

**SPORTS, KEYWORDS, SPOTLIGHT, LANGUAGE
AWARENESS, VOCABULARY, CONVERSATION
HOM WORK, PROJECT WORK**

ONE STEP UP

TO

Sports & English

*Basketball is played by two
by four
teams each*

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د. الفهد
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الدرجات اللغة الانكليزية

13

ميدس

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ذوالفقار علي

One Step Up To Sports & English

English Course for First Year Students
Of The Physical Education College

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*Little Drops of Water,
Little Grains of Sand,
Make The Mighty Ocean,
And The Pleasant Land*



Y, M & A

Book Plan

Units	Reading comprehension	Meaning/spotlight	Language Awareness
Unit 1 (1-8)	Sports	Antonyms/ derivational suffixes	Sports
Unit 2 (9-17)	Soccer	Synonyms/ derivational suffixes	Soccer
Unit 3 (18-20)	Boxing	Acronyms, instialisms/ bout & round	Boxing
Unit 4 (27-35)	Weightlifting	Dumbbell & barbell / allow & permit / word formation	Weightlifting
Unit 5 (36-45)	Athletics	Line & lane/ plural nouns/ shapes	Athletics
Unit 6 (46-53)	Swimming	More plural nouns/ male, female, man and women	Swimming
Unit 7 (54-62)	Basketball	Toss/ singular indefinite pronouns	Basketball
Unit 8 (63-72)	Fencing	Adjectives / English, French and Italian	Fencing
Unit 9 (73-81)	Volleyball	British & American/ Libro & liberty/Spike	Volleyball
Unit 10 (82-92)	Gymnastics	Compound words/ word formation/ Adj.	Gymnastics
Unit 11 (93-102)	Wrestling	Compound Adj./ IFAWS or FILA	Wrestling
Unit 12 (103-111)	Tennis	Pronunciation Sh, C & K/ Letter Words	Tennis
Unit 13 (112-120)	Handball	Compound words/ Pronunciation /s/, /z/ and /iz/	Handball
Unit 14 (121-129)	Physical Fitness	Physical fitness/ health	Physical Fitness
Bibliography			

Vocabulary	Conversation	Homework		Project work
Body	Greetings	Sports	Body	Sports
Clothes	Special Greetings	Soccer	Clothes	Greeting Cards
Daily Routines	Introducing yourself	Boxing	Daily Routines	Identification Card (ID)
Family	Introducing Others	Weightlifting	Family	Your Family
Feelings	Asking For Permission	Athletics	Feelings	How do you feel when?
The Weather	Telling Someone To Do Something	Swimming	The Weather	the weather Forecast
Daily Problems	Describing people's Appearance	Basketball	Daily Problems	What are your daily problems?
College	Describing People's Manners	Fencing	College	Who Is Your Hero?
Travelling	On The Phone	Volleyball	Travelling	Do You Like Traveling?
Food & Beverages	Like & Dislike	Gymnastics	Food & Beverages	Food
Home	T.V.	Wrestling	Home	Create your Own Dream Room
Jobs	Hobbies	Tennis	Jobs	Job, Hobby Or Obsession
Animals	More Hobbies	Handball	Animals	What if You Were not a Human Being?
Medicine & Health	Emergency	Physical Fitness	Medicine & Health	Health chart
Pp 130 – 135				

Preface

Learning a foreign language is not an easy task especially if this language is not frequently used in one's country. Many methods and types of English have been proposed to develop the students' learning styles. One type of English is English for special purposes (ESP). In the field of physical education Dr. Widad Al Mufti and Dr. Fakhir Addul-Razzak were the first to introduce a text book dedicated for physical education students that teaches them sport related terms in a sport related context. For many years we have been privileged to teach this book. Following their steps, we proposed a one step up from their book to sports and culture hence the name of the book, **One Step up to Sports and English**. The book consists of fourteen units distributed on fourteen lectures that first year students take during their first academic year. Each unit is given in one lecture and each lecture lasts for 90 minutes.¹ Each unit consists of the following sections:

1. Reading Passage:

Every unit starts with a sport – related reading passage that contains the basic information concerning the sports studied at the college of physical education. The passages focus on the definition and the general features of that sport. Authentic material are used in this section mainly Realia² (students, being athletes, they come to class wearing the sportswear of that sport and are asked to perform the skills) and multimedia materials (short videos of famous athletes performing skills). It aims at developing the students' reading and listening skills. Reading skills are developed through reading the passages in class while focusing on comprehension, pronunciation, grammar, etc. Each student is given the chance to read at least one sentence and is asked a comprehension question on the sentence(s) he has read. Listening is developed through listening to the teacher reading the passage. Along with meanings and spotlight fifteen minutes is dedicated to this section.

2. Meanings & Spotlight:

This section is subdivided into two sections; the first presents a list of Arabic meanings of the most important words and terms in the passage. The second focuses on grammar, spelling and pronunciation. The aim of this section is to build linguistics awareness within the context of the reading passage. This sections are given to students simultaneously while the reading of the passage.

3. Language Awareness:

This section aims at both contextualizing language as well as building language awareness. Contextualization "is the meaningful use of language for real communicative purposes."³ Language awareness, on the other hand, "focuses on the aspects of language within a given context."⁴ This section is written as a passage to develop critical and creative thinking as well. For the passage is

¹ The remaining ten minutes are dedicated either to the daily quiz or for giving feedback on the project work or examination answers.

² Realia are "objects used for teaching aids, such as food, photographs, tools, clothing, tools, items from nature, etc". Leslie Opp – Beckman and Sarah J. Klinghammer, *Shaping the Way We Teach: Successful practice around the world*, (Washington: the Office of English Language Programs), 2006, p 84.

³ Ibid, p13.

⁴ Ibid., p 21

organized using Bloom's Taxonomy, Inquiry - based learning and Socratic questioning. The teacher should ask the questions and give the students the opportunity to answer them in English. Fifteen minutes are dedicated to this section.

4. Vocabulary:

Along with ESP, previous college English text books had very few illustrations and no sections are dedicated to daily vocabulary. The writers have noticed that students lack the basic everyday life vocabulary that will help them make a meaningful communication. Thus, the basic vocabulary is distributed on the units. We aimed at using illustrated vocabulary first: to improve students' visual memory through word-picture association; second: to build up new words storage through introducing new vocabulary items about a centered topic in every unit; and third: to emphasize the ability of retention rather than of memorization through more interested and graded drills of words labeling, words square, crosswords, words identifying and sorting, etc. Ten minutes are dedicated for this section.

5. Conversation:

The essential everyday dialogues are integrated within each unit. The students are given many illustrated situations for main conversational topics. The illustrations are drawn in graphic language with thought clouds and dialogue boxes which also improve the students' ability to read English using the right tones, emphases, etc. Ten minutes are dedicated for this section to encourage students to speak in class as well as to listen to each others' conversation.

6. Homework:

The exercises mainly focus on the reading passage and vocabulary. They are designed to hinder memorization and encourage comprehension, inference, retention, etc. It is given immediately after taking the reading passage and vocabulary to encourage them to use what they have learned for an actual purpose. The level of exercises' difficulty develops gradually from one unit to the other. Ten minutes are dedicated to this section.

7. Project Work:

Each unit ends with a project work based on the reading passage, vocabulary or conversation. Each project requires certain skills mainly internet skills, creative skills and critical and creative thinking. Each project has its own suitable rubrics that are distributed to students while giving the project. This process helps students to take part in their own evaluation and to take a more active role in their learning process. The requirements of the projects develop in difficulty to encourage students to write and express themselves in their writings in a meaningful style. Five minutes are dedicated to explaining the project.

The Writers

ACKNOWLEDGEMENTS

When we think of acknowledging the support we received during writing this book we can't help but think of our families for their patience and support. For the many hours we spend away from them writing this book we say thank you. Beside our families, there are many people that we are deeply indebted to:

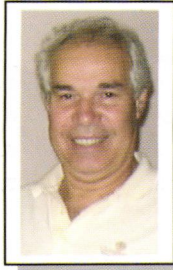
Thanks are due to our college, the college of Physical Education/University of Bagdad, for its faith in us and for their support, and to our students who deserve the best.

We specially wish to express our appreciation to Dr. Beverley Hall for her initiative and willingness to improve Iraq through improving its teachers. She has kindly offered us a golden opportunity to see the giant leaps the world of teaching has been taking. This opportunity took the form of online courses and webinars supervised by experts in this field. We should thank the Center of Development and Continuous Education directed by Dr. Bahaa Kazem for being the link between Dr. Beverley and us.

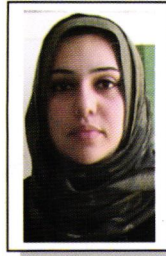
We give our special thanks to the great teachers whose fingerprints are obvious throughout the book. The University of Oregon granted us the honor of being supervised by Dr. Deborah Healy, Char Heitman through two winter and spring "GOES" courses, Dr. Leslie Opp-Beckman through "**Shaping the Way we Teach**" and Dr. Kay Westerfield "**ESP**." Their courses have fired our imagination and overwhelmed us with ideas and opened our eyes to the developing world around us. A world we have little knowledge of due to the conditions our country is going through.

Finally, we bow in respect to our country who suffered and is still suffering a lot. Iraq, this humble achievement is for you.

*Sincerely,
The Writers*



Dr. Yarub Khyoon



Ansam Yarub



Mayada Zuhair

الأستاذ الدكتور يعرب خيون

* خريج تربية رياضية -
جامعة بتسبرغ / الولايات
المتحدة الأمريكية.
* أستاذ التعلم الحركي
والتنشيط الحركي لطلبة
الدراسات العليا والاولية.
* محاضر في جامعة بتسبرغ/
الولايات المتحدة الأمريكية
المؤلفات:
* التعلم الحركي: بين المبدأ
والتطبيق.
* التنشيط الحركي وأختبارات
الأطفال.
* اللغة الانكليزية لأغراض
التربية الرياضية

أنسام يعرب

* ماجستير لغة إنكليزية -
جامعة بغداد/ كلية التربية
للبنات.
* تدرس اللغة الانكليزية لطلبة
الدراسات العليا والدراسات
الاولية/ كلية التربية الرياضية
وكلية العلوم - جامعة بغداد.
* حاصلة على خمسة شهادات
مشاركة من جامعة أورغون
الامريكية في دورات لتعليم
اللغة الانكليزية لأغراض
خاصة و لغير الناطقين بها.
المؤلفات:
* اللغة الانكليزية لأغراض
التربية الرياضية

ميادة زهير

* ماجستير لغة إنكليزية -
جامعة بغداد/ كلية التربية
للبنات.
* تدرس اللغة الانكليزية لطلبة
الدراسات الأولية/ كلية
التربية الرياضية - جامعة
بغداد.
* محاضرة في كلية التربية
للبنات قسم اللغة الانكليزية/
الدراسة المسائية
* حاصلة على اربعة شهادات
مشاركة من جامعة أورغون
الامريكية في دورات لتعليم
اللغة الانكليزية لأغراض
خاصة و لغير الناطقين بها.

Unit One

1.1. Sports

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

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

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

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

Mainly sports are divided into:

Individual Sports

Swimming

Wrestling

Boxing

Weightlifting

Athletics

Fencing

Gymnastics

Tennis

Team Sports

Soccer

Handball

Volleyball

Basketball

1.2 Key Words

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

Spotlights

Antonyms:

- An antonym is a word that means the opposite of another word.
For e.g., old : new, tall: short, interesting: boring, etc.
- Have you read the text of Sports?
- Read it again and try to focus on the following antonyms:
Novice : Elite,
Professional: Amateur,
Indoors : Outdoors,
Individual Sports: Team Sports,
Hobby: Profession ,
Athlete : Sportsman.
- Focus on these two words. What do you think? Are they antonyms?
Amateur: sportsman

Derivational Suffixes:

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

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

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

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

1.3 Language Awareness:

In the passage, sports are classified only according to the number of players. Can you think of any other classifications of sports? Can you classify sports according to the place where it is practiced like court sports, water sports and air sports? Or can you classify them according to the equipment used like ball sports and racket sports? Or according to its nature like contact sports, extreme (adventure) sports, combat sports and blood sports? Or according to the players like normal sports, disabled sports or even animal sports? Can you classify sports according to the seasons in which they are practiced like winter sports and summer sports? What do you think? Do you think all classifications are correct? Do you know any examples of one of these classifications?

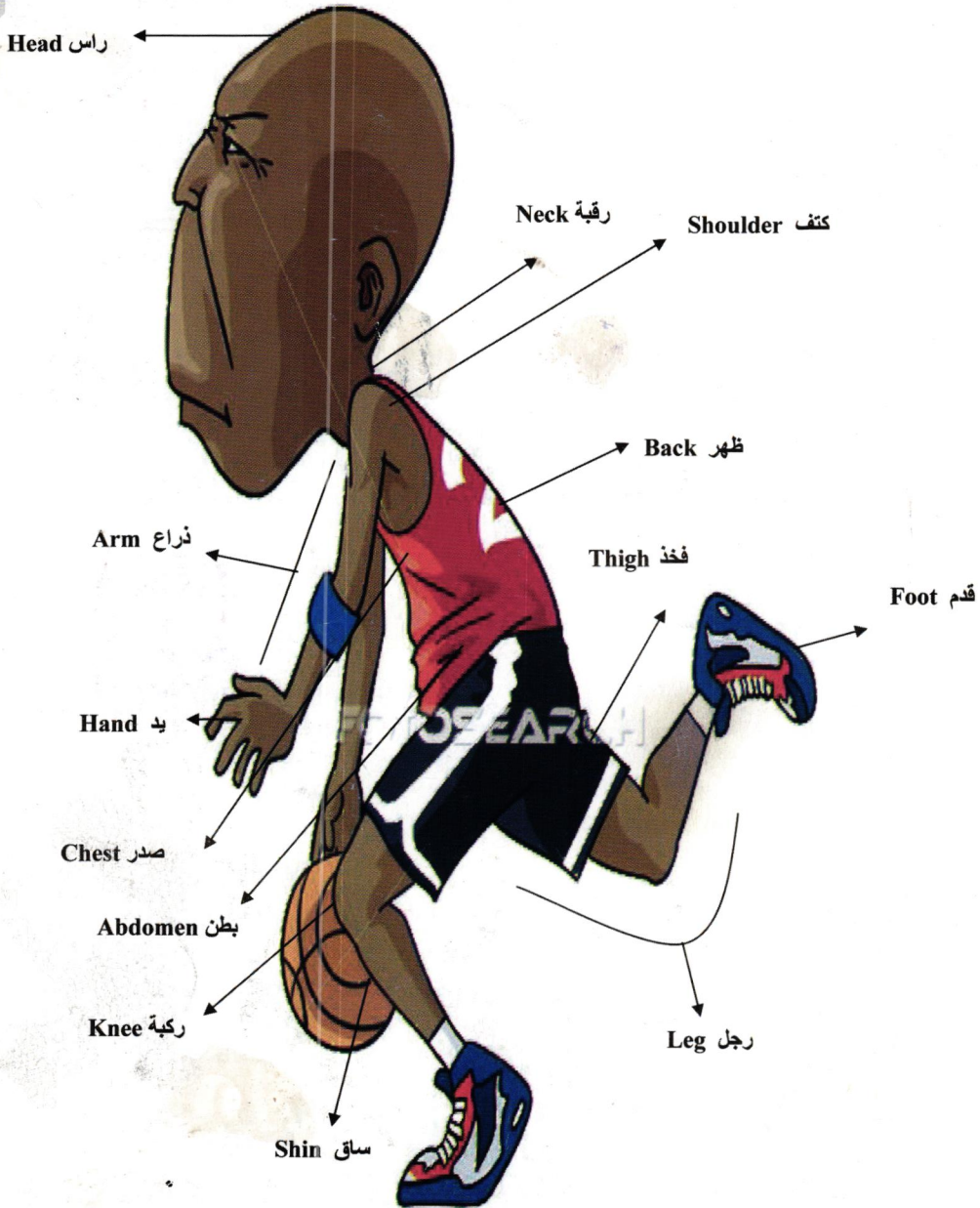
Many researches and studies have shown that an athlete have a personality different from the rest of people that is why there is a science that studies athlete's behavior which is called **Sport Psychology**. Do you believe that athletes have a personality different than the rest of people? Why yes and why no? In Arabic language we call a person who is easy going "sport" what do you think of this term? You are an athlete do you feel that you are different from other people in behavior? How? Are you different in any other way like your body, your abilities, your manner of living, your food, your vocabulary, your clothes, your relationships, your hobbies, etc?

Have you heard of a term called sportsmanship? **Sportsmanship** means obeying the rules, the spirit and etiquette of sports. An athlete should be a good sport that means he should be a good winner and a good loser. What does it mean to be a good sport to you? Are you a good winner? How? Are you a good loser? How? Have you ever been called sore loser? How did it feel?

Have you heard of the term Unsportsmanlike conduct or unsporting behavior? What does it mean? What do you think it mean? **Unsportsmanlike conduct** is an unprofessional act by a player or a team and in many sports the punishment is either a foul or caution. Examples of unsportsmanlike conduct are offensive gestures, actions or words towards a player, a referee, an official or a spectator. Do you approve of this conduct? Why? Why not? Have you ever been punished for unsportsmanlike conduct? Why? How does it feel?

Gamesmanship is completely the opposite of sportsmanship. Do you know this word? What do you think it means? **Gamesmanship** is using twisted methods to win without being caught. Faking injury to delay the game, robbing the joy of winning from your opponent and stating that you are very bad in a game or very good to confuse your opponent are all examples of gamesmanship. Can you think of more examples? Which ones do you use if you use any? Gamesmanship is considered close to cheating yet it is not illegal do you think it should be illegal? Why yes? Why no? Which one do you think is worse unsporting behavior or gamesmanship? Why?

1.4. Vocabulary : The Human Body



1.5 Conversation: Greetings & Goodbyes

- Every conversation starts by a greeting and ends by a good-bye whether formally or informally among:



1.6. Homework

1.6.1 Sports

عنوان صفحہ ①

• Complete the following definitions:

1. Sports are recreational or.....

.....

2. An Athlete is the person who.....

.....

3. Amateur is the person who

.....

• Match each word with its opposite in the boxes.

1. Novice

Elite

2. Amateur

Professional

3. Profession

Hobby

4. Indoors

outdoors

5. Individual

Team

عنوان صفحہ ②

مقابلہ لفظ

عنوان

مقابلہ

مقابلہ

مقابلہ

Outdoors
Hobby
Team
Elite
Professional

• Word Square Find the individual and Team sports.

S W E I G H T L I F T I N G
R T E N N I S B O X I N G R
F E N C I N G Y M N A W H S
Y S W I M M I N G A M I S O
A T H L E T I C S C U M D C
V O L L E B A L L O N M A C
W W R E S T L I N G W A C E
S O C B A S K E T B A L L R
V G Y M N A S T I C S G A C

1.6.2. The Human Body

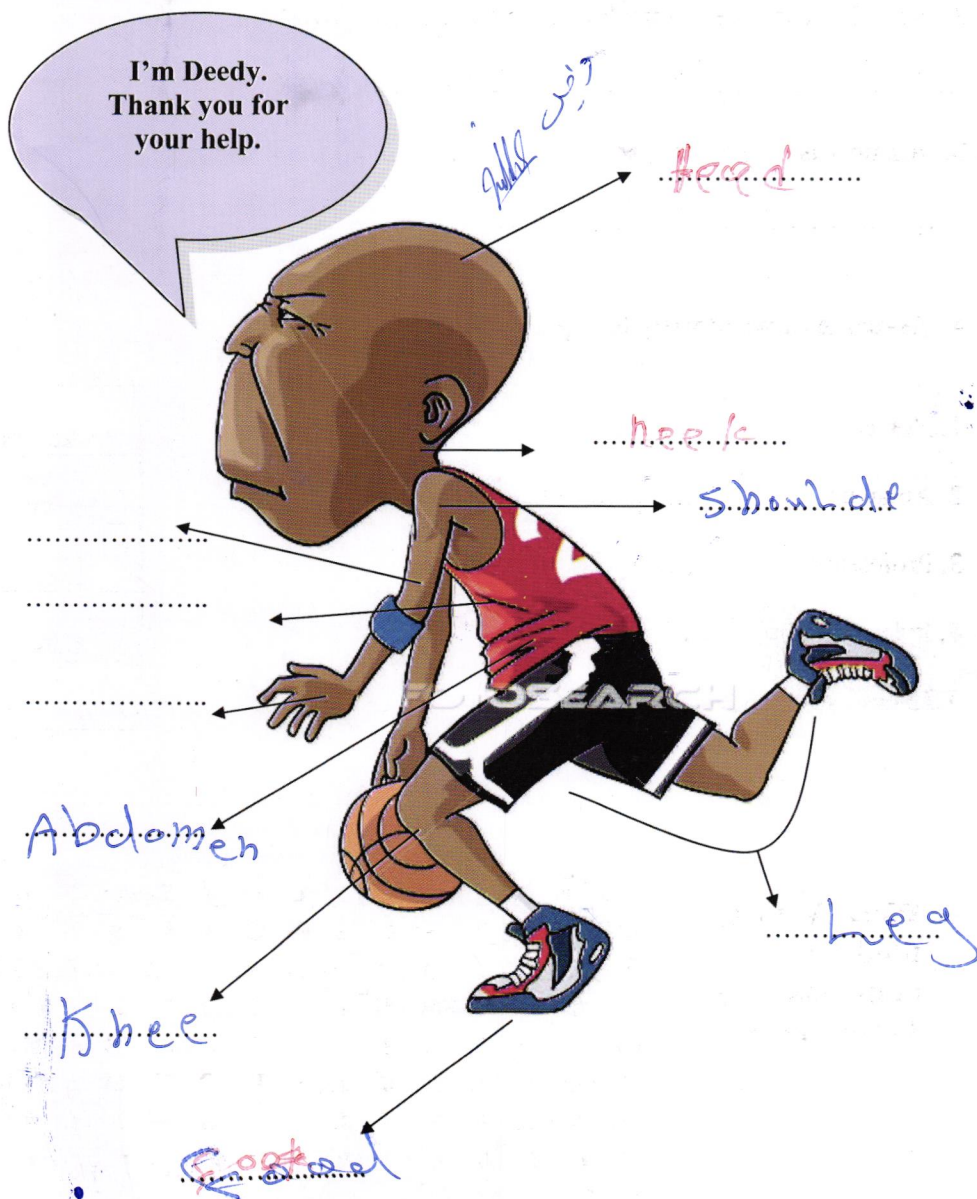
Can you help Deedy, Please? Use each of these words to label the parts of his body:

Head
Neck
Shoulder

Arm
Hand
Back

Chest/ Breast
Abdomen
Thigh

Leg
Knee
Foot



1.7.

Project Work

- What other kinds of sports do you know? Select five of the sports below and try to find five examples one each. You should write the examples in English and in Arabic.

- The Sports :

- رياضة
على
الوجه
مختلف
- *Water Sports
 - *Air Sports
 - *Winter Sports
 - *Blood Sports
 - *Contact sports
 - *Court sports
 - *Climbing sports
 - *Entertainment sports
 - *Animal sports
 - *Target sports
 - *Adventure sports (Extreme Sports)
 - *Folk sports
 - *Disabled Sports
 - *Combat Sports
 - *Female Sports

- Consult the internet "sports" www.wikipedia.com. {Click on WWW.Google.com. Then in the search bar write the sport you select (e.g. water sports). Then click on the result that shows the sport you have selected and has Wikipedia in the result too (e.g. [water sports \(Wikipedia\)](#)) then select five examples on that sport.

1.7. project work

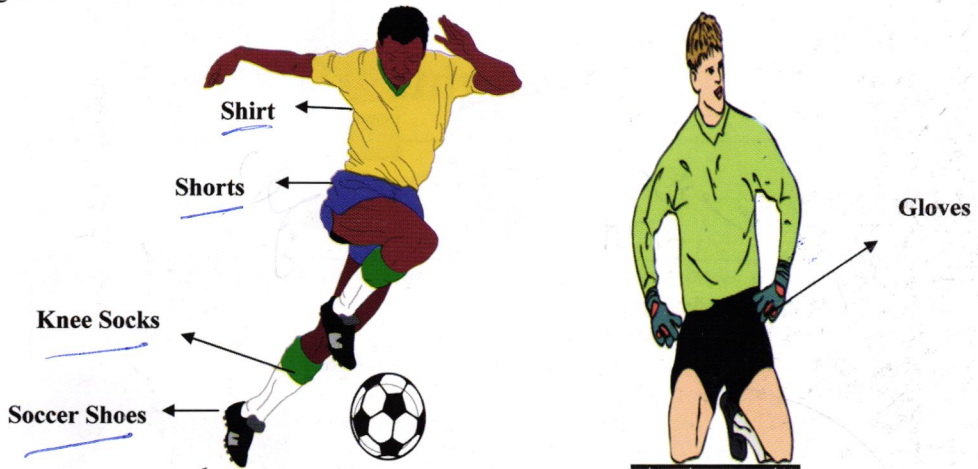
Good Luck

Unit Two

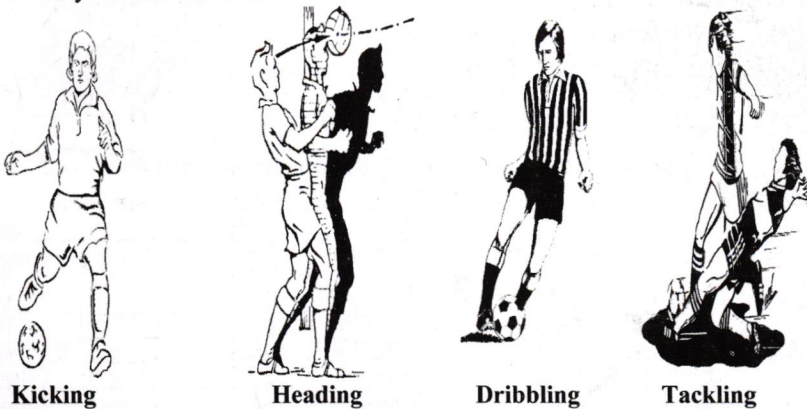
2.1. Soccer

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

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



There are many skills in soccer



2.2. Key Words

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

Spotlights

Synonyms

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

Derivational Suffixes:

A. Nouns with -er, -ie , -ee , (Persons who take parts):

play	player (-er)
goal	goalkeeper, goalie (-er, -ie)
football	footballer (-er)
refereeing	referee (-ee)
score	scorekeeper (-er)
win	winner (-er)

B. Nouns with -ing (Skills):

kick	kicking (-ing)
dribble	dribbling (-ing)
tackle	tackling (-ing)
control	controlling (-ing)
trap	trapping (-ing)
head	heading (-ing)

2.3. Language Awareness :

The word soccer comes from a longer word *Association* football were only the *soc* is taken to form the word Soccer. There are a lot of abbreviations and acronyms in sports like *adidas* which comes from the first three letters of the company founder (Adolf (*Adi*) *Dassler*) who used to make his own shoes in his mother's kitchen. While *ASICS*, Japanese company, is an acronym of the Latin phrase "*anima sana in corpore sano*" which means "a healthy soul in a healthy body." Umbro's original name was *Humphrey Brothers* clothing then *um* from *Humphrey* and the *Bro* from *Brothers* were taken to form Umbro. Do you know the origin of Puma, Nike, Rebook, Lotto and Lacoste? Do you know any other interesting acronyms or abbreviations like OK, KO, WC, AM, PM, MA, Phd etc?

Soccer is a team sport that means there should be team work among players. Do you see this type of work in soccer? Why yes? Why no?

Everything in life has an aim what is your aim in life?

Have you ever felt that the ball is in your court? What does that mean?

Have you ever felt that time is over?

What situations in life you can't just be tied? you should either win or lose?

Do you remember the term unsportsmanlike conduct? Is it only applied in sports? What are the situations in soccer where the players are punished because of their unsportsmanlike conduct?

If a player does something wrong according to the law of the game the referee gives him a warning and if he made the same mistake again, he is ejected. In real life do you warn people before you punish/hurt them? Why? Why not?

What do you think of the ejection rule? When do you eject people from your life?

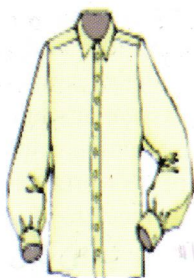
In soccer, players take three positions; attack, defense and midfield. Name the situations in your life that forces you to take one of these positions? Why?

Soccer players wear a uniform. How different are sportswear from ordinary clothes? What type of clothes do you prefer? Why?

What is effect of cultural/ social/ religious norms on our choice of clothes?

Soccer players should have skills and physical abilities to be good players. In the passage only five skills were stated. Do you know any other skills? Do you know the abilities that soccer players need to play soccer? How many of these skills and abilities do you use in your daily activities? Give an example.

2.4. Vocabulary: Clothes



Shirt قميص



T - Shirt فانيلة



Blouse بلوز



Jacket جاكيت



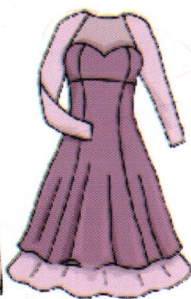
Short سروال قصير



Skirt تنورة



Trousers بنطال



Dress فستان



Suit بدلة



Briefs سروال داخلي للذكور



Bra حمالة



Panties سروال داخلي للأنثى



Shoes حذاء



Sunglasses نظارات شمسية



Ring خاتم



Bracelet سوار



Necklace قلادة

2.5 Conversation : Special Greetings

- Special occasions usually need special greetings. The New Year, birthdays, Al Eid , Graduation Day, Friendship Day, Valentine's Day, Mother's Day , weddings are all special occasions that happen once in the year or once in man's life. People congratulate each others verbally or send greetings cards to say how much they care.



2.6. Home Work

2.6.1 Soccer

• Choose the right answer:

1. What is Soccer?

- a. Handball b. Volleyball c. Football d. Basketball

2. How many players are there in each team?

- a. 11 b. 12 c. 13 d. 14

3. Who is the goalie?

- a. An attacker b. A defender c. A Midfield player d. A goalkeeper

4. If one player is hurt another one takes his place, what do we call him?

- a. Subzero b. Submarine c. Substitute d. Subtitle

5. How many halves are there in a soccer game?

- a. One b. Two c. Three d. Four

6. How many minutes does each half take?

- a. 65 b. 55 c. 45 d. 35

7. Players take a half time to:

- a. Dance b. Sleep c. Play d. Rest

8. The team with the most goals is the:

- a. Winner b. Looser c. Happier d. Faster

9. What is a tie?

- a. Oxford shoes b. A draw c. Handcuffs d. A Cravat

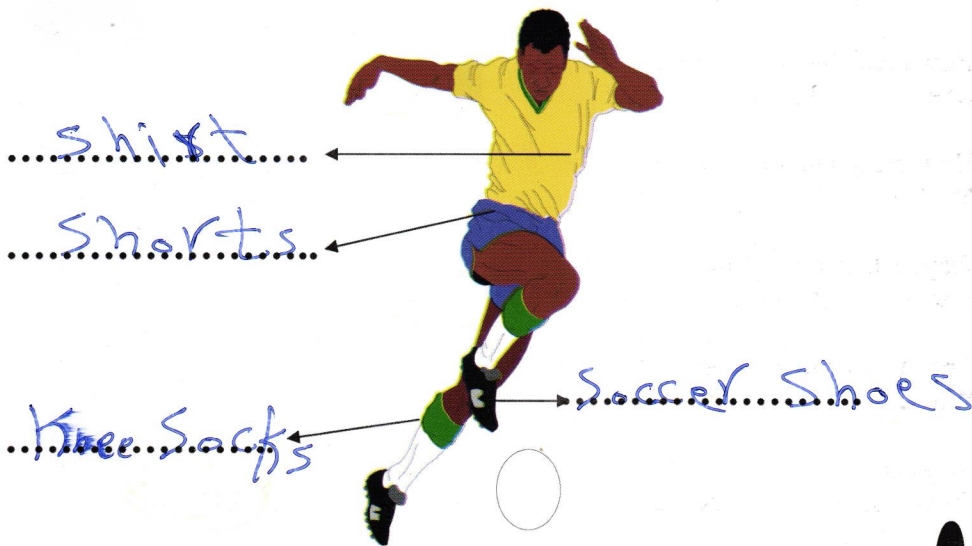
10. At professional levels, an extra period is given to break the:

- a. Cup b. Time c. Luck d. Tie

- **Fill in the blanks:**

1. Football Players' positions inside the field are
..... And
2. The goalkeeper wears a uniform of different color than the rest of players.
He also wearsand.....
3. There are many skills in soccer like: kicking, ,
..... and

- **What does he wear?**



And You, What do You wear?

2.6.2 .Clothes

- Look at the clothes you're wearing.
- Can you identify them?
- Put M for male clothes and F for female clothes?

<u>4</u> <u>M</u>	T - Shirt	فانيلة	1		2		
_____	Trousers	بنطال					
_____	Skirt	تنورة	3		4		
_____	Suit	بدلة					
_____	Shoes	حذاء					
_____	Bra	ستيان		8		5	
_____	Sunglasses	نظارات شمسية			6		
_____	Panties	سروال داخلي للثلاث				7	
_____	Necklace	قلادة					11
<u>16</u> <u>F</u>	Dress	فستان	9		10		
_____	Ring	خاتم					13
_____	Briefs	سروال داخلي للذكور					
_____	Shirt	قميص		12		16	
_____	Jacket	جاكيت					
_____	Bracelet	سوار			14		
_____	Blouse	بلوز					
_____	Short	سروال قصير	15				17
							

Do you prefer casual or formal clothes in special occasion?

2.7.

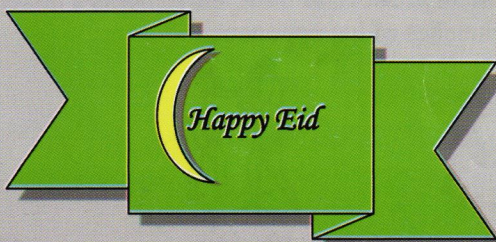
Project Work

- **What kind of occasion do you have?**
- **Design a greeting card for any of these occasions:**
New Year, Birthday, Al Eid, Graduation, Friendship, valentine's Day, Mother's Day, Father's Day, Marriage, Get Well, and any other occasions that may come up to your mind.
- **Think of other occasions whether good or bad.**
- **Consult the internet to find the suitable greetings and simple words.**

www.Greetings.com
www.2000greetings.com
www.123greetings.com

PS:

- *The theme that you select for your card should match the occasion you choose.
- *you can use some of these websites to send ecards that you like.

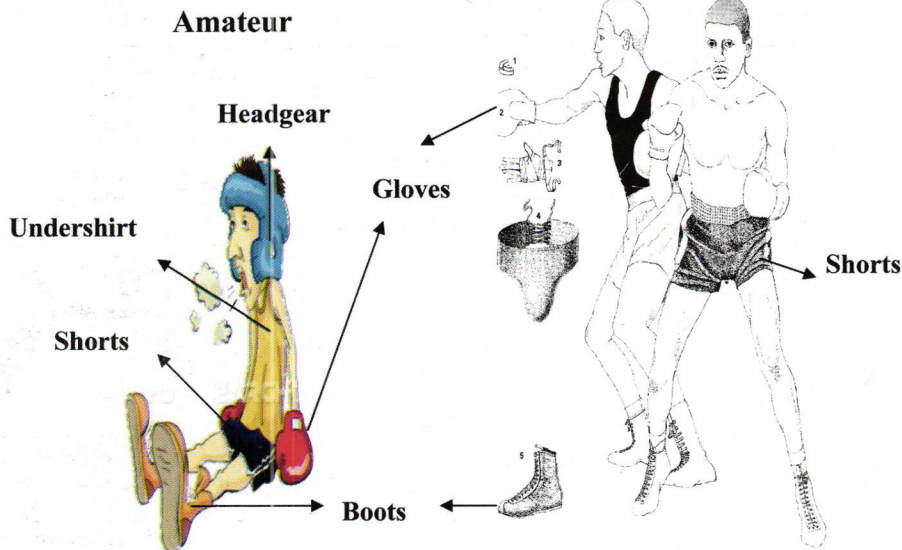


Unit Three

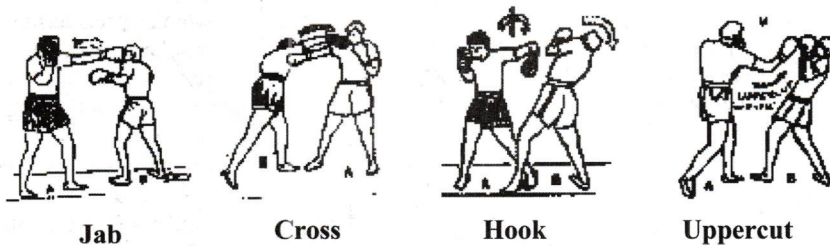
3.1.Boxing

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

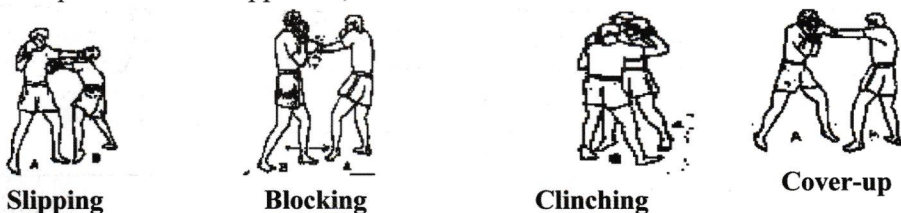
Professional



Attack: there are four basic punches



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



3.2 Key Words:

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

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

It means that everything is all right.

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



MORE About Acronyms & Initialisms KO /TKO

Why?
What does
KO mean?

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

In boxing ,

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

Which Word? bout / round

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

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

3.3. Language Awareness:

Boxing is a very ancient sport. Man invented boxing to defend himself. Do you ever use boxing to defend yourself? When? Do you use boxing to control other people? Who? Does it work?

Boxing has another meaning other than a sport. Boxing means putting things in boxes. Have you ever heard of Boxing day? Boxing day is the day people put their Christmas presents in colorful boxes. Do you give presents in boxes? What types of presents do you usually give people?

A boxer has a different meaning too. There is a type of a dog that is called a boxer. Do you know this type of dogs? What types of dogs do you like?

The boxing passage is filled with words that have many meanings. An English word has many different meanings yet in Arabic usually a word has only one meaning why do you think?

The words ring, points, retire, cross, hook and block have other meanings do you know them?

In boxing there are many types of movement done using the arms do you know more movements? What are they?

Have you heard of other types of boxing for example Kickboxing, Tae boxing? Do you like them? Why? Why not?

Why do you think boxers wear gloves, protector, a gum shield and headgear when fighting? Do you wear anything to protect you when you fight? If yes what do you wear? If no why not?

Have you ever heard of the following idioms:

Blow – by blow (state in details like word by word)

Beat to the punch (beat someone before beating you)

Glass jaw (when an opponent falls very fast in a knockout as if his jaw is made of glass)

Hit below the belt (unfair play)

Takeoff the gloves (to attack without mercy)

Heavy weigh (important person)*light weight (unimportant person)

Saved by the bell (saved from a problem by something sudden)

Which of the above idioms did you like the most? Why? Do you have an equivalent for this idiom in Arabic? What is it?

3.4. Vocabulary: Daily Routines



Sleeping النوم



Eating الاكل



Studying الدراسة



Cycling
ركوب الدراجة الهوائية



Praying يصلي



Walking المشي



Jogging هرولة



Playing football
لعب كرة القدم



Dancing الرقص



Driving سيطرة السيارة



Shopping يتسوق



Cleaning التنظيف



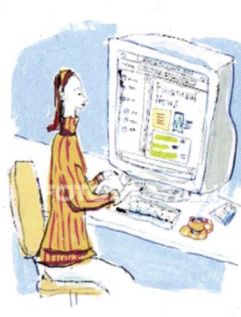
Washing Clothes
غسل الملابس



Watching T.V
مشاهدة التلفاز



Calling
الاتصال بالهاتف



Chatting
الدراسة

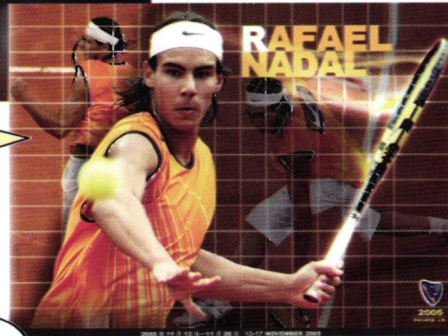
3.5.Conversation : Introducing Yourself

- Whenever you meet people for the first time you need to introduce yourself. Giving some information about yourself like your name and your occupation or where you are from, help you to make friends.

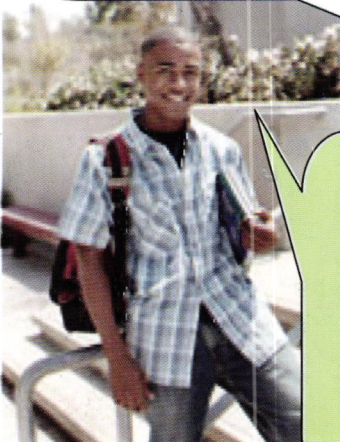


Hello, my name's David Villa Sanchez, born in 3 December 1981. My fans call me El Guaje (The Kid in Austerian). I'm a world cup-winning Spanish footballer. Currently, I play as a striker for FC Barcelona and the Spanish national football team.

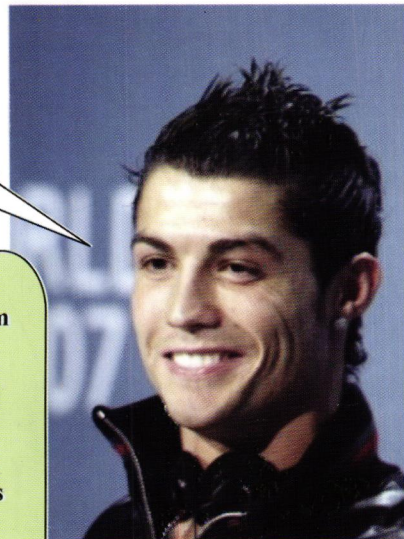
Hi, I'm Rafael Nadal!
You can just call me Nadal! I'm from Spain too! I'm the world's champion of Tennis!



Hi, I'm Cristiano Ronaldo. I'm Portuguese. I was the Attack Middle Field (AMF) in Manchester United. Now, I play in Real Madrid too!



Hello, my name's Ali. I'm a freshman student in the Physical Education College. I'm a short distances runner. Nice to meet YOU!



3.6. Home Work

3.6.1 Boxing

- correct the *italic* words:

1. Boxing is *a team sport*.

...*an ..individual...sport...*

2. In boxing *three fighters* hit each other in certain areas of the upper part of the body.

.....

3. Slipping, blocking and clinging are some basic movements used in *attack*.

.....

4. Bouts are won by a count – out *alone*.

.....

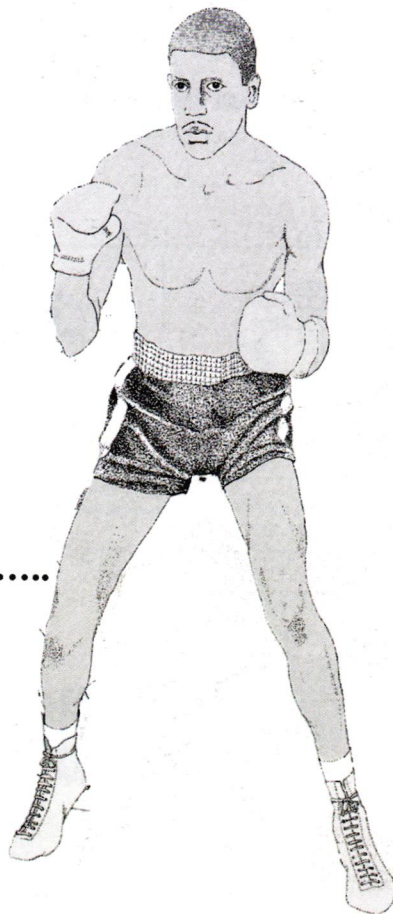
5. Most bouts are held in *a field*.

.....

- Who is he?

He wears only shorts ,
and

He is a.....



KO!

No...Not Yet !!!

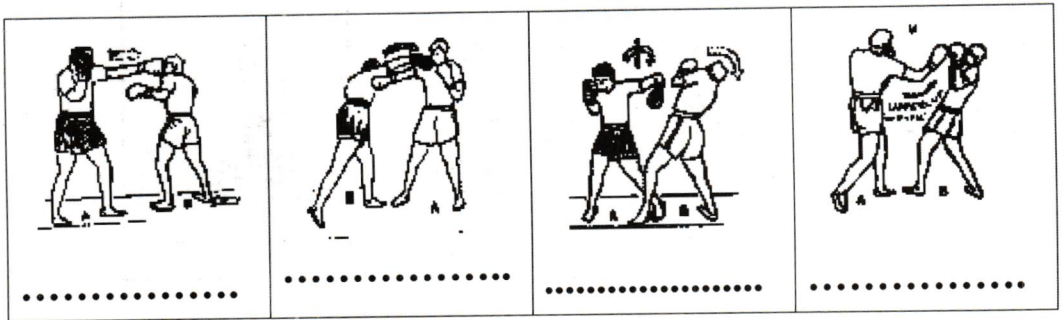
• Who is he?

He wears a headgear,
,, and

He is an.....



• Could you teach this boxer the 4 basic punches of attack in boxing:



What other movements do you Know?

3.6.2. Daily Routines

















- Write the correct word under each picture:

Studying
Driving
Chatting
Shopping

Playing football
Cycling
Dancing
Calling

Praying
Cleaning
Sleeping
Washing Clothes

Jogging
Watching TV
Walking
Eating


			
			
			
			

3.7.

Project Work

Who are YOU?

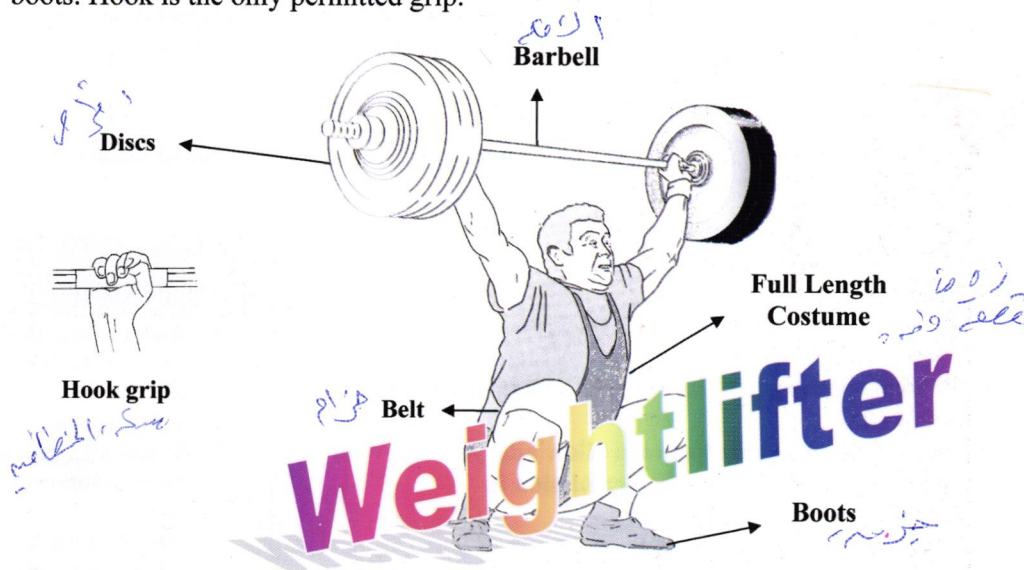
- Can you identify yourself?
- Write an ID and full it with these information :
Name, Date of birth, Stage, Section, College, University,
Blood Group and a personal picture.

ID	
Name _____	
Date of Birth _____	
Stage _____	
Section _____	
College _____	
University _____	

Unit Four

4.1. Weightlifting

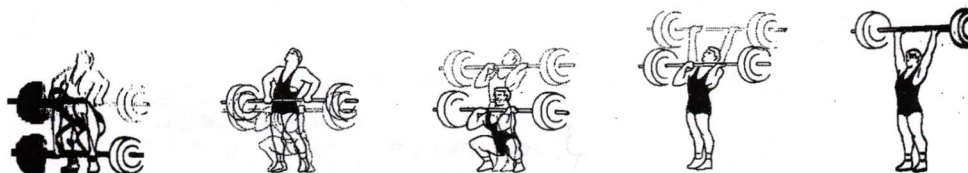
Weightlifting is a sport of lifting heavy weights on bars called barbells. There are two current Olympic weightlifting events — the Snatch and the Clean and Jerk. All lifts must take place on a platform. When the light is white, it is a “good lift”; when the light is red it is a “no lift.” Weightlifters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



The Snatch: is one single continuous movement



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



4.2. Key Words

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

Spotlights

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

Which word?

dumbbell/ barbell

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

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

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

Which Word?

Allow/ permit

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

Word Formation

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

4.3. Language Awareness :

Weightlifting is an old sport that goes back to the days of the pharos were Egyptians used to carry heavy blocks to build the pyramids. They also used to carry the mud that is left on the sides of Nile after the flood each year. Egyptians used to carry this mud to all parts of Egypt. Many sport sociologists believe that this history is the reason why Egyptian weightlifters used to take the golden medals every Olympics. Can you trace back the history of your own favorite sport?

There are white and red lights in weightlifting. Do you know any other sport that has lights too? What is the name of that sport?

Since you know the meaning of IWF, Do you know any other federations and their symbols like FIFA or even IOC for example what do they stands for?

Have you ever heard of powerlifting and bodybuilding?

Powerlifting is like weightlifting in attempts and weights yet the differences lies in the squat, the bench press, and the deadlift.

Bodybuilding is a form of body modification through muscle hypertrophy. Bodybuilders display their physiques to judges, who give points based on their appearance.

Which one do you practice? Why? Which one you do not? Why?

The clean and Jerk is called the King of lifts. What other things are called the king of something like the lion is the king of the jungle. King is a gender word that means it is used only for one gender and here it refers to males, a female is called a queen, do you have any other examples? Do you agree with this distinction? Why? Why not? There is a new trend in language where all names ending with man should be changed into person like policeperson, chairperson, businessperson, what do you think of that?

Have you ever heard of the following weight idioms?

Carry weight (something very important, her words carry weight)

Have the weight of the world on your shoulders (feel very worried and sad)

Pull your weight (work very hard)

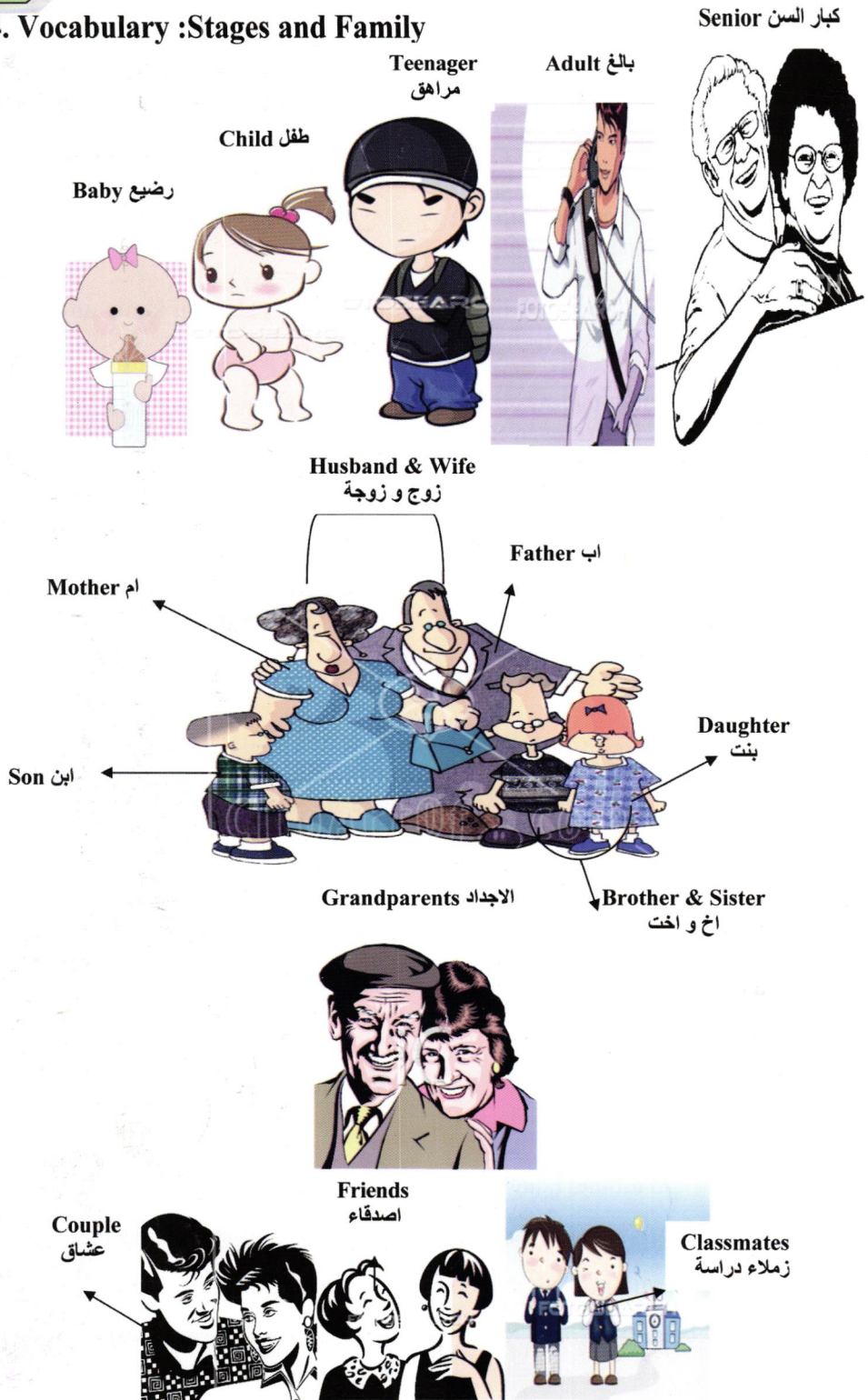
Throw your weight around (show off or proud)

Throw your weight behind something/somebody (support something or someone).

Worth your/its weight in gold (something or someone very valuable)

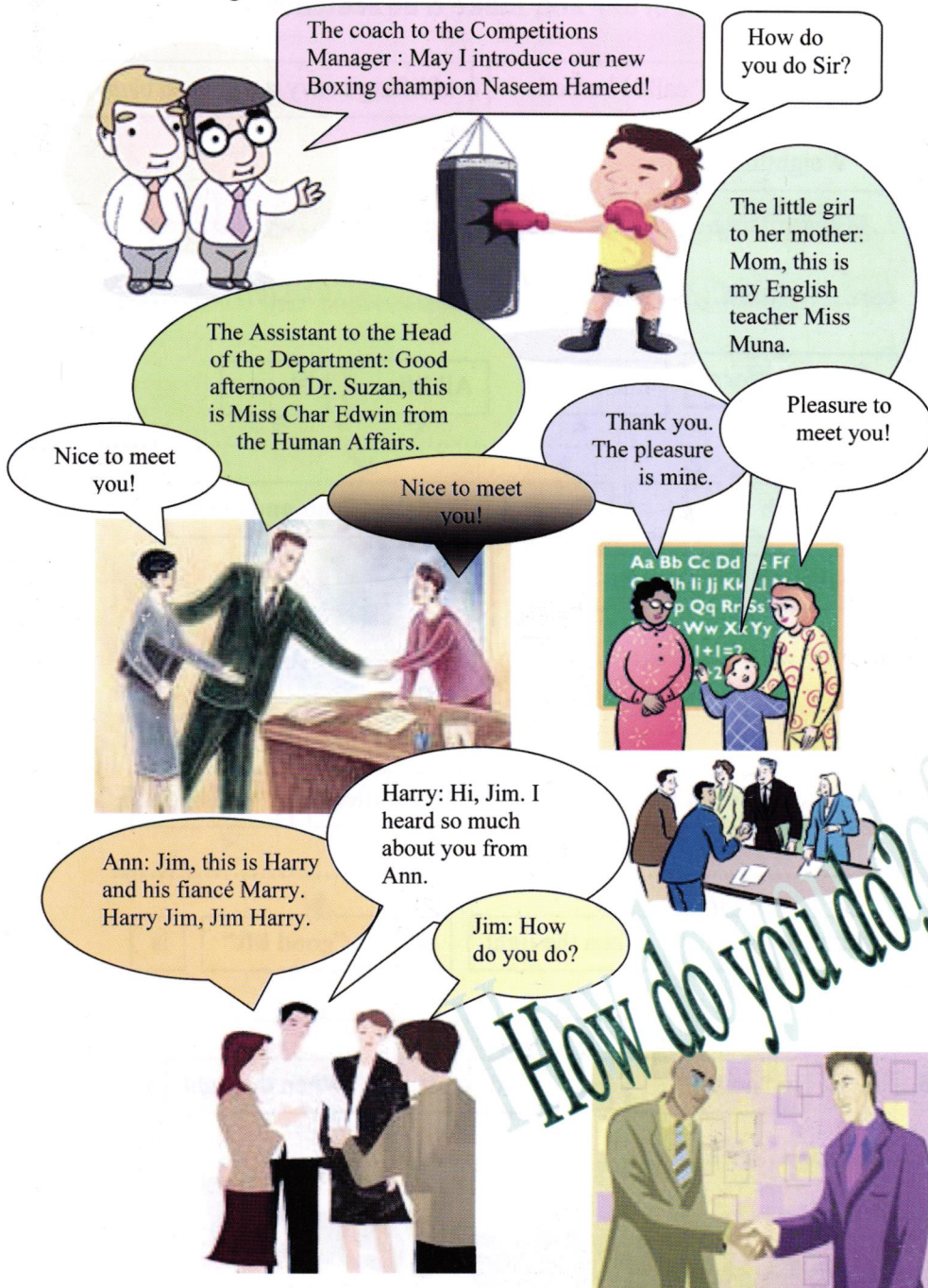
Which of the above mentioned idioms can you relate to the most? Why?

4.4. Vocabulary :Stages and Family



4.5. Conversation: Introducing Others

- Usually, you introduce the lower rank people to the higher ones and the new coming guest to the attendance. How do you do? Is used only in the first meeting and never in the second!



4.6. Homework

4.6.1. Weightlifting

- What do you know about weightlifting?
- Put the words in order and make true sentence.

1.

is

a sport

called barbells

of lifting heavy weights on bars

Weightlifting

...*Weightlifting... is..a..sport...of..lifting... heavy... weights... on..*

bars..... called... barbells.....

2.

on a platform

must take

All lifts

Place

3.

the Snatch

are

There

and the Clean and Jerk.

two weightlifting events—

4.

a full-length costume

wear

Weightlifters

and boots

5.

white,

it

When the light

is

a "good lift"

is

6.

is

a "no lift"

is

red

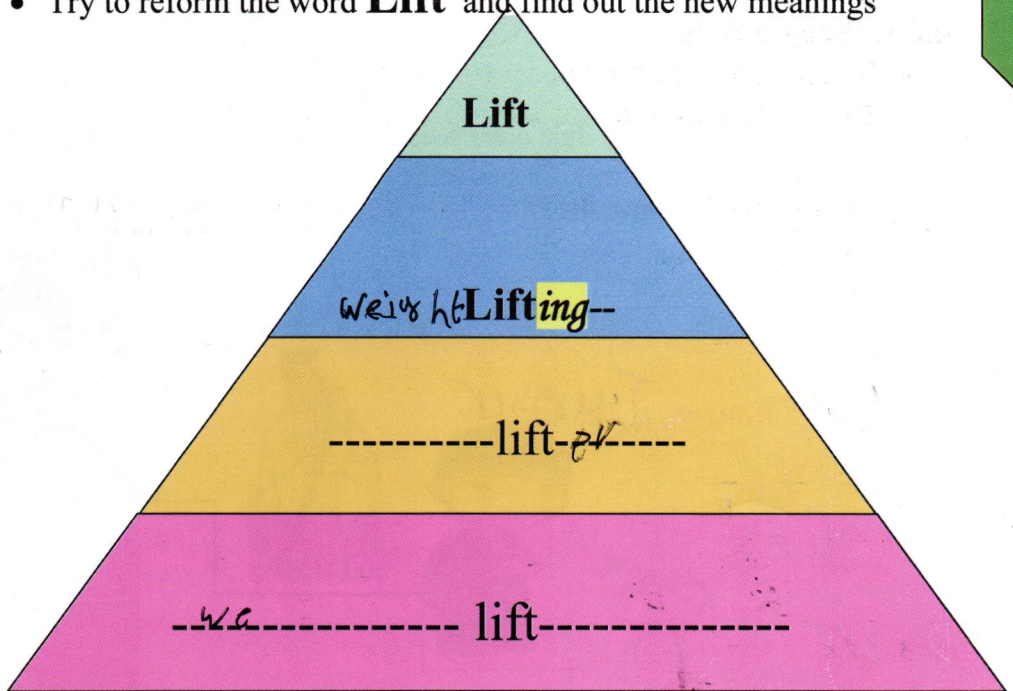
it

When the light

Check the text !!

- **Word Formation**

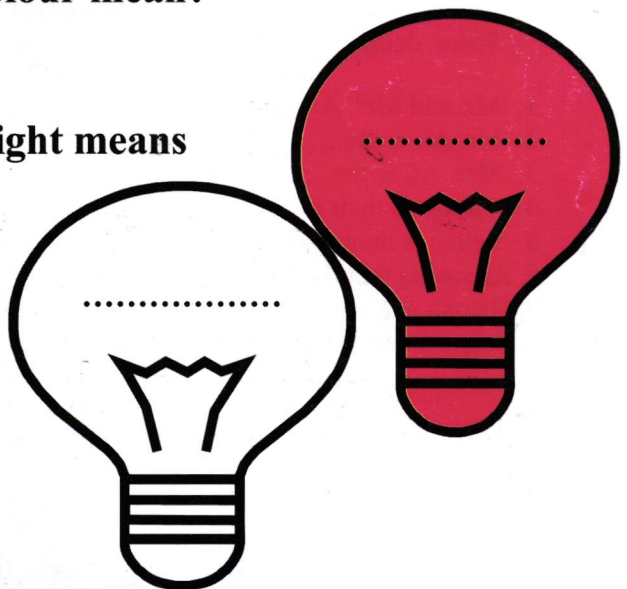
- Try to reform the word **Lift** and find out the new meanings



- **What does each colour mean?**

- **Red light means**

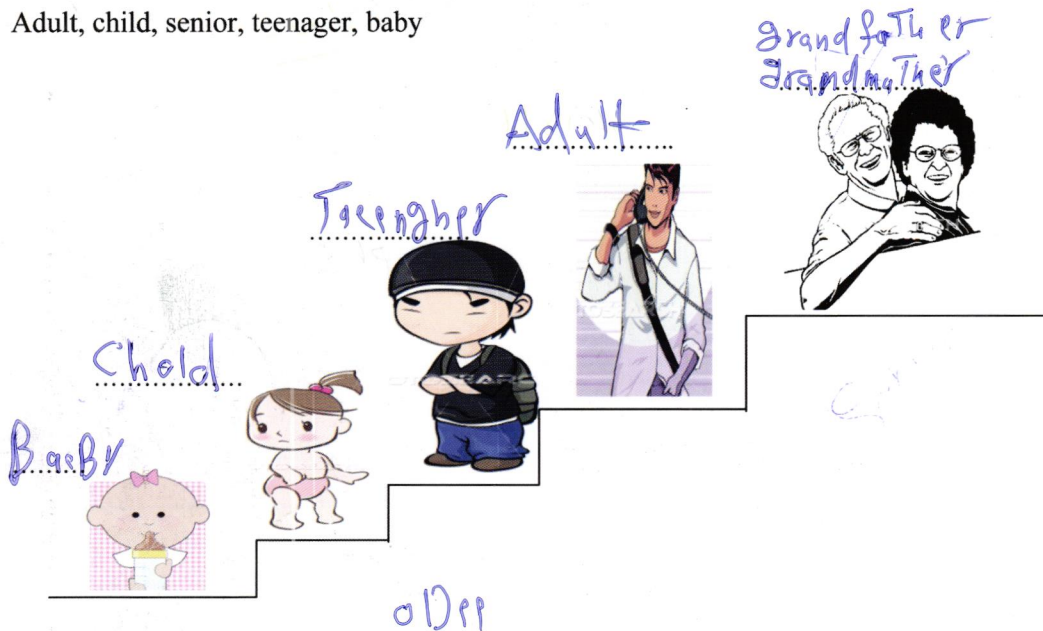
- **White light means**



4.6.2. Stages and Family

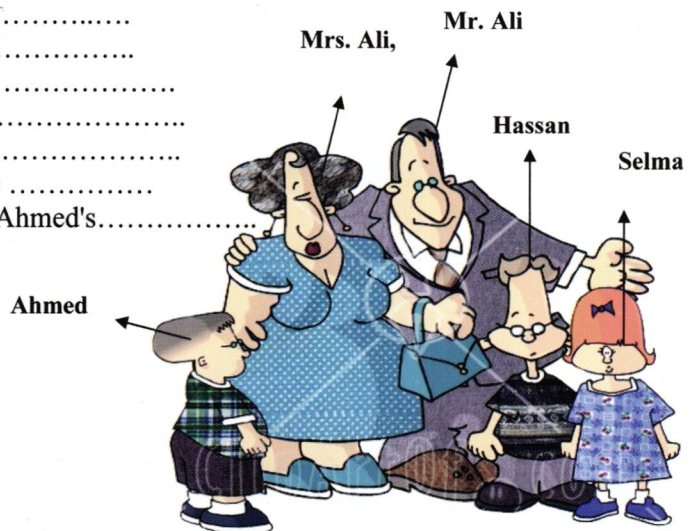
- Put these words in the right order according to the stages of growing:

Adult, child, senior, teenager, baby



- This is Mr. Ali's family. Use right words to show the relationships:
Sister, daughter, brothers, son, husband & wife, father, mother

- Mr. and Mrs. Ali are
- Mr. Ali is the
- Mrs. Ali is the
- Hassan is their old
- Selma is their only
- Ahmed is their young
- Hassan and Ahmed are
- Selma is Hassan's and Ahmed's.....



4.7.

Project Work

- What about your family?
- How many brothers and sisters do you have?
- How many aunts and uncles do you have?
- How many cousins?
- Do you have any nephews or nieces?
- Try to find the meanings of these relationships:

1. Room mate
2. Soul mate
3. Bridesmaid
4. Best man
5. Mother and father in law
6. Son and daughter in law
7. Brother and sister in law
8. Step father and mother
9. Step brother and sister
10. Half brother and sister
11. Foster family
12. Orphan

4.7. Project work

copying you
count for all
Am loves
saying
anything.

Unit Five

5.1. Athletics

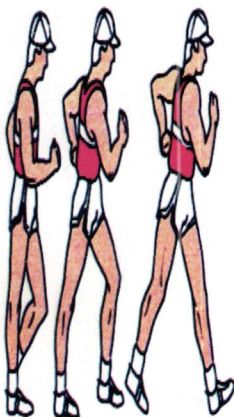
Athletics contains the basic human skills, running, jumping and throwing. All these events, except pole vault, were used by Man to survive. It takes place in an oval shaped track of eight lanes that encloses a large field.

Athletics is divided into two events:

1. Track Events

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

1.1 Walking Events



1.2. Hurdles



1.3. Running Events:

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



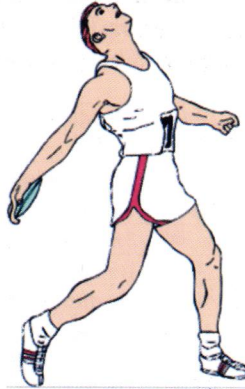
2. Field Events

2.1. Throwing Events



Javelin

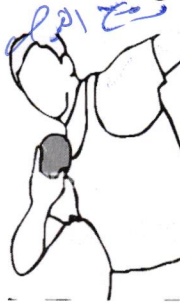
رمي الرمح



Discus Throwing



Hammer Throwing



Shot Putting

2.2 Jumping Event



Pole Vaulting



High Jumping

قفز العال



Long Jumping

قفز الطول

5.2. Key Words

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

Spot Lights

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





Which Word?

Line/Lane

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

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

Shapes

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

Plural Nouns Ending in -s

News/ Measles/Athletics/ Wales/ Shorts

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

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

5.3. Language Awareness

Athletics have two names it is called track and field and also Athletics. Do you know other words that have two names like petrol and oil, trousers and pants? Why do you think they have two names? Is it because British English differs from American English? Can you think of any words that do differ?

The passage states that Man used running, jumping and throwing to survive can you explain how?

There are two types of events; track events and field events which one of them do you think contains most of the basic human skills?

Do you know that in the past men used to impress women by throwing canon balls with all of their strength to show women that they are strong? That kind of throwing developed to shot putting. What other ways a man use to impress a woman in the present? Are sports included? What do you use? Do you think that only men try to impress women or women try to impress men too?

Can you guess the origin of any of the events mentioned in the passage?

Do you know the meaning of IAAF? It means the international association of Athletics Federations. Can you remember any other federations and their abbreviations? What about FIFA, IWF? Do you know them?

Have you ever heard of Special Olympics? Special Olympics are sport competitions held for athletes with mental disabilities (Down syndrome). Do you think an athlete who is mentally retarded can practice athletics? Why yes? Why no? Do you know any athlete who has this case?

Special Olympics are similar to Paralympics and deaflympics yet Paralympics are sport competitions for athletes with physical and visual disabilities like blindness, amputation and cerebral palsy. Deaflympics are sport competition held for athletes who are deaf. Do you think that such people should be given these chances? Do you think we have these types of Olympics in athletics? Do you know that athletics include all types of disabilities?

Have you ever heard of sitting volleyball, wheelchair basketball, wheelchair fencing and wheelchair tennis? Do you think they are harder than ordinary sports? Do you think they have the same rules? What do you think of these sports?

5.4. Vocabulary: Feelings

Page 1



happy

سعيد



mad

غاضب



shy

خجولة



embarrassed

محرج



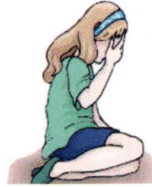
sad

حزين



excited

فرحة جدا



Crying

تبكي



worried

قلق



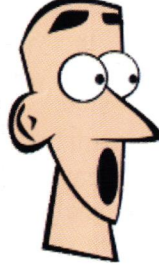
Nervous

متوتر



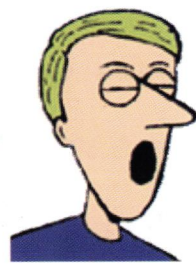
Scared

خائف



Shocked

مصدوم



Tired

يشعر بالتعب



Bored

يشعر بالملل



Sick

مريض



Dizzy

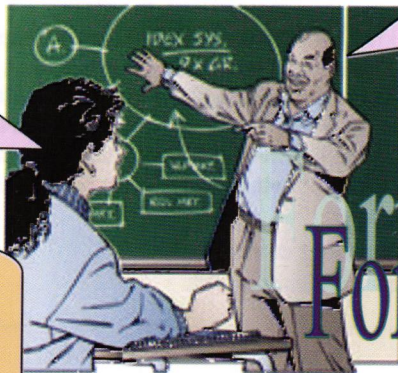
يشعر بالدوار

5.5. Conversation : Asking for permission

- Usually, you ask the permission of the higher rank people in your family, work and school. Formally, you use 'can I..., please?' 'Could I..?' 'Do you mind if....?'. Informally, you can use "Mind if I.....?"

The student to the teacher: Do you mind if I answer this question Prof.?

Yes, certainly.
Go a head!



Formally!

The young lady to the gentle man: Mind if I take this cap please? I have it first!!!!

Sorry, no way!
Over my dead body!
I have it first!!!!



Informally!

The coach to the Media:
Yes, why not.
I can't see why not. We are going to beat them after all!

Do you mind if we announce the names of the players?

The housekeeper to the householder: Can I leave at 12:00, Sir?

Of course you can. Be early tomorrow.



Could we reveal the plan, coach?



5.6. Homework

5.6.1. Athletics

- Read the passage carefully and answer the following questions :

Running Events

Running events are kind of Track events. These events are divided into sub events according to the distance of running. The distance starts from 100m to 10,000m. 100m running is called dash, 200m and 400m are called short distance while 800m and 1500m are called middle distance. The distances from 1600m up to 10,000m are called long distance. Runners must be behind the starting line on the starting blocks. The starter gives the signals "on your marks" and "get set" which mean "being ready" then fires a pistol to start the race.

1. What kind are the running events?

Running events are kind of Track events.

2. Are they divided according to the distance of running?

3. What is dash?

4. What are the 200m and 400m called?

5. What are the 800m and 1500m called?

6. The distance from 1600 up to 10,000 are called long distances, True or False?

7. What do we call the athletes who run?

8. Where must the runner be?

9. What do the signals "on your mark" and get set" mean?

10. Why does the starter fire a pistol?

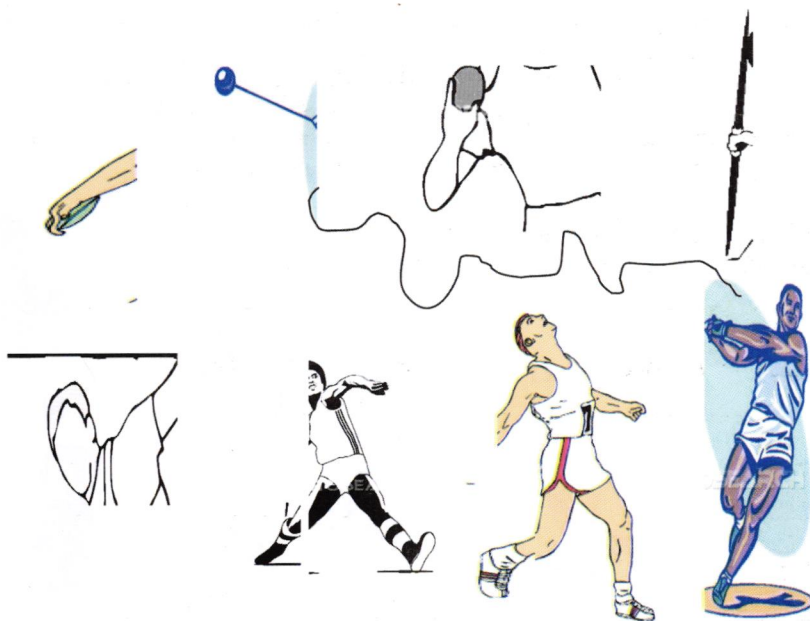
- What is missing?
- Find the missing part of every player and name his throwing device.

Javelin

shot-put

Discus

Hammer



..... Hammer...

- What kind of jumps are these?



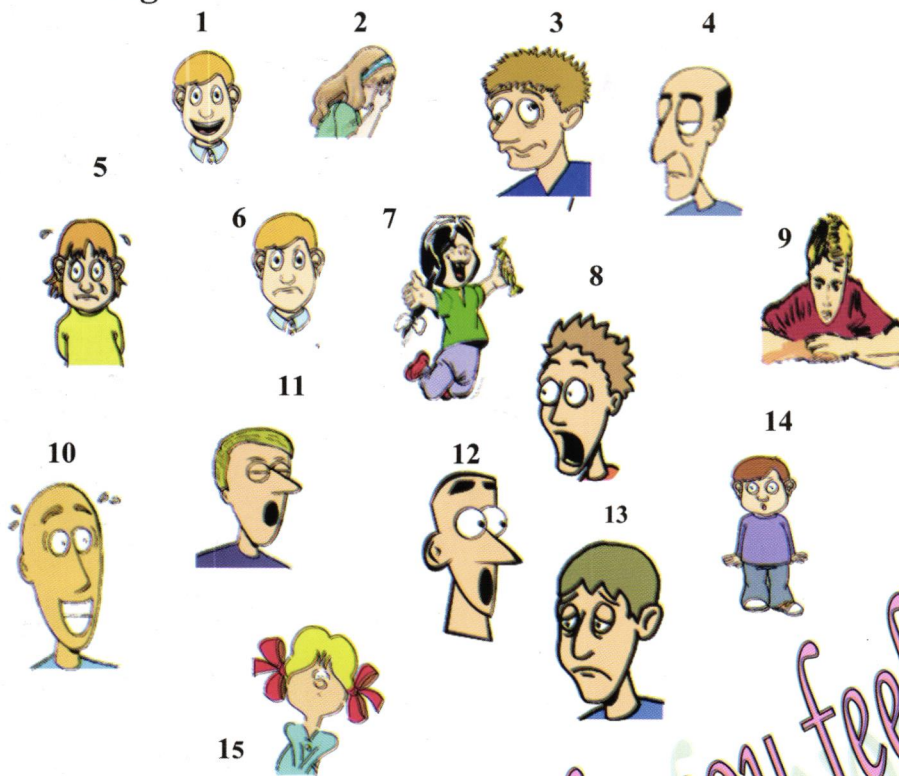
H.....

L.....

P.....

5.6.2 Feelings

- How do they feel?
- Could you please describe the feelings of each of the following characters?



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

5.7.

Project Work

- **How do you feel when:**

- The exam is easy as a piece of cake.
- You do badly in the exam.
- Your favorite football team loses.
- You are hungry.
- You have the flu.
- You take allergy pills.
- You're waiting for someone.
- You trip in front of your girl colleagues.
- You watch a horror movie.
- You win one million dollars.
- Someone you love travels away.

- **Can you remember your feelings in a certain situation?**

5.6 Project work

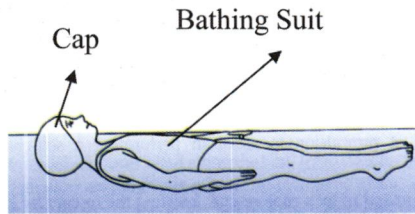
Unit Six

6.1. Swimming

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



Trunks



Goggles

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

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

Freestyle



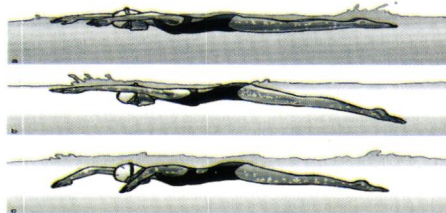
Backstroke



Breaststroke



Butterfly



6.2. Key Words

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

Spotlights

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

About Plural Nouns End in –s

M O R E

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



Which Word ?

Male/female/Man/ woman

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

6.3. Language Awareness :

Swimming is considered a water sport or an aquatic sport. Do you know any other aquatic sports?

Have you ever heard of Diving? Water polo? Synchronized swimming?

Swimming is considered an individual and a team sport? When is it a team sport?

Do you know the meaning of IM? It means Individual Medley in which swimmers compete in all four swimming strokes. Have you ever been to such a race?

Do you know that swimmers can wear Speedos or drag suits (drag shorts) to increase their speed and to decrease their drag? Have you ever used any of these swimwear? When?

Have you ever gone snorkeling? It means swimming through water wearing a mask and swimfins. Or did you go scuba diving? Also a swimmer wears a mask, a wetsuit and scuba equipment on his back. Why do you think people swim this way? Would you like to try one of them? Which one? Why?

Do you know that there is underwater rugby and underwater hockey? How do you think they play these sports? Would you like to try them? Why?

Why do you think that many strokes are called after animal names like dolphin kick, butterfly stroke and dog paddle? Do you think it is because Man learned swimming from animals? Do you have any other reasons? Do you know any other sport that has animal names? What are they?

Do you know the following idioms?

Keep your head above water (keep working hard)

Swim against the tide (do something very difficult)

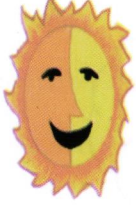






















You are out of your depth (you don't know what you are doing)

Make a splash (make a good impression)

Sink or swim (lose or win)

Which one do you like? Why? Do you know an equivalent for one of them in Arabic?

6.4. Vocabulary: The Weather

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

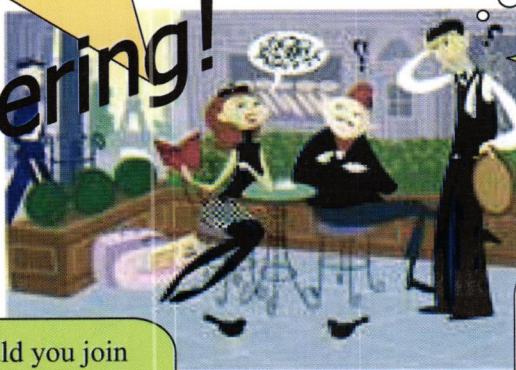
6.5. Conversation: Telling Someone to Do Something

- When someone ask you to do something, you're either willingly accept to do it or not. Please, is the magic word people need to use!

Would you bring me a piece of the black forest, please?



Ordering!



I don't think I can. I wish I could but I can't

Would you join our celebration Mr. Dean, you and your guest, please?

We should be delighted.

Would you marry me? Please!!

Yes, yes, yes, I'd be happy to.



Inviting!



Proposing!

Would you don for the charity affairs, please?



Donning!

Of course, by all means!

6.6. Homework

6.6.1 Swimming

- Put (T) for true statements and (F) for false statements

- F 1. Swimming is an individual water sport.
2. The first swimmer who completes the distance is the winner.
3. Male Swimmers wear swimming Shorts.
4. While female swimmers wear one – piece bathing suits
5. They both can wear caps and goggles.
6. Swimmers usually swim in a track that is divided into lanes.

- Give the suitable information :

Sport	player	Place	Dress & Equipments
swimming			


Would you tell me, what are the four main swimming strokes, please?



Thank you and have a sunny day!


• Can you forecast the weather?


Hailing	Drizzling	Windy	Cloudy
Thunderstorm	Sandstorm	Flood	Draught
Sunny weather	Rainy weather	Snowy weather	Hurricane

• In London  _____


• In Swiss ,  _____


• In Paris  _____


• In the south of the USA  _____


• A great  _____ in Mexico.


•  _____ in Jamaica.


• In India  _____

• In Baghdad  _____

• In Beirut  _____

• In Jordan  _____

• In Turkey  _____

• In Eskimo  _____

6.7

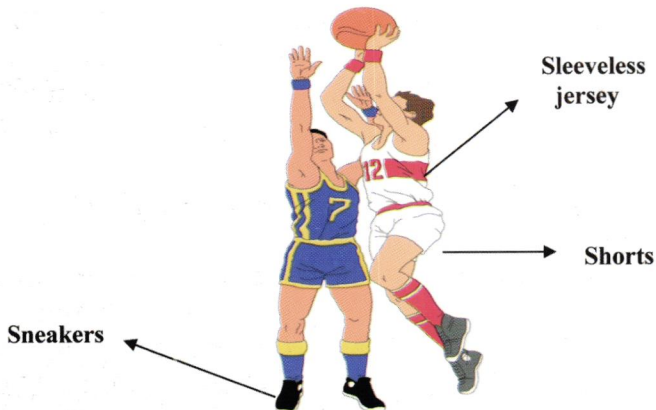
Project Work

- What is your favorite season?
- What do you like to do then?
- What do you like to wear?
- What do you like to eat?
- What is your favorite colour?
- What is your favorite flower?
- Think of new words like: humidity, temperature degrees and global warming; give their meanings.
- Watch the BBC weather forecast or consult the internet on www.bbc.com/weather and write down some information.
- For more information about flowers, their names, kinds and occasions surf the internet for <http://www.800florals.com/category.asp?category=ty>

Unit Seven

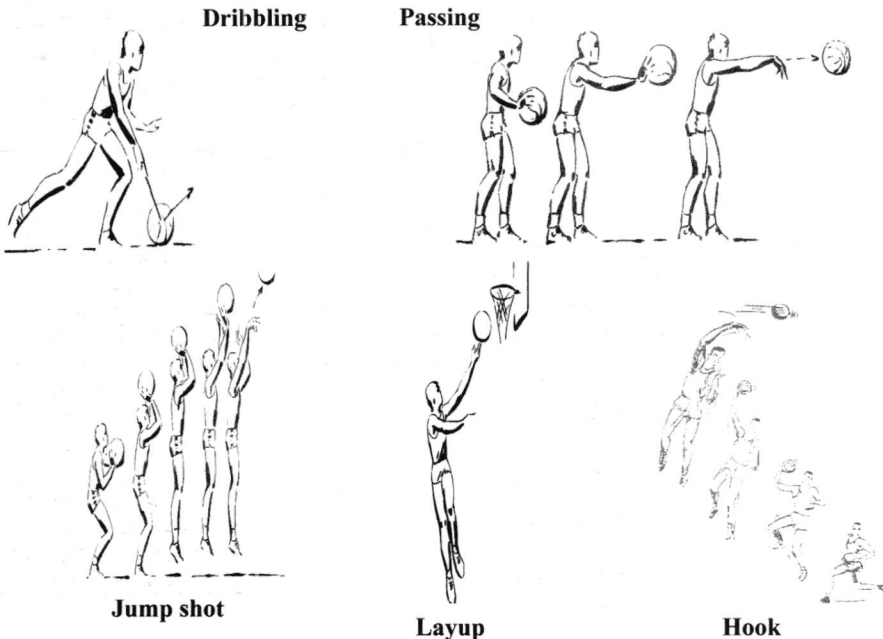
7.1. Basketball

Basketball is played by two teams each team consists of five players. Each team has two forwards, two guards, one center (pivot). One player in the team acts as captain. The game starts by a jump ball when the referee tosses a ball up. The aim of the game is to throw the ball into the opponent's basket. The game is divided into two halves with a ten – minute half time. Basketball is played in a court that is divided by the center line into front court and back court. At the end of each court there is a basket.



Basketball players usually wear sleeveless jersey (vest) with shorts. Basketball shoes are called sneakers.

There are many skills in basketball



7.2.Key Word

Basketball	كرة السلة	half time	وقت بين الشوطين
team	فريق	court	ملعب
forwards	لاعب متقدم	center line	خط الوسط
guards	دفاع	front court	الملعب الامامي
center (pivot)	لاعب ارتكاز	back court	الملعب الخلفي
acts as	يلعب على انه	sleeveless jersey	فانيلة بدون اكمام
jump ball	رمي الكرة الى الاعلى	shorts	سروال قصير
referee	حكم	Dribbling	طبطة
tosses a ball up	رمي	Passing	مناولة
throw	رمي	Jump shot	التهديف من القفز
opponent's	خصم	Layup	التهديف السلمي
halves	اشواط	Hook	خطف



Throw and toss are synonyms. Have you thought of other meanings for toss?

What do you know about Indefinite pronouns like each , one, someone,? Are they singular or plural? Do you know how to use them?

Vocabulary Building

Toss verb, noun

Toss v.:to throw sth lightly or carelessly. *He tossed the ball to Anna.*

Toss your head v.: to move your head suddenly upwards, especially to show that you are annoyed or impatient. *She just tossed her head and walked away.*

Keep Tossing v.: to move or make sb/sth move from side to side or up and down. *I couldn't sleep but kept tossing and turning in bed all night.*

Toss a food v.: to shake or turn food upwards so that it turns over in the air and you can fry the other side. *Watch the pancake and toss it carefully.*

Toss (sb) for sth (also toss up) v.: to throw a coin in the air in order to decide sth, especially by guessing which side is facing up when it lands (head or tail). *We tossed up to see who went first. She had to toss up between the blue and the green dress.*

Toss sth off v.: to produce sth quickly and without much thought or effort. *He tossed off his assignment in half an hour.*

Toss n.: an act of throwing sth , especially in a competition or game; *a toss of 10 meters.*

Tosser n.: a stupid or unpleasant person.

IDM/ not give a toss(about sb/sth) : to not care at all about sb/sth—more at argue.

Spotlights

About Singular Indefinite Pronouns

Each/ one/ someone

- Singular indefinite pronouns refer to only one non-specific person or thing.
- Look at this list: another, anybody, anyone, anything, each, everybody, everyone, everything, much, neither, nobody, no one, nothing, one, other, somebody, someone, something.
- They always take the singular verb.
- Correct usage: **Each** of them **has** a new watch.
- Incorrect usage: **Each** of them **have** a new watch.

7.3. Language Awareness :

Do you know that basketball is a new sport invented by a person called James Naismith who was physical education professor? Why do you think he invent it for? Do you think he invented it to keep his students busy in indoor courts during the snowy winter? Why do you think it was called basketball? Is it because he used peach baskets as goals at the very beginning?

Do you know who invented volleyball? Do you know who invented other sports? Do you know why?

Do you know that basketball was played with a soccer ball in the past? Why do you think the basketball ball is orange? Do you think because it is easier to see?

Basketball is a team sport so is soccer? What do they have in common? What are the differences?

The word guard can be compound with many nouns to mean many things like bodyguard, crossing guard, life guard, prison guard, National Guard and shin guard. Can you give the meaning of one of them?

The aim of basketball is to throw the ball into the opponent's basket. Can you give the aim of any other sport?

Basketball has two goals in the shape of a basket at each end of the court. Can you mention other sports that have the same type of goals?





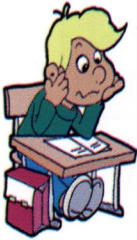










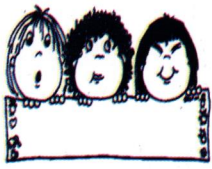




Basketball players usually share one physical trait what do you think it is? Why do you think that most basketball players are both tall and dark? Do you think color and height are important in basketball? Do you think white basketball players are better players than black players? Or is the opposite true? Why?

Why do you think basketball players wear sleeveless T shirts while soccer players wear T shirts? How different is basketball sneakers than soccer sneakers? Why?

Have you heard of slam dunk? It is throwing the ball or putting it in the basket while jumping in the air? Have you ever slam dunked? How does it feel?

Have you ever heard of slamball? Slamball is a full contact basketball sport with trampolines. Would you like to try it? Why yes? Why no? Have you ever heard of mini basketball? Or wheelchair basketball? For whom do you think they are made?

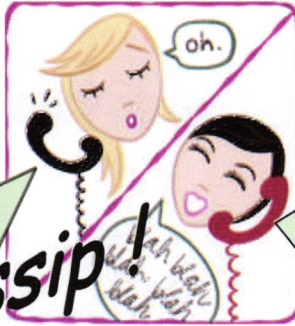
7.4. Vocabulary: daily problems

 <p>Stains on clothes بقع على الملابس</p>	 <p>Late for work متأخر لمتاخر</p>	 <p>Traffic jam ازدحام</p>	 <p>Angry boss or teacher رئيس عمل او استاذ غاضب</p>
 <p>Forgetting homework نسيان اداء الواجب</p>	 <p>Hard work and hot weather عمل مضني وجو حار</p>	 <p>Bad weather طقس سيء</p>	 <p>Fall in front of people السقوط امام الناس</p>
 <p>Dead battery بطارية فارغة</p>	 <p>No signal لا توجد شبكة</p>	 <p>Pick pocketing التعرض للسرقة</p>	 <p>No money ليس لديه نقود</p>
 <p>Flat tire اطار مثقوب</p>	 <p>Accident حادث</p>	 <p>Bombed Car سيارة مفخخة</p>	 <p>No lunch لا يوجد غداء</p>
 <p>Power cut كهرباء مقطوعة</p>	 <p>Chores امال المنزل</p>	 <p>Fighting over the remote الشجار على جهاز السيطرة عن بعد</p>	 <p>Computer doesn't work كمبيوتر عاطل</p>

7.5. Conversation: Describing People's Appearance

- First you describe his/her height and weight:

Have you seen Janet in the prom's photos? She looked shorter and fatter than before. Last year she was stocky but this year she seems 20 pounds overweight!



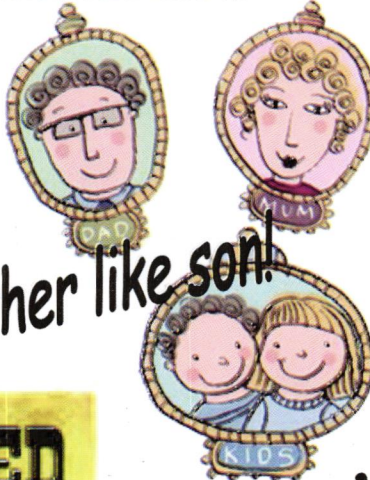
Gossip!

Have you seen her brother John? Not the tall skinny man beside her. The medium height slender young man behind her! He is 27 and so handsome! He works at finance Office too!



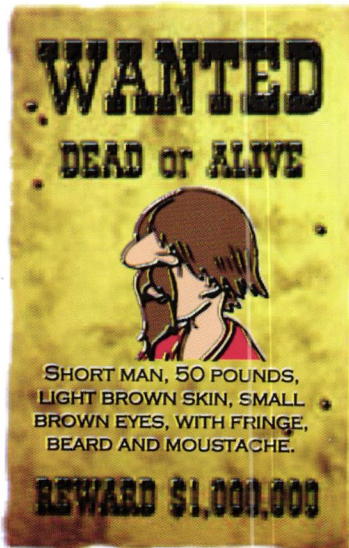
- Second you should describe people using the following order: Type of hair (length, nature and color,), Face (Color of complexion,) Eyes (size, shape and color), other features.

These are Mr. & Mrs. Belly! Mr. Belly's hair is short, curly and black. Mrs. Belly's hair is also short and curly but blond!



These are their kids Willy and Nelly! Willy is just a spitting image of his Dad. His hair is short, curly and black, just like him. Nelly's hair is medium, straight and blond. Unlike her brother, she's unique!

Like father like son!



Wanted!

A Bride's wanted! Tall, slim, long wavy red hair, white complexion, has lightly tanned skin, small almond green eyes and pronounced cheeks! How lucky I'm! I'm just fit!

7.6. Homework

7.6.1. Basketball

• Put in order!

Read the text. Check the right order of every sentence. Rewrite the sentences correctly.

1. /each team/ /of five/ consists/ players / is played /teams /by two / Basketball/

Basketball

2. /(pivot)/ has /two /Each team/ guards/ two / center/ one /forwards/

3. /captain / in the team/ as/ One player/ acts/

4. /when a ball up/ The game/ tosses/ starts/ by the referee /a jump ball/

5. /of/ is/ to throw/ the game/ into /the opponent's/ the ball /
/basket/ The aim/

6. / minute/ is divided/ into/ with/a ten- /half time/two/ The game/ halves/

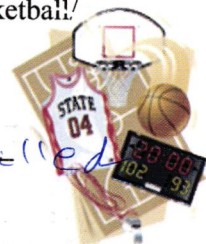
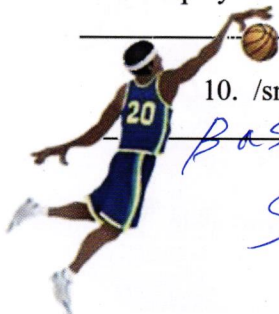
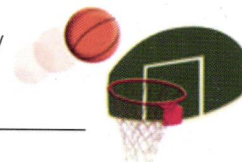
7. /into front court /and /back court/ Basketball/ a court/ is played/ is divided/ in
/that/ by/ the center/ line/

8. court/ a basket/ At the end/ there is /of each /

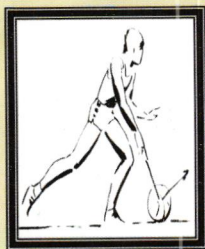
9. /shorts / players/ sleeveless jersey/ usually wear/ (vest)/ with/ Basketball/

10. /sneakers/ shoes/ are called/ Basketball/

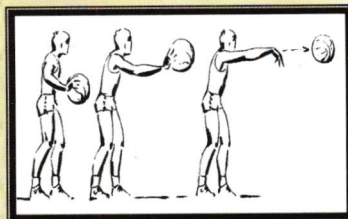
*Basketball shoes are called
sneakers*



There are many skills in basketball:



D _____



P _____



J _____



L _____



H _____



• What, Who, Where?

1. What is basketball?
It's a -----sport.
2. Who does play basketball?
A -----
plays basketball.
3. Where is basketball played?
4. It's played in a
5. -----.

Toss the words!

Toss to, toss up, toss off, (not) give a toss about

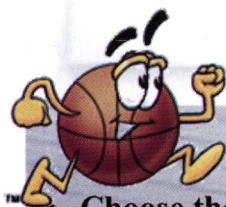
**He ----- his assignment in half an hour.*

**He -----the ball ---- Anna.*

**We ----- to see who went first.*

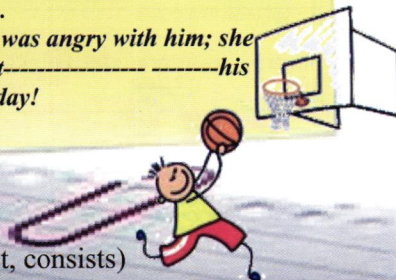
**The game starts by a jump ball when the referee -----a ball -----.*

**She was angry with him; she didn't-----his birthday!*



Choose the correct usage of Each:

1. Each team -----of five players.(consist, consists)
2. Each team ----- two forwards, two guards, one center.(has, have)
3. Each player ----- sleeveless jersey with shorts. (wear, wears)



7.6. 2. Daily problems

- What are their daily problems?
- Find, match and write each problem.



- Angry boss / teacher
- Bad weather
- Bombed Car
- Chores
- Computer doesn't work
- Dead battery
- Falling in front of people
- Fighting over the remote
- Flat tire
- Forgetting homework
- Hard work
- Late
- No lunch
- No money
- No signal
- Pick pocketing
- Power cut
- Stains on clothes
- Traffic jam
- Accident



19



A-----
A-----
B-----
B-----
C-----
C-----
D-----
F-----
F-----
F-----

F-----
H-----
L-----
N-----
N-----
P-----
P-----
S-----
T-----

Project Work

- **And you what are your daily problems?**
- Think of other daily problems that you or people may have :
- At home: a TV/ radio/ fan/ radiator/phone that doesn't work; a broken washing machine/ window/ glass/cup, dying plants, a messy bedroom/ closet/desk , lost keys/books/ lectures , a cut finger, an argument with a friend/ brother/ someone you love.
- At work: too much work to do, co-worker in a bad mood, crashed computer, a photocopier/phone that is out of order, a coffeemaker that isn't working.
- Now think of some everyday problems that you or people you know have had recently. Write them down to make a table for the problems of this week! Write them down and take them off your shoulder! Make sure to crumple the drafts up and toss them one by one in any trash basket!

Breathe a sigh of relief!

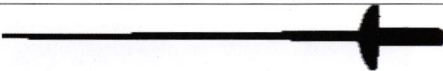
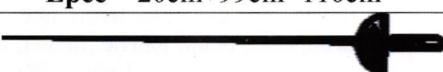
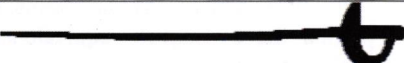


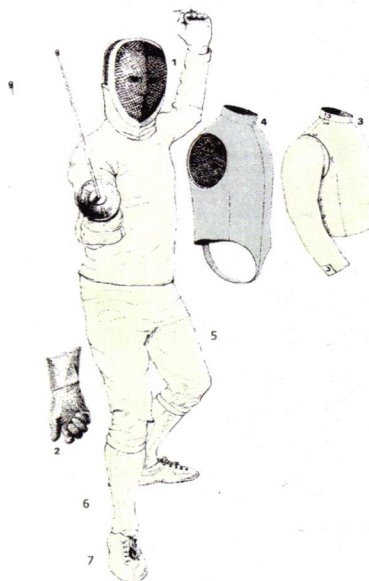
My daily problems!	
Sunday	_____
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____

Unit Eight

8.1. Fencing

Fencing is an individual sport. It is an art of armed combat that uses weapons namely swords. It takes place on a Piste (or strip). In modern competitive fencing 'electric' weapons are used. Green or red light means on-target touch. White light means off-target touch. The fencer with more points (or touches) is the winner. The traditional uniform is white; black is for masters. Fencers usually wear 1) mask, 2) one glove for the sword arm, 3) jacket, 4) metallic over- jacket, 5) knickers (or a pair of under- Knee trousers), 6) knee-length socks, 7) fencing Shoes and protectors.

Weapons	
Foil	20cm+99cm= 110cm
	
Epee	20cm+99cm=110cm
	
Saber	17cm+88cm=105cm
	



Body Targets

- The torso at foil.
- The entire body at epee.
- The upper half of the body at saber.

In fencing there are many skills and movements like: parry, repost, lunge...

8.2.Key Words

Fencing	مبارزة	Knickers	سر وال تحت الركبة
Art	فن	Knee-length socks	جوارب طويلة
Armed combat	قتال مسلح	Fencing Shoes	حذاء خاص بالمبارزة
Weapons	أسلحة	Protectors	واقيات
Swords	سيوف	Foil	سلاح الشيش/ فلوريه
Piste / Strip	ببيست/ ملعب خاص بالمبارزة	Epee	سلاح سيف مبارزة
Electric weapons	أسلحة كهربائية	Saber	سلاح السيف العربي
On-target touch	لمسة في منطقة الهدف	Body target	مناطق الهدف في الجسم
Off-target touch	لمسة خارج منطقة الهدف	Torso	الجذع
Fencer	مبارز	Entire body	جميع اجزاء الجسم
Traditional uniform	الزي التقليدي	The upper half	منطقة اعلى الخصر
Mask	قناع	On Guard position	وضع الاستعداد
Glove	قفاز	Lunge	الهجوم بالطعن
Metallic over- jacket	صدرية معدنية	Parry	الدفاع بالصد/ باراد

Spotlights

- If you watch a fencing bout, you will certainly hear strange terms. Is this English?! You may wonder. What do you think?
- Throughout the text, there are a lot of adjectives. Did you think of their position in the sentence? Do you know what the difference between Arabic and English adjective usage is?

English / French / Italian

English fencing terminology draws heavily on foreign words especially the French and the Italian. For example, terms like salut, on garde, aller, point, touché, fleuret, epee, sabre, piste are French. Others like foil, parad, inquartata, passata sotto, appuntata and imbrocata are Italian. Some of these terms have English equivalents while others are just universal.

The **FIE** is the French initials of *le Federation internationale d' Escrime* or the International Federation of Fencing IFF in English.

Grammar Point Adjectives

- An adjective is a word that describes a noun.
- Adjectives are either attributive or predicative or both.
- They are attributive when they come before the noun as a premodifier: *beautiful painting, happy family.*
- They are predicative when they come after the noun as a subject complement or an object complement: *Your daughter is pretty, He made his wife happy.*
- In Arabic adjectives always follow the noun. They are both attributive and predicative.
- Read the text and consider these two sentences: *The traditional uniform is white. In modern competitive fencing, electric weapons are used.*



8.3. Language Awareness :

Do you know that fencing was only for royal families and gentlemen? It was mainly invented for defending ones honor in a duel? Do you know any other way for defending ones honor? What is it?

Have you ever heard of a knight or *The knights of the round table*? Have you heard of a Musketeer or *the three musketeers*? Why do you think they are famous? For what did they use their swordsmanship?

Fencing is said to be the art of armed combat. Do you know any other type of combat sports? Are there unarmed combats? Can you state any? Which type of combat do you prefer? Why? Do you know martial arts? Do you think that they are combat sports? Are they armed combats or unarmed or both? Do you know any martial arts?

Do you know that the word sword means "to cut or to wound"? Do you know other tools that can wound you or cut you? How important do you think the sword was in the past? What does it stands for? Do you know a flag which has a sword on it? Which country's flag? (Saudi Arabia)

Do you think that fencing is the only sport that uses swords? Do you know Kendo? It is a Japanese martial art where swords are used.

There are three types of swords in fencing. Do you think they have different uses? Do you know that with the saber you can hit only the upper body and with the epee you can hit the entire body? Which one do you prefer?

In fencing a weapon is used mainly a sword. Do you know any other weapons that people fight with? What about bayonet, knives, batons, clubs and sticks have you used any of them in fighting? Have you heard of military weapons? Do you know any of them? Do you know what are mass destruction weapons and nuclear weapons?

The color of the uniform defines the proficiency level of a fencer. Do you know any other sports where colors define the level of proficiency? In Karate the color of the belts take the following order white, yellow, orange, green, blue, brown and black. The origin of the colors goes back to the old days. The white belt was simply dyed to a new color. This repeated dying process dictates the type of belt color and the order of the colors!

Have you heard of Wheelchair fencing? Do you know in this type of fencing the fencer's wheelchairs are fixed to the floor? Why do you think they are fixed ?

8.4. Vocabulary: College

 <p>University / College جامعة/كلية</p>	 <p>Campus حرم الكلية</p>	 <p>Class صف lecture محاضرة</p>	 <p>Lecturer / Lecture محاضر او مدرس/ محاضرة</p>
 <p>Student طالب</p>	 <p>Classmates زملاء دراسة</p>	 <p>Skipping lecture يضرِب محاضرة</p>	 <p>Taking an exam يمتحِن</p>
 <p>Homework الواجب البيتي</p>	 <p>Text books الكتب المنهجية</p>	 <p>Graduation التخرج</p>	 <p>Taking Degree الشهادة</p>
 <p>Sports bag حقيبة رياضية</p>	 <p>Chalk & Duster طباشير و مساحاة سيورة</p>	 <p>File فايل</p>	 <p>Biro قلم جاف</p>
 <p>Pencil, rubber and sharpener قلم، مساحاة، مبراة</p>	 <p>Pins & clips كليبسات</p>	 <p>Stapler كاسية</p>	 <p>Desk tape شريط</p>
 <p>Computer lab مختبر الحاسبات</p>	 <p>Cafeteria الكافتيريا</p>	 <p>Library مكتبة</p>	

8.5. Conversation: Describing people's Manner

- People have different manners. You can describe them according to their good or bad abilities, qualities and attitudes. You can say this man is creative and that man is not, this girl is unique but that one is brainless or this child is calm but that one is stubborn.



8.6. Home Work

8.6.1. Fencing

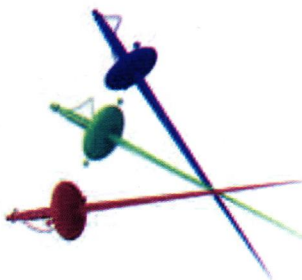
- Choose and circle the right answer.



1. What kind of sport is fencing?
a. an individual sport. b. a team sport c. neither
2. What kind of combat art is fencing?
a. armed b. unarmed c. both
3. What kind of weapons is used?
a. saws b. spoons c. swords
4. Where does fencing take place on?
a. ring b. piste c. platform
5. What are the new weapons in modern competitive fencing?
a. electric b. laser c. automatic
6. What does the green or red light mean in fencing bout?
a. on-target touch b. off-target touch c. semi-target touch
7. What does the white light mean?
a. semi-target touch b. on-target touch c. off-target touch
8. What is the fencer with the most points?
a. the loser b. the winner c. the thinner
9. What color is the traditional uniform of fencers?
a. yellow b. green c. white
10. What color does the master wear?
a. blue b. black c. brown

Swords in Fencing are:

- F _ _ _ _
- E _ _ _ _
- S _ _ _ _



• What does a fencer wear?

Fencers usually wear:

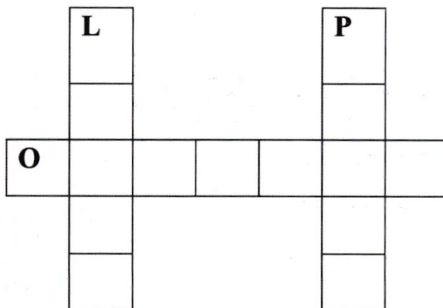
1. M _____ to cover their face.
2. G _____ for the sword arm,
3. J _____ for the upper part of the body.
4. M _____ over- jacket for the electric weapon.
5. K _____ or a pair of under- Knee trousers,
6. K _____ socks,
7. F _____ shoes
8. P _____ to protect the sensitive area.



Body Targets!

- The _____ at foil.
- The _____ at epee.
- The _____ at saber.

• Guess and fill with the main fencing skills!



Lights of Fencing!

- When the light is _____

Or _____, it's _____

touch.

- When the light is _____, it's _____ touch.

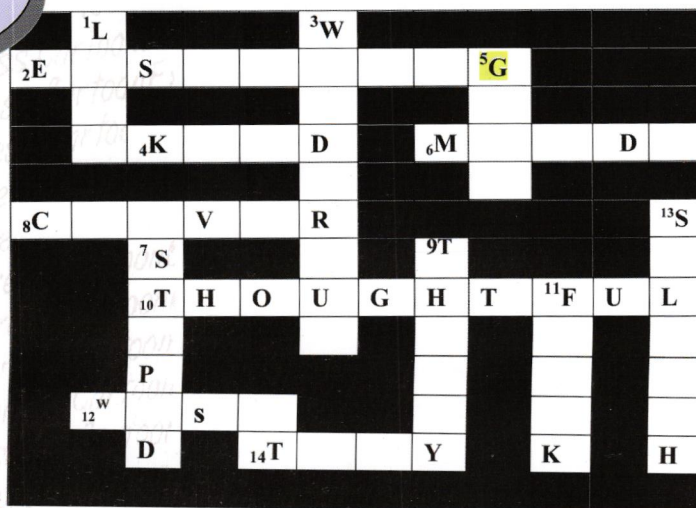
•

- This is Nina again!
- Do you remember her?
- Play with her the game of describing people.
- Think of common adjectives of manner, the good and the bad ones.

Across→ 2 4 6 8 10 12 14

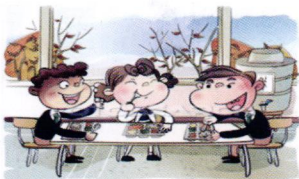
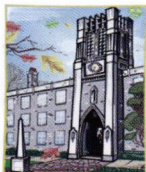
Down↓ 1 3 5 7 9 11 13

Down 5: an adj. of 4 letters and starts with G? (good)



8.6.2. College

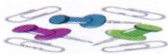
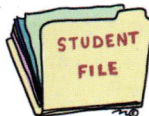
• Places you go!



• People you meet!



• Things you need!

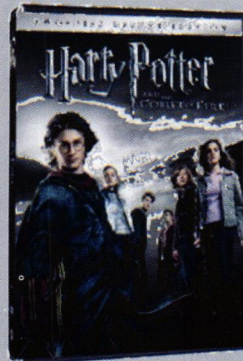


• Things you do!



Project Work

- **Who is your hero?!**
- A hero/heroine is a person who is admired by many people for doing something brave or good?
- Some of them are international others are national. There are a lot of heroes in our life. The prophets who defy evil to raise the name of God are heroes. Conqueror Kings, Leaders and soldiers are heroes for their bravery in the war. Thinkers and scientists are heroes too for their revolutionary principles and discoveries. They are role models. They are not only admired by people, they are also copied by them.
- New heroes appeared nowadays like movie, rock, fashion, art or sport stars. They come up with new trends into life.
- Think of your hero. The person whom you admire most and try to be like him.
- Is he one of your family, your teacher, your friend, or a public hero?
- Is he real or fictional hero? Someone does not exist in real life; you've just read about in some stories like superman or Harry Potter?
- What are the features or characteristics of your hero? Is he strong with big muscles or someone simple with high ethics?
- Write a descriptive article.
- The topic of your article is 'My hero!'
- Tell us who is your hero and why you do admire him? What are his good features? What makes him a hero in your eyes? How do you like to follow him?
- Use the common adjectives of manner you've learned in this unit. Check the conversation.

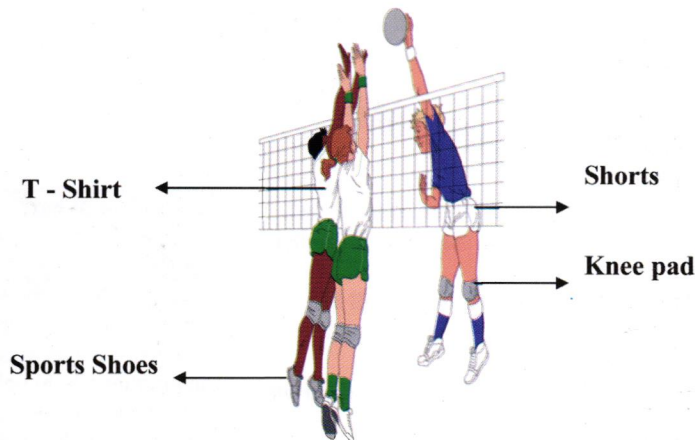


Unit Nine

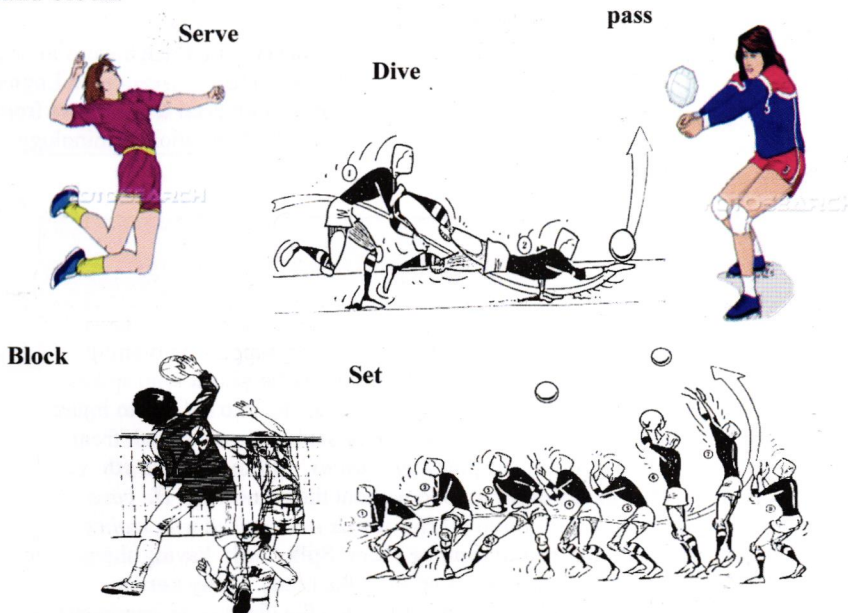
9.1. Volleyball

Volleyball is a team sport played by six players on each side. Three players take forward positions and the other three players play in the back court. Recently a new player position was created called libero. He wears different colour from the rest of his team and only plays defense. The first team to win three sets out of five wins the match. Volleyball is played in a court divided by the center line. Above the center line there is a high net. Volleyball is played with a ball of two colors; yellow and blue.

Every volleyball player wears a uniform that is a jersey made of a rather short sleeved t – shirt and short, socks, sport shoes. They are allowed to wear knee pads and elbow pads.



There are six basic skills in volleyball: serve (spike), receive, dig (dive), pass, set and block.



9.2. Key Words

Volleyball	كرة الطائرة	Jersey	فانيلة
Team sport	رياضة فريقية	Sleeve	كم
Players	لاعبين	Shorts	سرwal قصير
Forward	الصف الامامي	Socks	جوارب
Positions	مركز	Sport shoes	حذاء رياضة
Back court	الصف الخلفي	Knee pads	اربطة لحماية الركبة
Libero	اللاعب الحر	Elbow pads	اربطة لحماية الكوع
Defense	دفاع	Skills	مهارات
Sets	سيتات أو مجموعات	Serve	ارسال
Out of five	مكون من خمسة	receive	استقبال
Match	مباراة	Pass	مناولة
Court	ملعب	Set	اعداد
Center line	خط الوسط	Block	صد
Net	شبكة	Dive	دفاع
Uniform	زي	Spike	كبس

Spotlights

- Where does the word libero come from? What about liberty? Are these word English or what?
- You have learned that spike is a skill in volleyball sport. Haven't you heard of it somewhere else?
- Read this sentence please: *He wears different colour from the rest of his team.* Is it right to say different from or to or than?

British / American

Different/from/to/than

Different from is the most common structure in both *BrE* and *AmE*. **Different to** is also used in *BrE*: *Paul's very different from / to his brother.* In *AmE* people also say **different than**: *You look different than before.*

Vocabulary building

Spike noun, verb, adj

Spike n. : a thin object with sharp point weather metal or wood, etc. **Spikes n.**: sport shoes fitted with these metal spikes used to prevent players from slipping in running. **Spike heel n.**: a very thin high heel on women's shoe. **Spiker n.** the player who spikes in volleyball. **Spike v.**: 1 to push a sharp piece of metal, wood, etc. into sb/ sth; to injure sth on a sharp point. 2 to reject sth that has been written or said or to prevent sth from being made public. *The article was spiked for political reasons.* **Spike sth with sth v.**: to add alcohol, poison or a drug to sb's drink or food without them knowing. *He gave her a drink spiked with tranquillizers.* (figurative) *Her words were spiked with malice.* **Spiked adj.** with one or more spikes: *spiked running shoes.* **Spiky adj.** having sharp points: *spiky leaves.* **Spiky hair** (sticking straight up from the head). **Spiky person** (easily annoyed or offended). **IDM: spike sb's guns** (to spoil the plans of an opponent).

English or What?

Libero /Liberty

Libero: one of the words that became universal in sport terminology. In 1998 the libero player was introduced internationally in volleyball sport. The term meaning *free* in Italian is pronounced LEE-beh-ro (although many players and coaches pronounce it lih-BEAR-oh).

Liberty: is a French word in origin (*liberté*) means *freedom* in English. One of the universal terms draws from the French Revolution terminology.

Libero
Lee-
beh-
ro
beh

9.3. Language Awareness :

Do you know who invented volleyball? Have you heard of William G. Morgan? Morgan was the one who invented volleyball. Does volleyball look like any other sport that you know? Morgan has taken the characteristics of tennis, badminton and handball and used it in this sport. Can you identify these characteristics? Can you see other characteristics from other sports? What are they? Why volleyball was first called "mintonette"? Was it because it was taken from badminton? Do you think the name was changed to volleyball after adding elements from handball? What elements can you see of handball?

Volleyball was spread to the world through American troops. Can you think of other sports that might have spread through war? Does badminton come to mind? Why?

The libero in volleyball wears a uniform of different color than the rest of his team. Can you think of any other positions within teams that players wear uniforms of different color? How many sports have this position?

The ball of the volleyball sport has been changed several times why do you think? Are soccer balls and other balls of different sports changed too? Why? What are the changes that are usually made on the balls? What is the color of a volleyball ball? Can you tell the colors of all the balls of the sports that we have taken so far? Do they share certain colors? Why do you think?

There is another type of volleyball that is played by two players on a beach it is called beach volleyball have you heard of it? What do you think of it? Have you ever played it? Where? Are there other sports that are played on the beach? Does beach soccer and beach handball come in mind? What do you think of these sports? Do you think that they are difficult? Why yes? Why no?

Have you heard of sitting volleyball? Is sitting volleyball from Special Olympics, Paralympics or deaflympics? Have you ever heard of beach sitting volleyball? What do you think of that?

Do you think volleyball is a physically demanding sport or it can be practiced by players of all ages? Do you know a sport where certain age of people cannot participate? Do you know a sport made for a certain age of people? Does golf come in mind?

9.4. Vocabulary : Travelling

				
Airplane طيارة	Ship باخرة	Train قطار	Bus باص	Luggage حقائب
				
Tickets بطاقات السفر	Passport جواز السفر	Terminal الانتظار	Steward مضيف	Cab/taxi سيارة اجرة
				
Hotel فندق	Checking in النزول في فندق	Maid منظفة	Single & double beds سرير مفرد و مزدوج	Hotel key Card key مفتاح الفندق
				
Exchange صيرفة	Map خارطة	Brochure كتيب	Restaurant مطعم	Waiter نادل
				
Traveling agent وكيل سياحي	Guide مرشد سياحي	Sightseeing مشاهدة المناطق السياحية	Tourist سائح	Shopping for souvenirs شراء الاشياء التذكارية

9.5. Conversation: On Phone

- Phone is the most useful and old technology. Land lines, cell phones and phone booths are everywhere. People use phone for work, emergency, booking, information, services, and checking on family and friends. Local and long distance calls make the world looks like a small village. Wherever you're, you can make a miss you call and say: Hello...! Sometimes failed calls, busy lines or wrong numbers cause you a big trouble!



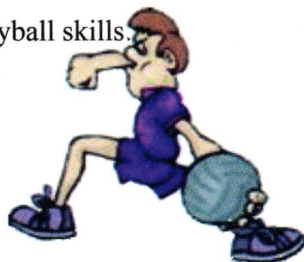
1.6.Homework

9.6.1. Volleyball

• True or False!

Put (T) for true statement and (F) for the untrue one in the blanks.

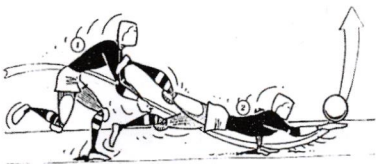
1. _____ Volleyball is a team sport played by six players on each side.
2. _____ Four players take forward positions and the other two players play in the back court.
3. _____ Recently a new player position was created called librarian.
4. _____ He wears the same colour like the rest of his team and only plays defense.
5. _____ The first team to win three sets out of six wins the match.
6. _____ Volleyball is played in a field divided by the center line.
7. _____ Above the center line there is a high wall.
8. _____ Volleyball is played with a ball of three colors; white, yellow and blue.
9. _____ Every volleyball player wears a uniform that is a jersey made of a rather short sleeved T – shirt and short, socks, sport shoes.
10. _____ They are not allowed to wear knee pads and elbow pads.
11. _____ There are six basic skills in volleyball: serve, receive, dig, pass, set and block.
12. _____ spike and dive are another volleyball skills.



• Who is HE?

1. Recently a new player position was created called _____.
2. It's an Italian word means _____ in English.
3. He wears _____ from the rest of his team.
4. He only plays _____.

- Volleyball has six skills receive is one of them.
- What are the other skills?



Just for fun!

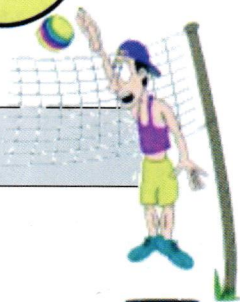


- Play the **spike** game with Jack!

Put the following spike words in the right places:

Spike spiked spiker spikes x 2 spiky

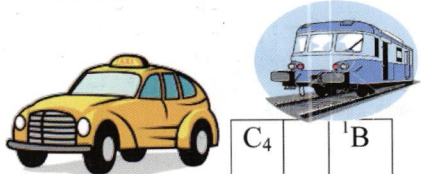
- Jack is a well known volleyballer.
- He is the best _____ in his team.
- His _____ are smashing.
- He doesn't wear _____ in volleyball but may be in running or playing baseball.
- He likes to wear a cap. He doesn't like _____ hair.
- He may play with spike words but he never speaks _____ words.



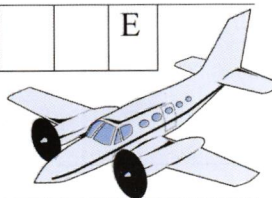
9.6.2. Travelling

- **Complete the crossword puzzle.**

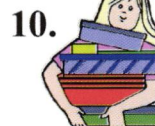
Cross→ 2 4 6 8 10 12 **Down** ↓ 1 3 5 7



Bon Voyage!



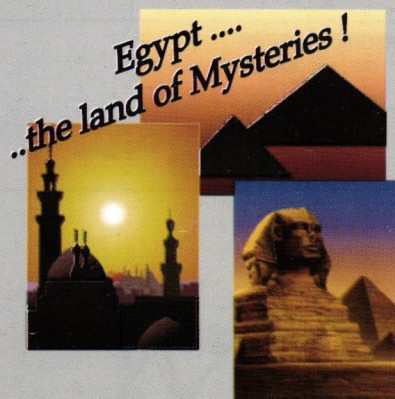
What does any tourist need in his tour?



9.7.

Project Work





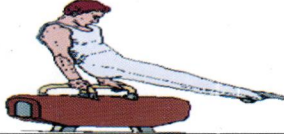
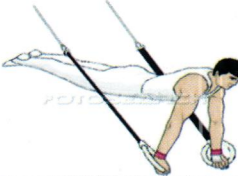
- **Do you like traveling?**
- Have you ever been to any place for tourism?
- Have you traveled in a package tour to any close country like Syria, Jordan, Egypt, Turkey or other countries last summer?
- What did you like most, the nature, the modern construction, the historical places, the memorials, the museums, the galleries, the public squares , the streets, the hotels, the restaurants, the food, the fashion, the people, their language, their customs ,rules, culture ,or their hospitality?
- Did you travel by bus, airplane, ship or ferry?
- Did you make any new friendships on your journey?
- Did you take photos and buy some souvenirs?
- Has this experience added something new to you?
- If you didn't have the chance to travel before, you can do it now!
- With a press of a button you can surf the whole world on the internet!
- Now, you're free to choose one of the following projects:
 1. Suppose you're an under training journalist at a Tourism magazine. Your boss has asked you to write an article on the most exciting places you have visited this summer. Choose your topic and put the title you like such as: This Summer!, In Turkey, Places I can't forget, etc. Make sure the title is exciting and interesting. Try to give good information. Talk about things you like or you dislike. Use pictures and photographs to make it real and impressive.
 2. Suppose you're a tour operator. You're promoting for the new traveling season. Make a brochure for the target country showing the most important places, hotels, restaurants, markets, means of transportation and all the expected facilities. The brochure should have a title. It should be divided into sections. Every section has informative heading. The information should be simple, clear and right at the topic. Use attractive pictures and photographs. Arrange them in an interesting manner!



Unit Ten

10.1. Gymnastics

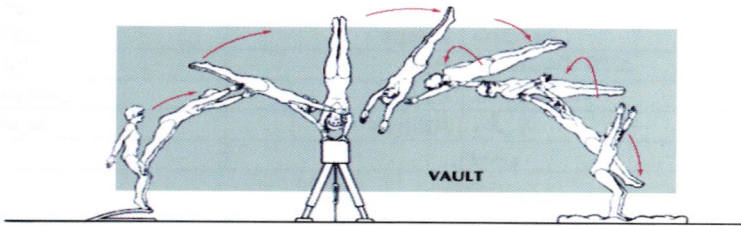
Gymnastics is both an individual and a team sport. It involves performing a number of routines (exercises) on the floor or on a special apparatus like rings, pommel horse, beam, etc. Gymnastics is classified into Artistic Gymnastics and Rhythmic Gymnastics. Artistic gymnastics is performed on apparatuses and on mats. Male gymnasts wear sleeveless t – shirt and white trousers while female gymnasts wear leotard. They both wear hand grips to protect the skin of their hands and slippers on their feet. Gymnastics is played in a gymnasium. Every gymnasium includes women apparatus and men apparatus.

Men Gymnastics Include	Women Gymnastics Include
Horizontal Bar 	Uneven Bars 
Parallel Bars 	Beam 
Pommel Horse 	
Rings 	

Floor Exercises



Vault



Rhythmic Gymnastics

It is the sport in which individual competitors or pairs, trios or even more (generally five) use one or two of the following equipments: rope, hoop, ball, clubs and ribbon.



10.2. Key Words

Performing	يؤدي	Gymnasium	قاعة الجمناسيوك
Routines	حركات	Horizontal bar	العقلة
Exercises	تمارين او حركات	Parallel bar	المتوازي
Apparatus	جهاز	Uneven bars	متوازي النساء
Rings	حلقي	Beam	عارضة التوازن
Pommel horse	حصان مقابض	Floor exercises	الحركات الارضية
Artistic gymnastics	جمناسيوك فني	Vault	منصة القفز
Rhythmic gymnastics	جمناسيوك ايقاعي	Competitor	متنافس
Mats	بساط	Pair	زوجي
Gymnast	لاعب جمناسيوك	Trio	ثلاثي
Sleeveless	بدون كم	Rope	حبل
White trousers	بنطال ابيض	Hoops	طوق
Leotard	زي جمناسيوك للثلاث	Ball	كرة
Slippers	حذاء جمناسيوك	Clubs	شواخص
Hand grips	واقي يد	Ribbon	شريط
Protect	يحمي		

Spotlights



- Gym is the stem of gymnastics. Think of the suffixes that you may add to have more new words.
- Gymnastics apparatuses include uneven bars, parallel bars and horizontal bar. What are the other usages of this word?
- We have already studied different derivational suffixes of adjectives. Read the text and try to find out new forms with -ic.

Compound words with Bar

MORE

Sandwich bar, coffee bar, snack bar a place where a particular food or drink is the main thing that is served.

Chocolate bar, candy bar, soap bar a bar of or a piece of chocolate, candy or soap with straight sides: *a bar of chocolate*.

Blocking bars, window bars bars of metal or wood used to close sth with or stop sb from getting through.

Five-bar gate a gate made with five bars of wood.

Heating bar a wired bar in an electric fire.

Minibar a small refrigerator.

Bar stool a kind of high seats used in drink or food bars and even in laboratories.

Bar code a pattern of thick and thin lines that is printed on goods in big supermarkets, shops etc. coded with electronic information about the product.

Barrister (the Bar) a lawyer in a higher court.

IDM behind bars in prison.

Word Formation

Gym	n.
Gymnasium	n.
Gymnast	n.
Gymnastics	n.

Adjectives with -ic

Artist	Artistic
Gymnast	Gymnastic
Rhythm	Rhythmic

A compound is a unit consisting of two or more bases

10.3. Language Awareness :

Do you know that gymnastics was invented to train soldiers and was only a physical training to prepare athletes for other sports? Do you know any other sports that started like this then became a sport?

Why do you think gymnasts wear white trousers? Do you think it prevent chalk from showing? Do you know that gymnasts use chalk to better perform the skills on apparatuses? Do you think chalk prevent their hands from slipping? Do you know any other sport in which the athlete uses certain material to prevent his hands from slipping? Are you thinking of weightlifting and handball? Explain.

Do you know Frederick Ludwig John? He is called the father of gymnastics because he took interest in this sport and invented many apparatuses like the horizontal bar. He got the idea of the horizontal bar from watching children swinging on tree branches. He also invented the parallel bars and the balancing beam. Can you think of any other people who invented a sport or certain apparatuses? Do James Naismith and William G Morgan come in mind? Do you remember them?


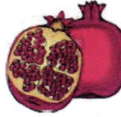


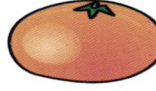





Do you know that the pommel horse was originally a wooden horse and a saddle used to train soldiers in Roman cavalry? Do you know that the vault was originally taken from bull leaping in which men used to leap off a bull? Can you think of any other apparatuses or equipments that are taken from daily activities of the past? What about shot putting? Do you know that floor exercises were used by men to entertain people in festivals?











Do you think that Rhythmic Gymnastics is for women only or for men too? What kind of sports are for women only or for men only? Do you think there is something called women sports and men sports? Which sports do you consider women sport? Does ballet come in mind? What kind of sports are men sports? Does soccer come in mind? What do you think of the women's right to participate in all types of sports?


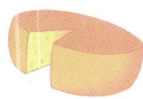













Have you heard of any other types of gymnastics? Do you know trampoline, tumbling, aerobic gymnastics, acrobatic gymnastics, team gymnastics and display gymnastics? Have you ever seen the opening or the closing ceremonies of the Olympic Games where a large number of gymnasts move together to perform one routine? It is called Gymnaestrada do you like it? Which one of the gymnastic types mentioned above do you like the most? Why? Which one do you like to learn?



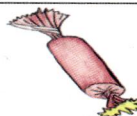
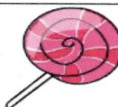
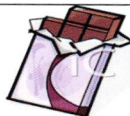
Do you think that there is gymnastics for the disabled? Have you heard of special gymnastics? What do you think of this type of sport? Do you know any other sports for disable people?

10.4. Vocabulary : food & Beverage

Fruit				
				
عناب Grapes	رمان Pomegranate	موز Banana	تفاح Apple	برتقال Oranges
				
رقي Watermelon	بطيخ Melon	ليمون حلو Lemon	مشمش Apricot	خوخ Peach

Vegetables				
				
طماطة Tomato	فلفل Pepper	خيار Cucumber	بصل Onions	بطاطا Potato
				
جزر carrot	بانانجان Eggplant	فاصوليا Beans	خس Lettuce	باميا Okra

Food and Beverage الاطعمة و المشروبات				
				
بيض Egg	جبين Cheese	لين Yogurt	شاي Tee	قهوة Coffee
				
خبز Bread	رز Rice	مرق Stew	شيش كباب Shish Kabob	ساندويش همبرغر Hamburger
				
بيتزا Pizza	المعكرونة Pasta	لحم Meat	سمك Fish	مشروبات غازية Fizzy drinks

Candy & Dissert الحلوى				
				
بوظة Ice cream	كعكة Cake	جكايت Toffee	مصاصة Lollipop	نستلة Chocolate bar

9. 5. Conversation : Like And Dislike

10. Some people have different tastes in everything colours, food and drinks, music, clothes and seasons while others share the same. I may like purple colour while you dislike it! He may like to drink a dark coffee in the morning while she may like to have an apple juice! They may like to listen to soft music while their neighbours fond of high Jazz music! If someone asks you: Do you like rainy days? You either say: 'Yes, I like it.' Or 'No, I dislike it.'



10.6 Homework

10.6.1. Gymnastics

- **Find, circle and correct the wrong words only!**

1. Gymnastics is both an individual and a contact sport.

2. It involves performing number of bouts.

3. Gymnastics includes special skills like rings, pommel horse, beam etc.

4. Gymnastics is classified into artistic gymnastics and mathematic gymnastics.

5. Freestyle gymnastics is performed on apparatuses and on mats.

6. Male gymnast wears sleeveless – shirt and black trousers.

7. Female gymnast wears skirts.

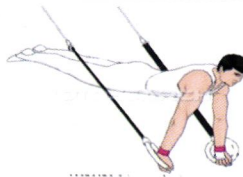
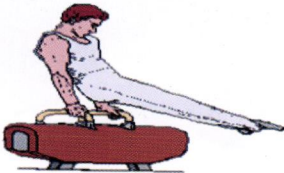
8. None wear slippers on their feet and hand grips to protect the skin of their hands.

9. Gymnastics is played in a ring.

10. Every gymnasium doesn't include women apparatus and men apparatus.

Check the text!

• Men gymnastics apparatus



• Women gymnastics apparatus



• Rhythmic Gymnastics Equipments :



o h o p

p o r e

l a l b

s u b c l

b i n r o b

10.6.2 Food & Beverage

- Sort & Eat!
- Can you sort these fruits out!

- 1 _____ (nanaba)
- 2 _____ (oneml)
- 3 _____ (hecpa)
- 4 _____ (molen)
- 5 _____ (plape)
- 6 _____ (regap)
- 7 _____ (cotarpi)
- 8 _____ (gerona)
- 9 _____ (eranapemogt)
- 10 _____ (lemonetawr)



Recipe

Vegetables Soup








2 cups chicken and veg. stock
 2 tablespoon flour
 250 gr butter
 Salt and pepper to taste
 Fresh mushroom
 Seasonal greens diced and cooked
 Melt the butter. Add the flour until smooth. Add the stock. Mix and stir then add Mushroom and vegetables. Stir until thick. Serve!

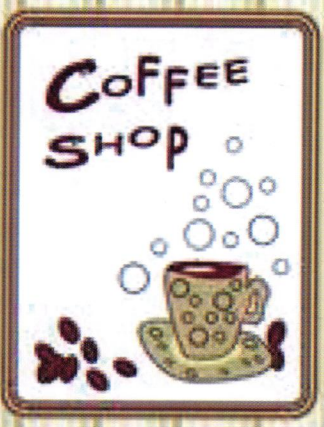
- Write your grocery list.

<u>Grocery</u>	
Eg	
To	
Cu	
Pep	
Oni	mushroom
Pot	cauliflower
Ok	zucchini
Ca	corn
Be	
let	



- What do you like to have?

	T-----	2000 D
	Co-----	3000 D
	Fiz-----	1000 D
	Ca-----	1500 D
	San-----	2000 D
	Pi-----	5000 D
	Ic-----	1500 D



**What's
on the
Chief's
Menu?**

Menu

Breakfast









Lunch









Dinner







Sweets on the house!







Project Work

- You have received this invitation!

It's a party!

Come to a potluck dinner at M. J.'s house!
Thursday night at 7:00.

Bring your favorite food from your country. You can bring fruit, vegetables, meat, drinks, or cake.

Let's eat interesting food and have fun!

- Think of your favorite food!
- Do you like Iraqi dishes like *Dolma* or others like Indian hot food as *Briani*, Italian *Pasta* as *Pizza*, *Spaghetti* and *Lazania* or Chinese food with a lot of *sweet-hot sauce*?!
- What about your favorite drinks? Do you like fizzy drinks, soda, mineral water, canned fruit juice or fresh one or may be you like hot drinks?
- What kind of sweets do you like? Chocolate cake, apple pie, trifle, or any local sweet?
- What's your favorite fruit? Do you like to eat fresh fruit alone, with ice-cream, salad or may be compote?
- Tell us your favorites .Choose your potluck and write us the recipe – the ingredients and the preparations.
- Consult any cooking book in English of course!
- Surf the internet for www.fatafeat.com and Bon appétit !

See you in the party!



Unit Eleven

11.1. Wrestling

Wrestling is an individual combat sport. Two unarmed wrestlers of the same weight class struggle hand – to – hand attempting to subdue or unbalance each other. According to (FILA), there are two wrestling styles: Greco – Roman Wrestling and Freestyle Wrestling. Freestyle is the only style used for international competition in women's wrestling.

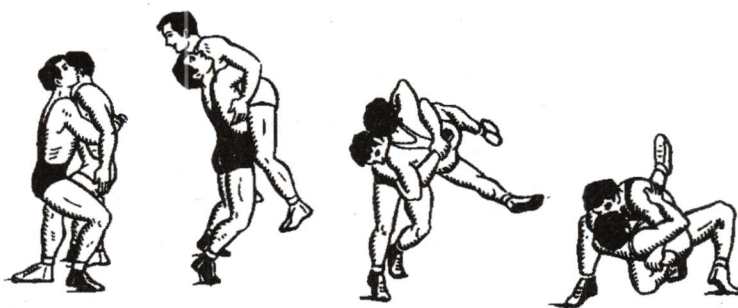
Body Targets

- Only the upper body is allowed in Greco-Roman.
- The legs in freestyle.



A wrestling bout can be won either by a fall (pinning the opponent's shoulders); withdrawal of the opponent (because of an injury or disqualification) and points. The Mat of wrestling is 12m square with a circular contest area 9m in diameter. The two opposing corners of the mat are marked in red and blue. Wrestlers wear a Singlet (one – piece, tight – fitting red or blue wrestling garment), special wrestling shoes, handkerchief (a blood rag), and headgear (optional in Greco). In both styles, the main skills are feet works and holds like takedown, reversal, exposure and fall.

Takedown



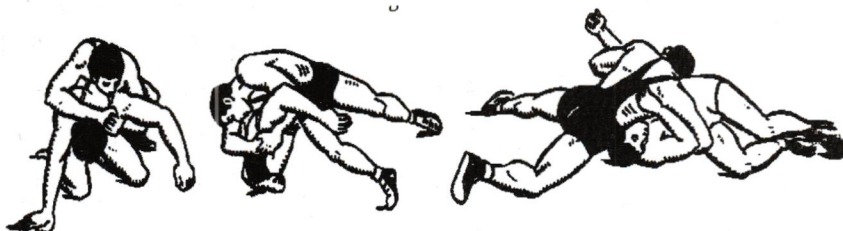
Reversal



Exposure



Falls



11.2. Key Words

wrestling	المصارعة	bout	نزال
individual	فردى	fall	صرعة
combat	قتالية	pinning	تثبيت
unarmed	غير مسلح	the opponent	الخصم
wrestler	مصارع	withdrawal	انسحاب
Same weight class	نفس فئة الوزن	injury	إصابة
struggle	يقاتل/ يصارع	points	نقاط
Hand-to-hand	يد بيد / التحام بالأيدي / ملتحم	mat	البساط
attempting	يحاول	square	مربع
subdue	أخضع	circular contest area	منطقة نزال دائرية
unbalance	فقدان توازن	opposing corners	زوايا متقابلة
FILA	الاتحاد الدولي للمصارعة	singlet/ garment	مايو قطعة واحدة/ بدلة
styles	أنواع	handkerchief,	منديل
Greco-roman	المصارعة الرومانية	headgear	واقية رأس
Free styling	المصارعة الحرة	Skills / holds	مهارات / مسكات
International competition	بطولة / سباق دولي	Takedown	طرح الخصم او رميه
Body targets	مناطق الجسم المستهدفة	reversal	الأفلات من الخصم/ قلب الوضع
allowed	مسموح	exposure	تعريض الخصم للخطر

Spotlights

- A Greco-Roman wrestling is a combination of Greek and Roman rules. Some Arabic songs are mixed with foreign words. They are called Franco-Arab songs. Have you heard about compound adjectives? Read the text and look for more forms.
- International wrestling competitions are ruled by FILA/IFAWS. What does each of these initials refer to?

compound adjectives

Greco-Roman

A compound adjective is an adjective which is made up of two parts or more and is usually written with a hyphen, e.g. well – dressed, easy – going and part – time. Its meaning is usually clear from the words it combines. Consider the following forms.

Greco – Roman	One – piece	Hand-to-hand
Franco – Arab	Tight – fitting	Face-to-face
Indo – European	Hand – made	Man-to-man
German – trained	Football-mad	Hand-to-mouth

Which Word IFAWS / FILA

IFAWS is the **International Federation of Associated Wrestling Styles**, also known as **FILA** which are the French initials of **Fédération Internationale des Luttres Associées** .

11.3. Language Awareness :

Wrestling is a very ancient sport. Why do you think wrestling is ancient? Is it because Man used wrestling to protect himself against other men and animals? Do you think it was used to gain leadership over other people? Gilgamesh proved himself to be the rightful leader after wrestling Enkidu and defeating him? What do you think of that? Do you think a leader should be powerful? Is the power of the body more important than the power of the mind?

Wrestling is considered a combat sport; do you know any other sports that are considered combat sports? Do you consider fencing and boxing combat sports? Is weightlifting a combat sport? Why not? Is wrestling a contact sport? Why? What is the meaning of contact sport? Does it mean that athletes in these sports contact physically with the opponent? Do you know such sports? What type of contact sport is it? Do you know that there are three levels of contact sports? There are full contact sports, semi contact sports and non contact sports? Can you give an example on each level of contact sports? Do you know other sports that are both contact and combat sports? Is it armed combat or unarmed combat? How? Which type do you prefer? Why?

There are many types of wrestling like arm wrestling, thumb wrestling and sumo? Have you heard of them? Which one of them have you tried? Why? Which one of them you are not willing to try? Why? Do you know any other types of wrestling? Have you heard of beach wrestling? Do you think that there is wrestling for the disabled? What do you think of that? What do you think of female wrestling?

Do you think that wrestling is a harmful sport? Why? Some people believe that free wrestling that is usually broadcasted on TV is only an act to interest people and to encourage them to gamble do you agree? Do you think that sports encourage gambling? How? Can you think of any other sports that are used for pure gambling? Can you think of sports that are played for competition but some people use it to gamble? What do you think of gambling in sports? Have you tried it?

Have you heard of the gladiators? In Arabic they are translated as the wrestlers. Do you think the type of fighting that the gladiators perform is similar to that in wrestling? Why? Which one do you prefer? Why? Where do you think the idea of gladiators came from? Have you seen the movie called "The Gladiator"? What do you think of it? What would you do if you were in his shoes? Do you think that gladiators are forced to fight? Have you ever heard of the term forced combat? Forced combat is the type of combat where the fighter is forced to fight for his life. What do you think of this type of combat? In the movie, the gladiators were all prisoners of war which is historically true yet, unfortunately, not only captive soldiers were forced to fight. In the past, Christians were arrested and were forced to fight for their lives because they follow Jesus Christ (Peace Be Upon Him). Some of them were torn and eaten by lions and other wild animals. What do you think of this? Do you think we still have this form of forced combat nowadays? How?

11.4. Vocabulary : Home

Living room غرفة المعيشة	Utility room غرفة الآلات والمخزن	Kitchen المطبخ	Bedroom غرفة النوم	Bathroom الحمام
 Sofa أريكة	 Washing machine غسالة	 Stove طباط	 Bed, pillow and a blanket فراش ووسادة وغطاء	 bath /bانيو/ shower دوش
 TV تلفاز	 Vacuum cleaner مكنسة كهربائية	 Refrigerator ثلاجة	 Bunk bed فراش مزدوج	 Toilet تواليت /toilet paper ورق تواليت
 Dining table مائدة طعام	 Iron مكوى	 Oven فرن	 Dresser مزينة Brush and a comb فرشاة ومشط	 Sink with hot and cold water taps /towel مفضلة مع حنفية ماء حار وبارد / منشفة
 Bookcase مكتبة	 hairdryer شسوار	 pot قدر	 Desk and chair طاولة للكتابة وكرسي	 Bathroom cabinet كابينة حمام
 Coffee-table طاولة قهوة أو شاي	 Broom and dust pan ومجرفة	 Shelves رفوف	 Chest of drawer ادراج	 Tooth brush فرشاة /tooth paste اسنان ومعجون اسنان
 Table lamp مصباح منضدي	 Mop and bucket ممسحة ودلو	 Counters كاونترات	 Closet خزانة ملابس	 Raiser موس حلقة

11.5. Conversation: T.V.

- People turn the TV. On the moment they wake up and they turn it off when they go to bed. They are obsessed with what's on TV.? What time is the film on? What's their favorite program? Is it a live/on air or recorded? They turn it over and over to change the channel. Some people like chat show, real TV. and series while others like movies and documentaries. Satellite dish enables people to watch the breaking news and the international events immediately.



11.6. Homework 11.6.1 Wrestling

• Say Yes or No!

Read the passage carefully to answer these questions. Remember every question starts with an auxiliary verb/ a helping verb (*be, do, have, can etc.*) the answer is either Yes or No.

1. Is wrestling an individual combat sport? -----
2. Are the two wrestlers armed? -----
3. Are the two wrestlers of different weight class? -----
4. Are they shooting at each other? -----
5. Do they struggle hand-to-hand attempting to subdue or unbalance each other? -----

6. Is FILA a wrestling team? -----
7. Is FILA the international federation of wrestling? -----
8. Are the Greco- Roman and the Freestyle, wrestling styles? -----
9. Is the Freestyle the only style used for international competition in women's wrestling?

10. Is the lower part of the body allowed in Greco-Roman wrestling?

11. Are legs the only body target in Freestyle wrestling? -----
12. Can a wrestling bout be won only by fall? -----
13. Can a wrestling bout be won only by withdrawal? -----
14. Can a wrestling bout be won only by points? -----
15. Does withdrawal mean the disqualification of the opponent? -----
16. Is the Mat of wrestling triangle? -----
17. Is the contest area circular? -----
18. Are the two opposing corners of the mat marked in red and blue? -----
19. Do Wrestlers wear T-shirt and shorts? -----
20. Do they wear a Singlet? -----
21. Is it in red and blue? -----
22. Is the handkerchief used for drying the wrestlers' sweat? -----
23. Is it a blood rag? -----
24. Are feet works and holds the main skills in both styles? -----
25. Are takedown, reversal, exposure and fall, holds? -----

- **Fill in the blanks.**

- **Body Targets**

- Only ----- is allowed in Greco-Roman.

- ----- in freestyle.



- **Guess what?**

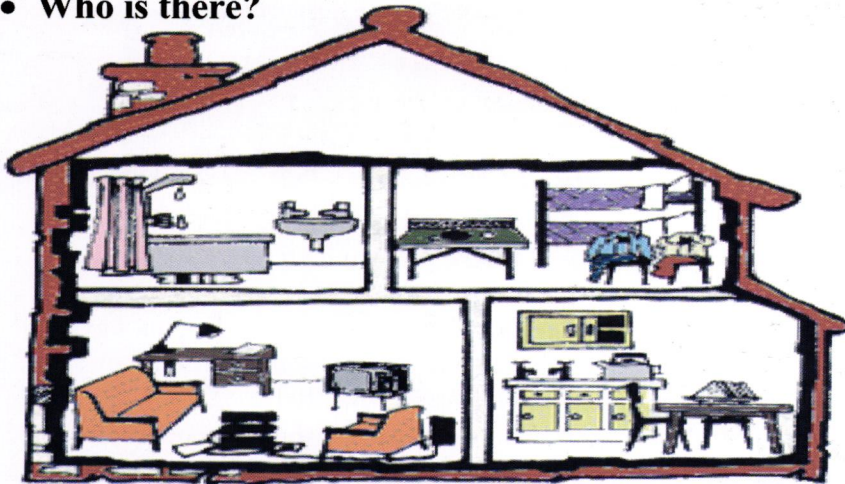
Find and write the right compound adjective in the right blank.

Hand- to- hand, face- to- face, man-to-man, hand-to-mouth

1. When two men treat each other honestly and equally, it's a _____ treatment.
2. When you are close to and looking at sb or accepting sth in a situation and deal with it as a matter of fact, it's a _____ situation.
3. When you spend all the money you earn on basic needs such as food and have nothing left, it's a _____ life.
4. When the fighting involves physical contact with the opponent, it's a _____ fighting.

11.6.Home

- Knock Knock!
- Who is there?



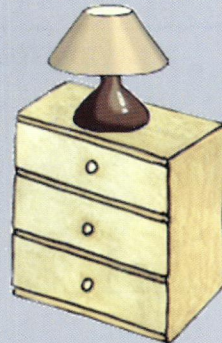
- Would you help us to move in?
- Put every piece of furniture in the correct room.
- bath/ bed / blanket / book case / broom / hair brush/ bucket/ bunk/ chair/ chest of drawers / closet/coffee- table/ comb/counters/ desk/ dining table / dresser /dust pan/ hairdryer/ iron/ medicine cabinet/ mop/ oven / pillow/sink/ pot / radiator/ raiser/ refrigerator/ shelves/ shower / shower curtains/ sofa / stove/ table lamp / toilet / toilet paper/ tooth brush/ tooth paste/towel/ TV/ vacuum/washing mach

Bath Room	Bed Room
Living Room	Kitchen
Utility Room	

11.7.

Project Work

- **Create your own dream room!**
- Home is where you live, where you grow up and your dreams grow up too.
- You may not have your own bedroom yet. You may not have even a home. But you have your own dreams for sure!
- Be an interior designer for once in your life!
- Be free to create your own dream room whether a bedroom, a living room, a kitchen or even a bath room.
- Make your project a living one by using all the possible materials. You can make a sketch, use stickers, illustrations, clip arts or cut pictures from magazines. You can use the computer too!
- Under the sketch, show us where did you put every piece of furniture, for example:
 - * Where is the lamp?
 - * The lamp is over the chest of drawers.
 - * Where is the TV?
 - * The TV is in front of the sofa.
- If you are interested in TV programs, you have another project to choose.
- Create your own TV program of any kind for cooking, children, women, geography, history, sport, news, etc.
- Give it a name and design your own studio. Follow the same former steps.



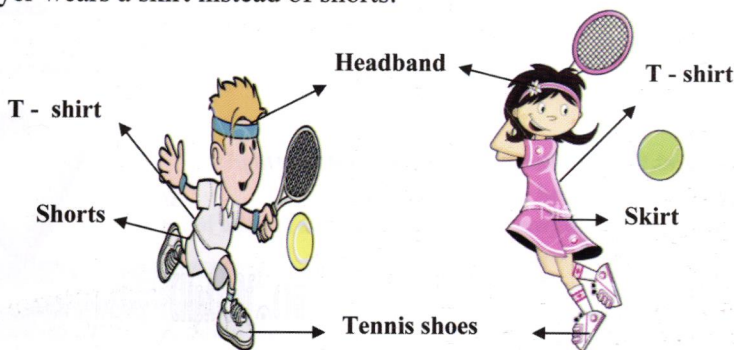
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Unit twelve

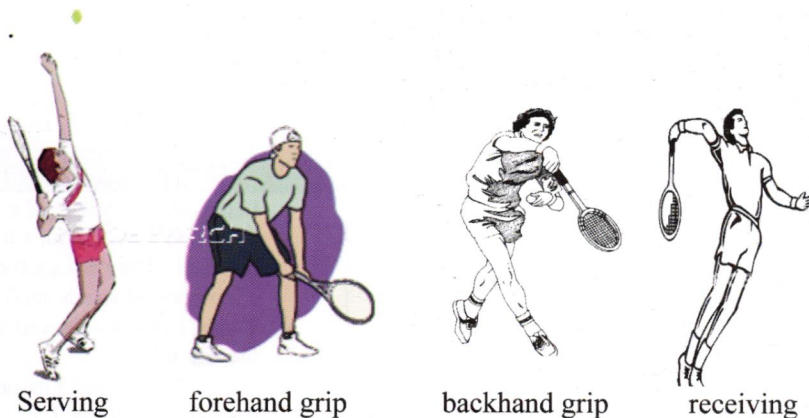
12.1. Tennis

Tennis is considered a court sport as well as a racket sport. It is a court sport because it is played in a court and a racket sport because it is played with a racket and a small yellow ball. It is an individual sport too. When two players play tennis it is called singles but if four players play it then is called doubles. The aim of the sport is to hit the ball over the net into the opponent's court. Every tennis match consists of many sets and the first player to win the sets is the winner.

A male tennis player usually wears a T – shirt, shorts, socks and tennis shoes. A female player wears a skirt instead of shorts.



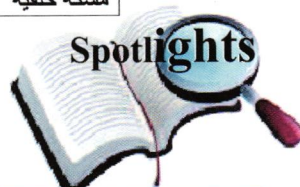
Tennis, due to its romantic origin, has a unique scoring system for example zero point is called "love." Tennis has many skills like serving and receiving. There are two basic hand grips in tennis; the forehand and the backhand.



12.2. Key Words

court sport	العاب الساحة	shorts	سرّوال قصير
racket sport	العاب المضرب	socks	جوارب
singles	فردى	tennis shoes	حذاء تنس
doubles	زوجى	skirt	تنورة
aim	هدف	romantic origin	اصل رومانسي
hit	ضرب	unique	فريد
over	من فوق	share	تشارك
net	شبكة	serving	ارسال
opponent's court	ساحة الخصم	receiving	استقبال
match	مباراة	grips	مسكات
sets	مجموعات	forehand	مسكة امامية
T- shirt	فانيلة	backhand	مسكة خلفية

- Can you read this sentence? *She should shut the shop!*
- Where does the /ʃ/ sound come from?
- You always confuse between /s/ and /k/ sounds for the letter C.
- Do you want to know why?
- Read the text and consider these words court, scoring, consider, consist, called, backhand, romantic, basic.
- A T-shirt is a common sportswear in most sports.
- What does the T-shirt word mean? Do you know other letter words?



Pronunciation Point!

/S/+h/=sh/ =/ʃ/

- When /S/ comes before/ h /the resulted sound is /ʃ/ or /sh/ as in she, shall, should, shadow etc.
- Read the text and consider these words: shirt, shorts, shoes and shot.

Pronunciation Points!

/C/ = /K/

- /c/ is always pronounced as /k/ when comes
- before the consonant /k/ as in lock, block, back, track, socks and racket.
- before the consonant/ r/ as in crime, crow, cry, crazy, cradle etc.
- before the consonant/ l /as in clean, cloud, clippers, etc.
- before certain vowels like/ a/ as in car and called, or/ o/ as in court and score or/ u/ as in cup and cut.
- at the end of a word as in romantic , basic, classic , etc.

*Only when it comes before vowels like:

/ e, i, y/, / c/ is pronounced /s/ as in center, cinema, circle, cyclone, etc.

MORE

Letter-Words

- Letter-words consist of a single letter and a word with a hyphen in between. They are another form of compound words such as :
- T-shirt (a short -sleeved shirt like the letter T.)
- T-junction (a road junction shaped like a letter T.)
- T-table (a conference or banquet table shaped like a letter T.)
- V-neck (a shirt with a V shaped neckline.)
- U-turn (a 180% turn in the road.)

12.3. Language Awareness :

Tennis is said to be one of the court sports because it is played in a court does that mean that basketball is a court sport too? Why? Is boxing a court sport? Why? It is also considered one of the racket sports because it is played with a racket, can you think of any other sports that are played with a racket? Does badminton and squash come in mind? What do you think of table tennis?

Tennis is a royal sport because it was invented by a royal family do you know who invented tennis? Have you heard of the princess who used tennis to choose a husband? The princess believed that to win in tennis, a prince should be very strong and have physical fitness but ironically the prince who did win was too fat to hit the ball himself thus his servants used to hit it for him hence the name serve. When he used to win, love is declared instead of a zero. Do you know any other sport that have a romantic or royal origin?














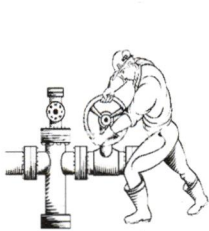




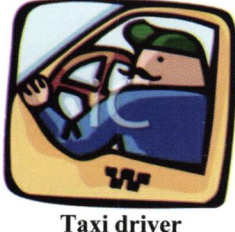

Tennis has so many officials do you know how many? Can you think of any other sport that has this number of officials? The head judge or the chair umpire sits on a chair beside the net. Can you think of any other sport that has a chair official? An official can be called judge, referee and umpire in your favorite sport what is he called?

Tennis is also called lawn tennis do you think it is because it's played on a lawn? What is a lawn? Can a ball bounce on a lawn? Why not? Does the floor absorb the movement of the ball? Can you think of any other sport where the bouncing of the ball is very important? Does basketball come in mind? Can you consider soccer a sport where the floor absorbs the movement of the ball? Why? Do you know that tennis can be played on different types of courts? There are courts made of clay, grass, carpet and hard courts? Which one do you think is best for the player? Why? Which one is the worst? Why? The grip is very important in tennis why do you think? Can you think of any other sport where the grip is important? Does weightlifting come in mind? What else?

Do you know that volleyball was derived from tennis? The net in volleyball is placed higher and the ball was replaced by a larger ball even the skills are very much alike. What common features can you derive from volleyball and tennis? Do you know a sport that is derived from another sport? What? In both tennis and volleyball there are boys or girls who retrieve the ball they are either called ball boy or ball retriever. Do you know any other sport that has ball boys/girls?

Have you heard of Wimbledon? What do you think it is? Is it a famous tennis championship? Do you think there is tennis for disabled? Does wheelchair tennis come in mind? Have you heard of the sport? What do you think of it? Would you like to try it or does it seem too hard? Can you think of any other sport that the version for the disabled seems harder than the sport for the normal people?

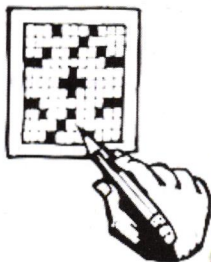
12.4. Vocabulary: Jobs

			
Doctor دكتور	Employee موظفة	Engineer مهندس	Shopkeeper صاحبة محل
			
chief طبّاخ	Butcher قصاب	Baker خباز	Waitress نادلة
			
Policeman شرطي	Barber حلاق	Plumber سكري	Carpenter نجار
			
Mechanic ميكانيكي	Worker عامل	Teacher مدرسة	Housewife ربة بيت
			
Grocer بائع خضرة	Professional athlete رياضي محترف	Taxi driver سائق اجرة	Builder بناء

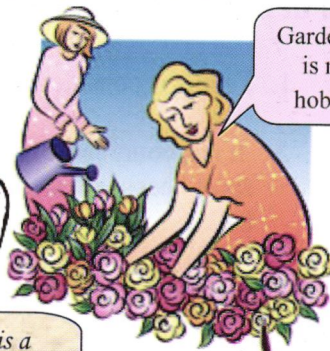
12.5. Conversation: Hobbies

- When someone asks 'What's your hobby?' you should say: 'My hobby is fishing' or 'Flying kites is my hobby.'
- But someone asks you 'What do you like to do in your pastime or leisure Time?' then you should say: 'I like cooking,' or 'I like to cooke.'

My hobby is solving crossword



Gardening is my hobby.



I like taking photos in my leisure time.



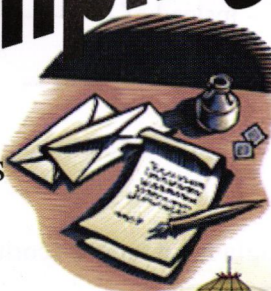
Drying flowers is a romantic hobby. I like it. It's my hobby.



Fishing!

Camping

Writing Letters



Cooking!



Flying Kites

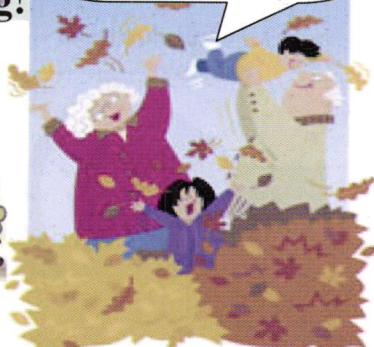
We like going out on picnics!



Painting!



Collecting Antique



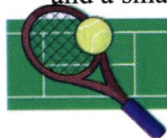
12.6. Homework

12.6.1 Tennis

- Fill in the blanks.

1. Tennis is considered a -----sport as well as a -----sport.

2. It is a court sport because it is played in a ----- and a racket sport because it is played with a ----- and a small ----- ball.

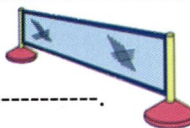


3. It is an ----- sport too.

4. When two players play tennis it is called -----.

5. When four players play it is called -----.

6. The aim of the sport is to hit the ball ----- into the -----'s court.



7. Every tennis match consists of many -----.

8. The first player to win the ----- is the -----.

9. A male tennis player usually wears -----, -----, ----- and tennis -----.

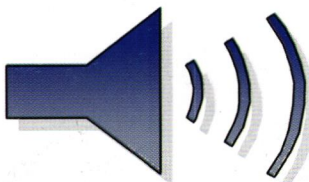
10. Female player wears a ----- instead of -----



11. Tennis has many skills like ----- and -----

12. There are two basic hand grips the ----- and the -----.

13. Tennis due to its ----- origin has a unique scoring system for example ----- point is called -----



15-



• **Find the word!**

- One word in each group does not belong. Circle the odd word.

1. court sport racket sport individual sport contact sport
2. racket yellow ball ring net
3. T-shirt gloves shorts/skirt shoes
4. kicking serving receiving forehand

• **Guess What?**

- Find the word in the passage. Try to guess the meaning of the words from the passage. Circle the correct answer.

- | | |
|-----------------------|------------------------------|
| 1. court | 3. set |
| a. a place of law | a. a group of similar things |
| b. a place of playing | b. one section of a match |
| 2. opponent | 4. love |
| a. the enemy | a. zero/ no points |
| b. the receiver | b. all/ deuce |

• **Find and match the skills.**



R _____

B _____

S _____

F _____



12.6. 2. Jobs

- Find their jobs!



DOCTOR



EMPLOYEE



ENGINEER



SHOPKEEPER



CHIEF



BUTCHER



BAKER



WAITRESS



POLICEMAN



BARBER



PLUMBER



CARPENTER



MICHANIC



WORKER



TEACHER



HOUSEWIFE



GROCER



ATHLETE



TAXI DRIVER



BUILDER

H	O	U	S	E	W	I	F	E	S	U	N
E	M	P	L	O	A	T	H	L	E	T	E
M	E	P	O	L	I	C	E	M	A	N	F
P	C	L	I	C	T	E	A	C	H	E	R
L	H	U	B	A	R	B	E	R	I	E	T
O	A	M	A	Y	E	U	S	H	V	N	R
Y	N	M	K	T	S	I	C	I	E	G	W
E	I	E	R	A	S	L	R	P	N	R	O
E	C	R	R	X	B	D	O	C	T	O	R
N	E	N	G	I	N	E	E	R	S	C	K
B	U	T	C	H	E	R	C	H	I	E	E
S	H	O	P	K	E	E	P	E	R	R	R
C	A	R	P	I	N	T	E	R	S	H	O

Just for fun!

12.7.

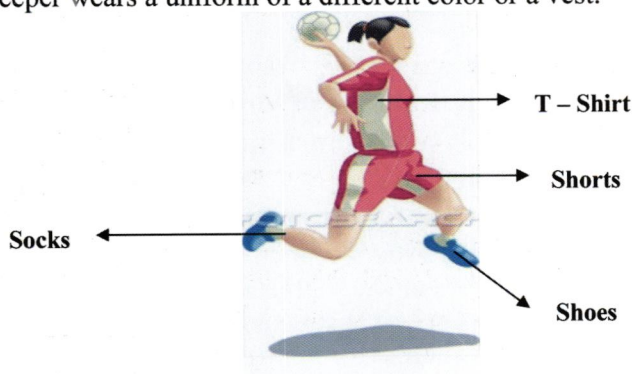
Project Work

- A job is what you do for living?
- A hobby is what you do in your pastime?
- An obsession is what consumes you for a while or your entire life?
- When we are young we are obsessed with strange ideas, cars, motorcycles, fashions, and musical groups like the Beatles in old days or the Metals nowadays, movie and singing stars, sport teams and sport stars. We have the same haircut as theirs. We wear the same clothes or colors. We collect their pictures. We put their icons on our bedroom walls even on our T-shirts and vests. Some times, it comes and goes like a fever in certain period in our life. But! Sometimes it becomes part of our life. It makes us feel like belonging! Don't you feel so?
- Write a composition on one of these three subjects:
- My Job.
- My Hobby.
- My Obsession.

Unit Thirteen

13.1. Handball

Handball is a team sport and each team consists of seven players one of them is the goalkeeper. The aim of the sport is to throw the ball in the opponent team goal. The team with most goals is the winner. Each match consists of two halves of thirty minutes each. There is a ten minute period of rest between the two halves. If the result is a tie an extra period is given to break the tie. If a player is hurt a substitute takes his place. In handball there are seven substitutes for each team. Handball is played in a court that has a goal at each end of the court. The ball used in handball changes in size according to the age and gender (sex) of players. Players usually wear a uniform that consists of a jersey (T- shirt), shorts, socks and shoes. They also wear wrist and knee pads. The goalkeeper wears a uniform of a different color or a vest.



There are many skills in handball like catching, passing, shooting and dribbling.



Catching



passing



Shooting

13.2. Key Words

Handball	كرة اليد	size	الحجم
goalkeeper	حارس المرمى	according to	وفقاً لـ / حسب
throw	يرمي	age	العمر
opponent	الخصم	Gender(sex)	الجنس
winner	الرابح	uniform	زي موحد
match	المباراة	wrist	الرسغ
halves	أشواط	knee pads	واقيات للركبة
rest	استراحة	vest	صدرية تمييز
tie	تعاذل	Skills	مهارات
extra period	وقت إضافي	Catching	الأمساك بالكرة
break the tie	كسر التعادل	passing	مناولة
substitute	لاعب احتياط		
court	قاعة/ساحة	shooting	التهديف
changes	يتغير/يختلف	dribbling	الطبطة

- There are many words ending in S.
- Do you know how to pronounce them?
- Handball is a compound word.
- Have you heard of other words compound with hand?
- Aim and goal are synonyms? What else?
- Rhyming words are words with the same sounding parts. Read the text and try to find words rhyming with all.

Compound Words

with hand:

handball,
handbag,
handbook,
hand brake,
handcraft,
handcuffs
handkerchief ,

Pronunciation Points!

S= /-s/, /-z/, /-iz/

- ☑ When S comes after the voiceless consonants, it sounds /-s/ as in parts, sports, consists, players, takes, minutes, shorts, socks, sneakers, types.
- ☑ When S comes after the voiced consonants, it sounds /-z/ as in: kinds, countries, means, halves, teams, ends, tries, goals, levels, wears, shoes, skills, pads, guards, gloves, stands, manners, hands, arms, throws.
- ☑ When S comes after the sibilants, it sounds /-iz/ as in: boxes, changes, matches, pushes, forces, exercises.

Synonyms:
aim, goal,
target,
purpose

Rhyming
words
with all:

ball,
fall,
small

tall,
mall,
hall,
goal

Spotlights

13.3. Language Awareness :

Handball is usually called team handball why do you think? Why don't we call soccer team soccer or basketball team basketball? Is it because there is another type of handball?

Handball seems very much like soccer. What do you think are the similarities and the differences between the two? Which one is more; the similarities or the differences? Which one of the two sports do you prefer? Why?

The handball ball has different sizes according to the age and gender of player why? Do you think because the size of the ball should match the size of the player's hand? Do you know any other sport where equipments change in size according to the age and gender of players? Do you know that the ball is usually resinated to offer better control over the ball?



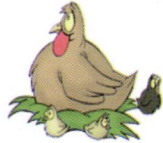










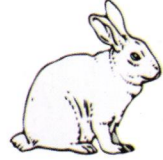

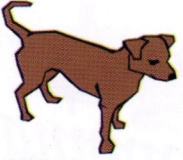








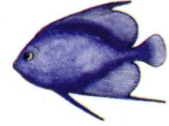
Have you ever heard of beach handball and American handball? Do you know that beach handball is the same like team handball but it is played on a beach? Do you know any other sport that can be played on a beach? Do you know that American handball is similar to squash? Players hit the ball with one hand only.

In handball body contact is allowed to stop the attackers from scoring. There is a skill called sandwich in which two defense players can sandwich one offense player. What do you think of this skill? Do you think that body contact in sports is harmful? How? If it is harmful why do you think it is allowed? Is handball a harmful sport? How? Can you think of any other harmful skills in handball? Can you think of any other sports that you think are harmful?

Both volleyball and handball are played with the hands and arms yet there is a type of volleyball for physically disabled athletes but no handball for athletes with physical disabilities why do you think? What about wheelchair handball? Do you think there is a type of handball for the mentally disabled athletes? Does this type of handball have a different name or it has the same name? Why do you think it has the same name? Why the volleyball for the disabled is called sitting volleyball while handball for the disabled is called handball too?

Is handball popular in your country? Why yes? Why no? If it is not popular which sport is popular? Why? Do you like a sport that is popular or rare? Why? Is your favorite sport popular or rare? How do you feel about that?

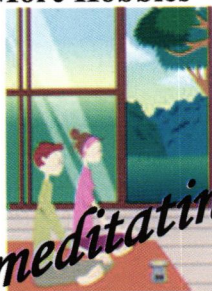
13.4. Vocabulary : Animals

				
Eagle صقر	Roster ديك	Hen بجاجة	Duck بطة	Dove حمامة
				
Ant نملة	Fly ذبابة	Spider عنكبوت	Cockroach صرصر	Scorpion عقرب
				
Rat جرذ	Lizard سحلية	Sheep خروف	Rabbit ارنب	Fox ثعلب
				
Dog كلب	Cat قطة	Cow بقرة	Horse حصان	Cobra (snake) افعى
				
Lion اسد	Tiger نمر	Frog ضفدع	Turtle سلحفاة	Fish سمكة

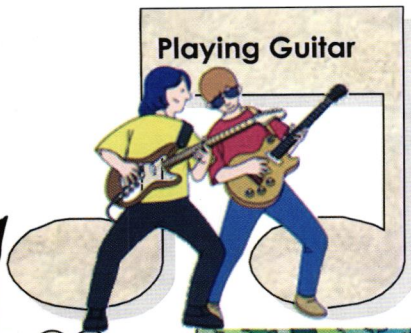
13.5. Conversation: More Hobbies



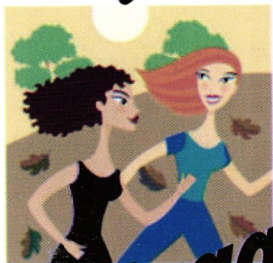
chatting



meditating



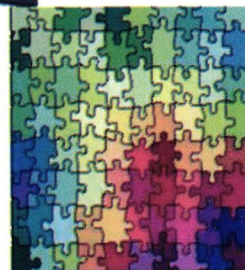
Playing Guitar



Jogging



Pottery
is my
hobby...!



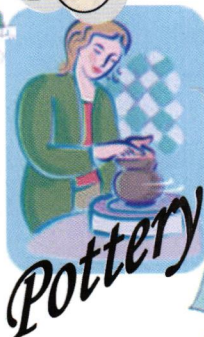
Jigsaw puzzle solving



Watching TV



Listening to the music



Pottery



Bingö!



Shopping

Playing Chess



Knitting



Reading

sewing



13.6. Homework

13.6.1. Handball

☑ Answer the following questions to FIND OUT handball crosswords.

☑ Across → 2 4 6 8 10 12 14 16 18

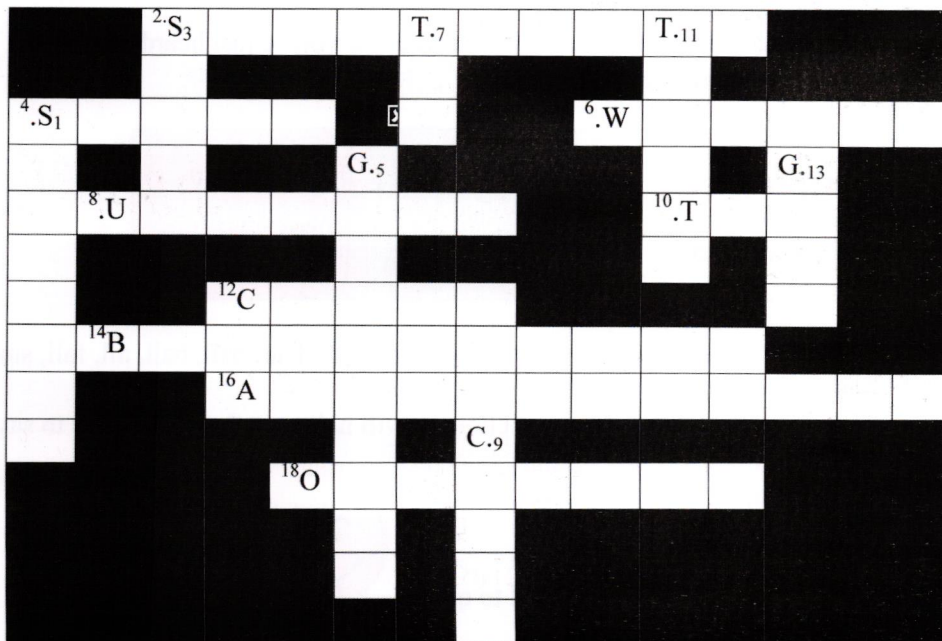
☑ Down↓ 1 3 5 7 9 13

Across→

2. What do we call the player who takes the place of the injured?
4. How many players are there in a handball team?
6. Do we call the team with most goals, the loser or what?
8. Every sport team including the handball team wears a special, what?
10. How many halves are there in each handball match?
12. The goalkeeper wears different uniform, in what?
14. An extra period is given when the result is tie, why?
16. The ball of the handball sport changes according to certain items?
18. The aim of the sport is to throw the ball in the goal of the other team. What do we call this team?

Down↓

1. One of the skills in handball is?
3. How many substitutes are there in a handball team?
5. Each team consists of seven players one of them is, who?
7. When the two teams have the same goals, the result is what?
9. Where is a handball match played?
11. How many minutes does every half of the match take?
13. What do we have at the end of each court?



- There are many skills in handball as :
 - C _____
 - P _____
 - S _____
 - D _____

• Guess What?

Find and write the right compound word in the right blank.

Handbag, hand break, handcraft, handkerchief, handball, handcuffs, handbook

1. A ball played by hand is a _____.
2. A bag held by hand is a _____.
3. A book with instruction /manual is a _____.
4. A break in a motor vehicle operated by hand is a _____.
5. Things made by hand is a _____.
6. A pair of metal rings joined by a chain used by police is a _____.
7. A small piece of cloth or tissue used for drying your sweat or blowing your nose is a _____.

• Rhyming Game!

- A rhyme comes when a word sounds like one you've just heard!
- Can these poems make you smile?

Winter is chilly Summer is hot, Spring is silly' So I sleep a lot!	Roses are red, Violets are blue, I have to sneeze, "Ha-ha-choo!"	I like Ray, Ray likes Kay, Kay likes Jay, Jay likes Fay!
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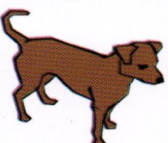









- So can you make your own rhyming poem with: handball, ball, all, fall, small, goal or any rhyming words from the text?
- The pronunciation guide in a dictionary will help you figure out how to say words.
- Fore example: I like handball,
But I'm not fit,
I always fall,
So I've decided to quit!



13.6.2 Animals

- Guess Who?
- Find and write the right words under the right pictures.

Ant	Cat	Fly	Lion	Scorpion
Dove	Cobra (snake)	Fox	Lizard	Sheep
Duck	Cockroach	Frog	Rabbit	Spider
Eagle	Cow	Hen	Rat	Tiger
Fish	Dog	Horse	Roster	Turtle

				
E-----	R-----	H-----	D-----	D-----
				
A-----	F-----	S-----	C-----	S-----
				
R-----	L-----	S-----	R-----	F-----
				
D-----	C-----	C-----	H-----	C-----
				
L-----	T-----	F-----	T-----	F-----

Project Work

* What if you were not a human Being? What if you were a bird?

- What kind of animals would you like to be? Would you like to be free like birds? You go wherever you want to go without having visa or crossing borders; or strong and fearsome like lions and tigers? No one dare to annoy you; or may be mild like lambs? Having a peaceful life; or as proud as a peacock or the cock of the walk? People just admire you for your look. Would you like to have a strong sight like a hawk and see what others can't see? or you would like to be domestic like a fish you can't leave your home?
- Do you know that humans and animals share the same features? Some of them are insincere like snakes; others are crooked like a fox. Some are curious like cats they don't leave you alone; others are seasonal you can't see them all the time like emigrant birds but you know they will comeback again. Some are talkative like parrots they just repeat you; others are just quiet and beautiful like a swan in a lake. You can't take your eyes off them.
- Think of other animals and their features and what kind of symbols they make in life. What are some animal idioms?
- Consult the dictionary or any idiom books or the internet.
- Write a composition on one of these two subject:
 1. If I Were A Bird. (or anything else, make your choice)
 2. People in My Life.

Unit Fourteen

14.1. Physical Fitness

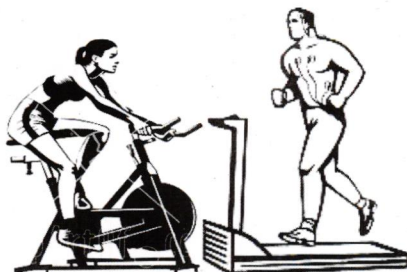
Fitness is the ability to do daily activities without fatigue (getting very tired). People should workout three times a week to develop their fitness. They can go walking, jogging, running or cycling or they can go to a health center (also called a gym).

In health centers one can develop his fitness either by doing aerobics, training on machines, or training with or without a trainer. Any health club consists of the following:

Main workout areas consist of dumbbells, barbells, free weights and exercises machines.



Cardio Area: This area (theater) consists of equipment for cardiovascular training like ergometer and treadmill.



Group exercises area:

Usually a fitness instructor gives aerobics and yoga



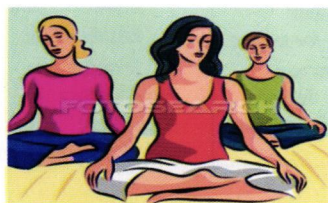
Stretching



Sit-ups



Pushups



Yoga

14.2. Key Words

Physical fitness	اللياقة البدنية	Barbells	الثقل
ability	القابلية	Free weights	اوزان حرة
daily activities	الفعاليات اليومية	Cardio area	منطقة التمارين القلبية
tired	تعب	Equipment	معدات
workout	تمرين	Cardiovascular training	تدريب قلبي
Develop	يطور	Ergometer	الدراجة الثابتة
Health center	مراكز لياقة	Treadmill	الحزام المتحرك
Aerobics	تمارين هوائية	Group exercises area	منطقة التمارين الجماعية
training	تدريب	Fitness instructor	مدرب لياقة
Exercises machines	اجهزة تمرين	yoga	يوغا
Trainer	مدرب	Stretching	تمطية
Main	اساسية	Sit-ups	تمارين بطن
Workout area	منطقة التمرين	Pushups	تمارين شنوار
Dumbbells	دمبلصات		

- Consider the word Fitness. What does -ness mean?
- The word train is the railway engine that pulls a number of carriages and takes people and goods from one place to another. What is the word family of train?
- Both of training and workout are synonyms. Which one is exclusively used for fitness?
- What do you know about these words:
Trainer, instructor, cardio-, CPR

-ness is a noun suffix. It refers to the quality, state or character of sth as happiness, blindness, dryness, silliness, fitness, etc.

Which Word?

Training / Workout

- **Training** refers to the process of preparing to take a part in a sport competition by doing physical exercises: *to be in training for a race.*
- **Workout** exclusively refers to a period of physical exercise that you do to keep fit: *She does a 20-minute workout every morning.*

Which Word?

trainer/ instructor

- Both of these words are synonyms.
- **Trainer** a person who teaches people or animals to perform a particular job or skill well, or to do a particular sport: *Her trainer had decided she shouldn't run in the race.*
- **Instructor** exclusively refers to a person whose job is to teach sb a particular skill or sport: *a driving instructor, fitness instructor.* In AmE it means a teacher below the rank of ASSISTANT PROFESSOR at a college or university.

Word Family

train *n., v.*
trainee *n.*
trainer *n.*
training *n*

Cardio- a prefix means heart: cardiovascular, cardiogram, cardio-pulmonary. CPR is the initials of cardio-pulmonary resuscitation. A first aid technique to save a person whose heart has stopped.

14.3. Language Awareness :

Do you know that physical fitness and health are strongly connected? Why do you think?

Before starting any activity a person must make sure he/she is wearing proper clothing. What do you think proper clothing include? What about the shoes? Do you have to wear shoes when you workout? Are there certain types of shoes for working out? How should they be? Do you have one? What kind of workout requires shoes and which ones do not require shoes but only socks? Are socks a must or can you train barefooted? What are the risks of training barefooted?

Some athletes, when they run, they wear GPS do you know what a GPS is? It is Global Positioning System which helps cyclists and runners find their position from satellites. It also records the speed and distance of an athlete in a given time. What do you think of this technology? Do you know any other technologies that can help you in training? What is it? Which one do you use? Why?

Before working out a proper warm up is a must. Warm up is a set of exercises that prepare the body for the up coming work out. It also prevents injury and muscle soreness in what way do you think? After warm up, an athlete can work out for a period of time then he/she must cool down. Cooling down is a set of exercises that recover the muscles to their previous state how do you think? Do you know that in both warm up and cool down stretching exercises are used? Do you know any stretching exercises?

After work out a person may face one of three problems; muscles cramps, muscle soreness and minor injuries. Have you suffered from any of these problems? Which one? How did you treat the problem? For cramps stretching is the answer while if there is muscle soreness exercises are a must (usually soreness is the results of exercising too hard so you have to increase exercises intensity gradually) but if you have injuries RICE is the solution. Do you know what RICE stands for? It is not the rice that we eat, it is an acronym of **R**est, **I**ce, **C**ompression and **E**levation do you know them? What are they and what do they do? Can you think of more serious injuries that are caused by training? Do sprains and strains come in mind? Have you every suffered from any kind of injury? What kind of injuries did you have? Which injured do you think are more dangerous than others? Are there any injuries that can end your athletic career? Are there injuries that can end your life? Do you know that there are certain injuries most common in one sport more than in others that they are named after that sport like tennis elbow, swimmer's ear, runner's diarrhea and boxer's nose? Have you heard of them? What is the common injury in your sport? Have you been injured before?

Physical fitness includes many aspects like power, strength, endurance, speed, agility, flexibility, balance and coordination. Which one do you think is more important in you sport? Why? Which aspect do you think you need to develop? How will you develop it? Do you have a training plan? Do you following a certain training program?

14.4. Vocabulary: Medicine and Health

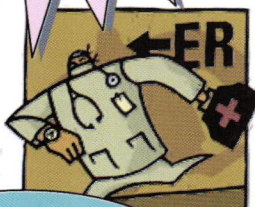
				
Pills حبوب and Capsule كبسول	Prescription وصفة الدواء	Medicine دواء	Syringe إبرة & Band-Aid ضماد	Stethoscope سماعة الطبيب
				
Ambulance اسعاف	Gurney سديّة	حقنة في الوريد IV	Hospital مستشفى	Doctor دكتور
				
Nurse ممرضة	Cast & Crutches جبيرة و عكازات	Bandage ضماد	Wheelchair كرسي متحرك	Sling & thermometer رافعة thermometer
				
Backache ألم الظهر	Toothache ألم اسنان	Headache صداع	Flu انفلونزا	
				
Asthma ربو	Blood pressure ضغط	Black eye عين متورمة	Cut جرح	
				
Muscle soreness ألم عضلي	Sprain التواء	Fracture كسر	Amputation بتر	

14.5. Conversation: Emergency

This is the
Emergency.
Yes please!



Hello! Emergency! My son
has a bad stomachache. I
think, he's taken some
poisonous drug. Please
hurry up! He is in pain. The
address is



His breath is so
weak! He is having
a heart failure!

Keep on the
resuscitation.



I've seen your X-rays. Don't be
afraid! Your ankle isn't broken. It's
just badly sprained. Your knee is
twisted. Your shoulder is
dislocated. Your arm is cracked
and need to put it into plaster. You
also need to put a neck brace for a
while!

Fractures

Department



CPR

Hi Young Man!
What's up? Do
you feel good?



Smiling is good for you!
It has been scientifically
proved. Laughing is even
better. Do you **smile** or
laugh at least ten
minutes a day? If, not
come to our Health Club
and follow our special
fitness and health
program.



Prescriptions

Not too good. I've got a bad
headache, cough and sore throat. I
feel hot; my temperature is high.
Mom and Dad have got the flu; I
might have got the flu too.
Perhaps it's a SWINE FLU!!!!

Prescription
a cough/ cough syrup
a cut/ a bandage
a headache / aspirin
an infection/ an anti-
biotic



14.6. Homework

14.6.1 Physical Fitness

- **Find and write**

Read the text and try to find out the synonyms of the following words:

Training	
Trainer	
health center	
Area	
Cardio	
Center	
Jogging	

- **Finish the spelling of the words below with the correct endings:**

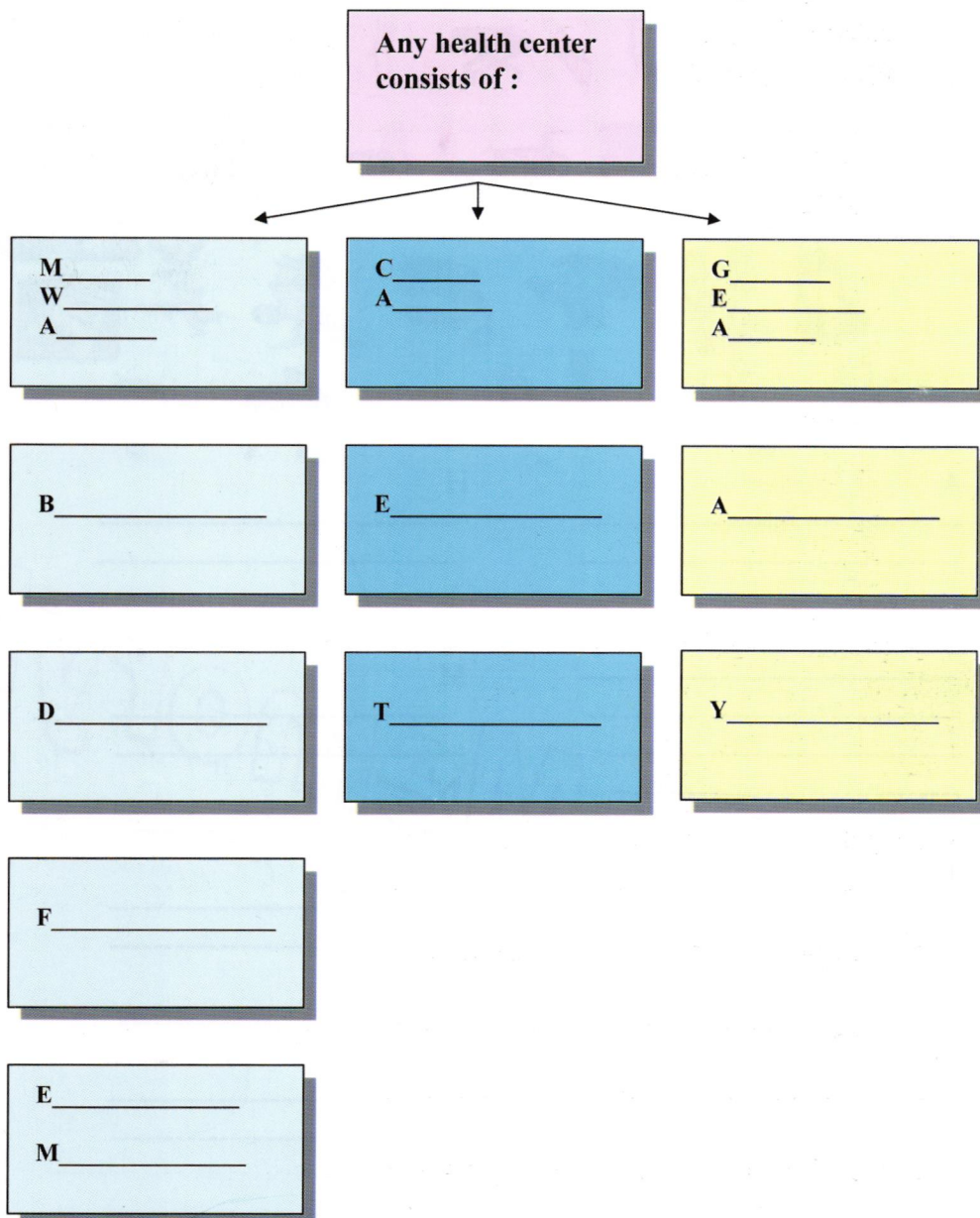
words	-or, -ing, -er, -ing, -tion, -ee		
train	train _____,	train _____,	train _____,
instruct	instruct _____,	instruct _____,	instruct _____,

- **Complete the following definition:**

1. Fitness is the ability to do -----

2. Health center is the place where someone can-----

- Any health center consists of certain main areas.
- What are these areas?
- What do they consist of?



14.6.2 Medicine and Health

- Look carefully at these pictures.
- Try to remember their names.
- Arrange them alphabetically in the following list.



A

H

B

I

M

C

N

P

D

S

F

T

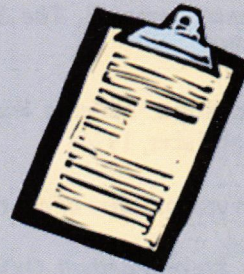
G

W

14.7.

Project Work

- Physical fitness is so important in our life whether we are athletes or ordinary people. It makes us look younger! But what is more important is to have some physical and health awareness before starting any training activity.
- Suppose yourself a health center instructor. Design an inquiry form and ask the applicants to fill it out with the right information. Give your Health Center a trade name. Focus on your name. Don't forget to leave a space for the name of the applicant and his age. Consider the following questions:
 - Do you have any acute illness (asthma, allergy, heart diseases, blood diseases, high pressure, diabetes, kidney failure, etc)?
 - Do you workout to keep your fitness?
 - Where do you workout, at home or at the gym?
 - How many times a week do you workout?
 - Do you follow any diet?
 - Do you take any dietary complement?
 - Do you take any kind of steroids?
 - Do you practice certain sport?
 - Do you follow a special training program?
 - Are you training with or without a trainer?
 - Have you stopped your training for injury?
 - What was your injury?
 - Have you been on rehabilitation program after injury?
 - How long did it take and where?
 - Are you able to continue your training or do you have a certain disability?



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4. المفردات:

لقد اهتمت العديد من الكتب المنهجية السابقة محور المفردات الأساسية كما اهتمت استخدام الصور التوضيحية لبيان وتعزيز معناها. عليه ركزنا في هذا الكتاب على توزيع محور المفردات الأساسية الخاصة بالحياة اليومية على الفصول وجميعها معززة بالصور التوضيحية. ان الهدف من الصور هو تطوير الذاكرة الصورية للطلبة وبناء مخزون جديد من الكلمات وتشجيع الطلبة على الاحتفاظ عوضاً عن الحفظ. يمكن تخصيص 10 دقائق لقراءة هذا المحور ولمراجعة ما تعلمه الطلبة منه.

4. المحادثة:

تضمنت فصول الكتاب على اساسيات المحادثة والحوارات اليومية على شكل مواقف مصورة وموضحة بحوارات داخل مربعات وصناديق حوار لتمكن الطلبة من قراءة النبرة واللحن الملائم لكل موقف. يمكن تخصيص 10 دقائق لهذا المحور لتشجيع الطلبة على التحدث بالانكليزية امام الصف ومع الزملاء.

5. الواجب البيتي:

تركز التمارين بشكل كامل على القطعة الرياضية و المفردات وهي مصممة لتطوير الاستيعاب والاستنتاج والاحتفاظ. يفضل اعطاء التمارين مباشرة بعد الانتهاء من دراسة القطعة والمفردات وذلك زيادة في الاستيعاب وسهولة في التطبيق. يتدرج مستوى صعوبة التمارين حسب الفصول من الأسهل الى الأصعب. يمكن تخصيص 10 دقائق لشرح التمارين ولمراجعة اجابات الطلبة.

6. المشروع:

ينتهي كل فصل بمشروع عمل يعتمد على القطعة او المفردات او المحادثة. يتطلب كل مشروع مهارة وقدرة معينة يعتمد اغلبها على استخدام الحاسبة و الانترنت بالاضافة الى التمتع بمهارات ابداعية وفكرية. ان لكل مشروع معايير خاصة يجب ان يرتقي اليها الطالب كي يتطور على جميع الأصعدة. ان الهدف من المشروع هو اسهام الطلبة في عملية تعلمهم للغة كي يتمكنوا من مواصلة تطوير لغتهم بعد اكمال المنهج. تتدرج المشاريع بصعوبتها كذلك لتشجع الطلبة على الكتابة والتعبير عن انفسهم عن طريق الكتابة بأسلوب بسيط و مفهوم. يمكن تخصيص خمس دقائق لشرح المشروع او لجمع مشاريع الطلبة او للتعليق على الاغلاط التي يقعون فيها عند تطبيق المشروع وللثناء على الطلبة المبدعين.

المقدمة

ان تعلم اللغة الانكليزية كلغة أجنبية ليس بالامر السهل خاصة وانها لاتستخدم كثيراً ليس في بلدنا فحسب بل في جميع الدول غير الناطقة بها. لذا اقترحت العديد من الطرائق لتعليم اللغة الانكليزية ومنها تعليم اللغة الانكليزية لأغراض خاصة منها الطبية و العسكرية والأدارية والفنية و الرياضية وغيرها . وقد كان اول من قدم هذا النوع من اللغة الانكليزية في مجال التربية الرياضية في بلدنا الحبيب هما كلا من الدكتور و داد المفتي والدكتور فاخر عبد الرزاق. حيث اهتم هذا الكتاب بتدريس اللغة الانكليزية لاغراض التربية الرياضية حصراً ولقد استمتعا لعدة عقود بدراسة وتدريس هذا الكتاب حتى استوقفنا بعض المستجدات التي تتطلب المزيد من التعزيز. وسيراً على خطاهم ومواكبة للمستجدات التي طرأت على قوانين الألعاب الرياضية وطرائق التدريس التي اصبحت تتجه الى اعتماد العصف الفكري والتفكير الابداعي والتعلم الألكتروني والذاكرة الصورية في تعليم اللغة الانكليزية كلغة أجنبية لغير الناطقين بها، اقترحنا اعتماد هذه الطرائق لمعالجة جميع مواد الألعاب الرياضية التي تدرس حالياً في كلية التربية الرياضية الأم في جامعة بغداد. ان الجمع بين التطبيقات اللغوية والنص الرياضي في آن واحد من شأنه ان يحقق فائدة تعليمية مزدوجة على عكس الفصل بينهما . ومن هنا جاءت فكرة هذا الكتاب سعياً للمضي خطوة الى الامام نحو تعلم اللغة الانكليزية المتخصصة من خلال النص الرياضي الى جانب تعلم اللغة الانكليزية العامة من خلال تطبيقاتها المختلفة في الحياة اليومية. يتكون الكتاب من اربعة عشر فصل موزعة على اربعة عشر محاضرة علماً ان زمن المحاضرة هو 90 دقيقة على الاقل. كل فصل يتكون من المحاور التالية:

1. القطعة الاستيعابية :

يبدأ كل فصل بقطعة استيعابية لأحد الألعاب الرياضية التي تدرس في كلية التربية الرياضية. حيث تركز كل قطعة على تعريف تلك الرياضة وشرح لخصائصها. ان القطع معززة بالصور التوضيحية. ان الهدف منها تطوير قدرة الطالب على القراءة والاستماع. ان قدرة القراءة تتطور بأعطاء فرصة لكل طالب لقراءة سطر من القطعة مع الاجابة عن سؤال خاص بذلك السطر. اما الاستماع فيتطور عن طريق الاستماع الى المدرس وهو يقرأ القطعة بالاضافة الى الاستماع الى زملائه وهم يقرؤن. يمكن تخصيص 15 دقيقة للقطعة مع القسم التالي.

2. المعاني وقواعد اللغة :

يقسم هذا المحور الى قسمين الاول يضم معاني اهم الكلمات الواردة في القطعة باللغة العربية. اما القسم الثاني فيركز على قواعد اللغة الانكليزية والاملاء والتلفظ. ان الهدف من هذا المحور هو بناء الوعي الكافي بعلوم اللغة المختلفة الواردة في مضمون القطعة. يتم اعطاء هذا المحور بوقت متزامن مع القطعة.

3. الوعي اللغوي :

ان الهدف من هذا المحور هو بناء وعي باللغة والمضمون. ان الوعي اللغوي يعني الاستخدام الامثل للغة لاغراض التواصل. اما الوعي بالمضمون فهو التركيز على عناصر اللغة ضمن المضمون. ان هذا المحور عبارة عن اسئلة عن الرياضة مصممة حسب نظرية بلوم ومنطق سقراط على شكل قطعة لتطوير التفكير الابداعي والعصف الفكري. يجب على المدرس طرح هذه الاسئلة على الطلبة واعطائهم الوقت الكافي للتفكير والاجابة بالانكليزية ويمكن تخصيص 15 دقيقة لهذا الغرض.

المفردات	المحادثة	التمارين	المشروع
جسم الانسان	التحيات	رياضة / جسم الانسان	مشروع الرياضة
الملابس	تحيات خاصة	كرة القدم / الملابس	مشروع بطاقات معايدة
الروتين اليومي	تعريف النفس	الملاكمة / الروتين اليومي	مشروع هوية تعريف
العائلة	تعريف الاخرين	رفع الاثقال / العائلة	مشروع العائلة
المشاعر	الاستئذان	العاب القوى / المشاعر	مشروع كيف تشعر عندما ؟
الطقس	طلب خدمة	السباحة / الطقس	مشروع الطقس
المشاكل اليومية	وصف المظهر العام	كرة السلة / المشاكل اليومية	مشروع مشاكلك اليومية
الكلية	وصف الاخلاق	المبارزة / الكلية	مشروع من هو بطلك
السفر	الهاتف	كرة الطائرة / جسم الانسان	مشروع اين تود السفر
الطعام والشراب	يحب/لايحب	الجنماستك / الطعام والشراب	مشروع الطعام
المنزل	التلفاز	المصارعة / الطعام والشراب	مشروع اصنع بيت الاحلام
العمل	هوايات	التنس / العمل	مشروع عمل، هواية ام ولع؟
الحيوانات	المزید من الهوايات	كرة اليد / الحيوانات	مشروع ماذا تود ان تكون لو لم تكن انسان؟
الطب والصحة	الطوارئ	اللياقة البدنية / الطب والصحة	مشروع صحتك
130 – 135 ص			

المحتويات

الفصل	القطعة الاستيعابية	المعاني وقواعد اللغة	الوعي اللغوي
الفصل 1 (1 - 8)	رياضة	متضادات والاشتقاقات	رياضة
الفصل 2 (9 - 17)	كرة القدم	مرادفات والاشتقاقات	كرة القدم
الفصل 3 (18 - 26)	الملاكمة	المختصرات	الملاكمة
الفصل 4 (27 - 35)	رفع الأثقال	تكوين الكلمات	رفع الأثقال
الفصل 5 (36 - 45)	العاب القوى	الجمع/ الأشكال	العاب القوى
الفصل 6 (46 - 53)	السباحة	الجمع/ مذكر ومؤنث	السباحة
الفصل 7 (54 - 62)	كرة السلة	الضمائر المفردة	كرة السلة
الفصل 8 (63 - 72)	المبارزة	الصفات/كلمات من لغات أخرى	المبارزة
الفصل 9 (73 - 81)	كرة الطائرة	الكلمات الأمريكية والبرطانية	كرة الطائرة
الفصل 10 (82 - 92)	الجمناستك	الكلمات المركبة	الجمناستك
الفصل 11 (93 - 102)	المصارعة	الصفات المركبة	المصارعة
الفصل 12 (103 - 111)	التنس	الستلفظ/ الكلمات المتكونة من حروف	التنس
الفصل 13 (112 - 120)	كرة اليد	الستلفظ	كرة اليد
الفصل 14 (121 - 129)	اللياقة البدنية	الإضافات	اللياقة البدنية
المصادر			

الشكر والتقدير

عندما نفكر في الاشخاص الذين وقفوا الى جانبنا ودعمونا ليرى هذا الكتاب النور لايسعنا الا ان نفكر في اهلنا لصبرهم ودعمهم. نشكر لهم صبرهم على الساعات الطويلة التي قضيناها بعيدين عنهم لكتابة هذا الكتاب. بالاضافة الى اننا نود ان نشكر كليتنا، كلية التربية الرياضية/ جامعة بغداد لدعمها المتواصل لنا وايمانهم بنا والى طلبتنا لانهم يستحقون الافضل.

نود ان نشكر على وجه الخصوص الدكتورة بفرلي هيلل المنسق الثقافي في جامعة اورغون على تفانيها وحبها لجميع مدرسي اللغة الانكليزية في العراق. لقد قدمت لنا فرصة ذهبية والتي تجسدت عن طريق ترشيحنا الى دورات مكتفة عبر الانترنت مع جامعة اورغون الامريكية. لقد اتاحت لنا هذه الدورات فرصة رؤية ما وصل اليه العالم من حولنا من تطور في فن كتابه المناهج التعليمية للغة. كما نود ان نشكر مدير مركز التطوير والتعليم المستمر دكتور بهاء كاظم لكونه حلقة الوصل بيننا وبين الدكتورة بفرلي.

نقدم شكرنا الخاص الي جميع الاساتذة الذين اشرفوا علينا اثناء الدورات مع جامعة اورغون ولمساتهم واضحة في الكتاب وهم الدكتورة دبرا هيلي و الدكتورة شار هتمان (كورسين لتعليم كيفية تدريس اللغة الانكليزية لغير الناطقين بها) و الدكتورة لزلي اوبيكمان (كورس تعليم كيفية تدريس اللغة الانكليزية لكافة الاعمار) و دكتورة كي وستفيلد (كورس اللغة الانكليزية لأغراض خاصة).

اخيرا ننحني بكل حب واحترام لبلدنا الذي عانى ولازال يعاني الكثير، ايها العراق العظيم هذا الجهد المتواضع نهديه اليك.

يعرب خيون
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هوية الكتاب

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المؤلف : أ.د. يعرب خيون , أنسام يعرب , مياده زهير

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الرياضة واللغة الانكليزية

كورس خاص باللغة الانكليزية لطلبة الدراسات الاولى
في
كلية التربية الرياضية

يعرب خيون
دكتوراه تربية رياضية

انسام يعرب
ماجستير لغة انكليزية
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