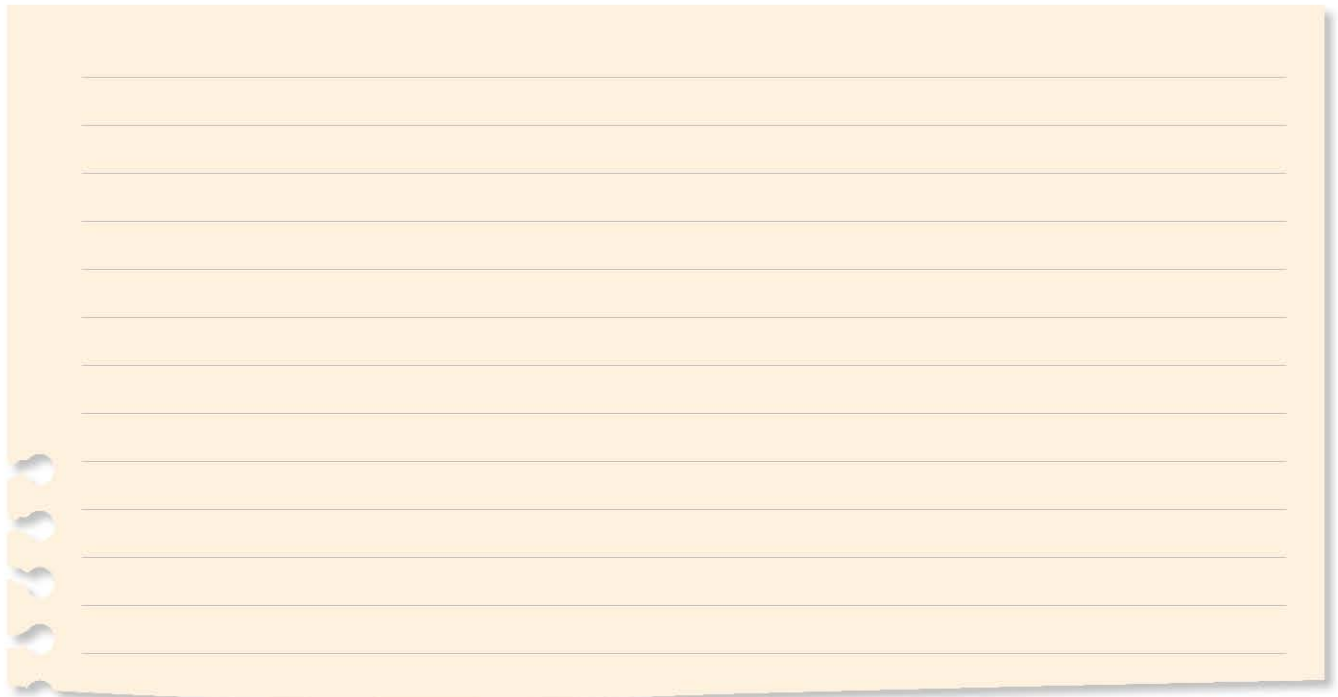
My winning style is the ① _____ style. Remaining ② _____ in the match is ③ _____ for me. This style gives me ④ _____ to have patience and consistency. However, this playing style sometimes makes it difficult for me to attack ⑤ _____ balls.

Writing

Write a paragraph of 50–100 words about your career development. How do you plan to develop your career as a national athlete? Refer to the following paragraph to help you finish the paragraph writing.

***Example:** I am 20 years old. As a table tennis player, I want to develop my career into three stages. **At the current stage,** I want to advance my strategies of table tennis. **For the next stage,** I hope to represent my country at international competitions. I plan to retire at the age of 30. **After my retirement,** I want to serve at a gym as a coach.*

1. I am _____. I want to develop my career _____ (into how many stages).
2. At the current stage, _____.
3. For the next stage, _____.
4. After my retirement, _____.



Sports Focus **Badminton**



A Read about the history of badminton. How did badminton become an official sport at the Olympic Games?

The History of Badminton



Badminton, an indoor game, *is noted for contestants*¹ hitting a **shuttlecock**² back and forth across a net without allowing the shuttlecock to land. It originated in Greece and spread east to India, China, and Japan. In India, badminton was known as “Poona.” During the 1860s, the British army **stationed**³ in India found the game interesting and introduced it to Britain. In 1873, a public performance was held at Bloomington Manor in Gloucestershire, England. This performance attracted many people’s attention, and it became popular in the United Kingdom. The British named the game “Badminton” based on the manor of the performance.

The early British badminton game remained undeveloped due to unwritten rules, whereby **controversy**⁴ occurred during competitions. In 1887, the “Bath Badminton Club” completed the first version of badminton rules. In 1893, the first version was revised and formal badminton rules were **specified**⁵. Badminton was officially introduced at the Barcelona Olympic Games in 1992 and again at the 1996 Atlanta Olympic Games. It has continued as a full medal sport till now.



¹ contestant (n.) – someone who competes in a contest

² shuttlecock (n.) – a small object with feathers that is hit over the net in the game of badminton.

³ station (v.) – to cause soldiers to be in a particular place to do a job

⁴ controversy (n.) – disagreement or argument about something

⁵ specify (v.) – to explain clearly



Language Tips

***be noted for:** be known by many people*
*Miss Chen **is noted for** her good temper.*

B Choose the correct answer for each question based on the article.

- Who introduced “Poona” to Britain?
 - British soldiers
 - Indian soldiers
 - Greek missionaries
- When was badminton first played in Britain?
 - 1860
 - 1873
 - 1887
- A shuttlecock is similar to _____.
 - a game
 - an insect
 - a ball

4. Why did the British name the "foreign" sport badminton?
 - a. The sport was first performed at a manor which sounds similar to *badminton*.
 - b. A soldier named Badminton introduced the sport to Britain.
 - c. An earl named Badminton promoted the sport all his life.
5. What caused arguments during early badminton competitions?
 - a. Complex servings
 - b. Unwritten rules
 - c. Unstable weather
6. When was badminton officially introduced to the Olympic Games for the first time?
 - a. 1992
 - b. 1996
 - c. 1893

C Look at the pictures for badminton vocabulary. Which words do you know? Do you use these gestures or techniques while playing badminton?



eastern grip



western grip



serve



smash



short



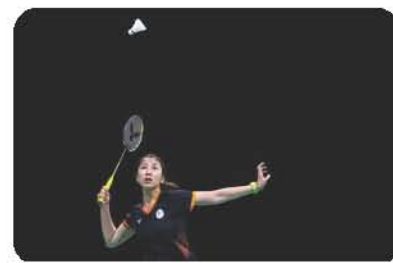
strike



get



net shot



lob

D Work in pairs. Did Tzu-Ying Tai use these strategies in her match at the Tokyo 2020 Olympic Games?

More Practice

Watch the video “Kids Talk About Sports” and answer the questions below.

- Which word is NOT mentioned in the “sport” definition?
 - games
 - World Cup
 - dad
- Who is LeBron James?
 - He is a famous basketball player.
 - He is a famous tennis player.
 - He is a famous badminton player.
- “Touchdown” is a term used in _____.
 - American football
 - basketball
 - baseball
- What sport will use terms like *bump*, *set*, or *spike*?
 - Football
 - Volleyball
 - Baseball
- Which of the following is NOT the kids’ replies for “Stanley Cup”?
 - There are lots of sports made of candy in the Stanley Cup.
 - I will win the Stanley Cup in the sports candy.
 - There is a giant, gold cup that says “Stanley Cup” on it.



Now I can

- ◆ briefly talk about the core vocabulary of table tennis.
- ◆ briefly talk about the core vocabulary of badminton.
- ◆ briefly talk about the history of table tennis.
- ◆ briefly talk about the history of badminton.
- ◆ introduce some table tennis playing styles.
- ◆ briefly talk about athletic career development.

Yes No

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