

**O'ZBEKISTON RESPUBLIKASI**  
**OLIY VA O'RTA MAXSUS TA'LIM VAZIRLIGI**  
**ANDIJON DAVLAT UNIVERSITETI**

**ASHUROVA NODIRA RAFIQOVNA**

**SPORT TIME**

5111200 - Jismoniy madaniyat ta'lim yo'nalishi talabalari uchun

**O`quv qo`llanma**

ANDIJON - 2020

# SPORT TIME

**ASHUROVA NODIRA RAFIQOVNA**

Mazkur o'quv qo'llanma sport yonalishi talabalari uchun mo'ljallangan bo'lib, ingliz tilida mutaxassislik bo'yicha maxsus adabiyotlarni va sohaga oid ma'lumotlarni tinglab tushunish va o'qib tushunishni o'rgatishdan iborat.

O'quv qo'llanma 5111200 - Jismoniy madaniyat bakalavriyat ta'lim yo'nalishi talabalari uchun tayyorlangan.

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## SO'Z BOSHI

Respublikamiz ta'lim tizimini isloh qilishda xorijiy tajribalarga asoslangan xalqaro standartlarga mos keluvchi o'quv dasturlari bilan muvofiqlashtirish oliy pedagogik ta'lim tizimini takomillashtirishga asos bo'ldi. O'zbekiston sharoitida milliy mentalitetimiz, urf-odatlarimizni inobatga olgan holda xorijiy tajribalar asosida ta'lim sifatini tubdan isloh qilish davr talabidir. Bu borada 2017-2021 yillarda O'zbekiston Respublikasini rivojlantirishning beshta ustuvor yo'nalishi bo'yicha Harakatlar strategiyasida mamlakatimizda "...ta'lim va o'qitish sifatini baholashning xalqaro standartlarini joriy qilish asosida oliy ta'lim muassasalari faoliyatining sifati hamda samaradorligini oshirish, ilmiy tadqiqot va innovatsion faoliyatni rag'batlantirish, ilmiy va innovatsion yutuqlarni amaliyotga joriy qilishning samarali mexanizmlarini yaratish...", kadrlar tayyorlashning sifat darajasini oshirish, xalqaro standartlar asosida malakali mutaxassislar tayyorlash uchun zarur shart- sharoitlarni yaratish, har bir oliy ta'lim muassasasi jahonning yetakchi ilmiy-ta'lim muassasalari bilan yaqin hamkorlik aloqalari o'rnatishi va talabalarning kreativlik qobiliyatlarini rivojlantirish, yoshlar auditoriyasi bilan ish olib borishda interfaol usullardan samarali foydalanish, ularga chet tilidan sifatli ta'lim bera olish, oliy ta'lim darajasini namunali bosqichga olib chiqish va tubdan takomillashtirish asosiy vazifalar sifatida belgilandi [1].

Ushbu qarorning ijrosi yuzasidan Jismoniy Madaniyat yo'nalishida tahsil olayotgan 3- kurs talabalari uchun qo'shimcha o'quv qo'llanma ishlab chiqildi. O'quv qo'llanmani yaratishda "Yo'nalishga Kirish" fani asos bo'lib xizmat qildi. O'quv qo'llanma o'z ichiga 12 ta darsni olgan bo'lib, tinglab tushinish, o'qish, yozish va gapirish ko'nikmalarini rivojlantirishga qaratilgandir. Shuningdek, yo'nalishiga mos keluvchi glossary ham taqdim etilgan bo'lib talabalar o'z mutaxassisliklari bo'yicha ingliz tilini chuqurroq o'rganishlari uchun mo'ljallangandir. Umid qilib qolamizki talabalar uchun ushbu qo'llanma kerakli va foydali bo'lib xizmat qiladi.

# LESSON 1.

## BADMINTON TIME

1. Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



## READING.

### BADMINTON TIME

Tara played badminton. It was her favourite sport. Badminton has a lot of fun and excitement of hitting back and forth like tennis and volleyball, but it takes finesse and careful aim. It can be a lot of fun. If you like **ping pong** at all, you should definitely give badminton a shot.

Badminton requires only a net, racket, and a **birdie** or **shuttlecock**. Unlike other sports that require balls, badminton's birdie has a unique shape. It looks like half of a rubber ball attached to a plastic **lace cone**. Because of its shape, it flew differently. It was bottom heavy, so it would sail into the air ball end first, and then the rubber side of it would fall downward, so you could hit with your racket. Badminton rackets are much lighter and smaller than tennis rackets, although they do look similar.

Badminton is played with as a one-on-one or two –on-two games, just like tennis. The courts are much smaller than tennis, though. A badminton court is about 20 foot, with a 5 foot net splitting it halfway. Badminton is played to a score of 21. You only get points on your team's serve. A strange thing about serving is that you're supposed to switch from the left side to the right to serve depending on if your current score when serving is even or **odd**! That's different, right? Also, unlike volleyball, you can only touch the birdie once before it goes over the net. You don't get 3 hits or touches. It's very fast back and forth!

Usually you play a set of 3 matches in badminton. You must win by 2 points, too, so if you get to 21 points and your opponent is at 20, you have to keep going. It's a very exciting game that will have you running all over the court. Because the court is smaller than in other sports, you really need to work on your control and technique. You need to be able to drop the birdie right inside the lines and work on your aim a lot!

Tara liked playing singles games. She could play doubles, but she liked running all over the court and hitting the birdie back without having to work with

or around another player. There were a lot of subtle moves in badminton that could make a big difference. You could make it look like you were going **to spike** the birdie, but then only lightly touch it to get it to barely drop over the net. The **aerodynamics** of the birdie made it an interesting thing to play with, too. It just flew differently and travelled differently than any other ball or object in other sports she'd played.

Tara knew that not everyone knew a lot about her sport. It was sort of a strange mix of tennis and volleyball with an even stranger ball to hit! It was fun for her though, and a great workout. It was also cheap to start playing and it was not full contact. She didn't like crashing into people when she played sports, so it was great for her. However, she had twisted an ankle once or twice trying to get to a birdie that was just falling in the wrong place!

Are you going to try watch or play badminton?

## **Glossary**

**ping pong** – used for a table tennis

**a birdie** – a small bird

**shuttlecock** – a light object shaped like a cone that is hit over the net in the game of badminton

**lace** – a very thin and light cloth made with patterns of holes.

**cone** – something that looks like a cone (konus, g'udda, so'ta)

**Odd** – strange or unusual: different from what is normal or expected

**Aerodynamics** – a science that studies the movement of air and the way that objects (such as airplanes or cars) move through the air.

**to spike** – to drive (as a volleyball) sharply downward with a hard blow; to throw down sharply <spiked the ball in the end zone>

## **SPEAKING. Quiz**

1. Widely considered the greatest singles player of all time, which Chinese badminton player won the men's singles at the Badminton World Championships in 2006, 2007, 2009, 2011 and 2013?
2. As with all sports there is a governing body. What is the governing body of badminton?
3. Which of these is a fault when serving?
4. The badminton birdie is also known by another name which is what?
5. What are the service lines in a singles court?
6. Who did Xia Xansa beat in the World Championship Final, Men's singles in 2003?
7. How many feathers should be in a shuttle?
8. Which of the following combinations do not exist in badminton?
9. In which year did Badminton become an Olympic sport?
10. Which of the tennis Grand Slam tournaments does not share the same name as an international badminton tournament?

## **LISTENING. While listening try to put the missing words**

1. Playing badminton is easy all you need is two rackets and **shuttlecock**.
2. The shuttlecock that acts like the ball is made from goose feathers attached to a small piece of **cork**.
3. The rackets for playing are light; the rackets weigh about **90 grams**.
4. When playing, you need **to smash** the light shuttlecock towards the opponent's direction.
5. Players need a lot of energy to ensure that the shuttlecock **crosses** over the net towards the opposite direction.
6. When playing there are **six main shots** these are the serve, the clear, the drop, the smash, the **backhand drive and the forehand drive**.

## **WRITING.**

Write your own short paragraph by answering the questions below.

### **Benefits of playing Badminton**

1. What is a sport or activity that requires special activity?
2. What kind of equipment does it require?
3. Why do people need this equipment?
4. Why this sport interesting and exciting?
5. Do you want to play the game?

#### **Example**

Badminton is my favorite sport because playing it makes me stay active throughout the day. Playing badminton requires speed, strength, and precision. It is a good player one needs to practice frequently. When I play the game with my friends, I feel energetic throughout the day. Playing badminton feeds my body with the much-needed energy to help me go through each day. Badminton is an interesting game because every time I play, there is some anxiety and excitement in the end. At the end of the game, there has to be a winner; this makes the battle more exciting.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Tara play?
  - a. Pickle ball
  - b. Tennis
  - c. Badminton
  - d. Ping pong
2. What do you have to score to win a game of badminton?
  - a. 12
  - b. 20
  - c. 21
  - d. 25



3. Usually there are how many players on a badminton team?
  - a. 1 or 2
  - b. 2 or 3
  - c. 3 or 5
  - d. Always only 1
4. True or false: according to the story, badminton is very similar football.
  - a. True
  - b. False
5. True or false: the 'ball' in badminton is called a birdie or a shuttlecock.
  - a. True
  - b. False

### **BADMINTON VIDEO.**

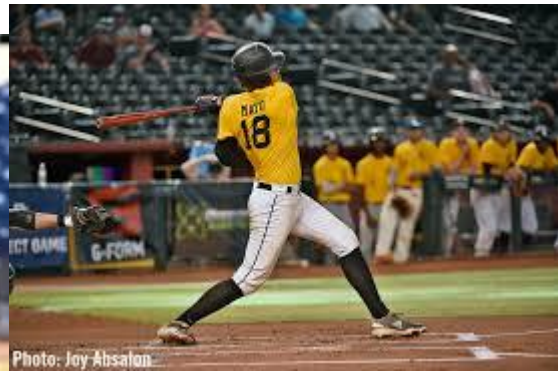
Try to remember information about badminton game.

### **LESSON 2.**

### **BASEBALL TIME**

**Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.**





## READING.

### BASEBALL TIME

Robbie played baseball. It was his favourite sport. Sure, the other ones were fun, but there was something special about baseball. Baseball was a series of slow, tense moments waiting for something to happen. When something did happen, it was exciting and sudden. You always had to be ready for it! Baseball isn't too expensive to play. There are cheap, safe versions of the game like **waffle ball**, which is all played with a plastic ball and bat. You can use your hands to catch the ball. It's very fun! Softball is pretty similar, too. To play baseball or softball, you need a uniform, which is a **jersey**, athletic pants, socks, **cleats**, and a hat. You also need a glove to play in the field or a helmet and a bat to hit the ball. Batting gloves are nice, too, because they minimize the **stinging** if you hit a fast ball.

Baseball usually has 9 players per team. That's a **pitcher, a catcher, four infielders, and three outfielders**. Outfielders are named by where they stand: right, and centre fielders. Infielders are the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> basemen, along with the shortstop, who helps out between, 2<sup>nd</sup>, and 3<sup>rd</sup> base. The pitcher stands at the middle of the infield, throwing the ball toward home plate, where the catcher must catch the ball. He needs special equipment to protect his legs, chest, and face; because he can catch a baseball in the body pretty easily if the ball **comes off** the ground or off the bat wrong! Baseball has 9 **innings**, which seems like a weird number compared to sports with **halves**, periods, or quarters, right? Each inning has a top and bottom, where either the home team is trying to hit the ball or the away team is. That means

each team has 9 chances to score and 9 chances to defend. A special break is taken after the 7<sup>th</sup> inning, called the “7<sup>th</sup> inning stretch”.

Robbie played as a pitcher. He was decent when it was his chance to bat, but he loved being out on the pitcher’s **mound**, staring down at the batter. It was a mind game between him and the batter, with some help from the catcher, who gave him **hints** and signals on where to throw the ball. Each **batter** could have up to 3 misses when they swung. If they hit the ball, they had to run to 1<sup>st</sup> base before someone got the ball there. If someone caught the ball in the air before it **bounced**, the runner was out, too. Each team only got three outs per inning, so striking out by missing the ball too many times, getting the ball you hit caught, or by not running fast enough was a way to let your team down.

As a pitcher, it was Robbie’s job to throw the ball in such a way as to make it very difficult to hit. He had to get it over home plate so the batter had a chance to hit it, but he could throw it too close to the batter, too high, too low, or even too fast! The batter had to watch the ball and **predict** where it would go so they could hit it. Good batters could aim the ball to a place in the field where there were no players, and they could get on the bases and run around to score. Scoring was a team effort usually, requiring players to advance a base or two at a time until they crossed home plate to score a point for their team.

Umpires watch each pitch to see if it is a good one, a strike, or a bad one, a ball. If a player collect 4 bad pitches (balls) without swinging at them before they get 3 good ones (strikes), they get to get on 1<sup>st</sup> base for free. This is called a walk. This doesn’t happen too often. Usually a player hits the ball to get on base or have the fielders get them out, or they strike out. The fielders are very quick to catch balls and get them to the right base in order to get the runners out. There are **umpires** watching bases, too, to see if a runner is safe or out. Sometimes it is a very close call! There are not many penalties in baseball. Most play happens pretty smoothly. You either hit the ball or you don’t. You either catch it or you don’t. You either run faster than the ball gets caught or you don’t. It’s a simple set of

concepts, but it is very difficult to play! Imagine trying to hit the ball at 90-some miles per hour!

Robbie knew not everyone loved his sport as much as he did. Baseball was pretty big in America. It is nicknamed, 'America's Game. It's not as popular as it once was, falling behind things like Football and Basketball these days, but the most popular teams are still hugely popular. In Central America and East Asia, baseball is a big deal, too. For Robbie, standing on that **red dirt** and **raked gravel**, seeing the perfectly-cut grass and the lights coming on at night during a game was enough. He couldn't beat that feeling. Are you going to try to watch or play baseball? Are you going to try watch or play badminton?

### **Glossary**

**waffle ball** - waffle ball

**jersey** – a loose shirt worn by a member of a sport team as a part of a uniform

**cleats** – shoes that have cleats on them

**stinging** - to cause a quick, sharp pain

**pitcher** – the player who pitches in a game of baseball

**a catcher** – a baseball player positioned behind home plate

**four infielders** – four baseball player who plays in the infield

**three outfielders** – the players who are positioned in the outfield

**comes off** – came off well in the contest

**innings** – a division of a baseball game consisting of a turn at bat for each team

**halves** – plural of a half

**mound** – the pitching mound

**hints** – a very small amounts of something

**batter** – the player whose turn it is to bat

**bounced** – to move with a lot of energy and excitement

**predict** – to say that (smth) will or might happen in the future

**umpires** – to be an umpire in a sports event (such as a baseball game)

**red dirt** – emotion and violent behaviour

**raked gravel** – to touch in passing over lightly

### **SPEAKING. Quiz**

1. Baseball is very much similar to which game?
2. What are the total players in 1 baseball team?
3. MLB (Major league baseball) founded on which year?
4. In total how many teams after combining NL (National League) and AL (American League)?
5. A professional baseball match consists of how many innings?
6. A baseball field is also known as what?
7. Who was the first Major League player to pitch a ball over 100 mph
8. “Captain Clutch” and “Mr. November” are the nickname of which famous player?
9. On 16 August 1920 which player died by the pitch of Carl Mays?
10. The MLB comeback player of the year award sponsored by which product?

### **LISTENING. While listening try to put the missing words.**

1. ... in the folklore of American sports is the story of baseball's supposed **invention** by Abner Doubleday, in the summer of 1839 in the village of Cooperstown, New York.
2. Because of the numerous types of baseball, or rather games similar to it, the origin of the game has been ....for decades by sport historians all over the world.
3. These sport historians have presented impressive ... showing that American baseball, far from being an independent invention, ... out of various ... .. games that had been played in many areas of the world before the times of recorded history.
4. The foundation of baseball included games of English origin, such as .... , trap ball, rounders, and town ball.

5. Cricket also played a major role in .....of organized baseball. From the game of cricket...

**WRITING.** Write your own short paragraph by answering the questions below.

## **Playing Baseball**

1. What kind of game is baseball?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

### **Example**

It is a game played everywhere, in parks, playgrounds, and prison yards, in back alleys and farmers fields, by small children and old men, raw amateurs and millionaire professionals. It is a leisurely game that demands blinding speed. It is the only game in which the defense has the ball. It follows the seasons beginning each year with the expectancy of spring time, and ending with the hard facts of autumn. Americans have played baseball for more then 200 years, while they conquered a continent, fought at war with one another, struggled over labor and civil rights, and the meaning of freedom. Baseball is a deeply conservative game that manages to be years ahead of it's time. It is an American odyssey that links sons and daughters to fathers and grandfathers. It also reflects age old American tensions between workers and owners, scandal and reform, the individual and the collective. It is a game in which every player is measured against all of those who have gone before them. "But most of all baseball is about time and timelessness, speed and grace, failure and success, and in the end coming home"(Burns,K).

## Tests

Use the information in the story to answer the questions below.

1. What sport does Jake play?
  - a. Roller Hockey
  - b. Ice Hockey
  - c. Field Hockey
  - d. Football
2. How many minutes is a hockey game?
  - a. 60
  - b. 45
  - c. 90
  - d. 120
3. What sport is never compared to hockey in this story?
  - a. Soccer
  - b. Baseball
  - c. Basketball
  - d. Football
4. True or false: Hockey is the most popular sport to watch in most countries of the world.
  - a. True
  - b. False
5. True or false: Hockey players wear a lot of padding and equipment.
  - a. True
  - b. False

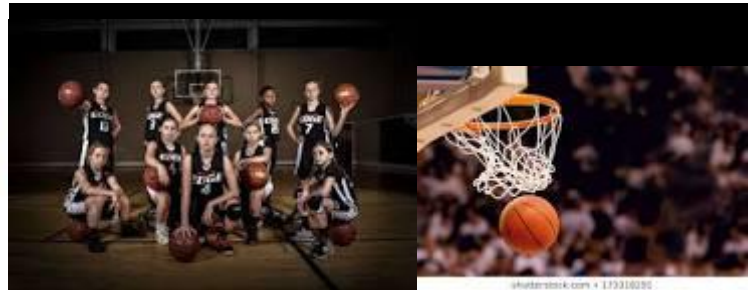
## BASEBALL VIDEO.

Try to remember information about baseball game.

## LESSON 3.

### BASKETBALL TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



### READING.

### BASKETBALL TIME

Jordan played baseball. It was her favourite sport. The other sports were fun, and she liked swimming, too, but basketball definitely was her favourite sport. In fact, her dad was a big basketball fan, and had even named her after a famous basketball player! Basketball is a pretty cheap sport to play in terms of equipment. So long as you have shoes and clothes and a ball, you can play. You can play with **1hoop** or 2, but it is way more fun to have a full court to play on and several friends to do it with. Of course, you can have knee braces, expensive shoes, and some fancy jerseys if you want, but you can play without them if you want.



Basketball is a game of 5-on-5. There are tournaments with 1-on-1, or 2-on-2, or 3-on-3, but official games are played with 5 players per team. There are 5 different positions: **point guard, shooting guard, center, small forward, and power forward.** These are kind of like hockey and soccer positions, in that some positions are more **defensive** and some are more **offensive.** Unlike some other sports, all players can score points, and there is NO **goalkeeper.** There isn't a boring position to play! Basketball has **4 quarters.** Teams switch directions of play after each quarter. For pro games, quarters are 15 minutes. The clock keeps moving unless there are **fouls,** the ball goes out of bounds, or if the **whistle blows.** Jordan played as a point **guard.** That meant she was just about the fastest person on the team. It was her job to get the ball to the right person to score. She was a **coordinator,** the type that got lots of assists and made big play happen.

Referees watched the teams play and watched for things like **tripping, charging, and double-dribbling.** In basketball, you can dribble (bounce) the ball as you walk run up the court, but once you stop dribbling, you can't start again. You have to pass the ball to another player or shoot toward the basket. Some players are good at **blocking shots or at stealing passes.** Basketball is a very fast sport, moving back and forth quickly. Normal shots in the game are worth 2 points. These are anything from **layups** where you drop the ball into the hoop or short shots from the court. If you're far enough out, beyond the 3-point line, shots are worth more. After a foul, you may get chances to shoot for bonus points.

These free-throws are worth 1 point each if you make them in. With only 5 people on the court and shots being worth 1-3 points, scoring in games can be pretty high. Some teams manage to score more than 100 points in a game! Jordan knew not everyone loved her sport as much as she did. She just couldn't get enough of the excitement. There was a lot of running, fast passes, and some great jumping! Basketball is pretty big in America – it was invented here after all! Basketball is an Olympic sport, too. Many countries have their own leagues, and it is especially popular in East Asia.

Are you going to try to watch or play basketball?

## Glossary

**Hoop** – a large ring

**point guard** - a guard in a basketball who is chiefly responsible for running the offense

**shooting guard** –a guard in basketball whose chief role is an outside shooter

**center**– a player occupying a middle position on a team

**small forward** – a basketball forward who is usually smaller than a power forward and whose play is characterized by quickness and scoring ability and power forward.

**Defensive** – of or relating to the way that players try to stop an opponent from scoring in a game or contest

**Offensive** - of or relating to the way that players try to score against an opponent in a game or contest

**Goalkeeper** - a player who defends the goal in various games

**4 quarters** - one of 4 equal periods into which the playing time of some games is divided

**Fouls** - an action that is against the rules and which a player is given a penalty

**whistle blows** - a person who tells police reporters, etc., about smth (such as a crime) that has been kept secret

**coordinator** - to act or work together properly and well

**guard** - a player stationed in the backcourt in basketball

**tripping** – to cause (someone who is walking or running) to fall or almost fall

**charging** - attack=to charge an opponent in sports

**double-dribbling** – an illegal action that happens when player dribbles the ball with two hands at the same time or starts to dribble again after stopping

**blocking shots** - to stop (someone or something) from moving through or going by

**stealing passes** – the act of taking the ball, puck, etc., from another player

**layups** - a shot made from a position that is very close to the basket

## **SPEAKING. Quiz**

1. How many players can a team have playing on the court at a given time?
2. For which university did Michael Jordan play basketball?
3. A traveling violation occurs when a player takes more than this many steps without dribbling the ball.
4. In the movie, "Fletch", Chevy Chase has a dream in which he plays on this NBA team:
5. Which #1 seed in the 2017 NCAA tournament lost in the second round?
6. When an offensive player with the ball commits a foul by driving into a defensive player, that is known as:
7. Which of these is NOT a type of foul in basketball?
8. What name was given to the first US Olympic team made up of NBA stars?
9. In college basketball, what is the shot clock limit?
10. Which NBA team drafted Shaquille O'Neal and was the first of several teams for which he played?

## **LISTENING. While listening try to put the missing words**

1. Basketball was invented in the United States in 1891 and ... became popular.
2. Basketball is the one of the major world sport developed in the ... ..
3. The official basketball rules for 1966-1967 describe the sport as follows:  
"Basketball is played by two teams of ... .."
4. The purpose of each team is to throw the ball into it own basket and ... ..the other team from scoring.
5. The ball may be thrown, rolled, dribbled in any direction, subject to .... laid down in... rules." Basketball is usually played indoors but can be played level surfaces .....

## **WRITING. Write your own short paragraph by answering the questions below.**

### **Playing Basketball**

1. What kind of game is basketball?

2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

**Example**

Basketball was invented in the United States in 1891 and quickly became popular. Basketball is the one of the major world sport developed in the United States. The official basketball rules for 1966-1967 describe the sport as follows: "Basketball is played by two teams of five players each. The purpose of each team is to throw the ball into it own basket and to prevent the other team from scoring. The ball may be thrown, rolled, dribbled in any direction, subject to restrictions laid down in... rules." Basketball is usually played indoors but can be played level surfaces outdoors. More people watch basketball game than any other sport in the United States other than football.

The Olympic Games have included basketball since 1936.

**Dribble** means to bounce the ball on the floor. **Field Goal** counts as two points when it scored in the basket before the 3-point line. **Foul** is a violation mostly when a person pushes, holds, or charges into each other. **Free Throw** is a shot toward a fouled player. The player must shoot before the free throw line. A good free throw counts as 1 point. No other player can enter inside the key while the player is shooting. **Jump ball** happens when the referee tosses the ball in the air while two opposing players try to tap the ball to their teammates. **Press occurs** when the opposing player guard offensive players closely. **Rebound** means to grab the ball as soon as an unmade shot hits the rim or bounces off the backboard. **Traveling** happens when a player takes 2 or more steps without dribbling. The basketball measures about 30 inches (76 centimeters) in circumference and weighs from 20 to 22 ounces for the NBA's official ball. It is made of leather, plastic, or any other like material inflated with air.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Jordan play?
  - a. Baseball
  - b. Basketball
  - c. Soccer
  - d. Football
2. What kind of parts is a basketball game divided into?
  - a. Halves
  - b. Quarters
  - c. Periods
  - d. Innings
3. What position does Robbie play?
  - a. Center
  - b. Power Forward
  - c. Point Guard
  - d. Small Forward
4. True or false: Basketball was invented in America.
  - a. True
  - b. False
5. True or false: There are 5 players per team in basketball.
  - a. True
  - b. False

## **BASKETBALL VIDEO.**

Try to remember information about basketball game.

## LESSON 4.

### BOWLING TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



### READING.

### BOWLING TIME

Jess played **bowling**. It was her favourite sport. Sure, the other ones were fun, but there was something special about bowling. Unlike team sports or most competitive sports, bowling was one person and a ball versus 10 pins at the end of a long stretch of oiled wood. There was something beautiful in that. Much like archery or target practice, it was all about **concentration** and aim. You had to hit the pins, while avoiding the **gutters** on the sides of the **lane**. Bowling is probably one of the cheaper sports to play. Really, you only need to go to a **bowling alley**. Once there, you can rent shoes and a ball. It can cost a few dollars per game though. Of course, if you're serious about bowling, you'll want to get your own shoes, which can cost more than a nice pair of athletic shoes, and you'll want a

custom ball of your own. There are a lot of advantages to having your own ball to practice with, mostly because of consistency – you know how the ball will react when you throw it. It's good idea to have a hand towel to wipe the lane's oil off the bowling ball and maybe a wrist brace, too, if you're going to get serious about bowling. Bowling is 10 frames. Each frame has up to 2 balls to throw, except the last frame, where you might get a chance to throw a third ball. The first ball you always have a chance to knock down 10 pins. If you knock them all down, you get a strike. This is the best you can do. If you knock some of them down and get the rest with the second ball, you get a spare. This is good, also. If you leave some pins standing after your second ball, the machines will sweep them away, and you have an open frame. This is not a great result, and it will hurt your score. The idea of knocking over pins is pretty simple, but in practice is can be very hard to get a ball to hit exactly where you want it to when the pins are so far away. Scoring in bowling is a little confusing until you get the hang of it. Each pin is worth 1 point, but sometimes you get to count pins more than once, if you get **strikes or spares**. If you have a spare, you get 10 points, because you knocked down all 10 pins for that frame using both of your shots. You get to count the pins from the next throw in the next frame, too, as a bonus for the spare. So if your next ball knocked down 5 pins, then you will get a score of 15 for the previous frame, because it's 10+5. **Strikes** are even better. If you roll a strike by knocking down all of the pins with your first throw in a frame, you get to count your next two shots toward that frame's score as a bonus for the strike. So, you have the 10 pins from that frame, plus you might roll a 6 and a 3 with your next two balls, giving you 19 total points for the previous frame. The whole point of bowling, you can hopefully see, is to get as many spares and strikes as possible, because it greatly increases your end score. A perfect score is 300 points, and it can only be made by throwing 12 strikes in a row, 1 for each of the first 9 frames, and 3 in the last frame, because of the special rules in the 10<sup>th</sup> frame, which allow you to get an extra ball if you get a spare or a strike.

Unlike other sports that need umpires and referees, the game of bowling was much simpler: you either hit the pins or you didn't. Sometimes you might step too far, and you could get a **foul**, but mostly it was about hitting the **pins**. There were a few fancy names for different situations, like **splits, turkeys, and fences**, but a player didn't really need to know those, so long as they could knock pins down. Jess was a pretty good bowler. Jess bowled for fun on her own, challenging herself to get better scores each time. It was like the card game of **solitaire**, where you can play against yourself, trying to beat your own records. She also bowled on a league. She was on a team of four boys and girls, and they took turns throwing balls and knocking down pins. Each team compared scores at the end of the 10 frames to see which team had the best scores. Scores were kept track of for months, and there were **trophies** and championship tournaments. It was fun stuff! Jess knew that not everyone knew much about her sport or even played it very often. She saw a lot of young people coming in to the alleys and playing a game or two now and then, but she took it as seriously as other people took golf, hockey, or basketball. Her father, mother, grandfather, and uncle all bowled, too! It was a family sport, and she practiced a lot to get better. Are you going to try to watch or play bowling?

## **Glossary**

**Bowling** – a game played by rolling a large, heavy ball down a smooth floor (called lane) towards a set of pins in order to knock down as many pins as possible

**Concentration** – the act or process of concentrating

**Gutters** - a long, narrow low section along the sides of bowling lane

**Lane** – a narrow road or path

**bowling alley** – a room or building housing a group of such lanes

**strikes** – an act or instance of knocking down all the bowling pins with the first bowl

**spares** – the achievement of knocking down all 10 pins with the first two balls



**foul** – to commit a foul against (another player)

**pins** - a thin, pointed piece of stiff wire with a decoration at one end

**splits** – a division or separation in a group that is caused by a disagreement

**turkeys** – three successive strikes in bowling

**fences** – to provide protection

**solitaire** – a card game that is played one person

**trophies** – an object ( such as a large cup or sculpture) that is given as a prize for winning a competition

### **SPEAKING. Quiz**

1. What does PBA stand for?
2. What PBA Bowler was the first to bowl a perfect 300 game on national television during a PBA Tournament?
3. What is the name of the lane area where the pins stand?
4. Who holds the record for most PBA titles?
5. Who was the first amateur bowler to bowl a 300 game on national TV?
6. How many pins do you knock down for a strike?
7. What branch of the U.S. Military issued a unit patch that featured a bowling ball knocking down pins?
8. Where is the National Bowling Stadium located?
9. How many boards of wood are in a bowling lane?
10. How many feet from the foul line to the head pin?
11. How many strikes in a 300 game?
12. What major liquor company produced a glass liquor decanter in the shape of a bowling pin?

### **LISTENING. While listening try to put the missing words**

1. The American Bowling congress was founded in ... , and the Women's International Bowling Congress was founded in ... .

2. They hold yearly .... . Top .... now compete for prizes and money.
3. Also the games of .... .... (played with smaller pins and balls) also enjoy regional popularity.
4. Bowling goes as far back as ... ..... in Egypt.
5. A similar game was played in Germany using only ... ... . The Dutch probably introduced it to America. The game of tenpins became known in the .... ..
6. The invention of electric pin setters.... the growth of bowling.

**Writing.** Write your own short paragraph by answering the questions below.

### **Playing Bowling**

1. What kind of game is bowling?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

#### **Example**

Bowling is a fun sport that requires much strategy and patience. To play all you have to do is roll a ball down a lane toward ten pins, and you try to knock down the ten pins. It's not as easy as it sounds though.

A game consists of ten frames. A frame is one or two throws per persons turn. Each pin knocked down counts as one point. If you knock down all the pins in one throw, it counts as ten points plus the total of the next two balls. If you knock down all the pins in two throws it is called a spare and it counts as ten points plus the total of the next ball. In order to bowl a perfect game you have to get twelve strikes in a row. And your total score would be 300.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Jess play?
  - a. Archery
  - b. Skeet Shooting
  - c. Shuffleboard
  - d. Bowling
2. How many frames are in a bowling game?
  - a. 8
  - b. 9
  - c. 10
  - d. 12
3. What is the score in a perfect game of bowling?
  - a. 100
  - b. 200
  - c. 300
  - d. 500
4. True or false: A perfect game in bowling requires 11 strikes.
  - a. True
  - b. False
5. True or false: if you get a spare, you get to count the next ball's pins toward that frame, too.
  - a. True
  - b. False

## **BOWLING VIDEO.**

Try to remember information about bowling game.

**FOOTBALL TIME**

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



**READING.**

**FOOTBALL TIME**

Walter played football. It was his favourite sport. He didn't mean the football that most of the world meant, either. Most of the world called **soccer** "football". That kind of made sense to call soccer that, because you play soccer with your feet, but he meant American football, which was actually a lot closer to rugby. Football is expensive to play in its full version. Sure, a lot people play a **no-tackle** version with flags tied around your waist called flag football. It's very fun and doesn't cause many injuries. Walter played full contact football though, and that meant a **helmet** with a **faceguard**, full shoulder **pads**, along with pads for his hips, back, ribs, and thighs. He also needed cleats, gloves, a mouth guard, and a **chinstrap**. It didn't hurt to have elbow pads either. When it came to football, it was like knights in an old joust: you were going to get hit, so be prepared.

Football has 4 quarters of 15 minutes each. Football can take a long time to play, because there is a lot of stopping of the clock, a LOT of it. If catch is dropped, if a penalty flag is thrown, if a whistle is blown, if there is an injury, if a team scores, between quarters, if the ball goes out of bounds ... there are a lot of reasons to stop the clock, so that means you get a pretty full 60 minutes of actual **heavy-hitting** plays. Each play starts and ends with the crash of helmets and people running all over the field to stop the ball from moving. Football is played on a 100 yard field with 10 yards of end zones on each side, so it's really 120 yards. If a team can run the ball into or catch the ball in the opponent's end zone, they get a touchdown, which is worth 6 points and a chance for an extra point (or a special 2-point conversion). If a team kicks the ball between their opponent's field goal posts, they get 3 points. There is also a special 2 point safety where you tackle the opponent in their own end zone, but this rarely happens. Generally speaking, football scores come in 7's (6+1 extra point) and 3's.

Football has a lot of players with a lot of positions. Each team has 11 men on the field at any given time. Positions vary for defence and offense, and the whole set of players switches when a team goes from offense to defence. There are also other sets of players for specific situations, which is called special teams. So, each team really needs 3 sets of players, plus backups for injuries. A good football squad is often 60 or more players! Players had specialised jobs to play in certain areas, to protect the ball, to kick the ball, to throw ball, or many other things! The defensive unit is lead by the **quarterback**. He is defended by a line of men, whose jobs it is to stop him from getting tackled, so he has time to hand the ball off to a running back or fullback or to throw the ball to a receiver or tight end down the field. Those are the two ways to move the ball: running it or throwing it. The important thing is to move 10 yards in 4 tries. If you can't move the ball that far, the other team gets the ball, so usually a team gives up its 4<sup>th</sup> try to kick the ball way down the field and give the other chance their turn. If you make it the 10 yards (or more), you get 4 fresh tries. You keep moving the ball down field, sometimes in short stretches and sometimes in long amounts, and then you score.

The defensive team also has men on the front line. They all try to break through the offensive line to get the quarterback or the running backs. If they do it fast enough, they can even stop the quarterback from throwing the ball past them to a waiting receiver. A group of **linebackers** are behind them, trying to stop anyone who gets past that first line and to prevent short passes from getting completed. Past them and to the outsides of the field are another set of defenders, who watch for receivers, who are trying to run past them and catch long passes thrown by the quarterback. Special teams consists of team who are trained to catch, block, and return kicks. There are punters who catch the ball and kick it as far as they can. There are place kickers who try to kick the ball between the field goal posts far down the field. There are special runners who specialize in catching balls **punted** high and far, and then running them back down the field into a crowd of people trying to knock them down! There are many special positions and jobs in football. Some of them only get to play for a few seconds per game, but they can make the difference between winning and losing. Walter was a fullback, which is a position on offense. That meant that when play started, he was near the quarterback. Walter, as a fullback, had to help protect the quarterback and the other players that the quarterback might give the ball to. He was a blocker for the most part, but sometimes he took the ball. He was a pretty big guy, so he could make room for a running back to run. His favourite plays were the ones where he got the ball. Sometimes his team only had to move the ball a short distance in a play, and it required someone big and hard to stop. He could take the ball and try to punch through the defence to move the ball a few feet. Sometimes he only had to move it a few inches, and 21 other people were all crashing around him to make that happen or make it NOT happen. It was wild! Football has a TON of rules. Referees, Line Judges, and other officials watched the game to make sure you weren't off side's, pulling on someone's facemask, holding, **tripping**, or being unsportsmanlike. Each play was different, too. Every time the ball started moving, there was a specific pattern or play being made. Of course, with 22 people all moving in different ways, the plan rarely went as it was supposed to. It was an idea

of what could happen, and then luck, skill, and determination took over. The referee just made sure what happened was within the rules!

Walter loved playing football. He knew he played one of America's most popular sports, and similar versions like Australian football or rugby were pretty popular around the world. People loved to watch, but playing was seriously hard and dangerous. He hoped to play in high school and college and then professionally one day. There were huge followings of the pro teams, and the Super **Bow!** Championship game was one of the biggest sporting events of the year. Maybe someday he'd be in it! Are you going to try to watch or play football?

## **Glossary**

**Soccer** - a game played between two teams of 11 players in which a round ball is moved toward a goal usually by kicking

**no-tackle** – to try to get the ball from ( an opposing player who has it)

**helmet** – a hard hat that is worn to protect your head

**faceguard** – the lineman grabbed the running back's faceguard

**pads** – a guard worn to shield body parts against impact

**chinstrap** – a penguin with a narrow band of black feathers from ear to ear under its chin that breeds on the Antarctic Peninsula and nearby islands – called also chinstrap

**heavy-hitting**- an important or powerful person or thing

**quarterback** - American football: a player who leads a team's attempts to score usually by passing the ball to other players

**linebackers** – American football: a player on the defending team whose usual position is a short distance in back of the line of scrimmage

**punted** – to kick (as a football or soccer ball) with the top of the foot before the ball which is dropped from the hands hits the ground

**tripping** – to cause (someone who is walking or running) to fall or almost fall

**Bow!** – a show of respect or submission

### **SPEAKING. Quiz**

1. There have been two World Cup trophies. What was the name of the first?
2. Which country won the first ever World Cup in 1930?
3. Which country has won the most World Cups?
4. Three countries have won the World Cup twice. Can you name them?
5. Which country has appeared in three World Cup finals, but never won the competition?
6. The 2026 World Cup will be hosted across three different countries. Can you name them?
7. In which World Cup did Diego Maradona score his infamous 'Hand of God' goal?
8. The record number of World Cup goals is 16, scored by who?
9. Three people have won the World Cup as a player and as a coach. Mario Zagallo, Didier Deschamps and... can you name the third?
10. Two English players have won the World Cup Golden Boot. Who are they?

### **LISTENING. While listening try to put the missing words**

1. Walter loved playing football. He knew he played one of America's most popular sports, and similar ... like Australian football or rugby were pretty popular around the world.
2. People loved to watch, but playing was seriously hard and ....
3. He hoped to play in high school and college and then ... one day.
4. There were huge followings of the pro teams, and the Super ...!
5. ... game was one of the biggest sporting events of the year. Maybe someday he'd be in it!

### **WRITING. Write your own short paragraph by answering the questions below.**

#### **Playing Football**

1. What kind of game is bowling?
2. In what season does it play?



3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?

**Example**

Football is the most popular game in the autumn. There are professional football teams in all the main cities of the United States. In American football there are eleven players in each team, as in the original football, but the rules are different. Players are often hurt in American football. So the teams wear special clothing and helmets as in hockey.

**Tests**

Use the information in the story to answer the questions below.

1. What sport does Walter play?
  - a. Rugby
  - b. Soccer
  - c. Australian Football
  - d. American Football
2. How long is football game?
  - a. 30 minutes
  - b. 45 minutes
  - c. 90 minutes
  - d. 60 minutes
3. What position does Walter play?
  - a. Quarterback
  - b. Fullback
  - c. Lineman
  - d. Punter
4. True or false: According to the story, football is a little similar to rugby.
  - a. True
  - b. False
5. True or false: Walter does not have to wear any protection when he plays.

- a. True
- b. False

**FOOTBALL VIDEO.** Try to remember information about football game.

## LESSON 6.

### GOLF TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



### READING.

### GOLF TIME

Bob played **golf**. It was his favourite sport. He knew it wasn't the most exciting sport, with people **crashing** into each other or running fast, but it was a game of concentration and finesse. He loved how he could play against himself or against other people. It was a great game. Golf can be cheap with starter equipment, but anyone who plays very long ends up spending a LOT of money on clubs and equipment. The thing is, golf is a situational sport, so you need a lot of clubs for different situations. **Otherwise**, you really just need shoes, clothes, a hat, and maybe some golfing gloves. Golf comes in **increments of 9 holes**. A full round was 18 holes, usually called the front 9 and the back9, because there were two halves. In tournaments, you might play 18 holes per day on several different days. The end scores are compared to see who did the best. Each hole has a par. **Par** is how many tries it is supposed to take you to get the ball in the hole. There are

many different golf terms for par and how well you do on a hole. If you do 1 shot better than par, it's a birdie. If you do 2 **strokes** under par, it's an eagle. 1 extra shot, which is worse than par, is a **bogie**. Take 2 extra shots and it's a double-bogie. The whole aim of golf is to finish the holes you're playing close to or under par, meaning you kind of beat the course.

To play golf, you start by teeing off and hitting the ball on a small raise **peg** called a tee. You hit it with a large club, usually a driver or a wood. These hit the ball farther than the other clubs. Be careful to hit it right, or the ball will slice, or **curve** one way or another from where you are aiming. The idea is simple, but getting the ball to go right where you want is surprisingly hard. After **teeing off**, you will use woods and most likely irons to get the ball to the green. Irons are clubs with varying degrees of pitch to them that help you either hit far and low or short and high. The green is the end of the hole, usually 200-400 yards from the start position. On the green there is a hole and a flag in it. This is your goal. Once you use your irons and woods to get you on the green, where the grass is very short and smooth, you switch to a **putter**. A putter is for making gentle, carefully-aimed shots to put the egg-sided ball in a cup in the ground not much bigger than a coffee cup. It's NOT easy. Golf was unlike many other sports, because each hole, each stroke (each time you hit the ball) was different. Not only did the wind and weather vary per day and per hour, but each time you played the course it could be different. If you play in the fall, there might be leaves on the course and more wind. In summer, the sun could be pretty punishing and get in your eyes when you tried to hit the ball. The grass might be drier or wetter, changing how the ball rolled or stuck to the grass. You didn't have a controlled environment to play in, like bowling or some other sports. There are no referees in golf really. In tournaments, there are people checking to make sure you don't break the rules and that you are keeping **accurate** scores, but when you're on your own or in a small group of friends, you have to stay honest with your scores. Golf is a mental game, because **chasing** that little white ball for hundreds of yards and putting it in the cup on each green is very challenging. If you lose focus or get **frustrated**, you can't do

a good job. Your good round of golf can quickly become a bad round! Bob was a pretty good golfer. He had good days and bad, but usually came in near par on his **scorecard**. He enjoyed the walking, the weather, and trying new golf courses. Each hole on each course had a specific set of challenges. Some had water you had to keep your ball out of. Others had sand traps, where you'd quickly lose a stroke or two if you didn't know how to use a special pitching **wedge** to get the ball out of the trap. It was a fun game to play alone and practice, and he was challenging himself each time he stepped up to hit the ball. Bob knew that not everyone enjoyed his favourite sport. He'd started playing when he was little, going out on the course with his grandpa on weekends. He'd fell in love with the game, selecting a club carefully to fit the situations, like choosing a weapon in a **duel**. It wasn't always the most exciting thing to watch, either. It wasn't hockey or baseball or soccer. It was one of those games you had to play to get the real feeling for. Are you going to try to watch or play golf?

### **Glossary**

**crashing** – very bad

**golf** – an outdoor game in which players use special clubs (called golf clubs) to try to hit a small ball with as few strokes as possible into each of 9 or 18 holes

**Otherwise** – something to the contrary

**increments** – a minute increase in quantity

**9 holes** – a hollow place in the ground

**Par** – a score equal to par

**Strokes** - an act of hitting the ball that is counted as part of a player 's score

**Bogie** – a score that is one more than the official standard score for a particular hole

**Peg** - throw

**Curve** – the path of a moving point

**teeing off** – 1. To drive from a tree.2. begin, start. 3. to hit hard

**a putter** – a golf club used in putting

**accurate** – not making mistakes

**chasing** – to follow rapidly

**frustrated** – to prevent (efforts, plans, etc) from succeeding: to keep (someone) from doing something

**scorecard** – a card for recording the score of a game

**wedge** – a golf club that is used for hitting short, high shots

**duel** – a situation in which two people or groups argue or compete with each other

### **SPEAKING. Quiz**

1. Which year was golf's last appearance at the Olympic Games before returning to the line-up of sports in 2016?
2. Who was top of the golf world rankings prior to lockdown?
3. How many times has Tiger Woods won The Masters?
4. Which year did Brooks Koepke win his first major?
5. Who won The Match: Tiger Woods v Phil Mickelson in 2018?
6. Name the only non-American player to win a major in 2019?
7. In dollars, what is the total prize money purse available in The Players Championship – the most lucrative event on the tour?
8. Which major has Rory McElroy not won?
9. Who became the first European player to score what is now the maximum of five points in a single Ryder Cup in 2018?
10. Which golfer recorded the most points for USA in the 2019 Ryder Cup?

### **LISTENING. While listening try to put the missing words.**

1. Golf was unlike many other sports, because each hole, ... .. (each time you hit the ball) was different. 2. Not only did the wind and weather vary per day and per hour, but each time you played the course it could be .... 3. If you play in the ... , there might be leaves on the course and more wind. 4. In summer, the sun could be pretty punishing and get in your eyes when you tried ... .. the ball. 5. The grass

might be drier or wetter, changing how the ball ... .. to the grass. 6.You didn't have a controlled environment to play in, ... ..or some other sports.

**WRITING.** Write your own short paragraph by answering the questions below.

## Playing Golf

1.What kind of game is Golf? 2. In what season does it play? 3.What kind of equipment does it require? 4. Why do people need this equipment? 5. Why this sport timeless? 6. Do you know some facts about this sport? 7. Do you want to play the game?

### Example

Golf was unlike many other sports, because each hole, each stroke (each time you hit the ball) was different. Not only did the wind and weather vary per day and per hour, but each time you played the course it could be different. If you play in the fall, there might be leaves on the course and more wind. In summer, the sun could be pretty punishing and get in your eyes when you tried to hit the ball. The grass might be drier or wetter, changing how the ball rolled or stuck to the grass. You didn't have a controlled environment to play in, like bowling or some other sports.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Bob play?
  - a. Hockey
  - b. Archery
  - c. Golf
  - d. Bowling
2. How many holes were in a full round of golf?
  - a. 9
  - b. 18
  - c. 27

- d. 36
3. What is it called in golf when you score exactly what you're supposed to for the hole?
- a. Par
  - b. Eagle
  - c. Birdie
  - d. Bogie
4. True or false: A Bogie is better than Birdie.
- a. True
  - b. False
5. True or false: If you get under par it is called an Eagle.
- a. True
  - b. False

**GOLF VIDEO.** Try to remember information about golf game.

## LESSON 7.

### HOCKEY TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.





## READING.

### HOCKEY TIME

Jake played **hockey**. It was his favourite sport. Sure, the other ones were fun, but there was something very fun about ice hockey. It was a **full-contact** sport, but so were other sports. It was fast, and some sports were fast, but this was a sort of breakneck, crash the boards, shoot the puck sort of crazy. Maybe that's what he liked best about it: the crashing and the skating. It was a skate until you can't hardly breathe and get that puck in the net kind of excitement that was one of a kind.

Hockey is a little expensive to start playing. You can play roller hockey on **rollerblades** with just a stick, some elbow and knee pads, and a mask. That was pretty cheap. Field hockey was played in grass. You only need shoes, a stick, a ball, and maybe a mask for safety. Ice hockey was another thing altogether. You had full body pads, especially on the hips and shoulders. Knee and elbow pads helped, because hitting the ice hurt. You also needed a helmet with mask, because the puck could break teeth or bones if it hit. It was important to have good ice skates, padded gloves to protect your hands, too. You probably want shin pads and a mouth guard also. Anywhere that could get hit should be covered up. So, you can see why it is a bit expensive with all of this equipment. You should see all the special equipment a goalkeeper needs, too!

Hockey usually has 6 players per team, including a goalkeeper. Players are usually broken up into three groups: goalkeepers defence and forwards. There are different kinds of defence, **midfielders**, and **forwards**, each with a slightly



different job, but each team only has one goalkeeper. Hockey is a lot like soccer, in that the goalkeeper has special rights to hold and use the **puck**. Unlike soccer, players can use their hands or feet or other body parts to catch and stop the puck. However, passes and shots must be made with the stick. Hand passes or kick passes are not allowed.

Hockey is interesting because it doesn't have halves or quarters. Instead it has 3 periods of 20 minutes each. There is an **intermission**, usually 10-15 minutes between these periods. Hockey also has a lot of substitutions, as often as every couple minutes. You don't see these kind of changes in any other sport, except maybe football, where whole teams change with the possession of the ball. Because there is such a quick change of players, teams try to keep fresh, energized players on the ice at all times. This means you skate your heart out, up and down the rink until your shift is over. It is like running a sprint, taking a few minutes off, and doing it again repeatedly.

Jake liked playing goalkeeper. He felt like a gladiator on the ice. He had an oversized helmet to protect his neck from incoming shots. He had a net glove on one hand, and an oversized stick on the other, which had a blocking glove on the back. He also had very large shin and leg guards to help block the net. Positioned right, he could fully block around half the goal with his body, his pads and his stick.

Hockey is a game of mere inches, though, and strong forwards could slide the puck into the smallest holes in his defence. Some could lift it over his shoulder and catch the corner of the net. Sometimes he missed a block right between his skates! The goalkeeper was **arguably** the hardest position to play, but also the most important. The goalkeeper prevented scores for the other team, directed defence, and helped control the pace of the game.

Hockey is a lightning-fast sport. Pucks fly at up to 100 miles per hour! Can you imagine snapping a puck at that speed or having to catch that with a glove?

It is smaller than the balls in most sports, remember, and it comes out of nowhere in a hurry. Like soccer or basketball, passing is huge. There are also fast breaks down the rink.

Referees watch for tripping, off sides penalties, slashing, tripping, and other rules infractions, but mostly they like to keep the game moving along smoothly. Most minor infractions, like off sides or hitting the puck out of bounds usually just end with the blow of whistle and teams have a face-off. This is where one player from each team has to try to take the puck when it is dropped. This is somewhat like a jump ball in basketball. Get the puck, get it to your team, and try to make shots on goal. Penalties happen a few times per period. In cases of penalties, one team loses a player for a few minutes. This gives the other team a 1 or sometimes even 2-man advantage for up to a few minutes. The shorthanded team must go on defence, while the other team takes their time setting up good passes for shots on goal. Lots of goals are made during these power play chances, and the typical hockey game might end at 4-2 or 1-0. It is a bit higher scoring than soccer. Jake knew not everyone loved his sport as much as he did. What wasn't to like, though? On hot summer days, a cool ice rink was fun to visit. Fans of basketball and soccer could see some of the same game play ideas, too. The contact was much like football or rugby, too. It was a rough, fun, and fast game to watch! Hockey is the biggest sport in Canada and several northern European countries. Hockey is also an Olympic sport, and there are several International competitions as well. Are you going to try to watch or play hockey?

### **Glossary**

**Hockey** – field hockey, ice hockey

**full-contact** - allowing players to touch or hit each other

**rollerblades** – used for a skate that has wheels set in a straight line on the bottom

**midfielders** - a member of midfield

**forwards** – for every step that her campaign takes forwards.

**Puck** – evil spirit

**Intermission** – a short break between times of game

**Arguably** – possibly true

**SPEAKING. Quiz**

1. What is the puck made of?
2. How fast does the puck travel?
3. Which shot is the hardest for a goalie to stop?
4. What about deflections?
5. Which is tougher for the goalie to stop a slap shot or a wrist shot?
6. How thick is the ice?
7. What are the standard dimensions of the rink?
8. Can the puck be kicked in for a goal?
9. What if an offensive player is in the crease?
10. Why do goalies frequently come out of in front of their net?
11. Who gets credited for an assist?
12. Why doesn't the referee stop fights?
13. How are the markings - the red and blue lines, goal lines, crease and face-off circles - applied to the ice?

**LISTENING. While listening try to put the missing words.**

1. Hockey is a game which is full of action and ... .
2. The players continue running with the ball and try to pass it on to one or the other player of their team so as to ... ..
3. Each team has eleven players including the .... . This game is played so fast that all the players keep on running all the time.
4. This game calls for a high standard of physical fitness, ... .. and team spirit.
5. By ... .., players can achieve a high degree of mobility and maneuverability and become experts in this game. India has produced first-class hockey players.
6. DhyanChand was known as the hockey wizard. He achieved ... .. . Some sports critics feel that the standard of World hockey is on the wane.

**WRITING.** Write your own short paragraph by answering the questions below.

### **Playing Hockey**

1. What kind of game is Hockey?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

#### **Example**

Hockey is our national game. It is played throughout the country. It is not a costly game so even the poor students can play hockey. A hockey stick and a ball is all that one needs to play hockey. Our country has been the world champion in this game for a number of years. Even now India is one of the world's strongest hockey teams. The world admires our country for its excellence in this game.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Jake play?
  - a. Roller hockey
  - b. Ice hockey
  - c. Field hockey
  - d. Football
2. How many minutes is a hockey game?
  - a. 60
  - b. 45
  - c. 90
  - d. 120
3. What sport is never compared to hockey in this story?
  - a. soccer

- b. Baseball
  - c. Basketball
  - d. Football
4. True or false: Ice Hockey is the most popular sport to watch in most countries of the world.
- a. True
  - b. False
5. True or false: Hockey players wear a lot of padding and equipment.
- a. True
  - b. False

**HOCKEY VIDEO.** Try to remember information about hockey game.

## LESSON 8.

### SOCCKER TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.





## READING.

### SOCCKER TIME

Bo played **soccer**. It was his favourite sport. Sure, the other ones were fun, but there was something very fun about soccer. It was competitive, but so were other sports. It was fast, and some sports were fast, but this was like race. Maybe that's what he liked best about it: the running. It was like a **zigzagging race** while kicking a ball and that made it fun. Basic soccer equipment is not expensive, which makes it an easy game to play. It can also be played casually among friends anywhere that you have a nice stretch of grass. Pro players wear a jersey, shorts, socks, cleats, and shin guards. At home, you can get away without the shin guards and probably wear tennis shoes. **Cleats**, however, help you grip the grass so you can and turn more quickly. This is important for protecting your ankles and legs as you spin, turn, kick, and change directions often. Soccer usually has 11 players per team, including a goalkeeper. Players are usually broken up into four groups: goalkeepers, defence, midfielders, and forwards. There are different kinds of defence, midfielders, and forwards, each with a slightly different job, but each team only has one goalkeeper. He or she is important, because the goalkeeper is the only one that can handle the ball with their hands. All other players must only use their feet, along with any part of their legs, chests, or heads.

Soccer is a 90 minute game split into two 45 minute **halves**. This is different than games like baseball, with its nine innings; basketball and football, which each have four quarters; or hockey with its three periods. Unlike football, there isn't a lot of stopping in soccer. While the game is playing, the clock keeps running.

When it stops, it is only for a few seconds to set up for a kick or to give the other team the ball. Because of that, it is a fun sport to watch, too, because you don't have a lot of down time or breaks. Bo liked playing as a midfielder. It was a fun position, probably with the most running involved. He not only had to help the defence fight off the other team's offense, he also had to help move the ball down the field to help his own team score. This meant that sometimes he would even take shots on the opponent's goal or set up a play for another one of his teammates. He loved getting assists on scores, because if he played just right, he knew he could help his team score and win. Soccer is not like basketball or even football in terms of scoring. Each goal is only worth one point. It's most like ice hockey, if you have to compare it to any of the other major pro sports. Because the field is long, usually 100 meters (a meter is a little longer than a yard), and because there are so many players on the field, many soccer games end with scores of 0-1, 2-1, 2-0, or something like that. Games with more than three or four goals scored are kind of rare, unless the match is very uneven. Soccer is more about the near misses and exciting chances to score. With strong defence, one move and one kick can mean the difference between winning and losing. Close games are very **thrilling to watch or play in!**

Referees watch for tripping, offsides penalties, and other rules infractions, but mostly they like to keep the game moving along smoothly. Most minor infractions usually just end with the blow of a whistle and one team or the other gets to take the ball from where the event occurred. Major penalties are rare, so penalty shots are pretty interesting to watch. Sometimes they are 1-on-1 kicks against **the goalie**, or they might have whole teams lined up like a wall trying to kick or head the ball into the net! Bo wished everyone loved soccer as much as he did. America has pro teams and even participates regularly in the international championship, FIFA's World Cup. However, it is in places like South America and Europe that you really see soccer's popularity. Soccer is easily the biggest sport to watch in most countries of the world. Even Africa and Asia have very strong soccer traditions. Are you going to try to watch or play soccer?

## **Glossary**

**zigzagging race** – to form into a zigzag or move along zigzag course

**Cleats** – a piece of rubber, wood, or metal that is fastened to the bottom of a shoe or boot to prevent slipping

**Halves** – plural of half

**Thrilling** – to feel very excited or happy about something

**Goalie – goalkeeper:** a player who defends the goal in a game (such as soccer or hockey)

## **SPEAKING. Quiz**

1. FIFA stands for what?
2. What is the number of players in 1 team of football?
3. The FA (Football Association) founded on which year?
4. In which country the headquarter of FA located?
5. Which country won the highest number of world cups?
6. How many times did Italy win the FIFA world cup?
7. How many time did Brazil win world cup FIFA?
8. How many times Germany and Brazil played the final FIFA match?
9. In which country first FIFA world cup was held and on which year?
10. Who won the first football world cup?

## **LISTENING. While listening try to put the missing words.**

1. Soccer has been around for ... .. years in various forms.
2. There have even been reports of Soccer, in its earliest form, ... .. as far back as 1004 B.C.
3. Because Soccer in itself is such a basic game, and can have so many different rules, it is hard to trace it back properly to its ... .. .
4. Soccer, the way that it is played today in many international leagues can be traced back to 1848 when ... .. where the first set of Soccer rules were compiled.
5. The world's oldest ... .. , Sheffield F.C., was formed 7 years later in 1855, and still stands strong to this day.
6. Since then, Soccer has spread to every part of the world, and has become the ...



.....we

know

of

today.

**WRITING.** Write your own short paragraph by answering the questions below.

### **Equipment for a Sport**

1. What is a sport or activity that needs special activity?
2. What kind of equipment does it require?
3. Why do people need this equipment?
4. How much does the equipment cost?
5. Do you have this equipment?

#### **Example**

Soccer does not need much equipment. It only requires special shoes called cleats and shin guards. People need cleats to run well and shin guards to protect their shins. Good cleats can cost \$70, but shin guards are not expensive. I have cleats, but I do not have any shin guards.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Bo play?
  - a. Soccer
  - b. Baseball
  - c. Basketball
  - d. Football
2. How many minutes is a soccer game?
  - a. 60.
  - b. 45
  - c. 90
  - d. 120
3. What sport is the scoring in soccer most like?
  - a. Ice hockey

- b. Baseball
  - c. Basketball
  - d. Football
4. True or false: Soccer is the most popular sport to watch in most countries.
- a. True
  - b. False
5. True or false: Soccer is a very high scoring game.
- a. True
  - b. False

**SOCCER VIDEO.** Try to remember information about soccer game.

## LESSON 9.

### TENNIS TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



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## READING.

### TENNIS TIME

Cara played **tennis**. It was her favourite sport. She really enjoyed all kinds of similar sports, like ping pong, volleyball, and badminton, but she really liked tennis the most. There was something about running back and forth on that green court and delivered a great backhanded return that really made her smile.

Tennis requires only a net, a racket, and some tennis balls. Tennis is played in **singles or doubles**. It is very much like badminton that way. If you have a wall, you can practice against yourself, returning the **bouncing** balls. You can also practice in an empty court, just serving a bucket of balls, or practicing against a machine that **launches** tennis balls your way (sort of like a batting machine for baseball). Tennis is about serving and returning. Someone serves the ball, and the other player(s) have to turn it from the other side of the net. The object is get the ball to touch the ground in the other team's side twice, or to touch once and bounce

out of bounds. If you do that, you either get the serve from the other team if they had it, or you score points. When you serve, you have to serve from a certain area on the court. You have to hit the ball over the net and into a specific area of the court marked by white lines. If you hit the net on the way over, you get a **redo**. If you hit the net and it stops, your serve is done. If you hit the ball out of bounds, your turn is also done. The receiving team or player gets to stand wherever they want, and they're supposed to hit it back toward the serving player's side of the court. They want to get it to touch once and skip out of bounds so the other player can't send it back their way again. They can also try to get two bounces in on the other person's side, but that can be hard. These volleys can go back and forth pretty quickly, and they might go for several strokes before one player is put in a position where they can't return the ball, giving their opponent a point.

Scoring is strange in tennis. You need to get to 4 points to win, and you have to win by 2 points. However, they call the point's strange thing. Instead of saying 0, 1, 2, 3, and 4 points, they say: love, 15, 30, 40, game. A lot of games get stuck at 3-4 or 4-4, and they have to keep playing to get a 2 point win. So even though it seems easy to score 4 points and beat someone by 2, strong players can go back and forth a long time. Usually you play a set of several games.

After one player wins so many games, they get credit for winning the set and a new set is started. A match is won when you win enough sets, usually 3 or 5 sets. So, to win an entire match of tennis, you might have played several games in several sets! That's complicated, right? Cara liked playing doubles games. She had a really good partner, and they worked well as a team. She was best at returning, while her **teammate** was great at serving. They worked well together. Still, Cara knew that her game wasn't as popular in America as some other sports. In Europe it was a big deal, and there were some very famous tennis players and matches you might have even heard of. Are you going to try to watch or play tennis?

## **Glossary**

**Tennis** – a game that is played by two people or two pairs of people on a special court (called a tennis court) where they hit a small ball back and forth over a net using rackets

**Singles** – a tennis match or similar game with one player on each side

**Doubles**– a game between two pairs of players

**Bouncing** – very healthy and active

**Launches**–to throw (something) forward in a forceful way

**Redo** – to do (something) again especially in order to do it better

**Teammate** – a person who is on the same team as someone else

## **SPEAKING. Quiz**

1. What is the name of four most important tennis tournaments in the world?
2. Which is Grand Slam tournament is annually held in January?
3. Which Russian tennis player was the first one wins a Grand Slam title in singles in 1996?
4. What is called when the score is 40-40?
5. Which male American tennis player was the first one win 3 straight titles at Wimbledon?
6. Which tennis player says “Express yourself” in a camera commercial?
7. What does an ace mean?
8. The Wimbledon Championships began in which year?
9. The French Open tournament is played on which surface?
10. Which tennis player won the Men’s Singles at 2017 Wimbledon?

## **LISTENING. While listening try to put the missing words.**

1. Tennis ... .. , a racket, and some tennis balls.
2. Tennis is played in ... ..
3. It is very much like ... that way.
4. If you have a wall, you can .... .. , returning the bouncing balls.

5. You can also practice in an empty court, just serving .. ... .. , or practicing against a machine that launches tennis balls your way (sort of like a batting machine ... .. ).

**WRITING.** Write your own short paragraph by answering the questions below.

### **Playing tennis**

1. What kind of game is tennis ?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

#### **Example**

There are many sports in the world. There is soccer, basketball, baseball, tennis, swimming, track, etc. Tennis may not be as popular as the others such as soccer and cricket but tennis is a good sport to play. Tennis has some unique rules to it, is great for the body, and is a very social sport. A large amount of people play tennis casually. In tennis, the mechanics are balanced; they are also different from many other sports.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Cara play?
  - a. Pickle ball
  - b. Tennis
  - c. Badminton
  - d. Ping pong
2. What is it called when you have 0 points in tennis?
  - a. Love

- b. 15
  - c. 30
  - d. 40
3. Usually there are how many players on a tennis team?
- a. 1 or 2
  - b. 2 or 3
  - c. Always 2
  - d. Always only 1
4. True or false: According to the story, tennis is similar to ping pong, volleyball, and badminton.
- a. True
  - b. False
5. True or false: you have to win just one set to win a match in tennis.
- a. True
  - b. False
  - c.

**TENNIS VIDEO.** Try to remember information about tennis game.

## LESSON 10.

### VOLLEYBALL TIME

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.





## READING.

### VOLLEYBALL TIME

Sara played **volleyball**. It was her favourite sport. Volleyball was an exciting team competitions event. It had brief pauses, which kept the action moving. As soon as the ball started, it was a flurry of activity until the ball **crashed** into the ground. Then it started all over again!

Volleyball does not require much equipment, which is nice. It can be played with as little as 4 players in teams of 2. All you need is a net and a ball. It can be played in a **sandpit** or on the beach, as well as indoors on a court. If you play indoors, you'll want some **kneepads and elbow pads**. Otherwise, you really just need clothes you can move quickly in. Usually this means shorts and shirt. Swimwear is often used on the beach for beach volleyball. Inside, you play 6 players per team, while on the beach it's usually pairs of players on teams. Either way, the game is pretty similar. Teams take turns serving the ball. This means they stand at the back of the playing area, loft the ball up, and hit over the net into the other team's area of play. That team has up to 3 touches of the ball to get it back



over the net without letting it touch the ground. Players can hit it back **immediately**, so long as they get it over the net, but a lot of times players will ‘set’ the ball up into the air for their teammates to hit back over the net in a more advantageous position. As soon as the ball touches the ground or goes out of bound, play stops and points are awarded or possession of the ball changes.

Volleyball is easy to score. It’s 1 point per touch of the ball on the ground if it hits on your opponent’s side. So, if team A serves the ball, and after volleying it back and forth it ends up touching the ground in play on team B’s side, then team A gets a point. Then they serve again and try to get more points. If team A serves the ball and it touches the ground on their side after team B returns their serve, then no points are awarded and team B gets a chance to serve. Points can usually only be scored on your team’s serve, but there are alternate rules that allow for scoring whenever the ball hits the ground on either side. Games are usually played to 25 points, and sets of 3 games are often played to see who wins the best out of 3. It is pretty similar in this way to tennis or badminton. Sara was pretty tall, so she usually started on the front line. She was a good **blocker**. When the other team served, she and other players jumped and held their hands up, attempting to block the serve back at the other team. Such a move was often hard to return, and it could end up in scoring some points for her team. She was pretty good at setting and attacking, too. She could loft the ball into the air right by the net for a teammate to spike into the ground on the enemy team’s side. She could dig, too, but it wasn’t her best skill. This was when the ball was low and looked like it might hit the ground, and she had to dive and **deflect** the ball back up before it hit the ground, allowing her team to try to get it back over the net. This took a LOT of practice. She was pretty good at serving, too. Everyone had to take a turn at serving. She loved to score points for her team with a good serve! Volleyball is a fast-scoring team sport. There is a lot of jumping and you really need to keep your eyes on the ball and be aware of where your teammates are. You have to predict what they will do and where the ball will go. It takes intuition and great teamwork. Sara had a

friend she played very well with, so when they went to the beach, sometimes they teamed up in a beach volleyball competition. They'd even won trophies!

Sara knew a lot of people didn't know much about her game. It wasn't the most popular game in America, even though it was invented here like basketball and baseball. Still, it was pretty popular at the high school and college levels. There were also international and pro competitions she hoped to be part of when she got older. Are you going to try to watch or play volleyball?

### **Glossary**

**Volleyball** – a game in which two teams of players hit a large ball back and forth over a high net

**Crashed** – to move toward aggressively

**Sandpit** – a low box filled with sand that children can play in

**Kneepads** – a flattish foot on a leg of a spacecraft for distributing weight to minimize sinking into a surface

**elbow pads** – the joint where your arm bends

**immediately** – immediately after: as soon as

**blocker** – to interfere usually legitimately with (as an opponent) in various games of sport

**deflect** – to cause (something that is moving) to change direction

### **SPEAKING. Quiz**

1. How many people on each team are in the court?
2. What was the original name of volleyball?
3. When was volleyball created?
4. Who created volleyball?
5. When was the first volleyball World Championships held?
6. How is the serving team chosen?
7. What are points called in volleyball?
8. If you score a point doing a spike, what is it called?

9. What is the number of times a team can hit a ball without passing it over the net?
10. What is the player who specializes in defense called?

**LISTENING.** While listening try to put the missing words.

1. Many sports you may be ... with have a certain playing field to them.
2. Basketball has a basketball court, and baseball has a baseball diamond, and bowling has a bowling alley, and well you get the idea.
3. And what makes volleyball so great is that it doesn't require a special playing field. You can play anywhere you please with the ... .. room.
4. The most conventional place for playing volleyball is at the ... . The beach is a great place to have a sport played.
5. There's water to swim or surf in, sand to build sand castles with, and plenty of sun ... .. Even if you don't have a nearby beach, volleyball can be played in your own ... .
6. This way you won't have to travel very far. Volleyball is a great way to entertain the guests of ... .. , wedding receptions, and even family reunions. Add a pool and a barbeque pit and your ready to party.

**WRITING.** Write your own short paragraph by answering the questions below.

### **Playing basketball**

1. What kind of game is basketball?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

**Example**

Many sports you may be familiar with have a certain playing field to them. Basketball has a basketball court, and baseball has a baseball diamond, and bowling has a bowling alley, and well you get the idea. And what makes volleyball so great is that it doesn't require a special playing field. You can play anywhere you please with the proper amount of room.

**Tests**

Use the information in the story to answer the questions below.

1. What sport does Sara play?
  - a. Badminton
  - b. Volleyball
  - c. Tennis handball
2. How many points do you need to score to win a volleyball game?
  - a. 12
  - b. 20
  - c. 21
  - d. 25
3. What skill is not Sara's best?
  - a. Setting
  - b. Serving
  - c. Digging
  - d. Blocking
4. True or false: Volleyball was invented in America.
  - a. True
  - b. False
5. True or false: Sometimes Sara plays in beach volleyball competitions.
  - a. True
  - b. False

**VOLLEYBALL VIDEO.** Try to remember information about volleyball game.

**POOL TIME!**

Look at the pictures guess what type of sport and sport equipments? Try to explain your own ideas.



## READING.

### POOL TIME!

Johnny played **pool** or billiards. It was his favourite sport. Pool is a careful study of angles. You need to line up your shots and carefully aim. Then it's all geometry! He really liked the focus and control in the game, which was a lot like people sometimes described golf or archery. To play need a pool table. There are various pool table sizes, but they can go from about 12 foot by 6 foot down to about half that size. A pool table in someone's house is often about 10 by 5. You also need a pool stick, called a **cue**, and **asset** of pool balls. There are 15 balls and 1 cue ball. Other than that, you don't really need much. Some players like chalk for marking on the pool cue's tip. It helps change the way your cue reacts when you hit a ball with it.

There are several games that can be played with a pool table. Certain games like billiards only have a few balls, and you get points by how many bounces they **take off bumpers** or off each other. There is also a game with pegs in the table that you have to play around, called bumper pool. Other games require 9 balls, and the balls have to be put into the pockets in order. The game Johnny liked was 8-ball. It was the most fun to him. In 8-ball, you start with all 15 balls arranged in a triangle nearly at the end of the table. A player has only the white cue ball at the other end. They must hit the cue ball and send it down the table to 'break' the formation and start the game. After that, players will start trying to put the balls into any of the 6 pockets that are around the table. Once a player gets a ball into one of the pockets, they will choose what kinds of balls they want to put in. 7 of the balls have stripes, and 7 do not. The last, the black 8-ball is the final ball. It is sort of for both players, and is the 8<sup>th</sup> ball to be put out of play, since they have 7+1 8-ball to put in the pockets to win the game. To put a ball into the pockets, you have to take careful aim. You must hit the white cue ball and send it into one of your balls, knocking it into the pocket. If you were just going to shoot each ball straight into the pockets, that is not very hard, but hitting a ball that must send another ball **ricocheting** into the pocket takes practice. It takes a lot of skills to

know how a ball will react when it is hit. Some combo shots send the cue ball into a ball which hits a ball which hits ANOTHER ball to put it into the pocket. You have to do this while avoiding the other player's balls, which are scattered around the table. So, if you're playing stripes, you have to hit all the stripes into the pockets and then the 8-ball to win before the other player can put all the solids (the balls without stripes) into the pockets. When you shoot, if you get one of your balls into a pocket, you get to take another turn. This continues until you miss or until the table is cleared, and you win that round. If you miss, the other player gets a turn. They might not put any balls in the pockets, or they might put several it is hard to work around the other balls on the table, so one important skill is learning to leave the cue ball where you can set up another shot. You might have to hit harder or softer, put backspin or sidespin on the ball, or any other number of techniques to make your current shot and set yourself up for the next shot. In pool you always have to plan ahead. The goal is to make your current shot, and then set up the next shot or two, also. Not only that, but you don't want to leave the cue ball somewhere convenient for your opponent! You have to be both offensive and defensive in your playing.

Johnny really liked playing pool. The crack of the cue ball when it hit the pack of 15 others was great! He also loved the clunk of a ball dropping into the pocket. It was kind of nail-biting, lip-chewing, anxious sport. You always waited for your turn and tried very hard to give your opponents nothing but hard shots! Some people were very, very good, though. He knew people that could bounce the cue ball off the side **rails**, **dodge** the other balls on the table, and make the trick shot to put their own ball into the pocket! Johnny knew that a lot of people played his sport now and then for fun, but he was serious about it. There were professionals that played it on TV! He wanted to do that someday, too. He practiced every time he got a chance, and he loved to play against his dad and uncles on their table at home. He wished everyone loved his game as much as he did.

Are you going to try to watch or play pool?

## **Glossary**

**Pool** – a game played on an English billiard table in which each of the players stakes a sum and the winner takes all

**Cue** – a leather-tipped tapering rod for striking the cue ball ( as in billiards and pool)

**Asset** – a piece of military equipment

**take off** – to spend (a period of time) away from a usual occupation or activity  
bumpers

**ricocheting** – an object that surface

**rails** – a structural member or support

**dodge** - to move quickly to one side in order to avoid being hit, seen, stopped, etc.

## **SPEAKING. Quiz**

1. While playing the game of 9 ball, what order do you hit the balls in?
2. There's another common name for a Billiard Cue. It can also be called a what?
3. What is the nickname of Marcus Chama?
4. Where is the cue ball placed if it is scratched on the break?
5. Who won the 1999 World Professional Billiards Championships held in Cardiff, Wales?
6. Who is known as 'The Striking Viking'?
7. What is the term for when you get to place to ball anywhere on the table, after someone scratches or misses the ball they were aiming for?
8. An illegal shot attempt where the Cue is used to shove the Cue Ball after it has made contact with the Object Ball is called what kind of shot?
9. Which of the following does Ralf Soquel go by?
10. What are you most likely to do if your opponent pockets the 8 ball on the break?



**LISTENING.** While listening try to put the missing words.

1. To play need a pool table. There are various **pool table sizes**, but they can go from about 12 foot by 6 foot down to about half that size. 2.A pool table in someone's house is often about **10 by 5**. 3.You also need a pool stick, called a **cue**, and **asset** of pool balls. 4.There are **15 balls and 1 cue ball**. Other than that, you don't really need much. 5.Some players like chalk for **marking on** the pool cue's tip. 6.It helps change the way **your cue reacts** when you hit a ball with it.

**WRITING.** Write your own short paragraph by answering the questions below.

### **Playing pool**

1. What kind of game is pool?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

#### **Example**

Billiards, any of various games played on a rectangular table with a designated number of small balls and a long stick called a cue. The table and the cushioned rail bordering the table are topped with a felt like tight-fitting cloth. Carom, or French, billiards is played with three balls on a table that has no pockets. The other principal games are played on tables that have six pockets, one at each corner and one in each of the long sides; these games include English billiards, played with three balls; snooker, played with 21 balls and a cue ball; and pocket billiards, or pool, played with 15 balls and a cue ball. There are numerous varieties of each game—particularly of carom and pocket billiards.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Johnny play?
  - a. Snooker
  - b. Billiards
  - c. Bumper Pool
  - d. Pool
2. Which game does Johnny normally play?
  - a. 9-ball
  - b. Billiards
  - c. 8-ball
  - d. Bumper pool
3. What is the last ball you are supposed to put in the pocket in 8-ball?
  - a. The 7
  - b. The 8
  - c. The 9
  - d. The 15
4. TRUE OR FALSE: According to the story, pool is similar to golf or archery in some ways.
  - a. True
  - b. False
5. TRUE OR FALSE: the white ball in pool is called the 8-ball.
  - a. True
  - b. False

**POOLTIME VIDEO.** Try to remember information about Pool time game.

### PING PONG TIME!



### READING.

### PING PONG TIME!

Ricky played **ping pong**. It was his favourite sport. Ping pong was also known as Table Tennis, because it was a lot like regular tennis. It was a lot of fun to play with friends or to play competitively. Ping pong requires a table, a net, two paddles, and a ball. To play, you hold the 6x6 inch paddle in your hand and use it to hit the ball back and forth. The object of the game is to not let the ball **bounce** on your side of the table more than once. You must hit the ball, having it bounce and touch your side of the table only once, go over the net, and hit the other side of the table at least once. If it hits either side of the table more than once, a point is scored. You don't want it to bounce twice on your side or you give up a point! The same thing happens if you hit the ball, it bounces once on the opponent's side, and they can't return the ball. That is another way to score. Sometimes you hit it just right so they can't hit it back, and, like in tennis, you get a point.

Ping pong is a very fast sport usually played one-on-one, but also played in teams of two. The paddles in table tennis actually have been recorded to move at faster speeds than regular tennis!. There are tricks to hitting the ball to give it spin, which makes it move less predictably, making it harder for the opponent to return the ball to your side of the table. Each side of the paddle might have a different kind of rubber on it, allowing you to hit with or without spin. The paddle itself is much smaller than tennis or badminton rackets, and it's about the size of a spread adult hand with a handle only a few inches long. The ping pong ball is very light, probably the lightest ball used in any sport. It is smaller than a golf ball, too. It is about the size of one of those big **gumballs**. Games are played up to score of 11, and you have to win by at least 2 points. Every two serves, the serve changes, up until 10 points have been scored by at least one player, at which point the serve changes with every point. Unlike regular tennis, you can score a point even if you're not serving. Whoever wins the **rally**, the back-and-forth returns of the ping pong ball, gets the point. Players usually play sets of matches, as many as 7. The winner is the one who wins the most of the matches out of the set, like 4 out of 7, or 3 out of 5. Ricky loved ping pong. He practiced all the time. He liked to **flip up** half of the table, since it folded in the middle, and practice returning the ball against himself, since it bounced right back at him. He could get going really fast! He played everyone he knew: his father, his mother, his brother, and his friends. Ricky wished everyone loved his sport as much as he did. Seeing the **tiny** white ball whiz back and forth and bounce off the dark green table was a lot of fun for him. Even the sound it made as it bounced was fun. In his mind, everyone should play some table tennis now and then. It was even an Olympic sport, and man could they play! How about you? Are you going to try to watch or play ping pong?

### **Glossary**

**ping pong** - something resembling a game of table tennis; especially :a series of usually verbal exchanges between two parties.

**Bounce** - to move with a lot of energy and excitement

**flip up** – the act of flipping something: a quick turn, toss, or movement

**tiny** – very small

**gumballs**– chewing gum

**rally** – an occurrence in which a team player that has been behind or playing badly begins to play well

### **SPEAKING. Quiz**

How long is a game?

How long is a match?

How many serves does each player get?

Where do I need to stand during a serve?

What happens if the ball hits the net, or goes around the net?

Can I serve a game/match point (or does my opponent need to serve if it's my game/match point)?

What happens if you hit the ball (whether it's during a serve or a rally), and once the ball hits the opponent's side of the table, it bounces back to yours (due to spin, not the opponent hitting the ball)?

If the ball touches the opponent but not the opponent's side, whose point is it?

What happens if you touch the table?

What happens when a player serves or scores illegally, but there is no qualified umpire to call it?

### **LISTENING. While listening try to put the missing words.**

#### **Benefits of Playing Table Tennis**

1. Table tennis has physical and mental ... to players.
2. The game engages your mind and demand ... .. and decisions to win.
3. It trains your mind ... .. and make quick decisions based on your opponent's actions.
4. Table tennis helps you relax and keeps your body in shape as a .... exercise.
5. The game is easy and safe for the elderly and for individuals with minor ... .

6. Ping-pong is an indoor game that can be played anywhere and at anytime. Its equipment is cheap and easy ... .. .

7. Table tennis is a great family sport with ... .. of injuries.

8. This game allows players to compete without putting ... .. on their ankles, back or knees. Individuals with injuries in these body parts can play table tennis without fear.

**WRITING.** Write your own short paragraph by answering the questions below.

### **Playing Ping Pong**

1. What kind of game is ping pong ?
2. In what season does it play?
3. What kind of equipment does it require?
4. Why do people need this equipment?
5. Why this sport timeless? Do you know some facts about this sport?
6. Do you want to play the game?

#### **Example**

Table tennis or ping-pong is a game played on a flat table divided by a net. Two or four players hit a light ball using a round bat across the table. The ball should only bounce once on one side of the table before the players hit it back to the other side. Players increase their scores when their opponents fail to return the ball immediately after it hits their side once.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Tara play?
  - a. Pickle ball
  - b. Tennis
  - c. Badminton
  - d. Ping Pong**

2. What do you have to score to win a game of ping pong?
  - a. **11**
  - b. 12
  - c. 21
  - d. 25
3. About how big is the ping pong paddle?
  - a. Like a tennis racket
  - b. Like a badminton racket
  - c. **Like an adult's hand**
  - d. Like a golf ball
4. TRUE or FALSE: Ping pong balls are larger than in most sports.
  - a. True
  - b. **False**
5. TRUE or FALSE: According to the story, ping pong is a very slow game for older people to play.
  - a. True
  - b. **False**

**PING PONG TIME VIDEO.** Try to remember information about Ping Pong game.

## LESSON 1

### **ANSWER KEY** **SPEAKING. Quiz**

Widely considered the greatest singles player of all time, which Chinese badminton player won the men's singles at the Badminton World Championships in 2006, 2007, 2009, 2011 and 2013?

**Answer: Lin Dan**

Nicknamed 'Super Dan', he became the first men's singles player to win back-to-back Olympic gold medals by winning in 2008 and 2012. He came to the 2004 Olympics as top seed, only to lose in straight sets in the first round.

2. As with all sports there is a governing body. What is the governing body of badminton?

**Answer: Badminton World Federation**

The Badminton World Federation (BWF) roots started with the International Badminton Federation (IBF). The IBF consisted of nine members and in 2006 the BWF was formed where it expanded to 176 countries worldwide.

3. Which of these is a fault when serving?

Hitting the shuttle below the waist

- The racquet point downwards at the moment of hitting the shuttle
- Hitting the cork of the shuttle first
- Hitting the feathers of the shuttle first

**Answer: Hitting the feathers of the shuttle first**

This law was introduced to ban the S-Serve or Sidek Serve, invented by the Malaysian Sidek Brothers, which allowed the server to make the shuttlecock spin chaotically in flight.

4. The badminton birdie is also known by another name which is what?

**Answer: Shuttlecock**

The shuttlecock is the official name for the birdie, but the name 'birdie' has become more popular in the USA because of the less serious badminton players.



5. What are the service lines in a singles court?

**Answer: Long and narrow**

Service lines for singles games are always long and narrow. However, in doubles and mixed, they are short and wide and move back to long and wide after the serve.

6. Who did Xia Xuanze beat in the World Championship Final, Men's singles in 2003?

**Answer: Wong ChoongHann**

Wong ChoonHann from Malaysia lost the match 6/15 15/13 6/15. Some people think he lost because he was too nervous.

7. How many feathers should be in a shuttle?

**Answer: 16**

Badminton also used to have different names such as poona, jeu de volant, battledore, shuttlecock, and Ti JianZi.

8. Which of the following combinations do not exist in badminton?

- mixeddoubles
- womensingles
- womendoubles
- mixedsingles

**Answer: mixed singles**

There is no such thing as mixed singles. In singles, it is always men playing against men, or women playing against women.

9 In which year did Badminton become an Olympic sport?

**Answer: 1992**

Badminton was admitted as a full medal sport at the games of the XXVth Olympiad in Barcelona 1992.

10 Which of the tennis Grand Slam tournaments does not share the same name as an international badminton tournament?

- AustralianOpen
- FrenchOpen

- US Open
- Wimbledon

**Answer: Wimbledon**

The All England Open Badminton Championships is badminton's equivalent of Wimbledon, and is the oldest badminton tournament in the world. Wimbledon is the oldest tennis tournament in the world and is held at the All England Club. For a time before badminton had an official world championships the All England Open was considered the unofficial world championships of the sport.

**LISTENING.** While listening try to put the missing words

1. Playing badminton is easy all you need is two rackets and **shuttlecock**.
2. The shuttlecock that acts like the ball is made from goose feathers attached to a small piece of **cork**.
3. The rackets for playing are light; the rackets weigh about **90 grams**.
4. When playing, you need **to smash** the light shuttlecock towards the opponent's direction.
5. Players need a lot of energy to ensure that the shuttlecock **crosses** over the net towards the opposite direction.
6. When playing there are **six main shots** these are the serve, the clear, the drop, the smash, the **backhand drive and the forehand drive**.

**Tests.**

Use the information in the story to answer the questions below.

1. What sport does Tara play?
  - e. Pickle ball
  - f. Tennis
  - g. Badminton**
  - h. Ping pong

2. What do you have to score to win a game of badminton?
  - e. 12
  - f. 20
  - g. 21**
  - h. 25
3. Usually there are how many players on a badminton team?
  - e. 1 or 2**
  - f. 2 or 3
  - g. 3 or 5
  - h. Always only 1
4. True or false: according to the story, badminton is very similar football.
  - c. True
  - d. False**
5. True or false: the 'ball' in badminton is called a birdie or a shuttlecock.
  - c. True**
  - d. False

## **LESSON 2.**

1. Baseball is very much similar to which game? **Cricket**
2. What are the total players in 1 baseball team? **9 players in each team**
3. MLB (Major league baseball) founded on which year? **In 1903**
4. In total how many teams after combining NL (National League) and AL (American League)? **30 teams in total**
5. A professional baseball match consists of how many innings? **9 innings in total**
6. A baseball field is also known as what? **Sandlot or Baseball diamond**
7. Who was the first Major League player to pitch a ball over 100 mph **Tom Seaver**
8. "Captain Clutch" and "Mr. November" are the nickname of which famous player? **Derek Jeter**
9. On 16 August 1920 which player died by the pitch of Carl Mays? **Ray Chapman**
10. The MLB comeback player of the year award sponsored by which product?  
**Viagra**

## **LISTENING.**

1. Basketball was invented in the United States in 1891 and **quickly** became popular.

2. Basketball is the one of the major world sport developed in the **United States**.

3. The official basketball rules for 1966-1967 describe the sport as follows: "Basketball is played by two teams of **five players** each.

4. The purpose of each team is to throw the ball into it own basket and **to prevent** the other team from scoring.

5. The ball may be thrown, rolled, dribbled in any direction, subject to **restrictions** laid down in... rules." Basketball is usually played indoors but can be played level surfaces **outdoors**.

More people watch basketball game than any other sport in the United States other than football. The Olympic Games have included basketball **since 1936**.

## **LESSON 3**

### **SPEAKING. Quiz**

1. How many players can a team have playing on the court at a given time?
2. For which university did Michael Jordan play basketball?
3. A traveling violation occurs when a player takes more than this many steps without dribbling the ball.
4. In the movie, "Fletch", Chevy Chase has a dream in which he plays on this NBA team:
5. Which #1 seed in the 2017 NCAA tournament lost in the second round?
6. When an offensive player with the ball commits a foul by driving into a defensive player, that is known as:
7. Which of these is NOT a type of foul in basketball?
8. What name was given to the first US Olympic team made up of NBA stars?
9. In college basketball, what is the shot clock limit?

10. Which NBA team drafted Shaquille O'Neal and was the first of several teams for which he played?

**LISTENING.** While listening try to put the missing words

1. Basketball was invented in the United States in 1891 and **quickly** became popular.

2. Basketball is the one of the major world sport developed in the **United States**.

3. The official basketball rules for 1966-1967 describe the sport as follows: "Basketball is played by two teams of **five players** each.

4. The purpose of each team is to throw the ball into it own basket and **to prevent** the other team from scoring.

5. The ball may be thrown, rolled, dribbled in any direction, subject to **restrictions** laid down in... rules." Basketball is usually played indoors but can be played level surfaces **outdoors**.

6. More people watch basketball game than any other sport in the United States other than football. The Olympic Games have included basketball **since 1936**.

**Tests**

Use the information in the story to answer the questions below.

1. What sport does Jordan play?

e. Baseball

**f. Basketball**

g. Soccer

h. Football

2. What kind of parts is a basketball game divided into?

e. Halves

**f. Quarters**

g. Periods

h. Innings

3. What position does Robbie play?

e. Center

f. Power Forward

**g. Point Guard**

h. Small Forward

4. True or false: Basketball was invented in America.

**c. True**

d. False

5. True or false: There are 5 players per team in basketball.

**c. True**

d. False

## **LESSON 4.**

### **SPEAKING. Quiz**

#### QUESTION

#### ANSWER

What does PBA stand for? Professional Bowling Association

What PBA Bowler was the first to bowl a perfect 300 game on national television during a PBA Tournament? Jack Biondolillo in Akron Ohio in 1967.

What is the name of the lane area where the pins stand? The pindeck

Who holds the record for most PBA titles? Earl Anthony, with 44

Who was the first amateur bowler to bowl a 300 game on national TV? Charlie McConnell

How many pins do you 10  
knock down for a strike?

What branch of the U.S. U.S. Army 19th Bombardment  
Military issued a unit patch Squadron.  
that featured a bowling ball  
knocking down pins?

Where is the National Reno, Nevada  
Bowling Stadium located?

How many boards of wood 39  
are in a bowling lane?

How many feet from the 60 feet  
foul line to the head pin?

How many strikes in a 300 12  
game?

What major liquor In 1958, The Jim Beam  
company produced a glass Distillery produced these  
liquor decanter in the collectible decanters to  
shape of a bowling pin? distribute their bourbon.

**LISTENING. While listening try to put the missing words**

1. The American Bowling congress was founded in 1895, and the Women's International Bowling Congress was founded in 1916.
2. They hold yearly championships. Top bowlers now compete for prizes and money.
3. Also the games of duckpins and candlepins (played with smaller pins and balls) also enjoy regional popularity.
4. Bowling goes as far back as 5200 B.C. in Egypt.

5. A similar game was played in Germany using only nine pins. The Dutch probably introduced it to America. The game of tenpins became known in the 19th century.
6. The invention of electric pin setters spurred the growth of bowling.

### Tests

Use the information in the story to answer the questions below.

1. What sport does Jess play?
- e. Archery
  - f. Skeet Shooting
  - g. Shuffleboard
  - h. Bowling**
2. How many frames are in a bowling game?
- e. 8
  - f. 9
  - g. 10**
  - h. 12
3. What is the score in a perfect game of bowling?
- e. 100
  - f. 200
  - g. 300**
  - h. 500
4. True or false: A perfect game in bowling requires 11 strikes.
- c. True
  - d. False**
5. True or false: if you get a spare, you get to count the next ball's pins toward that frame, too.
- c. True**
  - d. False



### World Cup quiz questions

1. There have been two World Cup trophies. What was the name of the first?
2. Which country won the first ever World Cup in 1930?
3. Which country has won the most World Cups?
4. Three countries have won the World Cup twice. Can you name them?
5. Which country has appeared in three World Cup finals, but never won the competition?
6. The 2026 World Cup will be hosted across three different countries. Can you name them?
7. In which World Cup did Diego Maradona score his infamous 'Hand of God' goal?
8. The record number of World Cup goals is 16, scored by who?
9. Three people have won the World Cup as a player and as a coach. Mario Zagallo, Didier Deschamps and... can you name the third?
10. Two English players have won the World Cup Golden Boot. Who are they?

### Answers:

1. Jules Rimet Trophy / Victory
2. Uruguay
3. Brazil
4. Argentina, France and Uruguay
5. Netherlands
6. United States, Canada and Mexico
7. Mexico 1986
8. Miroslav Klose
9. Franz Beckenbauer
10. Gary Lineker (1986) and Harry Kane (2018)

## LISTENING.

1. Walter loved playing football. He knew he played one of America's most popular sports, and similar **versions** like Australian football or rugby were pretty popular around the world.
2. People loved to watch, but playing was seriously hard and **dangerous**.
3. He hoped to play in high school and college and then **professionally** one day.
4. There were huge followings of the pro teams, and the Super **Bowl! Championship** game was one of the biggest sporting events of the year. Maybe someday he'd be in it!

## Tests

Use the information in the story to answer the questions below.

1. What sport does Walter play?
  - e. Rugby
  - f. Soccer
  - g. Australian Football
  - h. American Football**
2. How long is football game?
  - e. 30 minutes
  - f. 45 minutes
  - g. 90 minutes
  - h. 60 minutes**
3. What position does Walter play?
  - e. Quarterback
  - f. Fullback**
  - g. Lineman
  - h. Punter
4. True or false: According to the story, football is a little similar to rugby.
  - c. True**
  - d. False

5. True or false: Walter does not have to wear any protection when he plays.

c. True

**d. False**

## **LESSON 6.**

### **Speaking. Questions**

1. Which year was golf's last appearance at the Olympic Games before returning to the line-up of sports in 2016?
2. Who was top of the golf world rankings prior to lockdown?
3. How many times has Tiger Woods won The Masters?
4. Which year did Brooks Koepka win his first major?
5. Who won The Match: Tiger Woods v Phil Mickelson in 2018?
6. Name the only non-American player to win a major in 2019?
7. In dollars, what is the total prize money purse available in The Players Championship – the most lucrative event on the tour?
8. Which major has Rory McElroy not won?
9. Who became the first European player to score what is now the maximum of five points in a single Ryder Cup in 2018?
10. Which golfer recorded the most points for USA in the 2019 Ryder Cup?

### **Answers**

1. 1904
2. Rory McIlroy
3. Five
4. 2017 (US Open)
5. Phil Mickelson
6. Shane Lowry (The Open Championship)
7. \$12,500,000
8. The Masters
9. Francesco Molinari
10. Justin Thomas (4)

## LISTENING.

1. Golf was unlike many other sports, because each hole, **each stroke** (each time you hit the ball) was different.
2. Not only did the wind and weather vary per day and per hour, but each time you played the course it could be **different**.
3. If you play in the **fall**, there might be leaves on the course and more wind.
4. In summer, the sun could be pretty punishing and get in your eyes when you tried **to hit** the ball.
5. The grass might be drier or wetter, changing how the ball **rolled or stuck** to the grass.
6. You didn't have a controlled environment to play in, **like bowling** or some other sports.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Bob play?
  - e. Hockey
  - f. Archery
  - g. Golf**
  - h. Bowling
2. How many holes were in a full round of golf?
  - e. 9
  - f. 18**
  - g. 27
  - h. 36
3. What is it called in golf when you score exactly what you're supposed to for the hole?
  - e. Par**
  - f. Eagle
  - g. Birdie
  - h. Bogie

4. True or false: A Bogie is better than Birdie.

c. True

**d. False**

5. True or false: If you get under par it is called an Eagle.

**c. True**

d. False

## **LESSON 7.**

### **SPEAKING. Quiz**

#### **1. What is the puck made of?**

**A:** The puck is made of vulcanized rubber and is three inches in diameter and one inch thick, weighing about six ounces. It is frozen before entering play to make it bounce resistant.

#### **2. How fast does the puck travel?**

**A:** Some of the game's hardest shooters send the puck toward the net at speeds between 90 and 100 mph with the elite shooters easily topping the century mark. Making things even more difficult on the goalie is the puck will frequently curve in flight, much like a baseball.

#### **3. Which shot is the hardest for a goalie to stop?**

**A:** Generally speaking, it is one that's low and to the stick side. Some goaltenders overplay to the stick side, presenting a more inviting target on the glove side.

#### **4. What about deflections?**

**A:** Deflections aren't just luck. Players practice redirecting shots by standing at the side of the net and knocking a shot from the outside past the goalie into another area of the goal.

**5. Which is tougher for the goalie to stop a slap shot or a wrist shot?**

**A:** The slap shot, while it is harder and faster, is easier for the goalie to time than a wrist shot, which takes the goalie more by surprise.

**6. How thick is the ice?**

**A:** The ice is approximately 3/4" thick and is usually kept at 16 degrees for the proper hardness. The thicker the sheet of ice becomes, the softer and slower it is.

**7 What are the standard dimensions of the rink?**

**A:** The standard is 200' by 85', although some do vary.

**8. Can the puck be kicked in for a goal?**

**A:** Not intentionally. However, if a puck is deflected off a skate or off a player's body and no overt attempt is made to throw it or kick it in, a goal is allowed.

**9. What if an offensive player is in the crease?**

**A:** If he is there under his own power and the puck goes in, the goal is disallowed. A goal can be awarded if the player was forced into the crease or held there by a defensive player. An offensive player is allowed to carry the puck into the crease and score.

**10. Why do goalies frequently come out of in front of their net?**

**A:** Usually when a goalie leaves the area immediately in front of the goal it is to reduce the shooting area, cut down the angle of the shooter or for the offensive player to release his shot before he would like to. After coming out of the net, the goalie is usually backing up slowly in an attempt to get the shooter to commit himself first.

**11. Who gets credited for an assist?**

**A:** The last player or players (no more than two) who touch the puck prior to the

goal scorer are awarded assists. For example, if player A passes to player B who passes to player C who scores a goal; players A and B get assists.

### **12. Why doesn't the referee stop fights?**

**A:** There are several. First, it is his job to watch what is going on and determine who should be penalized. Also, it is quite hazardous in close during a fight and since he is in sole control of the game, he has to protect himself from injury.

### **13. How are the markings - the red and blue lines, goal lines, crease and face-off circles - applied to the ice?**

**A:** The ice is built up to a half-inch thickness by spraying water over the concrete floor, which has the freezing pipes embedded into it. Then the markings are painted on, after which additional water is sprayed to coat the markings and build the ice to the prescribed thickness.

## **LISTENING.**

1. Hockey is a game which is full of action and **suspense**.
2. The players continue running with the ball and try to pass it on to one or the other player of their team so as to **score a goal**.
3. Each team has eleven players including the **goalkeeper**. This game is played so fast that all the players keep on running all the time.
4. This game calls for a high standard of physical fitness, **mental alertness** and team spirit.
5. By **constant practice**, players can achieve a high degree of mobility and maneuverability and become experts in this game. India has produced first-class hockey players.
6. DhyanChand was known as the hockey wizard. He achieved **worldwide fame**. Some sports critics feel that the standard of World hockey is on the wane.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Jake play?
  - e. Roller hockey
  - f. Ice hockey
  - g. Field hockey
  - h. Football
2. How many minutes is a hockey game?
  - e. 60
  - f. 45
  - g. 90
  - h. 120
3. What sport is never compared to hockey in this story?
  - e. soccer
  - f. Baseball
  - g. Basketball
  - h. Football
5. True or false: Ice Hockey is the most popular sport to watch in most countries of the world.
  - c. True
  - d. False
6. True or false: Hockey players wear a lot of padding and equipment.
  - c. True
  - d. False

## LESSON 8.

1. FIFA stands for what?

Answer: In French FIFA abbreviate as “Federation Internationale de Football Association” the English translation is “International Federation of Association Football”.



2. What is the number of players in 1 team of football?

Answer: 11 players including goalkeeper

3. The FA (Football Association) founded on which year?

Answer: In 1863

4. In which country the headquarter of FA located?

Answer: England

5. Which country won the highest number of world cups?

Answer: Brazil

6. How many times did Italy win the FIFA world cup?

Answer: 4 times (1934, 1938, 1982, 2006)

7. How many time did Brazil win world cup FIFA?

Answer: 5 times (1958, 1962, 1970, 1994, 2002)

8. How many times Germany and Brazil played the final FIFA match?

Answer: 7 times

9. In which country first FIFA world cup was held and on which year?

Answer: Uruguay in 1930

10. Who won the first football world cup?

Answer: Uruguay

## **LISTENING.**

1. Soccer has been around for **thousands of** years in various forms.
2. There have even been reports of Soccer, in its earliest form, **being traced** as far back as 1004 B.C.
3. Because Soccer in itself is such a basic game, and can have so many different rules, it is hard to trace it back properly to its **original roots**.
4. Soccer, the way that it is played today in many international leagues can be traced back to 1848 when **Cambridge University** where the first set of Soccer rules were compiled.
5. The world's oldest **official Soccer club**, Sheffield F.C., was formed 7 years later in 1855, and still stands strong to this day.

6. Since then, Soccer has spread to every part of the world, and has become the **hugely popular sport** we know of today.

### **Tests**

Use the information in the story to answer the questions below.

1. What sport does Bo play?

- e. Soccer**
- f. Baseball
- g. Basketball
- h. Football

2. How many minutes is a soccer game?

- e. 60.
- f. 45
- g. 90**
- h. 120

3. What sport is the scoring in soccer most like?

- e. Ice hockey**
- f. Baseball
- g. Basketball
- h. Football

4. True or false: Soccer is the most popular sport to watch in most countries.

- c. True**
- d. False

5. True or false: Soccer is a very high scoring game.

- c. True
- d. False**

## LESSON 8.

### SPEAKING. Quiz

1. What is the name of four most important tennis tournaments in the world? Grand Slam
2. Which is Grand Slam tournament is annually held in January? The Australian Open
3. Which Russian tennis player was the first one wins a Grand Slam title in singles in 1996? Yevgeniy Aleksandrovich Kafelnikov
4. What is called when the score is 40-40? C. Deuce
5. Which male American tennis player was the first one win 3 straight titles at Wimbledon? Peter Sampras
6. Which tennis player says “Express yourself” in a camera commercial? Andre Agassi
7. What does an ace mean? A ball not returned by the opponent
8. The Wimbledon Championships began in which year? 1877
9. The French Open tournament is played on which surface? Clay
10. Which tennis player won the Men’s Singles at 2017 Wimbledon? Roger Federer

### LISTENING.

1. Tennis **requires only a net**, a racket, and some tennis balls.
2. Tennis is played in **singles or doubles**.
3. It is very much like **badminton** that way.
4. If you have a wall, you can **practice against yourself**, returning the bouncing balls.
5. You can also practice in an empty court, just serving **a bucket of balls**, or practicing against a machine that launches tennis balls your way (sort of like a batting machine **for baseball**).

## Tests

Use the information in the story to answer the questions below.

1. What sport does Cara play?
  - e. Pickle ball
  - f. Tennis**
  - g. Badminton
  - h. Ping pong
2. What is it called when you have 0 points in tennis?
  - e. Love**
  - f. 15
  - g. 30
  - h. 40
3. Usually there are how many players on a tennis team?
  - e. 1 or 2**
  - f. 2 or 3
  - g. Always 2
  - h. Always only 1
4. True or false: According to the story, tennis is similar to ping pong, volleyball, and badminton.
  - c. True**
  - d. False
5. True or false: you have to win just one set to win a match in tennis.
  - d. True
  - e. False**

## LESSON 9.

### 1. How many people on each team are in the court?

There are 6 people on each team.

### 2. What was the original name of volleyball?

Volleyball was originally called mintonette, a name derived from the game badminton.

### **3. When was volleyball created?**

Volleyball was created in 1895 in Holyoke, Massachusetts.

### **4. Who created volleyball?**

William G. Morgan, a YMCA director, created the sport volleyball.

### **5. When were the first volleyball World Championships held?**

The first men's World Championship was held in 1949, while the first women's championship was held in 1952.

### **6. How is the serving team chosen?**

The serving team is chosen by a coin toss.

### **7. What are points called in volleyball?**

They are simply called points in volleyball.

### **8. If you score a point doing a spike, what is it called?**

It is called a kill when you score a point after successfully spiking the ball.

### **9. What is the number of times a team can hit a ball without passing it over the net?**

A team can hit it a maximum of three times without passing it over the net, otherwise it becomes a fault.

### **10. What is the player who specializes in defense called?**

The libero, a volleyball player who specializes in defense, can be substituted in at any time as long as the ball is not in play.

## **LISTENING.**

1. Many sports you may be **familiar** with have a certain playing field to them.
2. Basketball has a basketball court, and baseball has a baseball diamond, and bowling has a bowling alley, and well you get the idea.
3. And what makes volleyball so great is that it doesn't require a special playing field. You can play anywhere you please with the **proper amount of room**.

4. The most conventional place for playing volleyball is at the **beach**. The beach is a great place to have a sport played.
5. There's water to swim or surf in, sand to build sand castles with, and plenty of sun **to tan with**. Even if you don't have a nearby beach, volleyball can be played in your own **backyard**.
6. This way you won't have to travel very far. Volleyball is a great way to entertain the guests of **Graduation parties**, wedding receptions, and even family reunions. Add a pool and a barbeque pit and your ready to party.

## Tests

Use the information in the story to answer the questions below.

1. What sport does Sara play?
  - d. Badminton
  - e. Volleyball**
  - f. Tennis handball
2. How many points do you need to score to win a volleyball game?
  - e. 12
  - f. 20
  - g. 21
  - h. 25**
3. What skill is not Sara's best?
  - e. Setting
  - f. Serving
  - g. Digging**
  - h. Blocking
4. True or false: Volleyball was invented in America.
  - c. True**
  - d. False
5. True or false: Sometimes Sara plays in beach volleyball competitions.
  - c. True**

d. False

## LESSON 10.

1. While playing the game of 9 ball, what order do you hit the balls in?

Answer: Starting from the smallest number on the table

In the game of 9 ball, the object of the game is to shoot the balls in order from least to highest until you get to the 9 ball, then you try and sink the 9 ball in for the win. But you could also make combos on the nine and sink it in and make a win, but you have to hit your object ball first.

2. There's another common name for a Billiard Cue. It can also be called a what?

Answer: Pool Cue

Billiard Cues are generally thinner than a standard Pool Cue, but either is accepted as a generic term for what you use to strike the balls with.

3. What is the nickname of Marcus Chamat?

Answer: Napoleon

Frenchman Marcus Chamatis based in Sweden. He enjoys tennis and football.

4. Where is the cue ball placed if it is scratched on the break?

Answer: Anywhere the opponent chooses

5. Who won the 1999 World Professional Billiards Championships held in Cardiff, Wales?

Answer: Efren Reyes

6. Who is known as 'The Striking Viking'?

Answer: EwaMatayaLaurance

Ewa learned to play pool in her native town of Gavie, Sweden, at the age of 14. At the age of 17 she won the European Championship and has gone on to win every major title in the sport since then.

7. What is the term for when you get to place to ball anywhere on the table, after someone scratches or misses the ball they were aiming for?

Answer: Ball in hand

Ball in hand is where you can put the cue ball anywhere on the table when your opponent either commits a foul or scratches.

8. An illegal shot attempt where the Cue is used to shove the Cue Ball after it has made contact with the Object Ball is called what kind of shot?

Answer: Push Shot

Push Shots usually occur when the Cue Ball and the Object ball are kissing (touching) each other even before the shot is attempted.

9. Which of the following does Ralf Souquet go by?

- TheCaesar
- TheCzar
- TheChief
- TheKaiser

Answer: The Kaiser

In 2002, The Kaiser made history by becoming the first European ever to win the U.S. Open.

10. What are you most likely to do if your opponent pockets the 8 ball on the break?

Answer: Ask for a re-rack

According to the BCA League Player Handbook for 2000-2005, it says that you may ask for a re-rack, or spot the 8. Most choose the re-rack.

## **LISTENING.**

1. To play need a pool table. There are various **pool table sizes**, but they can go from about 12 foot by 6 foot down to about half that size.
2. A pool table in someone's house is often about **10 by 5**.
3. You also need a pool stick, called a **cue**, and **asset** of pool balls.
4. There are **15 balls and 1 cue ball**. Other than that, you don't really need much.
5. Some players like chalk for **marking on** the pool cue's tip.
6. It helps change the way **your cue reacts** when you hit a ball with it.



## Tests.

Use the information in the story to answer the questions below.

1. What sport does Johnny play?

- e. Snooker
- f. Billiards
- g. Bumper Pool
- h. Pool**

2. Which game does Johnny normally play?

- e. 9-ball
- f. Billiards
- g. 8-ball**
- h. Bumper pool

3. What is the last ball you are supposed to put in the pocket in 8-ball?

- e. The 7
- f. The 8**
- g. The 9
- h. The 15

4. TRUE OR FALSE: According to the story, pool is similar to golf or archery in some ways.

- c. True**
- d. False

5. TRUE OR FALSE: the white ball in pool is called the 8-ball.

- c. True
- d. False**

## LESSON 12.

### **SPEAKING.**

#### **How long is a game?**

A game in table tennis is played until one player scores 11 points.

If the game is close and the score is 10-10 (or deuce, as we call it), the winner must win by two points.

For example, a game may last until 12-10, 15-13 or even 23-21.

Games used to be played until the first player scored 21 points, but that rule was changed to 11 points by the ITTF in 2001.

A match can be a best of any odd number of games: 3, 5 or 7, but most people play 5 games.

#### **How many serves does each player get?**

Each player gets two serves in a row, and it alternates until one of the players scores 11 points, unless there is a deuce (10:10).

In that case, each player gets only one serve and it alternates until one of the players gets a two point lead to win the game.

#### **Where do I need to stand during a serve?**

If you're the person serving, you need to stand behind the end line of the table, and the ball needs to be visible, and above the surface of the table. The receiver can stand wherever he or she deems ok.

So it is perfectly legal to serve from way outside the sidelines of the table, provided the ball remains behind the endline at the start of the serve.

In practice, this is not done very often since it can put the server out of position for the rest of the rally.

#### **What happens if the balls hits the net, or goes around the net?**

During a serve, if the ball hits the net but still bounces on the opponent's side of the table, the point is a let (which means it needs to be replayed). If the ball hits the net and doesn't make it to the other half of the table, the receiver is automatically awarded a point.

During a rally, if the ball hits the net but still bounces on the opponent's side of the table, the rally continues, but if the ball hits the net and doesn't make it to the other half of the table, the receiver is automatically awarded a point.

If the ball goes around the net, the shot is valid, whether it's a serve or a rally.

So basically, as long as the ball does not go under the net, or between the net post and the net for those nets that do not extend to the net post, it is considered to have passed over or around the net assembly if you hit the ball and it goes on the opponent's playing surface.

So, even though the ball doesn't travel over or around the net when you hit the ball, the rules say it doesn't matter.

This shot is only ok, as long as the ball does not end up hitting the side of the table top (white line is acceptable, side is not).

Can I serve a game/match point (or does my opponent need to serve if it's my game/match point)?

This is one of the most frequently asked questions, and the answer is: Absolutely!

If it is your turn to serve, you can serve to win.

**What happens if you hit the ball (whether it's during a serve or a rally), and once the ball hits the opponent's side of the table, it bounces back to yours (due to spin, not the opponent hitting the ball)?**

In this situation, the point would be awarded to you. The opponent in this case must hit the ball before it passes by the net assembly and back to your side of the court.

If a player reaches across the net assembly and makes a contact with ball, he or she loses the point immediately.

TIP: Either way, try to avoid doing this on purpose. This is a tricky shot, and it's very hard to control it. In most cases, the ball will end up being too high, or it will hit the net.

If the ball touches the opponent but not the opponent's side, whose point is it?

Let's keep things simple and say that you should never, in any situation, hit the ball if it hasn't touched your side of the table first. That is known as volley or

“obstruction”, and it’s an illegal shot in table tennis. If you do this, you lose the point.

To make it easier to remember, let’s put it like this: you are not allowed to hit the ball while it’s on its way to bounce on the table. If you do this, and you obstruct the path of the ball (whether it’s with your paddle or any part of your body), your opponent will be awarded with a point.

The only situation where you can still win the point by hitting the ball before it bounces is if you hit the ball after it already passed the end line of the table. In this case you would get a point, since your opponent failed to make the ball hit your side of the table first. Either way, you should avoid doing this altogether, that way you won’t hit the ball unintentionally and obstruct its path.

What happens if you touch the table?

If you touch a table surface with your free hand (the one that’s not holding a paddle) during a rally, your opponent will be awarded with a point automatically. This also applies if you move the table with anything you’re wearing or carrying.

**What happens when a player serves or scores illegally, but there is no qualified umpire to call it?**

This is a very common problem. Sometimes the rules are just not specific enough and can be open to interpretation, but other times you just need an unbiased person to decide whether a shot is legal or not.

## **LISTENING.**

**While listening try to put the missing words**

### **Benefits of Playing Table Tennis**

1. Table tennis has physical and mental **benefits** to players.
2. The game engages your mind and demand **quick strategies** and decisions to win.
3. It trains your mind **to focus** and make quick decisions based on your opponent’s actions.

4. Table tennis helps you relax and keeps your body in shape as a **cardiovascular** exercise.
5. The game is easy and safe for the elderly and for individuals with minor **injuries**.
6. Ping-pong is an indoor game that can be played anywhere and at anytime. Its equipment is cheap and easy **to maintain**.
7. Table tennis is a great family sport with **minimal risks** of injuries.
8. This game allows players to compete without putting **much pressure** on their ankles, back or knees. Individuals with injuries in these body parts can play table tennis without fear.

## **SPORT TIME GLOSSARY**

American football - An American game where a ball is thrown forward to other players. (noun)

Athletics - A sport related to physical activity, such as running, jumping or throwing. (noun)

Away - The team that is playing sport at the ground/field of the other team. (adjective)

Badminton - A game played with rackets, a high net and a shuttlecock. (noun)

Baseball - An American game where a ball has to be hit with a bat. (noun)

Basketball - An American game where a ball has to be bounced on the floor and thrown through a hoop. (noun)

Bat - A thin long object that is held and used to hit another object, often a ball. (noun)

Baton - A stick that has to be carried to the end of a race by a group of participants. (noun)

Boxing - A sport where two people hit each other and try to win the fight. (noun)

Boxing ring - A square area with ropes around it in which a boxing match takes place. (noun)

Captain - The member of a team that is in charge of all the other players while playing the sport. (noun)

Car racing - A contest to see which car is the fastest or which is the best car driver. (noun)

Club (1) - A long stick with a small but heavy head that is used to hit balls in some sports. (noun)

Club (2) - A group of people all interested in playing the same sport together. (noun)

Coach - The person responsible for making sure a team or individual is ready to play a sport. (noun)

Court - An area in which a sport is played, and which the sport should not leave. (noun)

Cricket - A British game where a bat is used to hit a ball. (noun)

Crowd - A group of people together in one place (who are watching sport). (noun)

Cue - A long thin wooden stick used to hit the balls in snooker. (noun)

Cycling - A sport that uses bicycles, often in races. (noun)

Darts - A game of skill where a sharp pointed metal stick is thrown at a target on a wall. (noun)

Diving - To jump into water from a high platform while performing tricks. (noun)

Equipment - The things that are needed to be able to play a sport. (noun)

Exercise - To do sport for health benefits rather than trying to win. (noun)

Football - A team game where the feet are used to kick a ball. (Called soccer in America.) (noun)

Fun - To enjoy doing something. (adjective)

Game - A single occasion of playing a sport. (Similar to a match.) (noun)

Golf - A game in which a club is used to hit a small ball into a hole in the ground. (noun)

Grandstand - A building full of seats for people to sit and watch a sport being played. (noun)

Ground - The place where a sport is played, e.g. football ground. (noun)

Gymnastics - A sporting contest about performing exercises. (noun)

Helmet - A form of protection worn on the head to prevent injuries. (noun)

Hockey - A game where a stick is used to hit a small ball. (noun)

Home - The team that is playing sport at its own ground/field. (adjective)

Hoop - A circular shape that a basketball has to be passed through. (noun)

Horseracing - A sport where horses are ridden by jockeys trying to win a race. (noun)

Ice-hockey - A game played on ice where a small disk is hit with a stick. (noun)

Jockey - The person who rides a horse in horse races. (noun)

Long-jump - A contest where the participants try to jump as far as possible. (noun)

Manager - The person who organizes how, when and where a team or individual will play a sport. (noun)

Marathon - A running race that is just over 26 miles long. (noun)

Match - A single occasion of playing a sport. (Similar to a game.) (noun)

Motorsport - Races between cars, motorbikes or anything else with an engine on land. (noun)

Net - A barrier between the participants over which an object has to pass. (noun)

Olympics - A very large sporting contest held every four years in which most countries take part. (noun)

Opponent - The other person or team in a sporting contest. (noun)

Para-Olympics - An Olympic contest for people with disabilities. (noun)

Participants - The people who take part in or play sports. (noun)

Pitch - The area in which a match has to be played. (noun)

Play - To do a sport. (verb)

Player - A person who does sport. (noun)

Playing field - An outside area that is used to play a sport. (noun)

Pole-vault - A contest where a long stick is used to try to jump as high as possible. (noun)

Race - A contest where the participants have to get to the end as fast as possible. (noun)

Racket - An object with a large head that is used to hit another object, often a ball. (noun)

Referee - The person in charge of making sure the rules are followed. (Similar to an umpire.) (noun)

Relay - A race where several people run as a team by taking turns and passing a baton. (noun)

Rugby - A British game where hands are used to pass a ball backwards to other team members. (noun)

Running - To move as fast as possible. (noun)

Season ticket - A ticket that lets you attend all the matches a team plays. (noun)

Shuttlecock - The cone shaped object used in badminton. (noun)



Skiing - Using skis to move over snow quickly. (noun)

Skis - Two long flat pieces of material attached to the feet used to slide over snow. (noun)

Snooker - A game played on a table where a cue is used to hit balls into pockets. (noun)

Snowboard - A long and wide piece of material attached to the feet used to slide over snow. (noun)

Snowboarding - Using a snowboard to move over snow and perform tricks. (noun)

Soccer - A team game where the feet are used to kick a ball. (Name used in America.) (noun)

Spectator - Someone who watches sport. (noun)

Sport centre - A large building in which people can do different sports. (noun)

Sport - A comparison that involves physical activity. (noun)

Squash - A game played inside a court where rackets are used to hit a small ball against a wall. (noun)

Stadium - The building that surrounds a pitch where sports are played. (noun)

Supporter - Someone who follows a specific team. (noun)

Swim - To move through water. (noun)

Table tennis - A game played on a table with small rackets and balls. (noun)

Team - A group of people who play sport together against another group. (noun)

Tennis - A game played on a court where a racket is used to hit a ball over a net. (noun)

Tournament - A group of matches used to find the best team or individual at that sport. (noun)

Track - The path that a race has to follow. (noun)

Turnstile - A gate that lets only one person through at a time. (noun)

Umpire - The person in charge of making sure the rules are followed. (Similar to a referee.) (noun)

Winter sports - Sports that need either snow or ice to be undertaken. (noun)

World Cup - A big football (soccer) tournament held every four years. (noun)

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