

Unit One

1.1. Sports

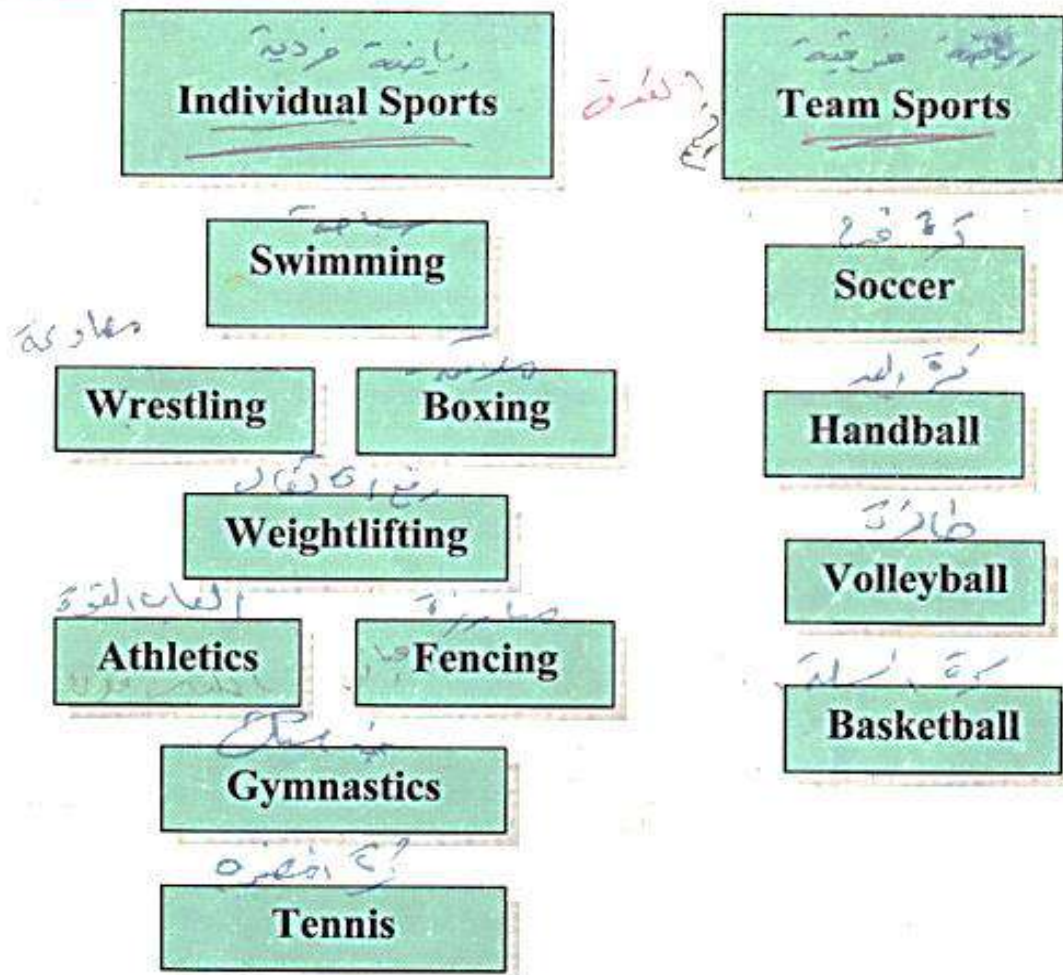
Sports are recreational or competitive activities that involve a degree of physical strength or skill.

The person who practices sports is called athlete or sportsman. An Athlete practices sports as profession while sportsman practices sports as a hobby. Every athlete is rated according to his level of skill:

1. In the first level the athlete is called Novice.
2. In the second level he is called Amateur.
3. In the third level he is called Professional.
4. The highest level is the fourth level and he is called Elite.

Usually an athlete wears sportswear and practices his sport in a place specially made for that sport either indoors or outdoors. Footballers play football in a field, swimmers in a pool, basketball players in a court etc.

Mainly sports are divided into:



1.2 Key Words

Sports	الرياضة	Outdoors	ساحات خارجية
Recreational	ترفيهية	Footballers	لاعبي كرة القدم
Competitive	تنافسية	Football	كرة القدم
Activities	فعاليات	Field	الساحة/ الملعب
Physical strength	القوة البدنية	Swimmers	المسبحين
Skill	المهارة	Pool	مسبح
Practice	يمارس	Basketball	كرة السلة
Athlete	رياضي محترف	Players	لاعبين
Profession	مهنة	Court	ملعب
Sportsman	رياضي غير محترف	Swimming	السباحة
Hobby	هواية	Boxing	الملاكمة
Level	مستوى	Wrestling	المصارعة
Novice	المبتدئين	Fencing	المبارزة
Amateur	الهواة	Athletics	العاب القوى
Professional	المحترفين	Weightlifting	رفع الاثقال
Elite	النخبة	Tennis	لعبة التنس
Wear	يرتدون	Soccer	كرة القدم
Sportswear	ملابس رياضية	Handball	كرة اليد
Indoors	ساحات داخلية	Volleyball	كرة الطائرة

Spotlights

Antonyms:

- An antonym is a word that means the opposite of another word.
For e.g., old : new, tall: short, interesting: boring, etc.

- Have you read the text of Sports? *Yes*
- Read it again and try to focus on the following antonyms:

Novice : Elite,

Professional: Amateur,

Indoors : Outdoors,

Individual Sports: Team Sports,

Hobby: Profession ,

Athlete : Sportsman.

- Focus on these two words. What do you think? Are they antonyms?

Amateur: sportsman

Derivational Suffixes:

A. Adjectives with *-ive* (-ive adj.)

- In many cases, but not all, a derivational suffix changes the part of speech of the word to which it is added. The noun *act* becomes an adjective by the addition of the suffix *-ive*, act: active. More examples like creation: creative, explosion: explosive, description: descriptive...etc.

B. Adjectives with *-al* (-al adj.)

- Nouns like *nation*, *situation*, *magic* and *logic* become adjectival when adding the suffix *-al* at the end, nation: national, situation: situational, magic: magical and logic: logical.
- Now read the text again. Can you identify any *-al* or *-ive* adjectives?

1.4. Vocabulary : The Human Body

Head راس

to run fast

Neck رقبة

Shoulder كتف

Back ظهر

Arm ذراع

Thigh فخذ

Foot قدم

Hand يد

Chest صدر

Abdomen بطن

Knee ركبة

Shin ساق

Leg رجل

One Step Up To Sport & English - Unit One - Exercises

Q/1: Define the following:

Sports: are recreational or competitive activities that involve a degree of physical strength or skill.

Q/2: Choose the correct answer from (a, b, or c) :

- 1- The person who practices sports is called
 - a- Goal keeper
 - b- Swimmer
 - c- **Athlete or sportsman**
- 2- An athlete practices sports as
 - a- Job
 - b- **Profession**
 - c- Hobby
- 3- Sportsman practices sports as a
 - a- Profession
 - b- **Hobby**
 - c- Career
- 4- In the first level in any sport, an athlete is called
 - a- Amateur
 - b- **Novice**
 - c- Elite
- 5- In the second level in any sport, an athlete is called
 - a- Elite
 - b- Professional
 - c- **Amateur**
- 6- In the third level in any sport, an athlete is called
 - a- Novice
 - b- **Professional**
 - c- Amateur
- 7- In the fourth (highest) level in any sport, an athlete is called
 - a- Professional
 - b- Novice
 - c- **Elite**

- 8- An athlete wears
- a- Dress
 - b- Sportswear**
 - c- Shirt
- 9- An athlete practices his/her sport in a place specially made for that sport either or
- a- In a garden or in a garage
 - b- Indoors or outdoors**
 - c- At home or at any square
- 10- Footballers play football in a
- a- Court
 - b- Field**
 - c- Garden
- 11- Swimmers practices their sport in a
- a- Field
 - b- Court
 - c- Pool**
- 12- Basketball players practices their sport in a
- a- Court**
 - b- Filed
 - c- Garden

Q/3: Put (True) or (False) for the following sentences :

- 1- Sports can be divided into individuals and Teams sports (**True**)
- 2- Individuals sports consist of swimming, boxing, Soccer, fencing ...etc. (**False**)
- 3- Some of the individuals sports are: wrestling, athletics, & swimming (**True**)
- 4- Some of the team sports are: handball, soccer, & tennis (**False**)
- 5- Team Sports are soccer, basketball, volleyball, & handball (**True**)
- 6- The person who practices sports is called swimmer (**False**)
- 7- An athlete practices sport as profession (**True**)
- 8- Sportsman practices sport as a profession (**False**)
- 9- In the first level in any sport, an athlete is called novice (**True**)
- 10- In the second level in any sport, an athlete is called elite (**False**)
- 11- In the third level in any sport, an athlete is called professional (**True**)

- 12- In the fourth level in any sport, an athlete is called novice (**False**)
- 13- Usually an athlete wears sportswear (**True**)
- 14- An athlete practices his/her sport either indoor or at school (**False**)
- 15- Footballers play football in a field (**True**)
- 16- Swimmers do not practice their sport in a pool (**False**)
- 17- Basketball players practices their sport in a court (**True**)

Q/4: Choose the correct answer and give the meaning for the following words:

- 1-
a- **Head**الرأس
b- Hade
c- Haed
- 2-
a- Amr
b- **Arm**.....الذراع
c- Arrm
- 3-
a- Hnad
b- Hadn
c- **Hand**.....اليد
- 4-
a- Chets
b- **Chest**.....الصدر
c- Chset
- 5-
a- Abdomn
b- Abdoemn
c- **Abdomen**.....البطن
- 6-
a- **Knee**.....الركبة
b- Knene
c- Keen
- 7-
a- Shni
b- Shen
c- **Shin**.....الساق
- 8-
a- Neke
b- **Neck**.....الرقبة
c- Nek

- 9-
a- Shouler
b- **Shoulder**.....الكتف
c- Shoulerd
- 10-
a- Bcak
b- **Back**.....الظهر
c- Bakc
- 11-
a- Theigh
b- Thiigh
c- **Thigh**.....الفخذ
- 12-
a- Feet
b- **Foot**.....القدم
c- Foet
- 13-
a- Leq
b- **Leg**.....الرجل
c- Lge

Q/5: Do as required for the following:

- 1- Novice X **Elite**
- 2- Professional X **Amateur**
- 3- Indoors X **Outdoors**
- 4- Individual Sports X **Team Sports**
- 5- Hobby X **Profession**
- 6- Athlete X **Sportsman**

Q/6: Change the following nouns into adjectives:

- 1- Creation X **Creative**
- 2- Explosion X **Explosive**
- 3- Description X **Descriptive**
- 4- Nation X **National**
- 5- Situation X **Situational**
- 6- Magic X **Magical**
- 7- Logic X **Logical**

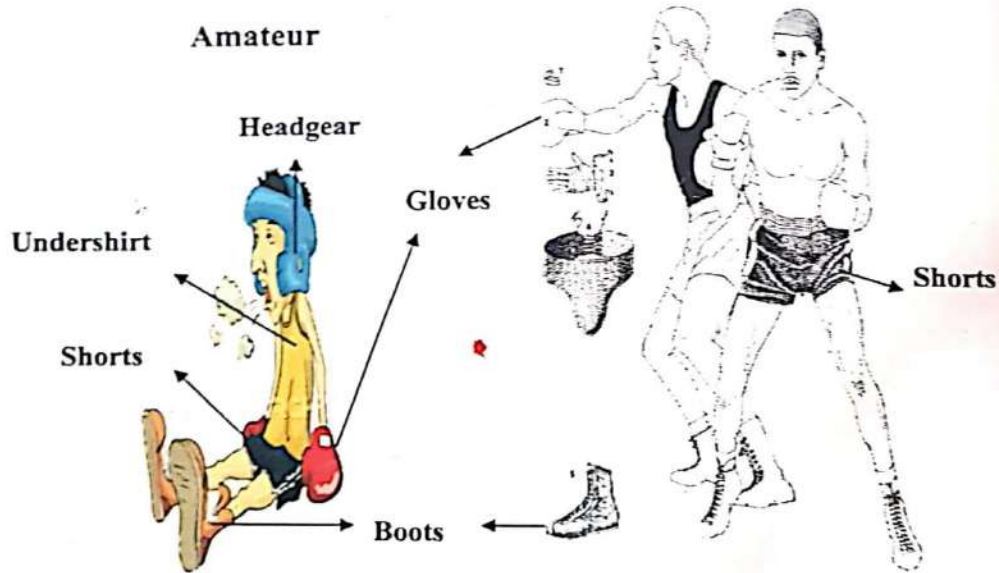
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Unit Three

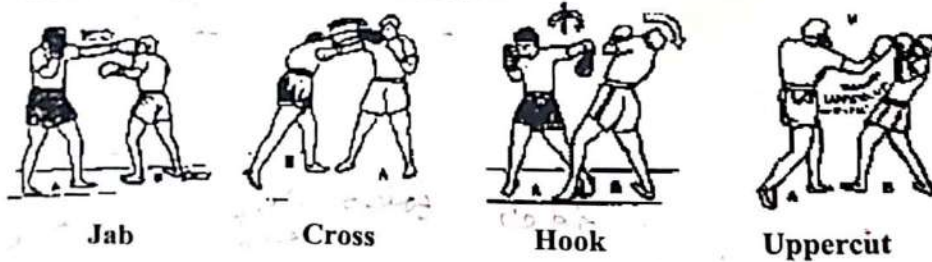
3.1.Boxing

Boxing is an individual sport. Two boxers try to hit each other in certain areas of the upper body. Bouts are won by a count – out, by forcing an opponent to retire or on points. Most bouts are held in a ring. Amateurs wear shorts, undershirts and headgear, professionals wear only shorts. They both wear gloves, gum shield and boots.

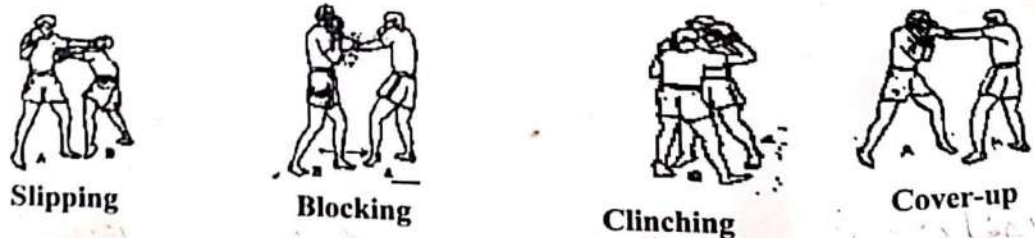
Professional



Attack: there are four basic punches



Defense: there are several basic movements a boxer can use in order to evade or block the punches of his opponent,



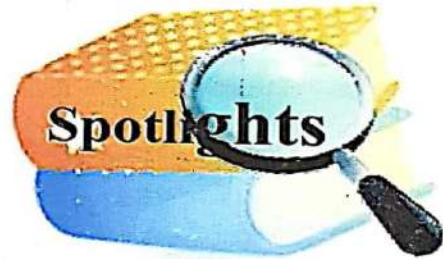
3.2 Key Words:

boxing	الملاكمة	professionals	محترفين
boxer	ملاكم	gloves	قفازات
hit	ضرب	boots	احذية
upper body	اعلى الجسم	attack	هجوم
Bout	نزال	punch	لكمة
Count out	العد	jab	بكرة مستقيمة/ وكز
Forcing an opponent to retire	اجبار الخصم على انسحاب	cross	بكرة مستقيمة/ قطع
Points	نقاط	hook	خطف
Ring	حلبة	uppercut	قطع
amateur	هاوي	defense	دفاع
shorts	سروال قصير	slipping	انزلاق، الزوغان
undershirts	تي شيرت	blocking	حجز
headgear	خوذة واقية رأس	clinching	التحام

*In good times you raise your thumb up to say **OK!**

It means that everything is all right.

*In bad times you say **KO!** And turn your thumb down.



MORE About Acronyms & Initialisms KO /TKO

Why?
What does
KO mean?

- An acronym is a word formed from the first letter or letters of a compound or phrase. The resulting string of letters is pronounced as a word. For example, **scuba** is from 'self-contained underwater breathing apparatus.'
- An initialism is made up of the first letter or letters of one or more words. The resulting letters are not pronounced as a word, but are sounded out one by one as in **CIA** 'central intelligence agency' or as in **FBI** or **VIP**.

In boxing ,

- **KO** are the first/initial letters of '**knocked out/ Count out.**' If the knocked down boxer does not response to the referee's counting then he is ruled "knocked out"(whether he /she is conscious or not) and the other boxer is ruled the winner by knockout (KO).
- **TKO** refers to a 'technical knock out.' A (TKO) is ruled by the referee, fight doctor, or a fighter's coach if a fighter is unable to safely continue to fight, based upon injuries or being judged unable to effectively defend himself. Three knock downs also result in a TKO.

Which Word? bout / round ✓

bout : is the whole boxing match from the beginning to the end, in which a predetermined number of rounds passes.

round: is a fighting unit of the bout. A boxing match typically consists of a predetermined number of three-minute rounds, anywhere from three for an Olympic bout to up to fifteen for a professional fight. A minute is typically spent between each round.

3.4. Vocabulary: Daily Routines



Sleeping النوم



Eating الأكل



Studying الدراسة



Cycling
ركوب الدراجة الهوائية



Praying يصلي



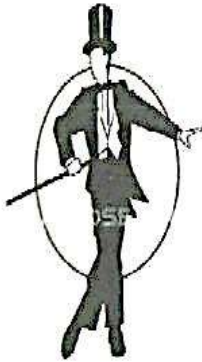
Walking المشي



Jogging هرولة



Playing football
لعبة كرة القدم



Dancing الرقص



Driving سيطرة السيارة



Shopping يتسوق



Cleaning التنظيف



Washing Clothes
غسل الملابس



Watching T.V
مشاهدة التلفاز



Calling
الاتصال بالهاتف



Chatting
الدردشة

One Step Up To Sport & English - Unit Three - Exercises

Q/1: Define the following:

Boxing: is an individual sport in which the two boxers try to hit each other in certain areas of the upper body.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

- 1- Boxing is
 - a- A Team Sport
 - b- An Individual Sport**
 - c- Both A & B
- 2- In Boxing, the two boxers try to each other.
 - a- Shake hands
 - b- Hug
 - c- Hit**
- 3- In Boxing, bouts are won by a count-out, by forcing an opponent to or on points.
 - a- Play
 - b- Retire**
 - c- Fight
- 4- In Boxing, most bouts are held in a
 - a- Field
 - b- Ring**
 - c- Court
- 5- In Boxing, amateurs wear shorts, undershirts, and
 - a- Sunglasses
 - b- Headgear**
 - c- Hat
- 6- In Boxing, professionals wear only
 - a- Headgear
 - b- Undershirt
 - c- Shorts**

7- In Boxing, both amateurs and professionals wear gloves, gum shield, and

a- Headgear

b- Boots

c- Both A & B

8- In Boxing (attack), there are four basic punches: jab, cross, hook, and

a- Slipping

b- Clinching

c- Uppercut

9- In Boxing (defense), there are several basic movements that a boxer can use in order to evade or block the punches of his opponent, they are: sipping, blocking, clinching, and

a- Uppercut

b- Cover-up

c- Hook

10- in Boxing, is the whole boxing match from the beginning to the end in which a predetermined number of rounds passes.

a- Bout

b- Round

c- Ring

11- In boxing, is a fighting unit of the bout. A boxing match typically consists of a predetermined number of three-minute rounds, anywhere from three for an Olympic bout to up to fifteen for a professional fight. A minute is typically spent between each round.

a- Round.

b- Bout.

c- Ring.

12- In boxing, are the first letters of 'knocked out'. if the knocked down boxer does not response to the referee's counting then he is ruled 'knocked out' (whether he is conscious or not) and the other boxer is ruled the winner by knockout.

a- KO

b- OK

c- TKO

13- In boxing, refers to a 'technical knockout' which is ruled by the referee, fight doctor, or a fighter's coach if a fighter is unable to safety continue to fight, based upon injuries or being judged unable to defend himself.

- a- TKO
- b- KOT
- c- TOK

Q/3: Put (True) or (False) for the following sentences :

- 1- Boxing is a team game. (**False**)
- 2- Boxing is an individual sport consists of 2 players. (**True**)
- 3- In Boxing, the two boxers try to hug each other. (**False**)
- 4- In Boxing, bouts are won by a count-out, by forcing an opponent to retire or on points. (**True**)
- 5- In Boxing, most bouts are held in a court. (**False**)
- 6- In Boxing, amateurs wear shorts, undershirts, and headgear. (**True**)
- 7- In Boxing, professionals wear only headgear. (**False**)
- 8- In Boxing, both amateurs and professionals wear gloves, gum shield, and boots. (**True**)
- 9- In Boxing (attack), there are four basic punches: jab, cross, hook, and uppercut. (**True**)
- 10- In Boxing (defense), there are several basic movements that a boxer can use in order to evade or block the punches of his opponent, they are: slipping, blocking, clinching, and hook. (**False**)

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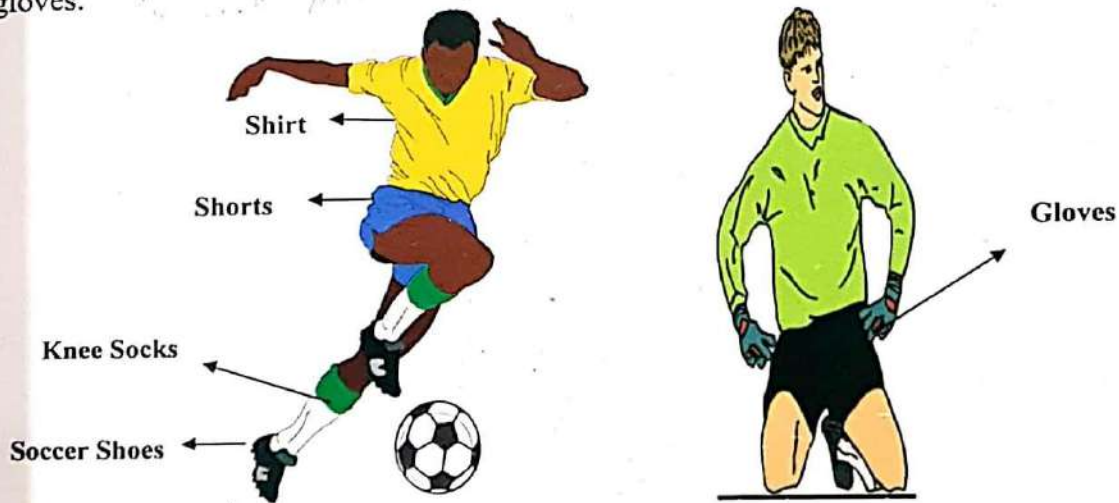
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Unit Two

2.1. Soccer

Soccer is a team sport each team consists of eleven players one of them is the goalkeeper (goalie). If one player is hurt a substitute takes his place. Every game (match) has two halves of forty – five minutes each. Between the two halves, players take a half time to rest. After rest, the teams change ends. Each team tries to score goals. The team with the most goals is the winner. If the result is a tie (draw) an extra period is given to break the tie. Players are usually given certain positions; defense, midfield and attack. Soccer is played in a field (or a pitch) with a soccer ball.

Soccer player wears a uniform that consists of shirt (jersey), shorts, knee socks (worn over shin guards) and soccer shoes or sneakers. The goalkeeper usually wears a uniform of different color than the rest of players. He also wears shin guards and gloves.



There are many skills in soccer



Kicking



Heading



Dribbling



Tackling

2.2. Key Words

Soccer	كرة القدم	break the tie	كسر التعادل
team sport	الرياضة الجماعية	positions	مواقع
players	لاعبين	defense	دفاع
goalkeeper(goalie)	حارس المرمى	midfield	وسط
substitute	الاحتياط	attack	هجوم
game	المباراة	a field (or pitch)	ملعب او مساحة
halves	اشواط	uniform	رداء او زي اللعب
half time	الاستراحة بين الشوطين	shirt (jersey)	قميص
rest	راحة	shorts	سروال قصير
change ends	تبديل ملاعب	knee socks	جوارب طويلة
score goals	تسجيل الاهداف	shin guards	واقبات الساق
winner	الفائز	Sneakers	حذاء كرة القدم
tie (draw)	التعادل	gloves	قفلات
extra period	الوقت الاضافي		

Spotlights?

Synonyms

- A synonym is a word that means something similar to another word. For e.g., old : ancient, new : modern, etc.
- Have you read the text of Soccer?
- Read it, please! Now, try to focus on the following Synonyms:
 - goalkeeper: goalie,
 - game : match
 - tie: draw,
 - pitch : field,
 - shirt: jersey,
 - soccer shoes: sneakers,
 - football : Soccer.



Derivational Suffixes:

A. Nouns with <i>-er, -ie, -ee</i> , (Persons who take parts):		B. Nouns with <i>-ing</i> (Skills):	
play	player (-er)	kick	kicking (-ing)
goal	goalkeeper, goalie (-er, -ie)	dribble	dribbling (-ing)
football	footballer (-er)	tackle	tackling (-ing)
refereeing	referee (-ee)	control	controlling (-ing)
score	scorekeeper (-er)	trap	trapping (-ing)
win	winner (-er)	head	heading (-ing)

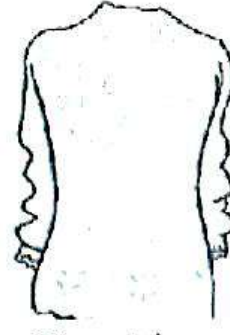
2.4. Vocabulary: Clothes



Shirt قميص



T - Shirt فانيلة



Blouse بلوز



Jacket جاكيت



Short سروال قصير



Skirt ثنورة



Trousers بنطال



Dress فستان



Suit بدلة



Briefs سروال داخلي للذكور



Bra حمالة



Panties سروال داخلي للأنثى



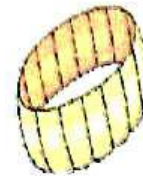
Shoes حذاء



Sunglasses نظارات شمسية



Ring خاتم



Bracelet سوار



Necklace قلادة

One Step Up To Sport & English - Unit Two - Exercises

Q/1: Define the following:

Soccer: is a team sport in which each team consists of 11 players.

Q/2: Choose the correct answer from a, b, or c :

1- In soccer, if one player is hurt, a takes his place.

a- Goal keeper

b- Swimmer

c- Substitute

2- In soccer, every match has two halves of minutes each.

a- 35

b- 45

c- 55

3- In soccer game, each team consists of players.

a- 10

b- 11

c- 12

4- In soccer match, players take a half time to

a- Sleep

b- Rest

c- Run

5- In soccer, each team tries to score

a- Money

b- Awards

c- Goals

6- The team with the most goals is the

a- Loser

b- Winner

c- Both A & B

7- In soccer, players are usually given certain positions such like: defense, midfield, and

a- Swimmer

b- Wrestler

c- Attack

- 8- Soccer is played in a
- a- Court
 - b- Field or a pitch**
 - c- Swimming Pool
- 9- Soccer player wears a uniform that consists of shirt, short, socks and
- a- Cap
 - b- Soccer shoes or sneakers**
 - c- Gloves
- 10- In soccer, the goalkeeper wears shin guards and
- a- Sunglasses
 - b- Gloves**
 - c- Suit
- 11- There are many skills in soccer: kicking, heading, dribbling and
- a- Jumping
 - b- Running
 - c- Tackling**
- 12- Soccer is
- a- Football**
 - b- Basketball
 - c- Handball
- 13- In soccer, there are halves.
- a- Two**
 - b- Three
 - c- Four

Q/3: Put (True) or (False) for the following sentences :

- 1- Soccer is a handball game. (**False**)
- 2- Soccer is a team sport in which each team consists of 11 players. (**True**)
- 3- In soccer, every match has two halves of 35 minutes each. (**False**)
- 4- In soccer, players do not take a half time to rest. (**False**)
- 5- In soccer, each team tries to score money. (**False**)
- 6- In soccer, the team with the most goals is the winner. (**True**)
- 7- In soccer, players are not usually given certain positions such like: defense, midfield, and attack. (**False**)
- 8- The game Soccer is played in a field or a pitch. (**True**)

- 9- Soccer player doesn't wear a uniform that consists of shirt, short, knee socks and sneakers. (**False**)
- 10- In soccer, the goalkeeper wears shin guards and gloves. (**True**)
- 11- There are many skills in soccer: kicking, heading, dribbling and tackling. (**True**)
- 12- In soccer game, there are three halves. (**False**)

Q/4: Do as required for the following (Synonyms) :

- 1- Goalkeeper = **Goalie**
- 2- Game = **Match**
- 3- Tie = **Draw**
- 4- Pitch = **Field**
- 5- Soccer Shoes = **Sneakers**
- 6- Football = **Soccer**

Q/5: Do as required for the following:

1. Play = **Player**
2. Goal = **Goalkeeper (Goalie)**
3. Football = **Footballer**
4. Refereeing = **Referee**
5. Score = **Scorekeeper**
6. Win X **Winner**

Q/6: Do as required for the following:

1. Kick = **Kicking**
2. Dribble = **Dribbling**
3. Tackle = **Tackling**
4. Control = **Controlling**
5. Trap = **Trapping**
6. Head = **Heading**

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Unit Five

5.1. Athletics

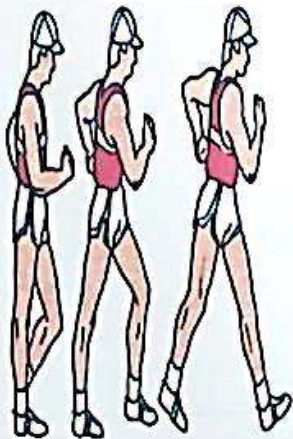
Athletics contains the basic human skills; running, jumping and throwing. All these events, except pole vault, were used by Man to survive. It takes place in an oval shaped track of eight lanes that encloses a large field.

Athletics is divided into two events:

1. Track Events

1. Walking Events
2. Hurdles
3. Running events
4. Relay

1.1 Walking Events



1.2. Hurdles



1.3. Running Events:

These events are divided into sub events according to the distance of running. 100m running is called **dash**, 200m and 400m are called **short distance running** while 800m and 1500m are called **middle distance running**. The distances from 1600m up to 10,000m are called **long distance running**.

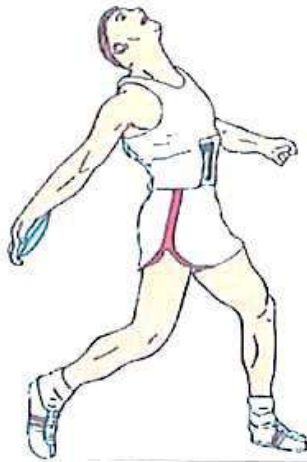


2. Field Events

2.1. Throwing Events



Javelin



Discus Throwing



Hammer Throwing

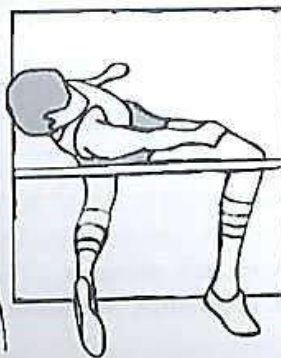


Shot Putting

2.2 Jumping Event



Pole Vaulting



High Jumping



Long Jumping

5.2. Key Words

Athletics	العاب القوى	Running events	فعاليات الركض
basic	الاساسية	Dash	ركض ال 100 متر
skills	المهارات	Short distance running	ركض المسافات القصيرة
running	الركض	Middle distance running	ركض المسافات المتوسطة
jumping	القفز	Long distance running	ركض المسافات الطويلة
throwing	الرمي	Throwing events	فعاليات الرمي
pole vault	القفز بالزانة	Javelin	رمي الرمح
track	الميدان	Discus throwing	رمي القرص
field	الساحة	Hammer Throwing	رمي المطرقة الحديدية
Events	فعاليات	Shot putting	وضع الكرة الحديدية
Walking Events	فعاليات المشي	Jumping Events	فعاليات القفز
Hurdles	الحواجز	High Jump	القفز العالي
Relay	بريد	Long Jump	القفز العريض

Spot Lights





- Is the word Athletics Plural or Singular?
- The track of running has an oval shape.
- What is the shape of a soccer field or of a boxing ring?
- Does the runner run on lines or in lanes?

Which Word? Line/Lane

Line: a long thin mark on the ground to show the limit or border of something, especially of playing area in some sports.

Lane: a narrow marked section of a track or a swimming pool that is used by one competitor in a race.

Shapes

Oval		Running Track
Circle/ Circular		Wrestling Mat
Square		Boxing Ring
Rectangular		Soccer Field

Plural Nouns Ending in -s

News/ Measles/Athletics/ Wales/ Shorts

Some words look plural but they are singular in fact. They are ended with -s but they take a singular verb!

- Acronym: *news*
- Some Diseases: *measles, mumps, rickets, shingles.*
- Subject Names in -ics : *classics, linguistics, mathematics, phonetics, gymnastics, athletics.*
- Some Games: *billiards, darts, dominoes, checkers.*
- Some Proper Nouns: *Athens, Wales, United Nations, United States.*
- They all have a singular verb when considered as one unit.

5.4. Vocabulary: Feelings



happy

سعيد



mad

غاضب



shy

خجولة



embarrassed

محرج



sad

حزين



excited

فرحة جدا



Crying

تبكي



worried

قلق



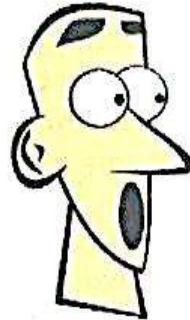
Nervous

متوتر



Scared

خائف



Shocked

مصدوم



Tired

يشعر بالتعب



Bored

يشعر بالملل



Sick

مريض



Dizzy

يشعر بالدوار

One Step Up To Sport & English - Unit Five - Exercises

Q/1: Define the following:

Athletics: contains the basic human skills: running, jumping and throwing.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

1. Athletics contains the basic human skills; running, jumping and
 - a- Talking
 - b- Throwing**
 - c- Walking
2. All athletics events, except pole vault, were used by man to
 - a- Live
 - b- Run
 - c- Survive**
3. Athletics takes place in of eight lanes that encloses a large field.
 - a- An oval shaped ring
 - b- An oval shaped track**
 - c- An oval shaped platform
4. Athletics is divided into two events; track events and
 - a- Walking events
 - b- Field events**
 - c- Running events
5. In athletics, the track events consist of; walking events, hurdles, running events, and
 - a- Javelin
 - b- Relay**
 - c- Hammer throwing
6. In running events, the 100 m running is called
 - a- Short distance running
 - b- Long distance running
 - c- Dash**
7. In running events, the 200m & 400m are called
 - a- Long distance running
 - b- Short distance running**
 - c- Middle distance running
8. In running events, the 800m & 1500m are called
 - a- Long distance running
 - b- Short distance running
 - c- Middle distance running**

9. In running events, the 1600m up to 10.000m are called

- a- **Long distance running**
- b- Short distance running
- c- Middle distance running

10. In athletics, the field events consist of; throwing events and

- a- Walking events
- b- **Jumping events**
- c- Track events

11. In field events, the throwing events consist of; javelin, discus throwing, hammer throwing, and

- a- Hurdles
- b- Long jumping
- c- **Shot putting**

12. In field events, the jumping events consist of; pole vaulting, high jumping, and

- a- Javelin
- b- **Long jumping**
- c- Discus throwing

13. is a long thin mark on the ground to show the limit or border of something, specially of playing area in some sports.

- a- Lane
- b- **Line**
- c- Both

14. is a narrow marked section of a track or a swimming pool that is used by one competitor in a race.

- a- Line
- b- **Lane**
- c- Both

Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

1. Athletics contains the basic human skills; running, jumping and throwing. (**True**)
2. Athletics does not contains the basic human skills; running, jumping and throwing. (**False**)
3. Athletics contain the basic human skills; running, jumping and Javelin. (**False**)
4. All athletics events, except pole vault, were used by man to survive. (**True**)
5. All athletics events, except pole vault, were used by man to live. (**False**)
6. Athletics takes place in an oval shaped track of eight lanes that encloses a large field. (**True**)
7. Athletics takes place in an oval shaped ring of eight lanes that encloses a large field. (**False**)
8. Athletics is divided into two events; track events and filed events. (**True**)
9. Athletics is divided into two events; track events and throwing events. (**False**)

10. In athletics, track events consist of; walking events, hurdles, running events, and relay. (True)
11. In athletics, track events consist of; walking events, hurdles, running events, and pole vaulting. (False)
12. In running events, the 100 m running is called dash. (True)
13. In running events, the 100 m running is called middle distance running. (False)
14. In running events, the 200m & 400m are called short distance running. (True)
15. In running events, the 200m & 400m are called middle distance running. (False)
16. In running events, the 800m & 1500m are called middle distance running. (True)
17. In running events, the 800m & 1500m are called short distance running. (False)
18. In running events, the 1600m up to 10.000m are called long distance running. (True)
19. In running events, the 1600m up to 10.000m are called dash. (False)
20. In athletics, the field events consist of; throwing events and jumping events. (True)
21. In athletics, the field events consist of; throwing events and walking events. (False)
22. In field events, the throwing events consist of; javelin, discus throwing, hammer throwing, and shot putting. (True)
23. In field events, the throwing events consist of; javelin, discus throwing, hammer throwing, and long jump. (False)
24. In field events, the jumping events consist of; pole vaulting, high jumping, and long jumping. (True)
25. In field events, the jumping events consist of; pole vaulting, high jumping, and javelin. (False)
26. Line is a long thin mark on the ground to show the limit or border of something, specially of playing area in some sports. (True)
27. Lane is a long thin mark on the ground to show the limit or border of something, specially of playing area in some sports. (False)
28. Lane is a narrow marked section of a track or a swimming pool that is used by one competitor in a race. (True)
29. Line is a narrow marked section of a track or a swimming pool that is used by one competitor in a race. (False)

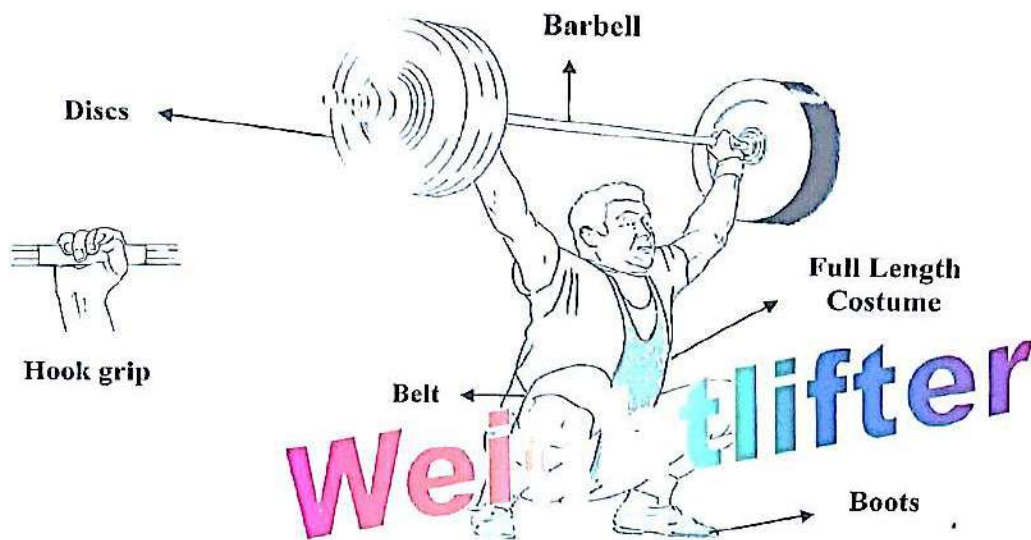
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Unit Four

4.1. Weightlifting

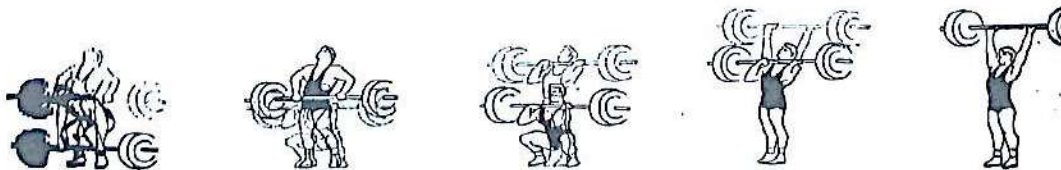
Weightlifting is a sport of lifting heavy weights on bars called barbells. There are two current Olympic weightlifting events — the Snatch and the Clean and Jerk. All lifts must take place on a platform. When the light is white, it is a “good lift”; when the light is red it is a “no lift.” Weightlifters wear a full-length costume, belt and boots. Hook is the only permitted grip.



The Snatch: is one single continuous movement



The Clean and Jerk: is a lift of two movements with a recovery in between; it's also known as 'The King of lifts.' Heavy weights are allowed.



4.2. Key Words

Weightlifting	رياضة رفع الأثقال	platform	منصة الأداء
Weightlifter	رافع الأثقال/ الرباع	good lift	رفعة قانونية
Lifting	رفع	no lift	رفعة غير قانونية
Heavy Weights	اوزان ثقيلة	Weightlifters	رافعي الأثقال
Barbell	الثقلة	full-length costume	زي من قطعة واحدة
Events	فعاليات	belt	حزام
snatch	رفعة الخطف	boots	جزمة
clean and jerk	رفعة الكلين والنتز	Hook grip	المسكة الخطافية

Spotlights

- Have you read the text yet?
- Please read it now!
- Why barbells are used in weightlifting rather than dumbbells?
- What is the difference between allow and permit? Who has the authority to give the permission in Weightlifting or in any sport?
- Is Weightlifting a compound word?

Which word?

dumbbell/ barbell

dumbbell : a short bar with a weight at each end, used for strengthening the arm and shoulder muscles.

barbell : a long metal bar with weights at each end, used in the sport of weightlifting and for exercise.

Only barbells, not dumbbells, are permitted in weightlifting competitions. They should meet the IWF (International Weightlifting Federation) specifications and approval.

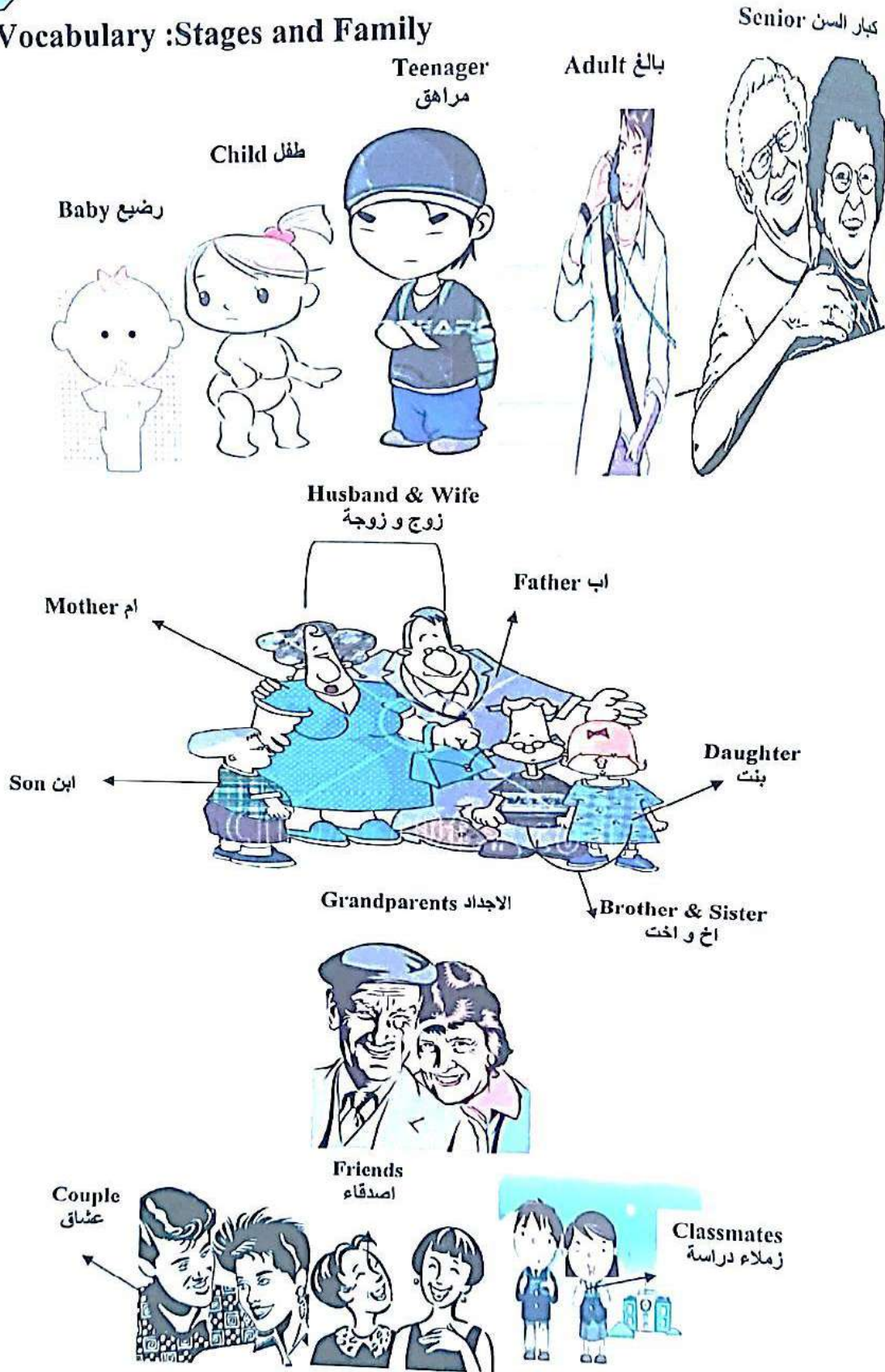
Which Word? Allow/ permit

- Both of these words mean to let sb/sth do sth.
- **Allow** is more formal than let and is more common in writing.
- **Permit** is the most formal and is used in official or technical written language.
- Both words can be followed by an object and a 'to' infinitive and are both often used in the passive: *Children are not allowed to play football in the house. Speed is permitted on highways.*

Word Formation

weight	v.,n.	Lift	v.,n
weightlifter	n.	Lifter	n.
weightlifting	n.	Lifting	n.

4.4. Vocabulary :Stages and Family



One Step Up To Sport & English - Unit Four - Exercises

Q/1: Define the following:

Weightlifting: is a sport of lifting heavy weights on bars called barbells.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

- 1- is a sport of lifting heavy weights on bars called barbells.
 - a- Boxing
 - b- Weightlifting**
 - c- Swimming
- 2- There are current Olympic weightlifting events, the snatch, and the clean and jerk.
 - a- Four
 - b- Three
 - c- Two**
- 3- In weightlifting, all lifts must take place on a
 - a- Ring
 - b- Platform**
 - c- Pool
- 4- In weightlifting, when the light is white, it is a
 - a- No lift
 - b- Good lift**
 - c- Both
- 5- In weightlifting, when the light is red, it is a
 - a- Good lift
 - b- No lift**
 - c- both
- 6- Weightlifters wear a full-length costume, belt and
 - a- Headgear
 - b- Gloves
 - c- Boots**
- 7- In weightlifting, is the only permitted grip.
 - a- Headgear
 - b- Hook**
 - c- Both
- 8- In weightlifting, the is one single continuous movement.
 - a- Clean and jerk
 - b- Hook
 - c- Snatch**

- 9- In weightlifting, the is a lift of two movements with a recovery in between, it's also known as "The King of lifts".
- a- Snatch
 - b- Clean and jerk**
 - c- Hook
- 10- In weightlifting, heavy weights are allowed in weightlifting event of
- a- Snatch
 - b- Hook
 - c- Clean and jerk**
- 11- In weightlifting, is a short bar with a weight at each end, used for strengthening the arm and shoulder muscles.
- a- Barbell
 - b- Dumbbell**
 - c- Both
- 12- In weightlifting, is a long metal bar with weights at each end, used in the sport of weightlifting and for exercise.
- a- Dumbbell
 - b- Barbell**
 - c- Both

Q/3: Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

1. Weightlifting is a sport of lifting heavy weights on bars called barbells. (**True**)
2. Weightlifting is a sport of lifting heavy weights on bars called dumbbells. (**False**)
3. There are three current Olympic weightlifting events, the snatch, and the clean and jerk. (**False**)
4. There are two current Olympic weightlifting events, the snatch, and the clean and jerk. (**True**)
5. In weightlifting, all lifts must take place on a platform. (**True**)
6. In weightlifting, all lifts must take place on a ring. (**False**)
7. In weightlifting, when the light is white, it is a no lifting. (**False**)
8. In weightlifting, when the light is white, it is a good lifting. (**True**)
9. In weightlifting, when the light is red, it is a no lifting. (**True**)
10. In weightlifting, when the light is red, it is a good lift. (**False**)
11. Weightlifters wear a full-length costume, belt and boots. (**True**)

12. Weightlifters wear a full-length costume, belt and Gloves. (**False**)
13. In weightlifting, hook is the only permitted grip. (**True**)
14. In weightlifting, hook is not the only permitted grip. (**False**)
15. In weightlifting, the snatch is one single continuous movement. (**True**)
16. In weightlifting, the snatch is two single continuous movements. (**False**)
17. In weightlifting, the clean and jerk is a lift of two movements with a recovery in between. (**True**)
18. In weightlifting, the clean and jerk is a lift of four movements with a recovery in between. (**False**)
19. In weightlifting, heavy weights are allowed in weightlifting event of the clean and jerk. (**True**)
20. In weightlifting, heavy weights are allowed in weightlifting event of the snatch. (**False**)
21. In weightlifting, dumbbell is a short bar with a weight at each end, used for strengthening the arm and shoulder muscles. (**True**)
22. In weightlifting, barbell is a short bar with a weight at each end, used for strengthening the arm and shoulder muscles. (**False**)
23. In weightlifting, barbell is a long metal bar with weights at each end, used in the sport of weightlifting and for exercise. (**True**)
24. In weightlifting, dumbbell is a long metal bar with weights at each end, used in the sport of weightlifting and for exercise. (**False**)

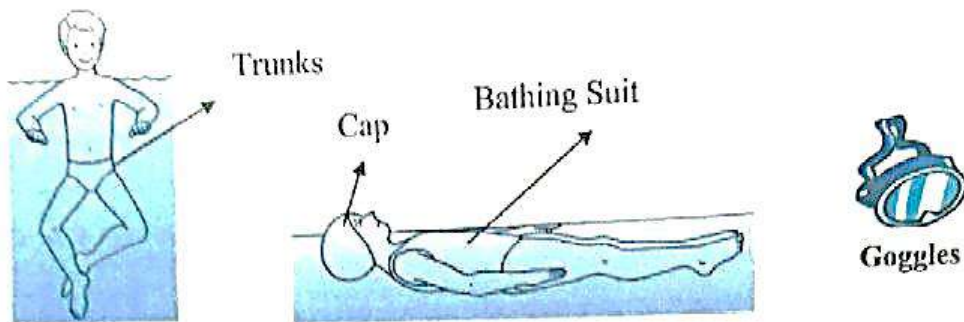
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Unit Six

6.1. Swimming

Swimming is both an individual and team water sport. Swimmers compete in races and the first swimmer who completes the distance is the winner. Male Swimmers wear swimming trunks while female swimmers wear one – piece bathing suits. They both can wear caps and goggles. Swimmers usually swim in a pool that is divided into lanes.



Swimming races are held in four major categories of swimming strokes; freestyle, backstroke, breaststroke and butterfly.

The freestyle is also called "*the front crawl*" or the "Australian crawl".

Freestyle



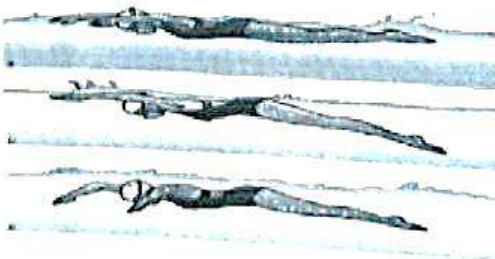
Backstroke



Breaststroke



Butterfly



6.2. Key Words

Swimming	سباحة	goggles	نظارات سباحة
water sport	العاب مائية	pool	مسبح
compete	يتنافسون	lanes	حارات
racers	سباقات	major categories	اصناف رئيسية
Male	ذكر	swimming strokes	انماط سباحة
Swimmers	سباحين	freestyle	السباحة الحرة
swimming trunks	سراويل سباحة	backstroke	سباحة الظهر
female	اناث	breaststroke	سباحة الصدر
one – piece bathing suits	مايو قطعة كاملة	butterfly	سباحة الفراشة
caps	غطاء للرأس	the front crawl	الزحف الامامي

Spotlights

- You have learned something about plural nouns that end in –s previously.
- What do you think of words like trunks and goggles? Are they single or plural?
- What is the difference between Male/Female & Man/woman?

About Plural Nouns End in –s

M O R E

- Tools and articles of dress consisting of two equal parts which are joined constitute summation plurals. Countability can be imposed by means of *a pair of: a pair of scissors, three pairs of trousers.*
- More Pairs like: *clippers, tweezers, tongs, pliers, shears, braces, shorts, glasses, pajamas, suspenders, goggles, , swimming fins.*
- Many of the summation plurals can take the identified article, especially with premodification : *a garden shears.*





Which Word ?

Male/female/Man/ woman

- Male=Man
- Female=women
- Male & Female are used to refer to the sex / gender of an animal, a plant or a person.
- Man & Woman are typically used to refer to adult male and female human beings.

6.4. Vocabulary: The Weather

					
Sunny weather الطقس مشمس	Cloudy weather طقس غائم	Rainy weather طقس ممطر	Drizzling تمطر قليلا	Hailing حالبوب	Snow ثلج
					
Sand storm عاصفة ترابية (رملية)	Thunderstorm عاصفة رعدية	Lightening برق	Hurricane اعصار	عاصفة Storm	Windy عاصف
					
Spring الربيع	Rainbow قوس قزح	Summer الصيف	Hot weather جو حار	Fall الخريف	Thermometer محرار
					
Winter الشتاء	Cold weather جو بارد	طوفان Flood	Drought جفاف	Weather forecast نشرة الانواء الجوية	

One Step Up To Sport & English - Unit Six - Exercises

Q/1: Define the following:

Swimming: is both an individual and team water sport.

Q/2: Choose the correct answer from a, b, or c : (اختر الإجابة الصحيحة)

1. Swimming is both an individual and team

 - a- Indoor sport
 - b- Water sport**
 - c- Outdoor sport

2. In swimming, the swimmers compete in races and the swimmer who competes the distance is the winner.

 - a- Second
 - b- Third
 - c- First**

3. In swimming, male swimmers wear

 - a- Shirts
 - b- Trunks**
 - c- Suit

4. In swimming, swimmers wear one-piece bathing suits.

 - a- Male
 - b- Female**
 - c- Both A & B

5. In swimming, both male & female swimmers can wear & goggles.

 - a- Hats
 - b- Caps**
 - c- Both A & B

6. In swimming, swimmers usually swim in a that is divided into lanes.

 - a- Court
 - b- Ring
 - c- Pool**

7. In swimming, races are held in major categories of swimming strokes.

 - a- Three
 - b- Four**
 - c- Two

8. In swimming, there are four major categories of swimming strokes; freestyle, backstroke, breaststroke, and
- a- Fly Style
 - b- Jumping Style
 - c- **Butterfly**
9. In swimming, the freestyle is also called or the Australian crawl.
- a- **The front crawl**
 - b- The back crawl
 - c- Both A & B

Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

1. Swimming is both an individual and team water sport . (**True**)
2. Swimming is only an individual water sport . (**False**)
3. In swimming, the swimmers compete in races and the first swimmer who competes the distance is the winner. (**True**)
4. In swimming, the swimmers compete in races and the last swimmer who competes the distance is the winner. (**False**)
5. In swimming, male swimmers wear trunks.(**True**)
6. In swimming, male swimmers do not wear trunks. (**False**)
7. In swimming, male swimmers wear shirts. (**False**)
8. In swimming, female swimmers wear one-piece bathing suits.(**True**)
9. In swimming, female swimmers do not wear one-piece bathing suits.(**False**)
10. In swimming, both male & female swimmers can wear caps & goggles. (**True**)
11. In swimming, only female swimmers can wear caps & goggles. (**False**)
12. In swimming, swimmers usually swim in a pool that is divided into lanes. (**True**)
13. In swimming, swimmers usually swim in a court that is divided into lanes. (**False**)
14. In swimming, races are held in four major categories of swimming strokes. (**True**)
15. In swimming, races are held in two major categories of swimming strokes. (**False**)
16. In swimming, there are four major categories of swimming strokes; freestyle, backstroke, breaststroke, and butterfly. (**True**)
17. In swimming, there are four major categories of swimming strokes; freestyle, backstroke, breaststroke, and jump style. (**False**)
18. In swimming, the freestyle is also called The Front Crawl or the Australian crawl. (**True**)
19. In swimming, the freestyle is also called The Back Crawl or the Australian crawl. (**False**)

Prepared by

Assist. Lect. Kasim M. Basil