

OBJECTIVE

Talk about sport and its benefits.

COURS SUMMARY

Sports	Kinds of sports	Advantages of practicing sports
Cycling Canoeing Volleyball Swimming Boxing Weightlifting Football Basketball Tennis Golf Baseball Running Hockey rugby	<ul style="list-style-type: none"> - Individual sports: Sports that are played only by one player. - Team or collective sports: sports that are played by a group of players . - Indoor sports: a sports which takes place in a gymnasium. - Outdoor sports: a sports which takes place in an open air. 	<ul style="list-style-type: none"> To keep fit To be in a good health To have a good heart To have fun To be strong and supple To make friends To get money To become famous

Adverbs of frequency: Show how often we do one thing. It is placed before the main verb, except for the verb "to be".

Place of the frequency adverbs in the sentences	Frequency rate
Football match always takes place in the afternoon.	100 % (7/7 days)
Football match is often played out door.	75 % (5/7 days)
Basketball match is sometimes played in gymnasium.	50 % (3/7 days)
Sports men rarely drink alcohol.	25 % (1/7 days)
Canoeing is never played in door.	00 % (0/7 days)

Prepositions of time :

In : Centuries, decades, years, months, weeks, country, city

Part of day : In the morning, in the afternoon, in the evening but **At** night

On : days, dates, streets, avenue

At : Hours, Address, holyday period, specific location

Activity 1

- Read the text then answer the questions.

Recently Michael Jordan, the American basketball player and sports hero, was interviewed by a reporter. Michael was asked about the sports he plays, his daily exercise routine, and why he loves basketball. In addition to playing basketball professionally, Michael also **sometimes** plays soccer with his children and **often** practices individual sports like jogging or swimming. **On the weekends**, he **generally** goes biking with his friends. When Michael was asked why he plays basketball, he replied, “I play basketball because I love it. I’m very good at basketball. I play sports to be healthy, to keep fit, to get exercise, and to have fun.”

Michael is very disciplined with his exercise routine and play basketball **every day**, but he still has time to relax as well. “I practice basketball **in the morning** before eating breakfast and in the afternoon after lunch. **In the evening** I go running, but I **rarely** play sports at night. I like to relax **at night**.” He told the reporter. He plays basketball with his team **every week**. The reporter asked Michael about running **every evening**. Michael explained that he does not run **very quickly**; “I run **slowly**,” he said, “but that is not important because I go running to stay in good health and because running makes my legs strong for basketball. I can jump **high** when I run **every day**. I do not need to run fast to keep fit.”

- Questions:

- 1) Who is Michael Jordan?
- 2) What are the sports mentioned in the text?
- 3) Why does Michael play sports?
- 4) How does Michael run?
- 5) When does he play with his team?
- 6) Classify the mentioned sports in question 2 into two groups: individual sports and collective sports.

Activity 2

A- Put the adverb in the correct place in the following sentences.

- 1) My brother plays football (sometimes)
- 2) Jim practices judo (on Saturdays)
- 3) I go biking at night (never)
- 4) I do not play tennis (often)

B- Put the correct word in the blanks to restore the text.

Bryan is a 100 m runner. He been the country champion for 2 years. Bryan gets a lot of money when he wins a race. He trains Tuesdays, Thursday, Saturdays. He begins training six o'clock the morning and continues until ten o'clock. Bryan wants to keep the title, so he smokes nor drinks alcohol. He goes dancing with his friends, but he goes home early to get enough sleep for training.

Activity 3

- Write a paragraph by answering the following questions.

- 1) What is your favorite sport?
- 2) Why?
- 3) Is it an individual sport or a collective sport?
- 4) How do you play it?
- 5) How many players are there?
- 6) What materials do you use?
- 7) What are the rules?
- 8) What are the advantages of playing this?