## University of Mohammed Kheidher Biskra

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SPORTS TRAINING

PHYSICAL EDUCATION

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## **First Semester**

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## **TESTING YOUR LEVEL**

## **CHOOSE THE CORRECT ANSWER**

		<u> </u>
1)	I 18 years old.	11) "Hello! How are you?" – ""
	a) have b) am c) has d) is	a) I'm fine b) I'm very
2)	My name Anis.	c) I'm very fine d) Thanks.
	a) are b) called c) is d) says	12) There's a nice picture the wall.
3)	"Are you busy?" – "Yes,"	a) in b) on c) from d) at
	a) I've b) I have c) I'm d) I am	13) Where do you ?
4)	We're students. That's classroom.	a) lived b) live c) lives d) living
•	a) us b) our c) is d) the we	14) "Where's Sam?" - "He's"
5)	"What are those?" – " my pens."	a) in home b) in the home
-,	a) They is b) They're c) Those d) It's	c) his home d) at home
6)	What are names?	15) They're talking the football match.
Ο,	a) they b) them c) their d) they're	a) on b) for c) about d) from
7)	There are 60 minutes in hour.	16) I'm always tired the morning
	a) much b) a c) some d) an	a) in / at b) in / on
8)	There are apples in that bag.	c) on / at d) at / in
	a) any b) some c) a d) an	17) A: Were you in bed Sunday afternoon?
9)	I've got free time this afternoon.	B: Oh, no. I only sleep night.
	a) lots of b) any c) a lot d) a	a) in / in b) in / on
10	) I saw two at the bus stop.	c) on / in d) on / at  18) Please careful!
	a) mans b) man c) mens d) men	a) be b) you c) do d) you be
		19) Don't!
		a) late b) you late
		Sometime and the second
		2007-01
		a) late b) you late c) be late d) late you  20) My name is Peter. a) father's b) father is c) of father d) father
	Date:	

Score: ...... /20



Here are 5 simple rules to help you avoid mistakes in English grammar.

# I) Grammar Rules

1. A sentence starts with a capital letter and ends with a period/full stop, a question mark or an exclamation mark.

#### **Punctuation Marks**

The following table of commonly used English punctuation marks shows:

- a graphical representation of each punctation mark (black) with text block (grey)
- name of punctuation mark with link to more information
- very simple example sentence (more examples on individual pages)

punctuation mark	name	example
•	full stop or period	I like English.
,	comma	I speak English, French and Thai.
•	semi-colon	I don't often go swimming; I prefer to play tennis.

- 2. The order of a basic positive sentence is Subject-Verb-Object. And the subject and verb must agree in number, that is a singular subject needs a singular verb and a plural subject needs a plural verb.
  - John practices Tennis.
  - Mahrez plays in Manchester City FC.
- 3. Adjectives usually come before a noun
  - I have a **big** dog.
  - Messi is a **famous Argentinian** football player.
- 4. Use the indefinite article *a/an* for countable nouns in general. Use the definite article *the* for specific countable nouns and all uncountable nouns.
  - I saw a bird and a balloon in the sky. The bird was blue and the balloon was yellow.
  - He always saves some of **the money** that he earns.
- 5. Use the indefinite article *a* with words beginning with a consonant sound. Use the indefinite article *an* with words beginning with a vowel sound.
  - a cat, a game of golf, a human, a Frenchman, a university (you-ni-versi-ty)
  - an apple, an easy job, an interesting story, an old man, an umbella, an honorable man (on-o-ra-ble)

# 1.1 Grammar Rules Quiz

be
o a large letter o a capital letter
2. The order of a basic positive sentence is
<ul> <li>Subject-Verb-Object</li> <li>Verb-Object-Subject</li> </ul>
3. The terms "its" and "it's" have
the same meaning different meanings
4. Which is correct?
○ You're looking good ○ Your looking good
5. Adjectives usually come
o before a noun after a noun
Answers: 1. A capital letter 2. SVO 3. Different meaning 4. You're looking good 5. Before a noun

1. The first letter of the first word in a sentence should

# 1.2 Parts of Speech

## What is a Part of Speech?

We can categorize English words into **9 basic types** called "parts of speech" or "word classes". It's quite important to recognize parts of speech. This helps you to analyze sentences and understand them. It also helps you to construct good sentences.

part of speech	function or "job"	example words	example sentences
Verb	action or state	(to) be, have, do, like, work, sing, can, must	EnglishClub <b>is</b> a web site. I <b>like</b> EnglishClub.
Noun	thing or person	pen, dog, work, music, town, London, teacher, John	This is my <b>dog</b> . He lives in my <b>house</b> . We live in <b>London</b> .
Adjective	describes a noun	good, big, red, well, interesting	My dogs are <b>big</b> . I like <b>big</b> dogs.
Determiner	limits or "determines" a noun	a/an, the, 2, some, many	I have <b>two</b> dogs and <b>some</b> rabbits.
Adverb	describes a verb, adjective or adverb	quickly, silently, well, badly, very, really	My dog eats <b>quickly</b> . When he is <b>very</b> hungry, he eats <b>really</b> quickly.

Pronoun	replaces a noun	I, you, he, she, some	Tara is Indian. <b>She</b> is beautiful.
Preposition	links a noun to another word	to, at, after, on, but	We went <b>to</b> school <b>on</b> Monday.
Conjunction	joins clauses or sentences or words	and, but, when	I like dogs <b>and</b> I like cats. I like cats <b>and</b> dogs. I like dogs <b>but</b> I don't like cats.
Interjection	short exclamation, sometimes inserted into a sentence	oh!, ouch!, hi!, well	Ouch! That hurts! Hi! How are you? Well, I don't know.

# **Parts of Speech Examples**

Here are some examples of sentences made with different English parts of speech:

verb
Stop!

noun	verb
John	works.

noun	verb	verb
John	is	working.

pronoun	verb	noun
She	loves	animals.

noun	verb	noun	adverb
Tara	speaks	English	well.

noun	verb	adjective	noun
Tara	speaks	good	English.

pronoun	verb	preposition	determiner	noun	adverb
She	ran	to	the	station	quickly.

pron.	verb	adj.	noun	conjunction	pron.	verb	pron.
She	likes	big	snakes	but	I	hate	them.

word	part of speech	example
work	noun	My work is easy.
	verb	I work in London.
but	conjunction	John came <b>but</b> Mary didn't come.
	preposition	Everyone came <b>but</b> Mary.
well	adjective	Are you well?
	adverb	She speaks well.
	interjection	Well! That's expensive!
afternoon	noun	We ate in the afternoon.
	noun acting as adjective	We had <b>afternoon</b> tea.

# 1.2.1 Part of Speech Quiz

1. I bought a <b>beautiful</b> dress at the mall.	
○ preposition	
○ adjective	
o noun	
2. What did she ask you to do?	
○ conjunction	
<ul> <li>preposition</li> </ul>	
○ pronoun	
3. I left my shoes under the kitchen table.	
○ adjective	
preposition	
○ pronoun	
4. If we finish our work quickly we can go to the	movies.
○ adverb	
○ conjunction	
○ verb	
Answers:	
1. Adjective 2. Pronoun 3. Preposition 4. A 5. Verb 6. Noun 7. Verb 8. In	
9. Conjunction 10. Preposition	terjection

5. On Saturdays I work from nine to five.
○ verb
preposition
○ adverb
6. I want to go to a <b>university</b> in the United States.
○ adjective
preposition
onoun
7. I'm sure I've <b>met</b> your friend before.
○ verb
preposition
○ interjection
8. Well, I don't think I'll be home before 6.
○ interjection
<ul><li>interjection</li><li>preposition</li></ul>
o preposition
o preposition o pronoun
<ul> <li>preposition</li> <li>pronoun</li> <li>Andy knocked on the door but nobody answered.</li> </ul>
<ul> <li>preposition</li> <li>pronoun</li> <li>9. Andy knocked on the door but nobody answered.</li> <li>adverb</li> </ul>
<ul> <li>preposition</li> <li>pronoun</li> <li>9. Andy knocked on the door but nobody answered.</li> <li>adverb</li> <li>adjective</li> </ul>
<ul> <li>preposition</li> <li>pronoun</li> <li>9. Andy knocked on the door but nobody answered.</li> <li>adverb</li> <li>adjective</li> <li>conjunction</li> </ul>
<ul> <li>preposition</li> <li>pronoun</li> <li>9. Andy knocked on the door but nobody answered.</li> <li>adverb</li> <li>adjective</li> <li>conjunction</li> <li>10. After lunch let's go out for a coffee.</li> </ul>

# 1.3 Verb Forms

In this lesson we look at the forms of **main verbs** and **helping verbs** followed by a quiz to check your understanding.

	base V1	past simple V2	past participle v3	present participle	3rd person singular present simple	#
reg.	work	worked		working	works	4
irreg.	cut	50		cutting	cuts	3
	make	made		making	makes	4
	sing	sang	sung	singing	sings	5
	have	had		having	has	4
	do	did	done	doing	does	5
	base	past simple (2 forms)	past participle	present participle	present simple (3 forms)	#
	be	was were	been	being	am are is	8

**Remark:** Most verbs have 3, 4 or 5 **forms**. But the verb "be" has 8 forms.

In the above examples:

• cut has 3 forms: cut, cutting, cuts

• work has 4 forms: work, worked, working, works

• sing has 5 forms: sing, sang, sung, singing, sings

• be has 8 forms: be, was, were, been, being, am, is, are

# 1.3.1 Verb Forms Quiz

1. A bird sang to me this morning.
<ul> <li>third person singular present</li> </ul>
o past simple
○ base
2. They have been playing tennis all day.
o base
opresent participle
<ul> <li>present simple</li> </ul>
3. I don't think he will guess the answer.
<ul> <li>past simple</li> </ul>
<ul> <li>third person singular present</li> </ul>
o base
4. Have you baked the cookies yet?
o base
o past participle
o present participle

2. present participle 3. base 4. base Answers: 1. past simple 5. past participle 6. base 7. third person singular present 8. present participle 9. past simple 10. third person singular present

5. Had they inisited before you arrived:
o past simple
○ base
o past participle
6. I asked your brother to drive us there.
o base
o past simple
<ul> <li>present participle</li> </ul>
7. It is a sunny day today.
o past simple
<ul> <li>third person singular present</li> </ul>
o past participle
8. We are in the kitchen <b>doing</b> the dishes.
o present simple
<ul> <li>present participle</li> </ul>
o base
9. He was feeding the dogs.
o base
o past simple
<ul> <li>past participle</li> </ul>
10. He walks to my car with me at night.
o present participle
third person singular present
<ul> <li>third person singular present</li> </ul>

# 1.4 Irregular Verbs List with Translation into Arabic

الم المائلة ا	Past Participle been beaten become begun bitten blown broken brought built bought caught chosen come cost cut dug done drawn drunk driven	Infinitive  lend پستيو  let وبنه  اله پښتانې  light پښس، پنقد اله پښس، پنقد پښس، پښتو  اله پښتې اله پښتې اله پښتې پښتو پښتې اله پښتې اله پښتو اله پښتو اله پښتو پښتو پښتو پښتو پښتو پښتو پښتو پښتو	Simple Past lent let lay lit lost made meant met paid put read rode rang rose ran said saw sold	Past Participle lent let lain lit lost made meant met paid put read ridden rung risen run said seen
beat بينرم beat become المنابع became begin المنابع began bit blow إلك المنابع blow break المنابع broke bring المنابع build المنابع build buy المنابع bought catch المنابع did draw المنابع draw draw draw draw draw draw draw draw	beaten become begun bitten blown broken brought built bought caught chosen come cost cut dug done drawn drunk driven	let وبستلقى light بخس، بفقا الهجال، بحض المحدود المحد	let lay lit lost made meant met paid put read rode rang rose ran said saw sold	let lain lit lost made meant met paid put read ridden rung risen run said seen
become بساح became begin البيا began bite البيا blow البيا blow break البيا broke bring البيا brought build البيا built buy البيا bought catch البيا bought catch البيا caught choose البيا came cost البيا cost cut البيا dig do الما البيا did draw البيا drank drive البيا die eat المكان ate fall	become begun bitten blown broken brought built bought caught chosen come cost cut dug done drawn drunk driven	العندي الناقل ا	lit lost made meant met paid put read rode rang rose ran said saw sold	lit lost made meant met paid put read ridden rung risen run said seen
begin أبيد began bit blow إبدا blow broke broke brought built built built bought catch كيس came come كي كلف Cost كي كلف Cost كي كلف Cost كي كلف كال كي كلف كال	bitten blown broken brought built bought caught chosen come cost cut dug done drawn drunk driven	light بخسي، يخسي المحد بخسي، بخسي بخسي بخسي بعدي بعدي المحد المحد المحد المحد المحدد	lit lost made meant met paid put read rode rang rose ran said saw sold	lit lost made meant met paid put read ridden rung risen run said seen
bite بعض bit blow بيب، بنفخ blew break بيب، بنفخ broke bring بيب brought build بيب built buy بشتري bought catch يمسك caught choose بختار chose come باكي cost cut يقطع dug do بيد ليس بيرس did draw بيس بيس drink drive بقود fall	bitten blown broken brought built bought caught chosen come cost cut dug done drawn drunk driven	المحل، يفقد make يجعل، يصنع mean يعنى، يقصد meet يعنى pay يعنى put يصنع read أي يمتطى ride يرته يون ring يرته يعنى يعنى sey يون sell يرسل gend يرسل يوسل gend يرسل	made meant met paid put read rode rang rose ran said saw sold	made meant met paid put read ridden rung risen run said seen
blow بينفخ blew break پهب، بينفخ broke bring بين brought build پيني built buy پښتري bought catch پهمسك caught choose پختار chose come پاتي came cost پاتي cost cut dig پختار dug do ليحس پرسم work draw پرسم پرسم drank drive پيترب fall پسترا blew broke brought caught caught caught chose came cost خالو cut dig ded draw پسره drank drive پيترب fall پسترا blew broke brought caught chose came cost did draw draw drank drove ate fall	broken brought built bought caught chosen come cost cut dug done drawn drunk driven	make بحمل، بصنع mean بعنى، بقصد بعنى، بقصد بعنى بعضع بدفع بصدع بعضا بعن ride بعضى بعن ride بعن بعن بعضى بعن بعضى بعدى بعض بعدى بعض بعدى عدا بعدى بعضا بعدى بعضا بعضا بعضا بعضا بعضا بعضا بعضا بعضا	meant met paid put read rode rang rose ran said saw sold	meant met paid put read ridden rung risen run said seen
break بكس broke bring بجلب brought build ببني built buy بشتري bought catch كسك caught choose بختار chose come بكاف cost cut يومل dig do لمحي did draw برسم يرسم برسم برسم لا draw drink بيسر بيسو وat لكل إليه إلى	broken brought built bought caught chosen come cost cut dug done drawn drunk driven	mean بعنی، بقصد  meet بنابل  pay بدفع  put بعضه  بعض بعضه  ride بمتطی  ride برنه  برنه برنه  rise بحری  run بحری  say بعنی  see بعنی  پرس see بین  پرس پرس see	meant met paid put read rode rang rose ran said saw sold	meant met paid put read ridden rung risen run said seen
bring بجلب brought build ببنني built buy بستري bought catch يمسك caught choose يخكل chose come يكلف came cost يكلف cost cut dig يحفل dug do لمحل يرسم لا يرسم drank drink بسرب drank drive وعل يستر والكلف fall	brought built bought caught chosen come cost cut dug done drawn drunk driven	meet پدفی pay پدفی put پدفی بخراً ride پمکملی ring پرت برکنو rise پرکنو بحری run پحری say پخول see پری see پری پرس	paid put read rode rang rose ran said saw sold	paid put read ridden rung risen run said seen
build بيني built buy بينري bought catch بيتتري caught choose بيتتري chose come بيت came cost بيت cost cut بيت cut dig بعد dug do بعد did draw بيس بيت drank drive بيت يتود ate fall	built bought caught chosen come cost cut dug done drawn drunk driven	pay يدفع put يختر باركتو ride يمتطي برن بركتو ring يركتو بركتو بحري run يحري say يجري see يجري see يدى يوسل see	put read rode rang rose ran said saw sold	put read ridden rung risen run said seen
bought بشتري bought catch بمسك caught choose بختار chose come باتي came cost باتي cost cut بعد ويقطع dig بعد ويقطع do بعد ويت لاسم ينسم لاسم لاسم لاسم لاسم لاسم لاسم لاسم لا	caught chosen come cost cut dug done drawn drunk driven	put يضع read أ يرم برت ride يمتطي ring يرن يركنع run يجري say يجري see يرى see يرى sell يرسل	put read rode rang rose ran said saw sold	put read ridden rung risen run said seen
catch بمسك caught chose choose بخدّان chose come باثني came cost ياثني cost cut يعلن cut dig بحفل dug do لمحلي did draw يرسم www. drink بيتسرب drink بيتسرب drive بقود وat كأل fall بيتسرب fall يسترب fall يسترب fall يسترب fall يسترب والكل fall يسترب caught بيتسرب draw draw draw drove at يقود fall يستمرا caught chose caught chose caught cost chose caught chose came cost cost cost chose came chose chose came chose chose chose chose chose came chose cho	caught chosen come cost cut dug done drawn drunk driven	read بمتطى ride بمتطى ring برن rise برنتم run بحري say بقول see برى see بين sell برسل	read rode rang rose ran said saw sold	read ridden rung risen run said seen
choose يختل chose come يختل came come يأتي came cost يكلف cost cut dig يحفل dug did draw يرسم draw يتسب drink يتسب drink يتسب drive eat يتلف fall يسط إلا إلى المنا إ	chosen come cost cut dug done drawn drunk driven	ride پمتطی برن ring پر ت برکتم بحری run پحری say پخول پوول see پری sell پرس پرسل send	rang rose ran said saw sold	rung risen run said seen
come يأثي came  cost يكلف cost  cut يقطع cut  dig يحفل dug  do يحمل did  draw يرسم drew  drink يشرب drank  drive يقود drove  eat يقل fell	cost cut dug done drawn drunk driven	ring يرته برته run يجري say يجري see يرى see يدى sell يرس يرسل	rose ran said saw sold	risen run said seen
cost بكلف cost  cut بقطع cut  dig بحفر dug  do بحمل did  draw برسم drew  drink بشرب drank  drive بقود drove  eat باكل fell  cut	cut dug done drawn drunk driven	rise برکنع run بجری say بقول بدی see بری sell بین پرسل پرسل	rose ran said saw sold	risen run said seen
cut يقطع cut dig يحفر dug do يحفل did draw يرسم drew drink يسّرب drank drive يقود drove eat كلّل fell	cut dug done drawn drunk driven	run يجري say يقول يرى see يرى sell يبيع يرسل send يرسل	ran said saw sold	run said seen
dig يحفّو dug do ليحفّو did draw يرسم drew drink يشرب drank drive يقود drove eat كُلُّن ate fall	dug done drawn drunk driven	say بقول بری see بیری sell بیرم پرسل send برسل	saw sold	seen
do لبحمل did draw برسم drew drink بيرسم drank drive gat drove eat كلًا fell	done drawn drunk driven	see بری sell بینع send پرسل	sold	- The state of the
draw پرسم drew drink پشرب drink پقود drive پقود eat پاکل fall پسقط	drunk driven	sell پېيغ پرسل پرسل	1000000	
drank يشرب drank drive يقود eat يأكل fall يسقط fell	driven	يرسل send		sold
drove يقود drove eat يأكل fall يسقط fell		A Water State of the Control of the	sent	sent
fall يُسْقط fell		Silane Comme	shook	shaken
fall يُسْقط fell	eaten	shut يغلق	shut	shut
food six by fed	fallen	يغني sing	sang	sung
	fed	يغرق sink	sank	sunk
feel پِسُعر	felt	sit پجلس	sat	sat
fight يقاتل fought	fought	sleep ينام	slept	slept
find 🛶 found	found	speak يتحت	spoke	spoken
fly يطير	flown	يصرف/يقضىspend	spent	spent
forget پنسی forgot	forgotten	spread پنتشر	spread	spread
get پحمل got	gotten / got	يقف stand	stood	stood
give پعطی gave	given	يسرق steal	stole	stolen
go پذھب went	gone	يكنس sweep	swept	swept
grow پنمو ،پزرع grew	grown	swim بسبح	swam	swum
have بمثلك had	had	take بأحد	took	taken
hear پسمع heard	heard	teach پُسِس	taught	taught
hide يخفى hid	hidden	tell يخير	told	told
hit يضرب	hit	think يعنف	thought	thought
hold يمسك held	held	یرمی throw	threw	thrown
hurt پجرے	hurt	understand يفهم	understood	understood
keep يحفظ kept	kept	wake بستيقظ	woke	woken
kneel برکح knelt	knelt	wear پرن <i>دي</i>	wore	worn
know پیرٹ knew	known	win يفوز	won	won
lead (پقود(لاشخاص)	led	write بكتب	wrote	written
leave پخانر left	left			11111

## 1.4.1 Irregular Verbs Quiz

Choose the **correct form** of the verb in each sentence: 1. Have you \_\_\_\_\_ your lost dog yet? ofind ofound 2. She spoke too softly. I couldn't her. o hear o heard 3. But we heard everything she \_\_\_\_\_. o say said 4. We went shopping and I a new pair of jeans. o buy o bought 5. Did you \_\_\_\_\_ well last night? osleep oslept 6. What's that smell? You didn't \_\_\_\_\_ the sausages, did you? o burn burnt 7. You haven't \_\_\_\_\_ all that money already, have you? o spend o spent 8. The holes must've been \_\_\_\_\_ by our neighbour's dog. odig odug 9. When did you start to \_\_\_\_\_ English? ○ learn ○ learnt 10. Luckily I had \_\_\_\_\_ my savings in the bank instead of buying shares.

**Answers:** 1. found 2. hear 3. said 4. bought 5. sleep 6. sleep 7. spent 8. dug 9. learn 10. kept

o keep o kept

# II) English Vocabulary

# 2.1 General Sports Vocabulary

#### amateur

The Olympic Games were originally for amateur athletes only. engaged in something, like playing sports, without payment; non-professional

#### award

All the members of the winning team were awarded a gold medal. to give someone something as a reward for high achievement

#### beat

Italy beat France to win the 2006 FIFA World Cup. to defeat someone in a game or a competition

#### coach

Players should carry out their coach's instructions during a game.

a person who trains and directs an athlete or a sports team

#### cup

After they won the final game, the winners were awarded the Championship Cup. a cup-shaped trophy, awarded as a prize in a contest

#### defeat

Our players were very happy after they defeated their opponents in the final game.

to win a victory over opponents in a game or contest; to beat

#### draw

The score was 1-0, but the losing team got a late goal and the game ended in a 1-1 draw.

to finish a contest or game with an even score; tie

#### fan

Sometimes the umpire of a tennis match has to tell noisy fans to be quiet. a person who supports a particular sport, team or player

#### offside

Forwards have to learn how to avoid being caught in an offside position.

In an illegal position ahead of the ball (in football, rugby, hockey, etc.)

#### opponent

Roger Federer's opponent in the Wimbledon final was Rafael Nadal. the person one competes against in a contest or a game; rival

#### penalty

The penalty for abusing a referee is usually a one-match suspension.

a punishment imposed on a player or team for breaking the rules of a sport

#### referee

The referee saw a foul, blew his whistle and awarded a free kick.

a sports official with authority to make rulings during a contest

## trophy

The players carried the trophy over their heads as they ran around the stadium. a decorative object awarded as a prize in a contest or a tournament

## victory

The players had worked very hard, and they deserved their victory. the act of winning a game or contest

#### whistle

The referee blew his whistle twice to signal the end of the match.

a small instrument that makes a high-pitched noise when blown

2.1.	1 General Sports Vocabulary Quiz
1. A t	ennis player serves the ball to his or her
0	teammate
0	opponent
0	referee
2. Go	lf is played on a golf
0	field
0	court
0	course
3. Wh	at do Rugby players often do to their opponents?
0	hug them
0	tackle them
0	whistle them
4. The	e scores were tied at the end, so the game was a
0	draw
0	victory
0	defeat
5. Aft	er winning the tournament, Anna held up her
0	victory
0	trophy

pride

6. Which of these words is the opposite of "professional"?
⊚ terrible
leisure
amateur
7. The referee should award a penalty if a player breaks one of the
o rules
<ul><li>records</li></ul>
opponents
8. In athletics, the 400 metre race is one of the most exciting
tournaments
games
events
9. Which of these words has a similar meaning to "tactics"?
talent
strategy
fitness
10. A swimming coach's job is to
<ul> <li>train swimmers</li> </ul>
<ul> <li>rescue swimmers</li> </ul>
<ul> <li>cheer on swimmers</li> </ul>
Correct answers:
1. opponent 2. course 4. draw 5. trophy 6. amateur 7. rules 8. events 9. strategy 10. train swimmers

# 2.3 Olympic Games Vocabulary The Modern Olympics

## Olympic Games Revived

The idea to revive the Olympic Games was suggested in the mid-nineteenth century, and by 1894 the International Olympic Committee (IOC) was formed. Then in 1896 the first modern Olympic Games were held in Athens, Greece.

The modern version of the games involves two competitions; the Summer Olympics and the Winter Olympics. These are separate events which take place in different years and in different locations.

The Summer Olympics is a much bigger competition and includes events such as athletics (or 'track and field'), swimming, diving, boxing, wrestling, cycling, basketball, sailing, rowing, football, hockey, tennis, equestrian, shooting, weightlifting, gymnastics, etc. It occurs every four years.

The Winter Olympics includes events such as skiing, ski jumping, speed skating, figure skating, ice hockey, curling, bob sleigh, etc. The Winter Olympics also occurs every four years (but separated from the Summer Olympics by two years).

Since 1960, the Paralympic Games have been held in the same year as the Olympic Games. The Paralympics are for athletes with physical disabilities, with events ranging from basketball, archery and tennis for wheelchair athletes to swimming and running events for athletes missing one or more limbs. There are both Summer Paralympics and Winter Paralympics, and they are held just after their respective Olympic Games.

# 2.3.1 Olympic Games Vocabulary Quiz The Olympic Games are \_\_\_\_\_ every four years. o put o made o held 2. The IOC is the International Olympics \_\_\_\_\_. Competition Committee Community 3. Where will the next Winter Olympics take \_\_\_\_ ? place over over O up Athletes go to the Olympic Games to \_\_\_\_\_ their country. symbolize

#### Correct answers:

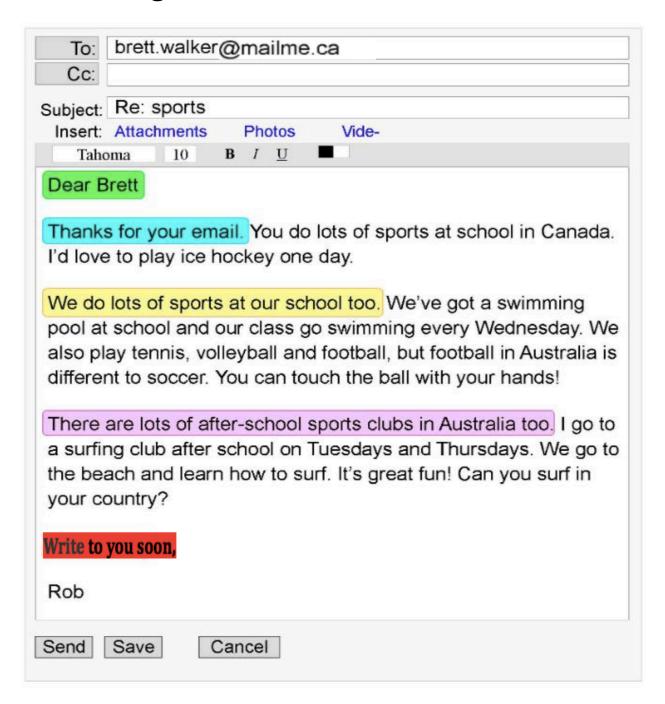
support

represent

1. held 2. Committee 3. place 4. represent 5. events 6. ceremonies 7. spectators 8. score 9. spirit 10. ability

5. The swimming	are being held in a newly-built pool.
o games	
$\bigcirc$ competitors	
○ events	
6. Medals are preser	nted during the awards
o parades	
○ ceremonies	
○ celebrations	
7. Thousands of	were cheering on their favourite athletes.
○ sponsors	
o referees	
○ spectators	
8. In events like divi	ing and gymnastics, judges give each performance a
o point	
○ score	
○ cheer	
9. The Olympics	are often called a celebration of the human
o spirit	
○ being	
○ body	
10. Athletes try t	to perform to the best of their
○ image	
o spirit	
<ul><li>ability</li></ul>	

## 2.3 Writing an Email



# Top Tips for writing

1. Begin your email 'Dear' + name. 2. Begin your email with thanks or the reason you are writing. 3. This paragraph has got one idea. 4. This paragraph has got another idea. 5. End your email Write to you soon, + your name. Sincerely,

Yours,

# 2.3.1 Writing an Email Quiz

# An email about sports

Are the sentences true or false?

1. Rob is from Canada.
True False
2. Rob wants to try ice hockey.
True False
3. There is a swimming pool at Rob's school.
True False
4. Rob goes swimming on Tuesday and Thursday afternoons.
True False
5. Rob thinks football in Australia and soccer are the same.
True False
6. Rob often goes to the beach.
True False

Answers: 1. False 2. True 3. True 4. False 5. False 6. True

# 2.4 Learn English Vocabulary of Sports & Hobbies

archery, shooting رماية

skating تزلج

عدق ace

Cricket کریکت

بولو polo

horseback riding ركوب الخيل

ملاكمة boxing

مصارعة wrestling

رفع الأثقال weightlifting

ركوب الدراحات cycling

swimming سياحة

غطس غطس

rowing تجدیف

ركوب الأمواج

طاولة backgammon

شطرنج chess

thess board لوح الشطرنج

الاتحاد الدولي لكرة

القدم

هاوي amateur

FIFA

محترف professional

كرة القدم الأمريكية (American) football

كرة السلة basketball

كرة الطائرة كرة الطائرة

بيسبول

كرة المضرب

hockey

martial arts ألعاب القتال

skiing

ice-skating تزحلق على الجليد

غولف golf

gymnastics جمباز

تسلق الجبال mountain-climbing

خط التماس خط التماس

off-side تسلل

goal post قائم

عارضة crossbar

هدف (ج) أهداف

هدفان متتالیان (two) consecutive goals

لاعب (ج) لاعبون

قائد القريق team captain

Midfielder لاعب الوسيط

عارس المرمى عارس المرمى

attacker

defender مدافع

أمامي

ضارب striker

winger لاعب جناح

referee	حكم
trainer or coach	مدرّب
(a) kick, shot	ضربة
free kick	ضربة حرة
(in)direct free kick	ضربة حرة (غير) مباشرة
penalty kick	ضربة جزاء   ترجيح
corner kick	ضربة ركنية
goal kick	ضربة مرمى
header	ضربة رأس
to dive – a dive	غطس – يغطس (غطس) – غطسة
to win	کسب – یکسب (کسب)
victory	فوز
to lose (loss)	خسر – يخسر (خسارة)
to score a goal	سجل – يسجل (تسحيل) هدفا

to pass (the ball)	مرّ - يمرّ (تمرير) (الكرة)
(a) pass	تمريرة
foul	خطاء (ج) أخطاء
to eliminate/beat (a team)	طاح - يطيح
to ascend (to the final)	صعد – يصعد (صعود) (للنهاية)
to equalize	سوى - يسوي (تسوية)
a tie	تعادل
a scoreless tie	تعادل سلبي
yellow card	بطاقة صفراء
red card	بطاقة حمراء
the first half	الشوط الأول
the second half	الشوط الثاني
half-time	الاستراحة
World Cup	كأس العالم

to compete (with each other)	تنافس – يتنافس (تنافس)
to advance (or progress)	تقدم - يتقدم (تقدم)
to move (reflexive)	تحرك – يترحرك (تحرك)
to take a walk	تمشی – یتمش
to run	جری - یجري (جري)
to climb	تسلق – يتسلق (تسلق)
to swim	سبح – يسبح (سباحة)
to sail	أقلع – يقلع (اقلاع)
fitness	اللياقة البدنية
(an) exercise	تمرین (ج) تمارین
exercise	تمارين رياضية
warm-up	تسخين
to lose weight	فقد – يفقد (فقد) الوزن
competition	منافسة
race	مسابقة
	سباق
lap (on a track)	لفة (ج) لفات
championship	بطولة

champion

بطل (ج) أبطال