

Republic of Iraq

Ministry of Education

General Directorate of Vocational Education

English for Sports Science

Book 2

Second Preparatory Grade

Inst. Abdulridha Sholi Ghadhban

Assist. Inst. Nibal Ahmed Maki

Khawla Wahaib Jari

Rana Wisam Yousif

1446-2025

First Ed.

Print Designer

Israa Jasim Hmoud

Unit	Reading	Vocabulary	Conversation	Pronunciation	Grammar	Language skills	Writing	Practice
One	Laws and Official Rules of Sports	Sports Laws & Rules	Sports Officials	English Vowel Sounds (4)	Present Continuous Tense.	Time and Dates	Favourite Sport.	Football Vocabulary
Two	Ethics in sports	Matching	Guess Which Country	English Vowel Sounds (4)	Past Continuous Tense	Time Clauses	World Fair Play Day	Sports
Three	Doping in Sports	Doping in Sports	Fair Competition	English vowel sounds (4)	Passive Voice	Safty Corner	PED (Performance Enhancing Drugs)	Sports Vocabulary
Four	Boxing	Technical Words & Abbriation	How to avoid risks in Boxing	English Diphtong Sounds (4)	(so..that) (such..that) (too..to)	Making Suggestion	Mohammad Ali Clay	Combat Sports
Five	Gymnastics	Gymnastics	Such a cool Sport!	English Diphtong Sounds (4)	-Prepositions -Opinion	Avoiding Risks in Gymnastics	Iraqi Champion	Gymnastics Apparatuses
Pictionary		Fundamental motor skills						

Introduction

This book is the second in a series created especially for Sports Science Preparatory School students who are building their English skills step by step. It continues from where Level One left off, offering new topics, grammar structures, vocabulary sets and communicative activities designed to make learning more connected to the world of sports.

The book includes five units. Each unit focuses on reading, vocabulary, grammar, pronunciation, writing, and speaking—all presented through sports-related themes that keep lessons interesting and practical.

Reading Comprehension

Every unit begins with a reading passage about sports, such as rules, ethics, doping, etc. These texts introduce useful vocabulary in context to expand students' knowledge of words and phrases related to sports. After each passage, students answer a variety of questions—Wh- questions, true/false and more—to build understanding and critical thinking. These exercises can also be used for short quizzes and tests.

Vocabulary

Key terms from each reading are reinforced through fun, clear exercises like matching words with definitions or labelling pictures that help students not only understand the meaning but also apply the word in real context. Teachers can encourage teamwork or introduce games to make this section more interactive.

Conversation

The Conversation section in this book is essential for improving speaking skills, building confidence, and reinforcing vocabulary and

grammar in real-life contexts. It helps students practice active listening, pronunciation, and intonation. Furthermore, students expand their vocabulary by using terms specific to sports, and develop their communication skills for real-world sporting interactions. This section also enhances students' cultural awareness and confidence, preparing them for effective communication in sports discussions and scenarios.

Pronunciation

Students will explore vowel sounds, including pure vowels and diphthongs. These are taught through simple examples and repeated practice. Students learn to pronounce new words correctly and naturally, improving both their speaking and listening skills.

Grammar

Each unit presents grammar that is useful and directly tied to the reading topics. Learning grammar is essential for effective communication, as it provides structure and clarity to both written and spoken language. Using simple sports-related exercises to sports makes it easier for students to understand and apply grammar rules in a context they can relate to, building confidence and reducing the risk of miscommunication. A strong grasp of grammar improves language proficiency, aids in language learning, and ensures that ideas are expressed accurately.

Language Focus

This section strengthens speaking skills, helps students understand key language structures, enhances grammar and vocabulary, and improves accuracy in both written and spoken language. By practicing targeted language points, students can apply what they learn to real-life situations, boosting their confidence and communication skills.

Writing

Writing is essential for expressing ideas clearly and logically. To teach writing, teachers begin with simple tasks centered around sports, helping students structure their work with clear guidance. Teachers encourage clarity and simplicity, using sports-related examples. Regular practice and constructive feedback will improve their skills. Teachers also emphasize the importance of revision to refine drafts and enhance writing quality. Through consistent practice, students will develop strong writing skills, particularly in sports-related subjects.

Practice

Homework activities encouraging students to practice English at home is an effective way to reinforce their learning. Homework allows students to apply what they've learned in class and develop their skills independently. To make it more engaging, teachers assign tasks related to sports, so they can relate to the content. This helps students practice consistently, build confidence, and retain information more effectively, while also giving them the opportunity to improve their language skills outside the classroom.

Pictionary and Practice

Pictionary and practice exercises are engaging ways to reinforce language learning. Pictionary helps students connect vocabulary with visuals, improving memory and understanding. These activities promote active participation, teamwork, and communication, especially with sports-related topics. Practice exercises allow students to review and apply their knowledge in a fun, informal way, enhancing vocabulary retention and speaking skills.

Unit 1

1.1 Reading comprehension: Laws and Official Rules of Sport

Sports are played all over the world, and each sport has a unique set of rules that help maintain fairness, safety, and competition. Rules ensure that players follow a structured system, making the game enjoyable for both participants and spectators.

One of the most widely played sports, is football (soccer), has rules set by FIFA. For example a match lasts 90 minutes, divided into two halves, players cannot use their hands except for goalkeepers, and a foul is given for dangerous play.



In basketball, the NBA and FIBA establish rules. A Standard game lasts four quarters of 12 minutes each in the NBA. Players must dribble the ball while moving and cannot hold the ball for more than 24 seconds without taking a shot. Fouls result in free throws or possession changes.



Tennis has a unique scoring system. A match consists of sets (a collection of games, at least six games), games (a set of points starting at "love," zero points), and points progressing to 15, 30, and 40. To win a tennis match, a player typically needs to win the best 2 out of 3 sets or the best 3 out of 5 sets.



Each sport has referees or umpires to enforce the rules and make sure players follow them correctly. Without rules, games would be chaotic and unfair. Understanding the rules of sports helps players improve their skills and allows fans to enjoy the game more deeply.

1.1.1 Answer the questions below.

- 1- How long does a football match last?
- 2- How would games be without rules?
- 3- What is the role of referees or umpires in sports?
- 4- Which organizations establish the rules of basketball?
- 5- Mention two rules of football.

1.1.2 State whether the following statements are (True or False).

- 1- Each sport has the same set of rules.
- 2- Tennis players must win at least four points to win a set.
- 3- In basketball fouls is given for dangerous play.
- 4- Football players can use their hands to play, except goalkeepers.
- 5- Understanding the rules of sports helps players improve their skills.

1.2 Vocabulary: Sports Laws & Rules

1.2.1 Match the words in list A with their meanings in list B.

list A

1- Regulation

2- Foul

3- Penalty

4- Disqualification

5- Offside

6- Fair play

7- Red and yellow cards

8- Overtime

list B

a- A violation of rules.

b- A punishment for breaking the rules.

c- Playing within the rules and showing good sportsmanship.

d- Extra time played if the game is tied.

e- A rule violation in some sports (e.g. hockey and football)

f- Warning or ejections in football .

g- Official rules that govern a sport.

h- Removal of a player or team from a game.

1.2.2 Unscramble the following words:

1. e l n t p a y →

2. s f o d i f e →

3. o l f u →

4. v r m o e i t e →

5. g l i r u e a n t →

1.2.3 Match the following words with the suitable pictures:

- 1- Offside 2- Regulation 3- Penalty 4- Disqualification
5- Fair play 6- Red and yellow cards



.....



.....



.....



.....



.....



.....

1.3 Conversation: Sports Officials



Mark: Hey, Ali! Have you ever thought about how important sport officials are in a game?

Ali: yes, of course! Referees and umpires make sure the game is fair.

Mark: Exactly! Take football , for example. The referee enforces the rules, gives fouls and even decides penalties.

Ali: True! And in basketball, referees watch fouls and shot clock violations.

Mark: yes, and in sports like tennis, the chair umpire and line judges are responsible for calling the ball in or out.

Ali: It is clear that being a sport official is not easy.

Mark: I agree.

1.4 Pronunciation: Vowel Sounds

Study Skills: Pure Vowel Sounds

There are two kinds of vowel sounds: pure vowel sounds and diphthongs.

The following are four of the pure vowel sounds:

1. /a/ cat, man, apple, black, happy
2. /ɑ:/ cart, half, fast, father, aunt, after, clerk, hear
3. /i/ sit, fish, milk, women, pretty, busy, language
4. /i:/ seat, sea, each, see, kneel, receive, key

1.4.1 Look at the following words and underline or circle the vowel sound. Then write the correct phonetic symbol.

Ex. bag → /a/

1. vich → / /

2. fat → / /

3. meet → / /

4. rather → / /

5. brief → / /

1.4.2 Match each word to its correct vowel sound

- | | |
|---------|---------|
| 1. ill | a- /i:/ |
| 2. meat | b- /a/ |
| 3. bat | c- /a:/ |
| 4. part | d- /i/ |

1.4.3 Write the missing symbols in the following phonetic transcriptions:

- | | |
|---------|---------|
| 1. feel | /f— l/ |
| 2. palm | /p— lm/ |
| 3. glad | /gl— d/ |
| 4. fit | /f— t/ |

1.4.4 Underline or Circle the word that make the given sound.

- | | | | |
|---------|-------|-------|--------|
| 1. /a/ | art | add | last |
| 2. /i:/ | heart | head | clean |
| 3. /a:/ | aunt | apple | fact |
| 4. /I/ | she | busy | police |

1.5 Grammar: Present Continuous Tense

- Time Expressions for Present Continuous Tense

Study Skills: Present Continuous Tense

The present continuous tense is used to describe actions that are happening right now or in the near future

- Subject + $\left[\begin{array}{c} \text{is} \\ \text{are} \\ \text{am} \end{array} \right]$ + v. ing (Affirmative)

- I am reading a novel.
- He is playing football.
- They are studying for the exam / They are dribbling the ball down the court

Negative

- Subject + $\left[\begin{array}{c} \text{is} \\ \text{are} \\ \text{am} \end{array} \right]$ not + v. ing

- I am not listening to music.
- She is not hitting the ball over the net.
- They are not riding their bikes along the trail.

Question

- $\left[\begin{array}{c} \text{Is} \\ \text{Are} \\ \text{Am} \end{array} \right]$ + subject + v. ing

- **WH questions** (what, where, when, who.....)
- Are you reading English now? Yes, I am.
- Is the gymnast practicing a backflip? No, she isn't.
- What are they doing?

They are playing tennis.

Sudy Skills: Time Expressions for Present Continuous Tense

- Now
- At the moment
- At present
- Today
- Tonight
- This morning, this week, this month, this year

1.5.1 Complete the following sentences with the correct form of the verb in the present continuous tense.

1. She is (run) in the marathon right now.
2. They (play) football on field.
3. We (practice) basketball for the big match.
4. He (swim) in the Olympic pool.
5. The cyclist(ride) his bike up the hill.

1.5.2 Rewrite the sentences in the present continuous tense.

1. The team plays football
.....
2. She trains for competition.
.....
3. They run in the park.
.....
4. He lifts weights at the gym.
.....
5. I watch tennis match.
.....
6. The coach shouts instructions to the player.
.....

1.5.3 Do as required:

1. They are skiing down the snowy mountain. (Negative)
2. The athletes run a marathon. (Present continuous tense)
3. The two fighters (spar) in the ring at the moment.(Correct)
4. He is swimming in the pool. (Question)
5. They are warming up before the match begins. (Question)
6. My brother trains for the boxing match. (Present continuous tense)

1.5.4 Form questions using the present continuous tense.

1. (the players/train for the final)
2. (she /swim in the pool)
3. (they /play basketball now)
4. (he / run in the race)
5. (we / watch the match)

1.6 Language Skills: Time and Dates

How can we read and write the date?

- There are two ways to read the date:

1. (Day / Month / Year)

Example: 5th March 2022

The fifth of March twenty twenty two

2. (Month/ Day /year)

Example: April 10, 2023

April tenth, twenty twenty three.

Note:

1. Using "on" when referring to *specific days or dates.*
 - On + day : on Monday
 - On + date : on July 4th
 - On + day+ part of day : on Saturday morning
2. Using "in" with months, years and centuries:
The school starts in September.

1.6.1 Read and write the following dates.

1. July 4, 2021
2. 2 Feb. 2020
3. Jan 8, 2025
4. 9 May 2024

1.6.2 Time: Reading and Writing

- 2.00 → Two o'clock.
- 9.15 → Nine fifteen or A quarter past nine.
- 4.30 → Four thirty or half past four.
- 11.55 → Eleven fifty-five or Five to twelve
- 6.45 → Six forty-five or A quarter to seven

Note:

- We use (AM or PM) with (hour format - 12)

Example: 3.30 PM

- We don't use (AM or PM) with (hour format-24)

Example: 15.30

1.6.3 Read and write the following times.

1. 10:30 →
2. 1:00 →
3. 3:15 →
4. 12:30 →
5. 4:45 →
6. 9:50 →
7. 8:35 →

1.6.4 Answer the questions using complete sentences with date and time.

Ex. When is the football match?

- The football match is on June 12 at 7.00 PM.

1. When is the next swimming competition?
2. What time is the marathon?
3. When is the tennis tournament?

1.6.5 State whether the following sentences are True or False.

1. 20:5 AM →
2. 5:45 -It's quarter past six →
3. 10:10 PM →
4. 8:30 -It's half past →
5. 1:50 -It's ten to two →

1.7 Writing : Favourite Sport

1.7.1 Write a paragraph by answer the following questions:

1. What is your favourite sport?
2. Is it a team or an individual sport?
3. How many players play that sport?
4. What are the basic rules of that sport?
5. Where can you play it (field, court, pool,etc)?

1.8 Practice: Football Vocabulary

1.8.1 Look at the pictures and write the appropriate vocabulary.

ball	corner flag	fieldplayer	yellow card
referee	scoreboard	trophy	field
goal	football cleats	red card	goalkeeper

Football Vocabulary >

			
.....
			
.....
			
.....

1.9 Pictionary: Football Skills



Unit 2

2.1 Reading comprehension: Ethics in Sports



Upholding Integrity and Fairness.

Sports have long been a cornerstone of human culture, serving as a platform for physical excellence, entertainment, and community building. However, as the stakes in sports have grown—financially, socially, and politically—the importance of ethics in sport has become increasingly critical. Ethics in sport encompasses fairness, integrity, respect, and responsibility, ensuring that competition remains a positive and meaningful endeavour for all involved. When these principles are compromised, the very essence of sport is undermined.

Fairness and Integrity

At the heart of Ethical sportsmanship lies the principle of fairness. Fair competition requires that all participants adhere to the same rules and have an equal opportunity to succeed. This is why cheating, doping, and

Integrity, closely tied to fairness, involves honesty and consistency in upholding the value of sports. Athletes, coaches, and officials must act with integrity, even when faced with pressure to win at all costs.

Respect

Respect is another cornerstone of ethical behaviour in sports. This includes respect for opponents, teammates, officials, and the rules of the game. Sportsmanship is often demonstrated through small acts of respect, such as shaking hands after a match.

Responsibility

Ethics in sports also involves a sense of responsibility. Athletes and sports organizations have a duty to act as role models, recognizing the influence they wield over fans, particularly young people. For example, many athletes have used their platforms to advocate for social justice.

Ethics in sport is not just about following rules; it is about preserving the spirit of competition and the values that makes sports meaningful. Fairness, integrity, respect and responsibility are essential to ensuring that sports remain a source of inspiration and unity. By upholding these values, we can ensure that sports remain a positive force for individuals and society as a whole.

2.1.1 Answer the following questions:

1. What are the main aims of sport's ethics?
2. How can sports organizations ensure that competitions are fair?
3. What is the role of sportsmanship in modern competitive sports?
4. What is the respect act of sportsmanship in games?
5. Give examples of violations of sports ethics.
6. Do doping and cheating violate the ethical principles of sports?

2.1.2 Write whether the following sentences are true or false

1. Athletes, coaches and officials must act with integrity.
2. Fair competition doesn't require that all participants adhere to the rules and have equal chance.
3. Ethics in sports promote fair play and respect for all participants.
4. Ethical behaviour in sports can inspire fans and communities.
5. Ethics in sports only apply to athletes.
6. Ethical behaviour in sports is less important than entertainment value.

2.2 Vocabulary: Matching

2.2.1 Match the words in list (A) with their definitions in list (B).

List A

1- Fair play

2- Integrity

3- Sportsmanship

4- Cheating

5- Doping

List B.

a-Acting with honesty and strong moral principles even when no one is watching

b-Breaking rules or using dishonest methods to gain an advantage

c- Adhering to the rules and spirit of the game, showing respect for opponents and officials.

d- Using banned substances or methods to enhance performance.

e-Demonstrating respect, fairness and grace in winning or losing.

2.2.2 Antonyms (Opposite Words)

- 1- fair play x cheating
- 2- integrity x corruption
- 3- respect x disrespect
- 4- succeed x fail
- 5- equal x unequal
- 6- justice x injustice
- 7- sensitivity x insensitivity
- 8- honesty x dishonesty

2.2.3 Match the following synonyms

- | | |
|----------------|----------------|
| 1- encompass | a- attempt |
| 2- endeavour | b- defend |
| 3- compromise | c- chance |
| 4- adhere | d- make a deal |
| 5- opportunity | e- followers |
| 6- demonstrate | f- involve |
| 7- fans | g- explain |
| 8- advocate | h- cling to |

2.3 Conversation: Guess which country!



Adam: Hey, I'm thinking of a country. Can you guess which one is it?

Suzan: Sure! Give me some clues.

Adam: Okay, It's known for its rich history, ancient ruins, and it's located in the Mediterranean region.

Suzan: Hmm, ancient ruins in the Mediterranean.... Is it Greece?

Adam: Yes, it is Greece! How did you guess?

Suzan: The mention of ancient ruins and the Mediterranean made me think of Greece right away. Plus, it's famous for its history and mythology. Great choice!

2.3.1 Can you guess which country is this?

Adam: Sure! Let's play a guessing game. Here are some clues about a country. Can you guess which one it is?

1. **Geography:** This country is located in both Europe and Asia spanning two continents.

2. **Culture:** It is known for its rich history, including being the centre of the Byzantine and Ottoman Empires.
3. **Landmarks:** It is home to one of the most famous historical sites in the world, a former church and mosque that is now a museum.
4. **Cuisine:** Its cuisine is famous for dishes like Kebabs, baklava and Turkish delight.
5. **Language:** The official language is Turkish.
6. **Capital:** The capital city is Ankara, but its largest and most famous city is Istanbul.

2.4 Pronunciation: English vowel sounds 1

<i>/e/</i>	<i>/ʌ/</i>	<i>/ɒ/</i>	<i>/oː/</i>
end	come	top	port
bed	son	on	more
sent	much	gone	also
head	love	not	call
dead	cut	dog	caught
red	up	want	bought
leg	run	was	law
said	some	wash	fork

2.4.1 Indicate the vowels in each of the following words:

warm come front
order brother ahead
set one always

2.4.2 Match the symbol of the sounds with the suitable words:

1- /O:/ 2- /ʌ/ 3- /e/ 4- /ɒ/

a- egg b. top c. already d. one

2.4.3 Choose the correct vowel sound:

1. The word "pen" has the sound:
 - a. /e/
 - b. /ɒ/
 - c. /ʌ/
2. The word "dog" has the sound:
 - a. /ʌ/
 - b. /ɒ/
 - c. /o:/
3. The word "ball" has the sound:
 - a. /o:/
 - b. /e/
 - c. /ʌ/
4. The word "some" has the soundg:
 - a. /o:/
 - b. /ɒ/
 - c. /ʌ/

2.5 Grammar: Past Continuous Tense

We use the past Continuous Tense to say that somebody was in the middle of an action or situation at a certain time in the past

I She He It	was	walking along the path. living in Basra in 2004. playing football at two o'clock.
We You They	were	driving down the motorway

I She He It	was not (wasn't)	waiting for the bus at seven o'clock. watching TV.
We You They	were not (weren't)	cooking dinner.

Was	I She He It	watching TV eating dinner	at eight o'clock yesterday?
Were	We You They		

2.5.1 Forming the Past Continuous

A- Yesterday you went to a picnic. This what you saw when you arrived.
Make sentences in the past continuous:

When I arrived at the picnic

1. Kareem/take/a photograph / of Hadi
Kareem was taking a photograph of Hadi.
2. Muna and Sara/sit/ on the grass
.....
3. Rami and Adam/play/Football
.....
4. Lilian / drink / orange juice?
.....
5. Ahmed and Murad/not eat/crisps
.....

B- Correct the form of the verbs between the brackets:

1. They _____ (play) football when it started to rain.
2. She _____ (practice) gymnastics at the gym.
3. We _____ (watch) a basketball game on TV.
4. I _____ (run) in the park when I fell.
5. He _____ (train) for the marathon all morning.
6. The Kids _____ (play) video games all nights.
7. My brother _____ (ride) his bike in the backyard.
8. I _____ (not/play) tennis yesterday at 5 pm.
9. What _____ you _____ (do) during the football match?
10. while we _____ (swim), the coach was timing us.

C- Choose the correct answer:

1. While Sarah _____, she hurt her ankle
 - a. runs
 - b. was running
 - c. ran

2. The players bastret ball when the lights went out.
 - a. played
 - b. were playing
 - c. play

3. I _____ on the trampoline when it started to rain.
 - a. was jumping
 - b. am jumping
 - c. jumped

4. Ali _____ weights at the gym.
 - a. lifting
 - b. lift
 - c. was lifting

5. The fans _____ loudly during the match.
 - a. were cheering
 - b. was cheering
 - c. cheering

2.5.2 Choose the correct form of the verbs:

1. I met/was meeting a friend while I did/ was doing the shopping
2. I paid/was paying for my things when I heard/ was hearing some call my name.
3. While we had / were having our coffee, a waiter dropped/ was dropping a pile of plates.
4. While the waiter picked / was picking up the broken plates, he cut/ was cutting his finger.
5. She wore/ was wearing a bright red coat.
6. I fell and hurt myself while I was playing/played tennis.

2.5.3 Do as required:

play	playing	study	do
come	coming	drive	have
stop	stopping	sit	get
lie	lying	die	tie

2.6 Language Skills: Time Clauses

(when, while as.....)

Time clauses, which are a type of adverb clause, show a chronological (time) relationship between two actions within a single sentence.

We often use the past continuous and the past simple together when a completed action (past simple) comes in the middle of an uncompleted one (past continuous)

1. When I passed by, your team was still playing.
2. As we were preparing for the examination, the teacher decided to postpone it.
3. It was raining heavily when he came out.
4. I cut my hand while I was repairing my bike.

When → as the part in time that...

The sun was shining when my friend arrived.

As/while → during the time that...

She phoned while I was driving to work

He kicked the ball as I was leaving*

- Now study the examples, then match them with the descriptions in the rules.
 - a. I was talking to my uncle when the player scored.
 - b. When I passed the test, my dad gave me the rest of the money.
 - c. At breakfast I was crying again and my mum was getting upset, too.

Rules

1. Two actions in progress at the same time.
2. An action which happened when another was in progress.
3. Two actions which happened one after the other

2.6.1 Complete the sentences in your own words:

1. Last night, I was watching TV when
the doorbell rang_____.
2. Sally was walking home from school when
_____.
3. I was doing my homework on the computer when
_____.
4. I was reading a book in the park when
_____.
5. My dad was driving home when
_____.

2.6.2 Fill in the blanks with the appropriate conjunctions(while, when, as):

1. I was kicking the ball_____ I fell.
2. _____ we were playing tennis, it started to rain.
3. He scored agoal_____ the goalkeeper wasn't looking.
4. She was stretching her legs_____ the coach arrived.
5. _____ they were running around the field, their dog joined them.
6. I hurt my arm_____ I was climbing the wall.
7. _____ the kids were swimming, the lifeguard watching them.
8. We were warming up_____ the referee blew the whistle.
9. _____ I was walking to the gym, I met my teammate.

2.7 Writing: World Fair Play Day













2.7.1 Write a short paragraph about *Fair Play Day in Sport Celebrates Unity and Respect*, by answering the following questions:

1. What is Fair Play Day?
2. When and where was Fair Play Day held?
3. Who organized the event?
4. What kinds of sports and games were played?
5. How was the atmosphere - was it fun, exciting, or noisy?
6. What did you enjoy most ?
7. Would you like to join it again next year?

2.8 Practice: Sports

1.8.1 Look at the pictures and write the names of the sports.

Tennis	Basketball	Bowling	Hockey
Volleyball	Baseball	American Football	Karate
Rugby	Table Tennis	Golf	Football

 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>

2.9 Pictionary: Sportsmanship

DISPLAYING SPORTSMANSHIP IN PHYSICAL EDUCATION

SHOW RESPECT FOR OTHERS 

PLAY FAIR 

TAKE PRIDE IN YOUR ACCOMPLISHMENTS 

Follow your Teacher's Directions 

Play by the Game Rules 

USE SELF-CONTROL 

Encourage your Classmates 

HOME	QTR	VISITOR
23	2	23
TOL	DOWN	TO GO
0	2	0

Abide by the Officials Rulings 

ACCEPT THE OUTCOME OF THE GAME 

SHAKE HANDS AFTER COMPETITION

Unit 3

3.1 Reading comprehension: Doping in Sports



Hidden Risks and Fair Play

Doping in sports refers to the use of banned drugs or methods to improve performance unfairly. Some athletes take steroids to build muscles, stimulants to boost energy, or hormones (HGH) to increase endurance. Others use blood doping, which adds more oxygen to the blood to improve stamina. These practices give an unfair advantage and go against the rules of fair play. Some athletes may feel pressure to perform better, but doping is both wrong and dangerous.

Doping is harmful to health. Steroids can cause heart problems, liver damage, and hormone issues that may lead to infertility. Stimulants affect the brain and can lead to addiction, anxiety, or depression. In serious cases, doping can even cause death. It also damages the fairness of sports because true success should come from talent, hard work, and training—not from illegal shortcuts. Athletes who cheat not only risk their health but also deprive from their chances to win.

Athletes should focus on natural ways to improve, like proper training, rest, and nutrition. The best champions succeed through dedication and honesty, not by using illegal substances. Staying clean ensures a long and healthy career while keeping sports fair for everyone

To stop doping, sports organizations conduct regular drug tests during competitions and training. Athletes caught using banned substances face strict punishments like suspension, losing medals, paying fines, or damaging their reputation. Some athletes, however, need certain banned drugs for medical reasons, like asthma inhalers. In such cases, they must get special permission, called a Therapeutic Use Exemption (TUE), to use them legally.

Norway has been a leader in fighting doping, creating strict anti-doping rules since 1976. Their program includes frequent drug tests, especially in high-risk sports like weightlifting, and educating athletes, coaches, and doctors about doping risks. By encouraging fair play and protecting athletes' health, Norway has set a strong example for other countries to follow.

3.1.1 Answer the questions using details from the text above:

1. What is doping, and why do some athletes use it?
2. How does blood doping help an athlete's performance?
3. What are some health risks of using steroids and stimulants?
4. What is a Therapeutic Use Exemption (TUE), and why do some athletes need it?
5. How does Norway fight against doping in sports?

3.1.2 Complete the following sentences with information taken from the text:

1. Doping in sports stands for _____.
2. Athletes use banned substances because _____.
3. One example of a banned substance is _____.
4. Doping is unfair because _____.
5. A possible punishment for doping is _____.

3.2 Vocabulary: Coosing the right words!

3.2.1 Choose the correct word from the list below to fill in the blanks:

Banned	Doping	Fair play	Testing
Cheating	Substances	Competition	

1. _____ is the use of illegal drugs or methods to enhance athletic ability.
2. Any form of _____ in sports is unethical and can lead to disqualification.
3. _____ is essential in sports to ensure equal chances for all competitors.
4. Many illegal _____ have been detected in athletes' blood samples.
5. Random drug _____ is conducted to prevent the use of banned substances.
6. The use of performance-enhancing drugs has been strictly _____ in professional sports.
7. Without rules and fairness, sports _____ would lose its value.

3.3 Conversation: Fair Competition



Mustafa: Coach, a player **was banned**. Why?

Coach: He **was caught** using doping. It **is not allowed**.

Mustafa: How is doping checked?

Coach: Athletes **are tested** before and after games. Samples **are checked** in labs.

Mustafa: What happens if doping **is found**?

Coach: The player **is punished**. Medals **are taken away**.

Mustafa: That's terrible!

Coach: Yes. That's why doping **is banned**. Hard work **is better**.

Mustafa: I will play fair!

Coach: Good! Fair players **are respected**.

3.4 Pronunciation: Vowel Sounds 1

Study Skills: Pure Sounds

1. /ɒ/ put, book, cook, foot, bush, full, could
2. /u:/ food, moon, blue, true, rude, move, June
3. /ɜ:/ bird, word, nurse, third, girl, earth, learn
4. /ə/ father, doctor, banana, police, butter

3.4.1 Identify the word that has a different vowel sound from the others:

1. /ɒ/ hook look rude push
2. /u:/ food moon blue cure
3. /ɜ:/ bird word flute third
4. /ə/ father body banana police

3.4.2 Write the phonetic symbol of the vowel sounds for each of the following words:

1. stood → / /
2. blue → / /
3. teach → / /
4. work → / /
5. took → / /
6. banana → / /

7. school → / /

8. learn → / /

9. bull → / /

10. suit → / /

3.5 Grammar: Passive Voice

The passive voice is used when the focus is on the action, not on who performs the action. We form the passive using the following rule:

Active Voice (Subject + verb + **object**) → **Passive Voice** (**Object** + be + past participle)

Passive Voice (Simple Present)

Structure: **Object** + (am / is / are) + **past participle**

Active: Some Athletes use **banned substances**. → **Passive:** **Banned substances** are used by some athletes.

Active: Officials test **players** regularly. → **Passive:** **Players** are tested regularly.

Active: The committee bans **doping**. → **Passive:** **Doping** is banned by the committee

Passive Voice (Simple Past)

Structure: **Object** + (was /were) + **past participle**

Active: Doctors tested **the athlete** for doping. → **Passive:** **The athlete** was tested for doping.

Active: They gave **the trophy** to the winner. → **Passive:** **The trophy** was given to the winner.

Active: The committee punished **the player**. → **Passive:** **The player** was punished.

3.5.1 Fill in the blanks with the correct passive form:

1. Several athletes _____ (**suspend**) for using banned substances in 2023.
2. Drug tests _____ (**carry out**) regularly before major competition
3. The use of steroids _____ (**detect**) in his blood test yesterday.
4. Anti-doping policy _____ (**introduce**) last season.
5. Several cases of doping _____ (**report**) every year.

3.5.2 Rewrite the following sentences using passive voice:

1. Officials check athletes for doping.

2. The sports committee banned the player.

3. They announce doping test results every month.

4. The referee warned the player about drug use.

5. Experts study the effects of doping on athletes.

3.5.3 Choose the correct form between the brackets:

1. The player (is tested / was tested) for doping before each match.
2. Regular drug tests (are conducted /were conducted) during competition.
3. The fine (is paid / was paid) by the athlete last summer.
4. A doping control system (is used / was used) in every competitions.
5. Athletes (are educated / were educated) about fair play frequently.

3.6 Language Skills: Safty Corner

Stay Clean – Say No to Doping

1. Know What You Take

Always check the ingredients of any medicine or supplement. Some products may contain banned substances without clear labelling.

2. Ask Before You Use

If a doctor gives you medicine, ask if it is allowed in sports. Some treatments may be safe for your health but banned in competitions.

3. Avoid Taking Medicine from Others

Never take medicine from a friend or teammate—even if they say it’s safe.

4. Speak Up if You Suspect Doping

If you think someone is using banned substances, report it to a coach, teacher, or the Iraqi National Anti-Doping Organization. Keeping sport clean is everyone’s responsibility.

5. Stay Informed

Learn which substances are banned in sports. Rules change every year.

6. Be Proud to Compete Fairly

Playing clean shows real strength. Athletes who win without cheating earn respect and protect their health.

Remember: Doping can damage your heart, liver, and hormones. It can also lead to bans from sports and bring shame. Choose safety, fairness, and honesty.

3.7 Writing:

3.7.1 Write a paragraph about PED (Performance Enhancing Drugs), their

types, health risks, and why do athletes use them.

3.8 Practice:




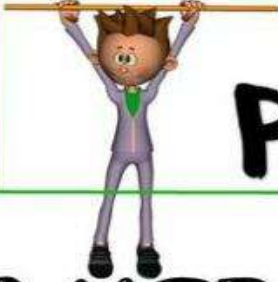


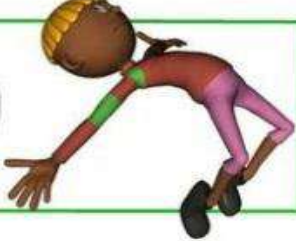





3.8.1. Write the suitable words or phrases under the related pictures:

- | | | | |
|--------------|-----------------|---------------|-----------------|
| 1. Medal | 2. Blood Doping | 3. Stimulants | 4. Health Risks |
| 5. Fair Play | 6. Suspended | 7. Trophy | 8. Fine |



3.9 Pictionary: Non – Locomotor Skills

NON-LOCOMOTOR MOVEMENT

	STRETCH		
CURL			PULL
	BALANCE		
BEND		SWING	
	TURN		PUSH
	SWAY		
TWIST			

Unit 4

4.1 Reading Comprehension: Boxing

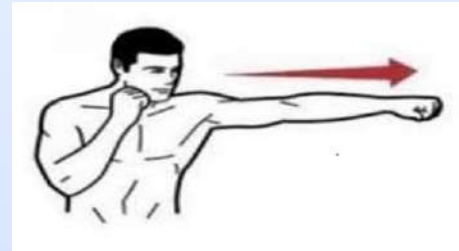


Boxing is one of the oldest combat sports in history and is sometimes referred to as the “sport of kings” or the “noble art.” It's an individual sport, where two boxers in a close weight category aim to strike the head or body (above the waist) of one another for points. It happens in an enclosed area with ropes which is called a ring.

Boxing bouts are typically scored and judged with three or five ringside judges and a referee. Fights typically last between 3 and 12 rounds; each round usually lasts three minutes. Boxers wear padded gloves, shorts, and boots, as well as protective gear like a gum shield.

The four main punches that a boxer can use to win a fight are as follows:

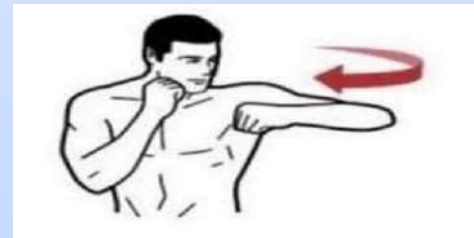
1. **Jab:** A quick, straight punch thrown with the lead hand; often used to gauge distance.



2. **Cross:** A straight powerful punch thrown with the rear hand.



3. **Hook:** A punch thrown with a curved motion, targeting the opponent's side.



4. **Uppercut:** An upward punch delivered in close range, usually aimed at the opponent's chin.



There are four fundamental defensive strategies a boxer can use to block or evade his opponent's punches:

1. **Slipping:** To avoid an oncoming punch, a boxer uses his head movement strategy, which involves softly sliding his head and upper body to the side.



2. **Blocking:** Protecting the head and torso by raising the gloves and arms to create a barrier that absorbs incoming punches.



3. **Clinching:** Holding the opponent close to prevent punches or recover energy.



4. **Cover Up:** Protecting the face and body by holding the gloves close.



There are several different ways in which boxers can win their bouts. The following are the most common ways:

1. Win by knockout (KO): If a boxer is unable to resume the bout within 10 seconds after being knocked down.
2. Win on Points (WP): At the end of a bout, each judge will declare a winner based on their accumulated round-by-round scoring for each boxer.
3. Referee stops contest (RSC): Otherwise known as a technical knockout (TKO). If a boxer is unable to continue the bout because of injury or exhaustion .
4. Referee stops contest due to injury (RSC-I): This occurs when a referee deems a boxer unfit to continue a fight because of a sustained or worsened injury .
5. Abandonment (ABD): When a boxer retires voluntarily.

4.1.1 Answer the following questions after reading the passage:

1. What is boxing sometimes referred to as?
2. What is the objective of boxing?
3. What is the enclosed area where boxing takes place called?
4. How many judges and referees are typically involved in scoring and judging a boxing bout?
5. What is the duration of each round in a boxing match?
6. What are the four main punches used in boxing?
7. What are the four fundamental defensive strategies used in boxing?
8. How can a boxer win a bout?

4.2 Vocabulary: Technical Words & Abbreviations

4.2.1 Identify the correct definition for each of the following idioms:

- | | |
|-------------------------|---|
| 1. Clinching () | A. a head movement technique where a boxer slightly moves his head and upper body to the side to evade an incoming punch. |
| 2. Cover Up () | B. protecting the head and torso by raising the gloves and arms to create a barrier that absorbs incoming punches. |
| 3. Slipping () | C. holding the opponent close to prevent punches or recover energy. |
| 4. Blocking () | D. protecting the face and body by holding the gloves close. |

4.2.2 Match the following words in list A with their meanings in list B.

List A

1. Referee stops contest due to injury (RSC-I) ()
2. Abandonment (ABD) ()
3. Win by points (WP) ()
4. Win by knockout (KO) ()
5. Referee stops contest (RSC) ()

List B

- A. If a boxer is unable to resume the bout within 10 seconds after being knocked down.
- B. At the end of a bout, each judge will determine a winner based on their total round-by-round scores for each boxer.
- C. Otherwise known as a technical knockout (**TKO**). If a boxer is unable to continue the bout due to injury or exhaustion.
- D. If a referee determines that a boxer is unfit to continue a bout due to sustained or increased injury.
- E. If a referee determines that a boxer is unfit to continue a bout due to sustained or increased injury.

4.2.3 Use the words in brackets to finish the following sentences:

individual
rounds

combat
padded

points

knockout

1. Boxing is a _____ sport that requires strength, endurance, and technique.
2. The objective of boxing is to knock out or score more _____ than your opponent.
3. Boxers wear _____ gloves to protect their hands during matches.
4. A boxing match is typically divided into several _____.
5. _____ is when a boxer is unable to resume the bout within 10 seconds after being knocked down.
6. Boxing is an _____ sport.

4.3 Conversation: How to avoid risks in Boxing



Amir: Zaid, I'm thinking of competing in a boxing tournament. What are some risks I should be aware of?

Zaid: That's a great goal, Amir! However, boxing does come with some serious risks. Concussions, broken bones, and long-term brain damage are just a few examples.

Amir: I knew it was a physical sport, but I didn't realize it was that serious. What can I do to minimise those risks?

Zaid: First, make sure you're training with a reputable trainer who emphasises safety and proper technique. You should also get regular medical examinations to ensure you're fit to compete.

Amir: That makes sense. What about equipment? What kind of gear do I need to protect myself?

Zaid: You'll need high-quality gloves, headgear, and a mouthguard. Don't skimp on safety equipment – it's worth investing in the best gear you can find.

Amir: Got it. What about during the fight itself? Are there any specific risks I should be aware of?

Zaid: Yes, be aware of your opponent's movements and techniques. If you're feeling dizzy or disoriented, let your seconds know and stop fighting. It's better to err on the side of caution.

Amir: Thanks for the advice, Zaid. I feel more prepared now.

Zaid: You're welcome,

Amir: Just remember, safety should always be your top priority in the ring.

4.4 Pronunciation: Diphthongs 1

The word diphthong is derived from a Greek word meaning "two sounds".

A diphthong is a blend of two vowel sounds in a single syllable.

1. /aʊ/ as in town /taʊn/, clown /klaʊn/, house /haʊs/, outfit /aʊtfɪt/.
2. /aɪ/ as in light /laɪt/, sky /skaɪ/, island /aɪlənd/, my /maɪ/.
3. /ɔɪ/ as in boy /bɔɪ/, toy /tɔɪ/, oyster /ɔɪstər/ employ /ɪmplɔɪ/.
4. /eɪ/ as in play /pleɪ/ stay /steɪ/, they /ðeɪ/, obey /əbeɪ/.

4.4.1 Identify the correct diphthong sounds for the given words.

1. Town /eɪ/ /aɪ/ /aʊ/ /ɔɪ/
2. Display /eɪ/ /aɪ/ /aʊ/ /ɔɪ/
3. Bright /eɪ/ /aɪ/ /aʊ/ /ɔɪ/
4. Noisy /eɪ/ /aɪ/ /aʊ/ /ɔɪ/

4.4.2 Identify the word that contains the given diphthong sound.

1. Which word contains the /aʊ/ sound?

- a) Light
- b) Clown
- c) Stay
- d) Boy

2. Which word contains the /aɪ/ sound?

- a) House
- b) Island
- c) Toy
- d) They

3. Which word contains the /ɔɪ/ sound?

- a) Play
- b) Oyster
- c) My
- d) Stay

4. Which word contains the /eɪ/ sound?

- a) Town
- b) Stay
- c) Boy
- d) Outfit

4.5 Grammar: Result Clauses

1- "So...That" Result Clause

Form

So + adjective/adverb + that

Usage

The "so...that" result clause is used to describe situations where something is so extreme or intense, to explain the consequences of a particular situation or to show the relationship between a cause and its effect.

Example: The boxer was so skilled that he won every match.

2- "Such...That" Result Clause

Form

Such + adjective/adverb + noun + that

Usage

The "such...that" result clause is used to describe situations where something is so extreme or intense, to explain the consequences of a particular situation, or to show the relationship between a cause and its effect.

Example: He was such a good athlete that he won the championship.

3- "Too...To" Result Clause

Form

Too + adjective/adverb + to + verb.

Usage

The "too...to" result clause is used to describe situations where something is too much or too little, to explain the consequences of a particular situation, or to show the relationship between a cause and its effect.

Examples: The boxer was too exhausted to continue the fight.

4.5.1 Complete the following sentences with "so...that" using the words in brackets.

1. The crowd's enthusiasm was _____ it energized the entire stadium. (high)
2. The coach's strategy was _____ the team won the championship. (effective) The boxer's determination was _____ he overcame every obstacle. (strong)
3. The athlete was _____ she broke the world record. (fast)
4. The boxer's focus was _____ he stayed motivated throughout the fight. (sharp)

4.5.2 Use the prompt below to transform the following sentences into "such...that" result clauses.

1. The boxer's power was very impressive. He knocked out his opponent.
The boxer's had such impressive power that he knocked out his opponent.
2. The training facility was extremely well-equipped. The athletes had everything they needed.
3. The coach's experience was very valuable. He was able to guide the team to victory.
4. The boxer's agility was extremely impressive. He dodged punches easily.

4.5.3 Use the "such...that" result clause to complete the tasks.

1. Write a sentence about something that is too expensive to buy.

_____.

2. Write a sentence about something that is too difficult to understand.

_____.

3. Write a sentence about something that is too slow to finish.

_____.

4. Write a sentence about something that is too hot to eat.

_____.

4.6 Language Skills: Making a Suggestion

Making a suggestion involves proposing a potential solution or idea to someone, offering them a choice or option. There are a number of expressions which we can use to make suggestions.

1. **How about + -ing?** Making a casual suggestion.

- How about doing some exercises?
- How about going to the beach this weekend?

2. **What about + -ing?** Suggesting an alternative.

- What about taking a break.
- What about going out this evening?

3. **Why don't ... + verb without 'to'?** Suggesting an action.

- Why don't we go to the cinema tonight?
- You look really tired. Why don't you take some time out and rest?

4. **Let's ... + verb without 'to'?** Suggesting a joint action.

- Let's go for a walk.
- Let's try a new restaurant.

4.6.1 Fill in the blanks using the words in box:

what about

why don't

how about

let's

1. _____ trying a new boxing stance to improve your balance and agility?
2. _____ you practice your punching technique in front of a mirror to analyse your form?
3. _____ we work on your ring generalship to improve your overall boxing strategy?
4. _____ focus on your conditioning to improve your endurance during long matches.
5. _____ you try shadowboxing to improve your hand speed and coordination?
6. _____ we practice your clinching technique to improve your defence?
7. _____ work on your footwork to improve your ability to evade punches.
8. _____ creating a boxing training plan to help you stay on track?
9. _____ you join a boxing gym to train with other boxers?
10. _____ we analyse your opponent's strengths and weaknesses to develop a winning strategy?
11. _____ trying a new boxing technique to improve your punching power?
12. _____ we focus on your footwork to improve your overall boxing performance?

13. _____ work on your jab to improve your hand speed and accuracy.
14. _____ incorporating strength training into your boxing workout routine?
15. _____ you watch a boxing video to analyse your technique and identify areas for improvement?

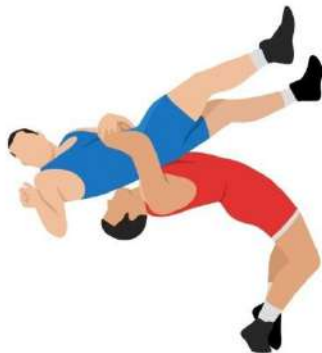
4.7 Writing: Biography

4.7.1 Write a paragraph about Mohammad Ali Clay.

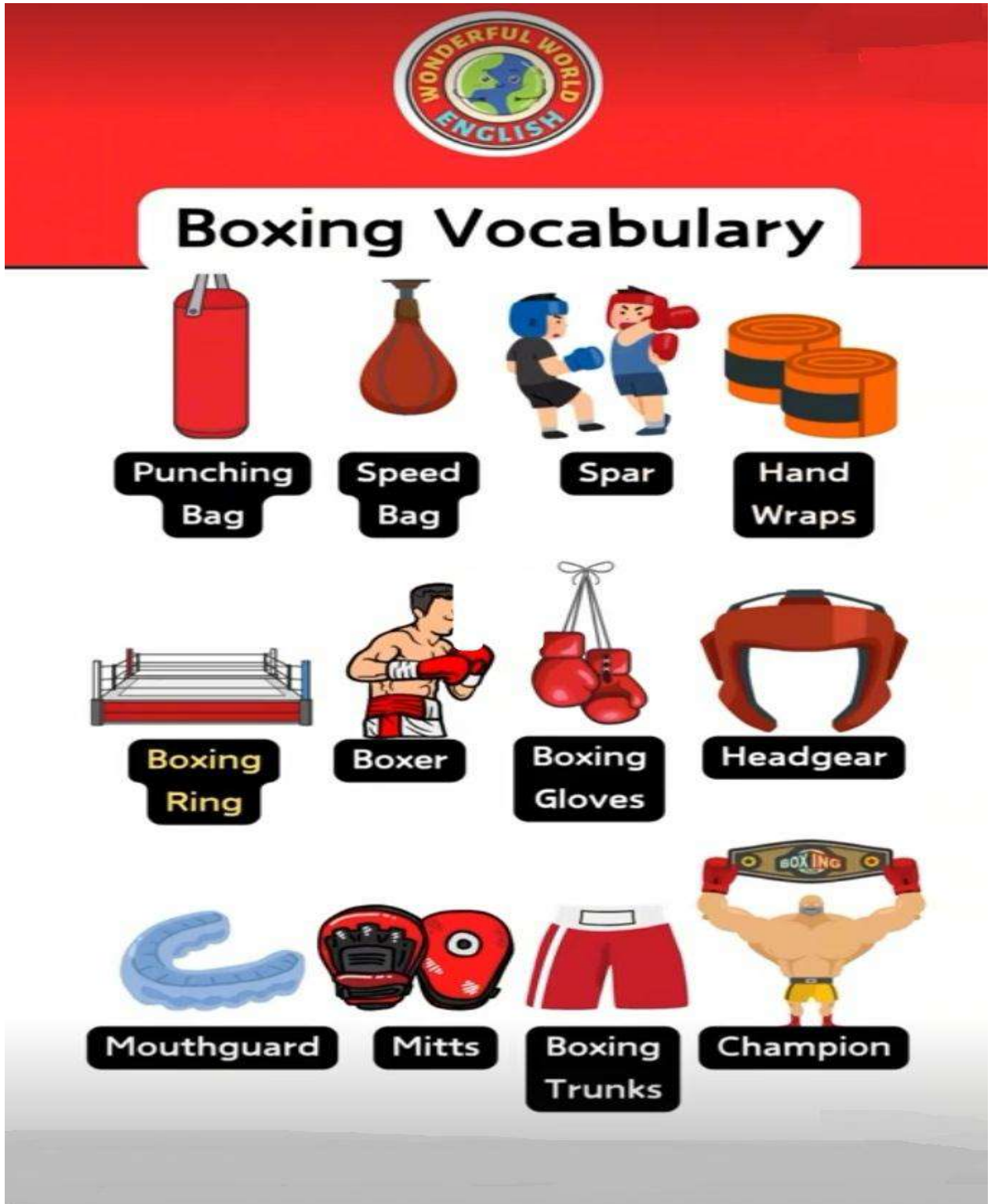
4.8 Practice: Combat Sports

4.8.1 Look at the pictures and write the names of the sports.

Boxing	Karate	Fencing
Wrestling	Kung Fu	Sumo



4.9 Pictionary: Boxing Vocabulary



Unit 5

5.1 Reading Comprehension: Gymnastics



Gymnastics is a dynamic and physically demanding sport that requires balance, strength, flexibility, agility, coordination, artistry, and endurance. Gymnastics is governed by the International Gymnastics Federation (FIG), which oversees various disciplines and events. The term "gymnastics" is derived from the Greek adjective "gymnos," meaning "to train naked" or "to exercise," as athletes competed without clothing. It can be performed individually or as a team sport in a place, namely a gymnasium. There are mainly two types of gymnastics: rhythmic gymnastics and artistic gymnastics.

Rhythmic gymnastics, which is exclusively for women, combines elements of ballet and dance with acrobatics. In this discipline, rhythmic gymnasts may compete individually, in pairs, in trios, or even more (often five). They perform five separate routines (routines involve swings, throws, jumps, spins, rolls, and tosses), each involving separate equipment like

1. **Rope:** Gymnasts perform swings, throws, and jumps with a rhythmic rope.



2. **Hoop:** A routine that involves spins, rolls, and tosses using a hula-hoop-like ring.



3. **Ball:** Using a rubber ball, gymnasts showcase fluid rolls, bounces, and throws.



4. **Clubs:** Performed with two baton-like objects, requiring intricate coordination.



5. **Ribbon:** A long ribbon attached to a stick, used to create spirals, circles, and flowing movements.



Artistic gymnastics is a competitive sport for both women and men that involves performing routines on various apparatuses to demonstrate strength, flexibility, and coordination. It is divided into men's and women's events.

A. Women's Artistic Gymnastics (WAG):

1. Vault: Short sprint, followed by a springboard and table vault 1.25 m height.
2. Uneven Bars: Two horizontal bars, one higher than the other, 2.4 m long and 1.8 m high.
3. Balance Beam: A narrow, raised platform, 125 cm above the ground, 5 m long and 10.16 cm wide.
4. Floor Exercise: 12x12 m area (mat) marked with lines and symbols to guide athletes. Duration: 60 to 90 seconds.

B. Men's Artistic Gymnastics (MAG):

1. Floor Exercise: 12x12 m area (mat) marked with lines and symbols to guide athletes. From 60 to 90 seconds.
2. Pommel Horse: A leather-covered horizontal bar, 1.60 m long, 34-36 cm wide and about 115 cm high.
3. Still Rings: Two circular rings, 18cm in diameter, and 5.75 m above the floor. The rings themselves hang 2.5m above the floor and 50 cm apart.



4. Vault: Gymnasts sprint down a 25m runway and jump onto a springboard and table vault 1.35 m in height measured from the floor.



5. Parallel Bars: A 45-second routine, two horizontal bars made of wood, 5cm thick, 3.5m long, 2m high, and between 42 and 52cm apart. The height and width of the bars are usually adjustable.



6. Horizontal Bar: A single polished steel bar, 2.8cm in diameter, 2.4m long, and raised about 2.8 m from the floor.



Comfort, flexibility, and aesthetics are given top priority in gymnastics attire so that athletes may move freely and confidently throughout practice and competition. Female gymnasts wear one-piece garments called unitards or leotards, which can be long, short, or sleeveless. Meanwhile, male gymnasts wear tank tops or t-shirts, gymnastics shorts or leggings, and leotards or unitards (similar to women's attire, but with a more masculine style). In indoor gymnastics, both male and female gymnasts compete barefoot, but in outdoor gymnastics, they wear white plimsolls, or shoes, with white socks.

Gymnasts use a variety of equipment to improve their safety and performance. Hand grips are used at bar and ring competitions to provide necessary support and protection for the hands. Wristbands provide extra support and stability at these activities. Gymnasts also wear grip socks, which provide them with traction and comfort. Furthermore, mats and springs are deliberately placed to provide safety and support throughout both training sessions and competitions, allowing gymnasts to perform skills with confidence.

5.1.1 Answer the Following questions:

1. What are the main types of gymnastics?
2. Describe the equipment used in rhythmic gymnastics.
3. Describe the different apparatuses used in men's artistic gymnastics.
4. Describe the different apparatuses used in men's and women's artistic gymnastics.
5. What equipment do gymnasts use to improve their safety and performance?
6. Describe the importance of attire and equipment in gymnastics.

5.2 Vocabulary:

5.2.1 Find, Circle and Correct the wrong words only.

- 1- Gymnastics is governed by the International Gymnastics Federation (FIFA).
- 2- Gymnastics can be performed individually or as a team sport in a place, namely a stadium.
- 3- There are mainly two types of gymnastics: rhythmic gymnastics and artificial gymnastics.
- 4- Rhythmic gymnastics is practiced and competed by men only.
- 5- Male gymnasts wear one-piece garments called unitards or leotards,
- 6- Gymnasts compete barefoot in both indoor and outdoor gymnastics.
- 7- The vault table is the same height for both men and women.
- 8- Gymnastics is a combat sport.

5.2.3 Read the passage carefully, then fill in the blanks:

1. Gymnasts use _____, _____, _____, _____, and _____ to improve their safety and performance.
2. Rhythmic gymnasts perform routines with a variety of equipment, including _____, _____, _____, _____, and _____.
3. Gymnasts use _____ to provide necessary support and protection for their hands.
4. The balance beam is _____ cm wide.
5. Gymnasts use _____ and _____ to absorb sweat and improve grip on the apparatuses.
6. The parallel bars are _____ m long.
7. The uneven bars are _____ m long.
8. The floor exercise routine is performed on a _____ m square mat.

5.3 Conversation: Such a cool sport!



Sami: Gymnastics is so fascinating, isn't it?

Basil: Absolutely! The athletes' skills and precision are mind-blowing.

Sami: I know, right? The way they combine strength, agility, and artistry is incredible.

Basil: And the variety of apparatus keeps it exciting—from floor exercise to balance beam, each one requires unique skills.

Sami: Exactly! Gymnastics is a true test of physical and mental toughness.

Basil: Definitely. The athletes' dedication and passion are inspiring to watch.

Sami: Gymnastics is more than just a sport—it's an art form.

Basil: I completely agree. It's thrilling to see the athletes push themselves to new heights.

5.4 Pronunciation: Diphthongs 2

The word diphthong is derived from a Greek word meaning "two sounds." A diphthong is a blend of two vowel sounds in a single syllable.

1. /oʊ/ as in:	go: /gou/	show: /ʃou/	boat: /bout/
	coat: /kout/	flow: /flou/	
2. /ɪə/ as in:	fear: /fiər/	peer: /piər/	dear: /diər/
	clear: /kliər/	gear: /giər/	
3. /ʊə/ as in:	tour: /tuər/	poor: /puər/	sure: /ʃuər/
	cure: /kjʊər/	pure: /pjʊər/	
4. /eə/ as in:	hair: /heər/	care: /keər/	share: /ʃeər/
	stare: /steər/	repair: /ri'peər/	

5.4.1 Choose the right word from the brackets:

1. The /oʊ/ sound is in the word _____. (go, tour, sure)
2. The /ɪə/ sound is in the word _____. (care, share, dear)
3. The /ʊə/ sound is in the word _____. (boat, poor, show)
4. The /eə/ sound is in the word _____. (hair, fear, peer)

5.4.2 Identify the correct diphthong sound of each of the following words:

1. boat - /oʊ/, /ɪə/, /ʊə/, or /eə/
2. fear - /oʊ/, /ɪə/, /ʊə/, or /eə/
3. tour - /oʊ/, /ɪə/, /ʊə/, or /eə/
4. hair - /oʊ/, /ɪə/, /ʊə/, or /eə/

5.5 Grammar: Prepositions & Opinion

5.5.1 Prepositions

A preposition is a word or group of words used to link nouns, pronouns, and phrases to other words in a sentence. It indicates location, direction, time, manner, and other relationships. It plays a crucial role in conveying meaning, context, and clarity in communication.

Functions of Prepositions:

Prepositions perform several essential functions in English:

1. Indicate location or position: Prepositions like "in," "on," and "at" indicate location or position.

- The gymnast is on the balance beam.

2. Show direction or movement direction: Prepositions like "to," "from," and "toward" indicate direction or movement.

- She's heading to the competition.

3. Specify time or duration: Prepositions like "at," "on," and "during" indicate time or duration.

- The competition starts at 9 am.

4. Describe manner or method: Prepositions like "by" and "with" indicate manner or method.

- He improved his skills by practicing daily.

5.5.1.1 Fill in the blank with one of the following prepositions:

(in, on, from, with, at)

1. The gymnast excelled _____ the balance beam.
2. The athlete specialized _____ floor exercise routines.
3. The gymnast's skills _____ the uneven bars were exceptional.
4. The gymnast's performance _____ the Olympics was outstanding.
5. The gymnast's strong suit was her performance _____ the balance beam.
6. The gymnast's coach specialized _____ training floor exercise routines.
7. The gymnast's routine included a series of skills _____ the floor exercise.
8. The athlete's performance _____ the pommel horse was strong.
9. The gymnast's routine _____ the balance beam was flawless.
10. The athlete's skills _____ the uneven bars were exceptional.
11. The gymnast's routine included a dismount _____ the horizontal bar.
12. The athlete's performance _____ the vault was impressive.
13. The gymnast's coach worked _____ her to perfect her landing.

5.5.1.2 Choose the right option:

1. The gymnast walked _____ the balance beam with ease.
a) in b) from c) with d) on
2. The gymnast's routine _____ the vault required precision and power.
a) on b) in c) at d) with
3. The gymnast's performance _____ the Olympics was memorable.
a) on b) in c) at d) with
4. Gymnastics is governed _____ the International Gymnastics Federation.
a) from b) by c) on d) in
5. The term "gymnastics" is derived _____ the Greek adjective "gymnos."
a) by b) from c) on d) with
6. Gymnasts perform routines _____ various apparatuses.
a) by b) from c) on d) with
7. Hand grips are used _____ bar and ring competitions.
a) in b) on c) at d) with
8. The parallel bars are made _____ wood.
a) from b) of c) with d) in
9. Gymnasts wear grip socks _____ provide traction and comfort.
a) in b) for c) with d) to
10. Hand grips are used _____ provide support and protection for the hands.
a) to b) for c) with d) in

5.5.2 Opinion

Opinion in English grammar refers to a subjective view or perspective held by an individual or group. When expressing opinions, we often use specific language structures and vocabulary.

Expressing Opinions:

1. Using verbs like "think," "believe," and "feel" to express personal views.

Example: I think gymnastics is an amazing sport.

2. Using adjectives like "amazing," "incredible," and "difficult" to describe opinions.

Example: The gymnast's routine was incredible.

Agreeing and Disagreeing:

1. Agreeing: Using phrases like "I agree," "I think so too," or "Absolutely."

Example: I agree that gymnastics requires great skill.

2. Disagreeing: Using phrases like "I disagree," "I don't think so," or "Not necessarily."

Example: I disagree that gymnastics is only for young athletes.

Discussing Opinions:

When discussing opinions, we can use phrases like:

1. "In my opinion..."
2. "I believe that..."
3. "From my perspective..."
4. "It seems to me that..."

5.5.2.1 Use the words in brackets to express opinion:

1. I _____ that gymnastics is a challenging sport. (Express your opinion)
2. My friend _____ that the Olympics are the most exciting sporting event. (Express your opinion)
3. I _____ that gymnasts are incredibly talented. (Describe your opinion)
4. The gymnast's performance was _____. (Express your opinion)
5. I think gymnastics is a _____ sport. (Describe your opinion)
6. The balance beam is a _____ apparatus. (Describe your opinion)

5.5.2.2 Answer the following using the given words:

1. Someone says, "Gymnastics requires great skill." You agree.
2. A friend says, "The floor exercise is the most exciting event." You agree.
3. Someone argues, "Gymnastics is a sport for everyone." You agree.
4. Someone says, "Gymnastics is only for young athletes." You disagree.
5. A friend says, "Gymnastics is not a challenging sport." You disagree.
6. Someone argues, "Gymnastics is not a popular sport." You disagree.

5.5.2.3 Use the given phrases to discuss opinions:

1. _____ (It seems to me that/I believe that) gymnastics is a sport that can benefit individuals of all ages.
2. _____ (In my opinion/I believe that) gymnastics is a sport that requires great physical and mental strength.
3. _____ (From my perspective/It seems to me that) the most challenging part of gymnastics is the mental preparation.
4. _____ (In my opinion/I believe that) gymnastics is a sport that can be enjoyed by people of all ages.
5. _____ (In my opinion/I believe that) gymnastics is a sport that requires a combination of physical and mental strength.
6. _____ (From my perspective/It seems to me that) the most challenging part of gymnastics is mastering the techniques.

5.6 Language Skills: Safety Corner: "Avoiding risks in Gymnastics"

Gymnastics demands strength, flexibility, and precision, but safety should always come first. To minimise risks and prevent injuries, gymnasts can follow these essential strategies:

1. Proper Training: Learn techniques from qualified coaches.
2. Warm-up and Cool-down: Prevent muscle strains with stretching exercises.
3. Equipment Maintenance: Regularly inspect and maintain equipment.
4. Safety Spotting: Use spotters to prevent falls and injuries..
5. Progressive Learning: Gradually build skills and complexity

By prioritizing safety, gymnasts can enjoy the sport while protecting their well-being.

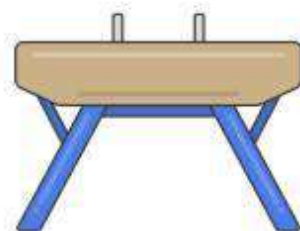
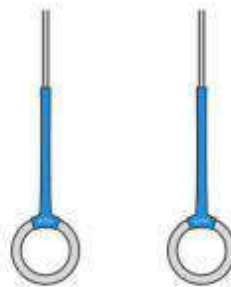
5.7 Writing: An Opinion

5.7.1 Write a paragraph about your opinion on the importance of flexibility in gymnastics. Use phrases like "In my opinion," "I believe that," or "From my perspective."

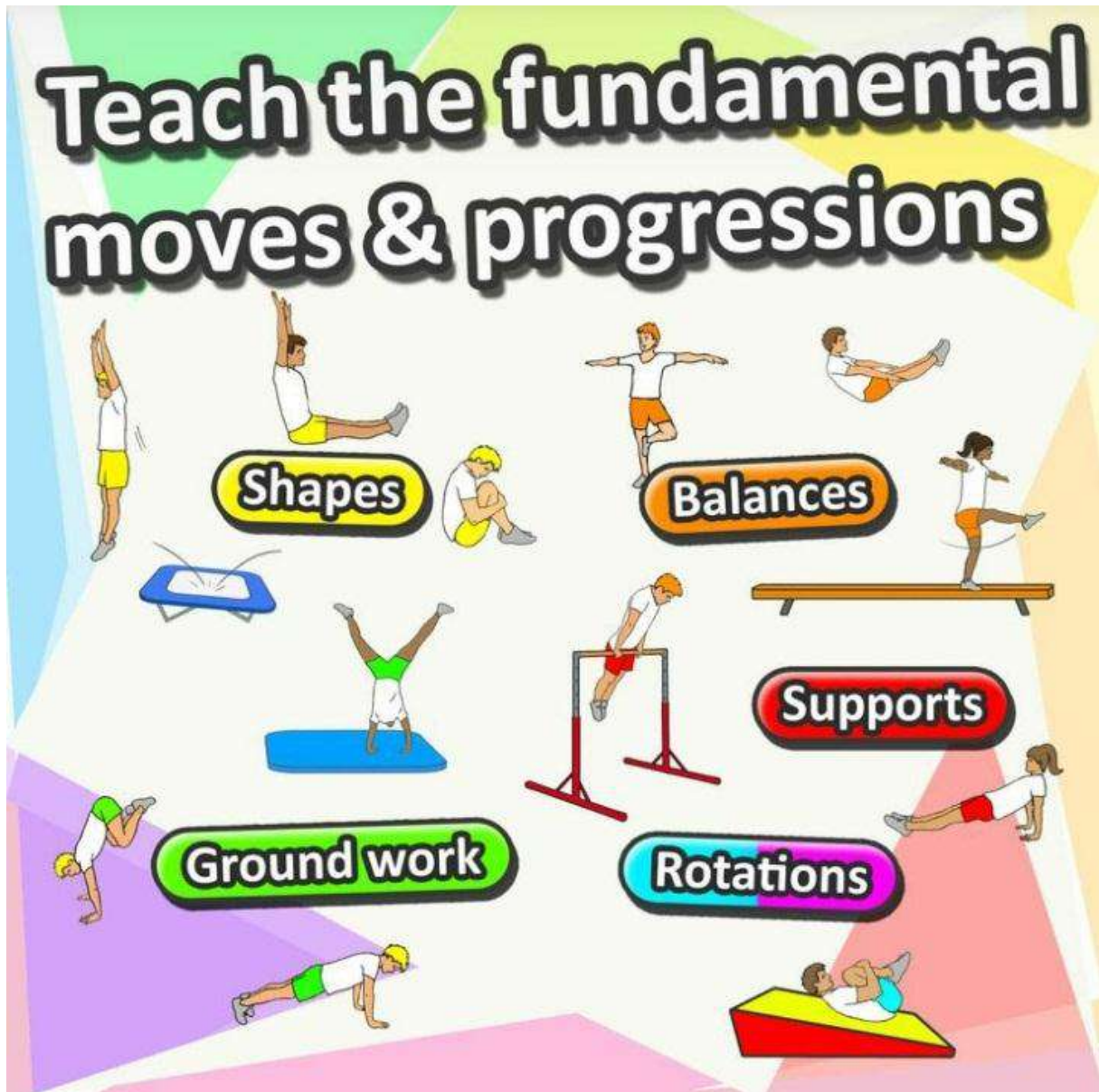
5.8 Practice: Gymnastics Apparatuses

5.8.1 Look at the pictures and write the names of the apparatuses.

Pommel Horse	Rings	Parallel Bars
Vault	Uneven Bars	Mat



5.9 Pictionary: Fundamental moves & progressions



Mini Dictionary

Word	Meaning	Word	Meaning
abandonment	حظر	boost	يعزز
above the waist	فوق الحزام	boundaries	حدود
absorbs	يمتص	bout	نزال
accumulated	متراكمة	category	فئة
acrobatics	العاب بهلوانية	chaotic	فوضوي
addiction	ادمان	cheating	غش
adhere	يلتصق	clinching	التمسك، التحام
adjustable	قابل للتعديل	cling to	تشبث بـ
advantage	ميزة، أفضلية	clubs	شواخص
advocate	يدافع عن	clues	ادلة
agility	خفة الحركة	combat sport	رياضة قتالية
anxiety	قلق	combines	يجمع
apparatuses	اجهزة	community building	بناء المجتمع
a ring	حلبة	competition	منافسة
artistic gymnastics	الجمباز الفني	compromised	معرض للخطر
artistry	براعة فنية	concussions	ارتجاجات
asthma inhalers	اجهزة استنشاق الربو	conduct	سلوك
attire	زي ملابس	contest	منافسة
balance	توازن	coordination	توافق حركي
balance beam	عارضة توازن	cornerstone	حجر الزاوية
banned drugs	عقاقير محظورة	corruption	فساد
barrier	حاجز	court	ملعب
blocking	صد - حجب	critical	حرج، شديد الأهمية

Word	Meaning	Word	Meaning
curved motion	حركة منحنية	financially	ماليا
deception	خداع	flexibility	المرونة
dedication	التفاني- الاخلاص	flowing movements	حركات متدفقة
demonstrated	اظهر	focus	يركز
depression	اكتئاب	gauge	قياس
derived	مشتق	gear	معدات
disciplines	تخصصات	govern	تحكم - تدار
disoriented	مشوش	gum-shield	واقى اللثة
disqualification	استبعاد	goalkeeper	حارس مرمى
dizzy	دوار	harmful	ضار - مؤذي
doping	تعاطي المنشطات	head gear	واقى الرأس
dribble	مراوغة	holding	يمسك
ejection	حالة الطرد	hoop	طوق
encompass	يشمل	horizontal bar	عارضة افقية
endeavour	مسعى	hormone issues	مشاكل هرمونية
endurance	القدرة على التحمل	hormones	هورمونات
entertainment	ترفيه - متعة	illegal substances	مواد غير قانونية
equipment	معدات	improve	تحسين
essence	جوهر	increasingly	بشكل متزايد
establish	يؤسس - ينشئ	infertility	عقم
ethics	اخلاقيات	influence	تأثير
exclusively	حصرياً	injury	اصابة
exhaustion	الارهاق	insure	يضمن
fairness	الانصاف	integrity	نزاهة
fans	مشجعين	intricate	معقد

Word	Meaning	Word	Meaning
involves	يتضمن	politically	سياسياً
knockout	الضربة القاضية	pommel horse	حصان الحلق – حصان المقابض
leggings	سروال ضيق	possession	استحواذ - امتلاك
leotards	زي قطعة واحدة	preserving	الحفاظ على
leather	جلد	pressure	ضغط
liver	كبد	priority	اولوية
long-term	على المدى الطويل	punches	لكمات
maintain	يحافظ على	punishment	عقوبة
Mediterranean	البحر الابيض المتوسط	performance	اداء
muscles	عضلات	racket	مضرب
noble art	الفن النبيل	recover energy	استعادة الطاقة
nutrition	تغذية	referees	حكام
opponent	خصم	regulations	انظمة، قوانين
opponent's chin	ذقن الخصم	removal	ازالة
opportunity	فرصة	reputation	سمعة
oversees	يشرف	requires	يتطلب
padded gloves	قفازات مبطنه	respect	احترام
Parallel bars	العارضة المتوازية	responsibility	مسؤولية
participants	مشاركين	retires voluntarily	ينسحب طوعا
paying fines	دفع غرامات	rhythmic gymnastics	الجمباز الايقاعي
penalty	عقوبة، جزاء	ribbon	شريط
physical excellence	تفوق بدني	rings	حلقات
platform	منصة	rolls	تدحرج
Plimsolls	احذية رياضية خفيفة	rope	حبل

Word	Meaning	Word	Meaning
routin	نمط	sustained injury	إصابة دائمية
rubber ball	كرة مطاطية	swings	تارجحات
ruins	أثار، أطلال	strike	ضربة
suspension	ايقاف - تعليق	talent	موهبة
serving	يخدم	target	يستهدف
shaking hands	مصافحة	teammates	زملاء الفريق
skills	مهارات	Therapeutic Use	إعفاء للأستخدام
		Exemption	العلاجي
skimp	تبخل	throws	رميات
sleeveless	بدون اكمام	torso	جذع
slipping	الانزلاق	tosses	يرمي - يقذف
socially	اجتماعيا	train naked	التدريب عارياً
spanning	يمتد	tricks	حيل
spectators	المتفرجين	trios	ثلاثي
springboard	منصة قفز	two halves	شوطين
spins	دوران	umpires	حكام
spirals	حركة لولبية	undermined	يتم تقويضه - اضعافه
sportsmanship	روح رياضية	uneven bars	عارضة غير متوازية
stakes	الرهانات	unique	فريد
stamina	القدرة على التحمل	upholding	دعم
steroids	منشطات	vary	تختلف
stimulants	منبهات	violation	انتهاك
strength	قوة	vault	منصة القفز
strict punishments	عقوبات صارمة	warning	تحذير
structured	منظم	widely	على نطاق واسع