Scope and Sequence

		Unit/Topic	Vocabulary	Reading	Listening	Speaking	Writing	Sports Focus
á	1	ym 1: Leisure Center Page 15	Gym facilities and workout equipment	A webpage of AMPM@LeisureCenter	A guided tour in AMPM@LeisureCenter	Discussing personal exercise habits and fitness goals	Designing a fitness poster	Judo
6	MILL CO.	ym 2: Group Exercise Lasses Page 29	Gym facilities and additional amenities	Timetable of group exercise classes at AMPM@LeisureCenter	A talk by a personal trainer about group exercise classes	Making a good use of a free pass	Writing and responding to comments	Artistic Swimming
	3 G	ymnastics Page 43	Artistic and rhythmic gymnastics	 Simone Biles: The Most Decorated American Artistic Gymnast The First Taiwanese Olympic Gymnastics Medalist 	 A conversation between a gymnast and his friend A conversation between two rhythmic gymnasts 	Talking about the schedule of a gymnastics competition	Writing about your training or competition experience	Gymnastics: • The Scoring System • Simone Biles' Stunning Moves
4	4	rack and Field Page 57	Different events of track and field	 Training for Track and Field Athletes Examples of Plyometric Exercises 	Live broadcasts of track and field events by sports commentators	Talking about the risks (common injuries) of track and field athletes	Writing a report about the results of a track and field game	Javelin Throw
	5	olleyball Pege 71	Volleyball actions and rules	Brief History of Volleyball Volleyball Positions and Roles	 A news report about High School Union Volleyball Cup An interview with a successful volleyball player 	Discussing volleyball	Writing about a volleyball game	Water Volleyball

nordicsport.com norficsport.co **Track and Field Objectives**

- Name different types of track and field events
- Name different equipment used in track and field
- Recognize different plyometric exercises and the benefits of plyometric training for track and field athletes
- Interpret the results of a hurdle event and a long jump event
- Discuss common injuries sustained during track and field events and methods of injury prevention
- Write about the results of a long jump event

Warm-Up

In a small group, talk about what these people are doing in the pictures below. Where are they?

















Vocabulary

Running



Sprints: 100 m, 200 m, and 400 m running races for men and women



Middle distance: 800 m and 1,500 m running races for men and women



Steeplechase: 3,000 m steeplechase for men and women including 28 barriers and seven water jumps



Long distance: 5,000 m and 10,000 m running races for men and women



Hurdles: 110 m hurdles for men, 100 m hurdles for women, and 400 m hurdles for men and women



Relays: 4 x 100 m and 4 x 400 m for men and women; 4 x 400 m mixed relay

* Jumping



Long jump for men and women



High jump for men and women



Triple jump for men and women



Pole vault for men and women

◆ Throwing



Discus throw for men and women



Shot put for men and women



Javelin throw for men and women



Hammer throw for men and women

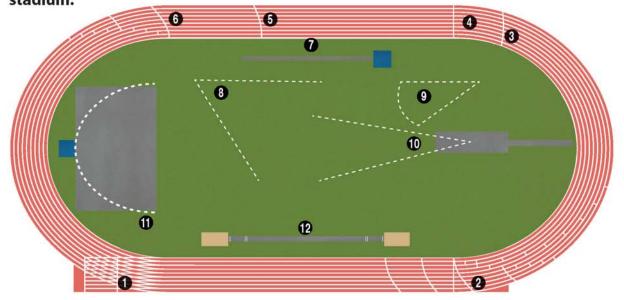
Categorize the events above into track events and field events.

Track events	Field events

Search the internet for information about multiple events.

Men's Decathlon Day 1:, Day 2:,	· · · · · · · · · · · · · · · · · · ·		
Women's Heptathlon))
Day 1:,		1	
Day 2:,	1		

Find where each track event starts, and where each field event takes place in the stadium.



	Track events	
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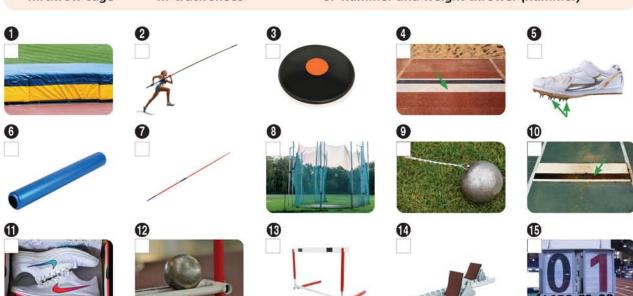
	Field events	
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D Label the equipment used in track and field. Write the letter in the box.

- a. baton
- b. discus
- e. hurdle
- f. javelin
- i. plasticine
- m. throw cage
- j. pole vault
- n. track shoes
- c. starting block
- g. high jump pit
- k. shot put
- h. lap counter

d. jump board

- I. spikes
- o. hammer and weight thrower (hammer)



Reading 1

Training for Track and Field Athletes

Track and field includes running, jumping, and throwing. The athletes need speed, strength, and **explosive**¹ power. How do they train to reach their best condition? Many of them have plyometric training to improve their performance.

Plyometric training and its benefits

Plyometrics is a type of training aimed at developing athletes' power and speed. It involves fast and powerful actions;

therefore, it can strengthen athletes' arm and leg muscles and give them increased muscular power. It can help track and field athletes to run faster, jump higher, and throw farther. There are many different types of plyometric exercises. Athletes can choose the ones that suit them. They can have 3–4 sessions of plyometric training per week, and they should have a 48-hour rest in between.

Safety

When doing plyometric training, athletes need to have proper rest between repetitions and sets. For example, they can have a ten-second recovery between reps and a three-minute recovery between sets. Each session can be around 45 minutes including the warm-up. The number of times touching the ground should be limited in each session (e.g., 40–60 for inexperienced athletes and up to 500 for advanced-level athletes). Plyometrics can have a high risk of injury if it is not done properly. So, remember to **land**² on the floor softly when practicing. It is also better to be trained by an experienced coach or trainer.

What are true about plyometrics? Check (\checkmark) the statements.

1.	The purpose of plyometrics is to strengthen athletes' mental power.
2 .	Plyometric exercises are quick.
3 .	Track and field athletes should have plyometric training every day.
4.	Different athletes can do different types of plyometric exercises.
5 .	Athletes should do as many repetitions as possible during a given time.
6.	There should be a rest between reps.
7 .	Inexperienced athletes should not do as many plyometric exercises as advanced athletes.
8.	If athletes do plyometrics correctly, they will be safe.

¹ explosive (adj.) – increasing suddenly and quickly

² land (v.) – to come down to the ground

Reading 2

Examples of Plyometric Exercises

Below are some examples of plyometric exercises. Athletes should start with a warm-up and do the easier moves before moving on to more difficult ones. They can do 2–3 sets of 3–5 reps for each move.

♦ Ankle hops

Hop only with your ankles. Do not bend the knees.

♦ Linear hurdle hops

Put six mini hurdles on the ground some distance apart in a straight line in front of you. Hop forward and over each hurdle with two feet.

♦ Lateral hurdle hops

Put six mini hurdles on the ground some distance apart in a straight line. Hop over each hurdle sideways from left to right and then right to left.

♦ Knee tuck jumps

When you jump up, bring your knees up to your chest.

♦ Bounding

Run and leap as far as you can.

♦ Dynamic lunges

Begin with a lunge, then jump up and switch your legs.

♦ Box jumps

Two feet together, jump up onto a box.

♦ Reverse lunge with knee-up

Step your right foot back making a reverse lunge position and then bring your right knee to your chest and jump off your left foot at the same time.

♦ Frog squat jumps

Squat and touch the floor with your hands, then jump up like a frog.

♦ Squat thrusters

In a push-up position, jump your feet forward and bring your hands up to your chest.

♦ Kneeling to standing explosive jump

Kneel on a pad, bring your knees up and land on your feet.

♦ Plyo push-ups

When you do a push-up, push yourself high enough to clap your hands.



Label the plyometric exercises based on the article.



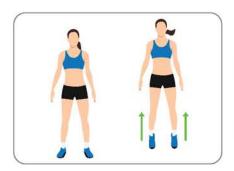




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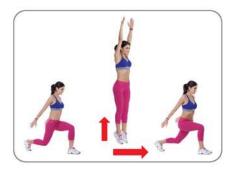




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Listening 1

Listen to a sports commentator talking about the men's 110 m hurdles final at the 2020 Olympics. Refer to the following information and fill in the chart below.

List of athletes:

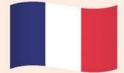
- a. Andrew Pozzi
- b. Asier Martinez
- c. Aurel Manga
- d. Ronald Levy

- e. Pacsal Martinot-Lagarde f. Hansle Parchment
- g. Devon Allen
- h. Grant Holloway

Country codes:







FRA - France



GBR -Great Britain



JAM – Jamaica



USA - The **United States**





🚯 踷 Listen again and answer the following questions.

- 1. Who was running ahead of the others at the beginning?
- 2. What song was played at the medal ceremony? _____
- 3. What did the three winners do at the end of the medal ceremony?

Listening 2

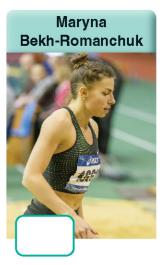
(19) <u>A</u>

Listen to a sports commentator talking about the women's long jump final in round 5 at the 2020 Olympics. Fill in each jumper's results in the box below. If there is no jump, write a cross (X).

















(The results of the jumpers are measured in meters.)

Who had the longest jump in round 5? _____

Words to Remember

- take-off (n.) leaving from the ground when jumping
 - potential (n.) ability to achieve something in the future
 - previous (adj.) happening before something else



Elisten to a sports commentator talking about the women's long jump final in round 6 at the 2020 Olympics and fill in the blanks.

Now, it's the last jump for everyone.	
Sawyers is going for it. Oh, red flag for Sawyers. She will be in \bigcirc with 6.80 in her second round.	place
Brooke Stratton is in seventh place at the moment. Red flag! Unfortunatel in seventh.	y, she remains¹
Tara Davis, she was pretty consistent ² in her last five jumps 6.71. Her is 6.84. This 6.71 cannot move her	
Maryna Bekh-Romanchuk, she only has one jump recorded. She's fast, but the plasticine. Her 6.88 4 her in 6 place.	she steps on
Ivana Spanovic, she must jump longer than 6.95 to get to the top 6is her last jump 6.72.	Here
Malaika Mihambo, her 6.95 in the $\sqrt[3]{}$ round places her in $\sqrt[3]{}$ Here's her final jump. It's a really good jump. She could get a 7. Yes, seven have a new leader!	
Ese Brume, she has 6.97. Definitely, she will have the ①, bu better than that? She's got a ① flag. Is it good enough? 6 enough to beat Mihambo and Reese.	
Brittney Reese, now, she knows she can get a ① with 6.97, the gold? Here comes her final jump. It's so close 6.84. Brittney Reese medal and Mihambo gets the ②!	but can she get wins the silver
1 remain (v.) – to stay in the same place 2 consistent (adj.) – doing something in a similar way	

Speaking

Role-Play. You and your partner are track and field athletes. You have seen other athletes get injured due to their training for competitions. Read the information below and refer to the conversation on the next page. Talk about some of the injuries and give suggestions for preventions.

Common injuries in track and field

	Shin splints	Possible causes: Overuse or overtraining from running Symptoms: Pain in the front part of the lower legs
1925 1925	Plantar fasciitis	Possible causes: Overuse from running or jumping, poor shoes, or tight calf muscles Symptoms: Pain under the heel
	Runner's knee (Patellofemoral syndrome)	Possible causes: Overuse from running or jumping Symptoms: Pain in, around, or behind the kneecap
	Anterior cruciate ligament (ACL) tears	Possible causes: High-impact and twisting motions from running or throwing Symptoms: A sharp pain in the knee at the point of injury; swelling after the injury; deep pain in the knee; trouble walking
Morard from tendors	Rotator cuff injuries	Possible causes: Repetitive throwing motions Symptoms: Deep pain in the shoulder
	Hamstring strains	Possible causes: Muscle overload due to fatigue, poor form in running or jumping, poor flexibility, or muscle weakness Symptoms: A sudden, sharp pain in the back of the thigh at the point of injury; swelling after the injury; trouble walking

Prevention:

- Wear proper footwear
- · Warm up and cool down
- · Stretch before and after training
- Follow the correct form for each event
- Rest

Sample dialogue

Athlete A: Jack is not here today.

Athlete B: He can't join our training today because he's got an injury.

Athlete A: What happened?

Athlete B: He's got a hamstring strain, so he'll need to rest for three to four weeks.

Athlete A: Oh, I hope he recovers soon.

Athlete B: I think his training was too intense last week.

Athlete A: Frank also had a hamstring strain last year. He was running in a race and suddenly he

felt a sharp pain in the back of his right thigh. He had trouble walking for a while.

Athlete B: To prevent this kind of injury, we need to give our muscles enough time to rest and pay

attention to our running form.

Writing

Listen again to the commentator talking about the women's long jump final in Listening 2. Write a report about the results in round 5 in 50–100 words. The following questions may help you.

- Who was in the final in round 5?
- · Where are they from?
- How did each jumper perform? What was each jumper's result? How long did they jump? Was it a no-jump?

Example: [Name] jumped 6.83 m. / [Name]'s jump was 6.83 m. / [Name]'s jump measured 6.83 m.

Unfortunately, she had a no-jump. Next was	 improved their jumps in this round. The first one to jump was Jazmin Sawyers.
	Unfortunately, she had a no-jump. Next was

Sports Focus Javelin Throw

Javelin throw /'d3ævlm θ roʊ/ is one of the field events where competing athletes must throw a javelin (also known as a spear) as far as they can.



Read about the javelin throw. What must javelin athletes avoid doing when participating in the event?

The javelin throw is one of the field events in track and field. Competing athletes must throw a javelin (also known as a spear) as far as they can. It was part of the ancient Olympic Games, and it became one of the modern Olympic Games in 1908 for men and in 1932 for women.



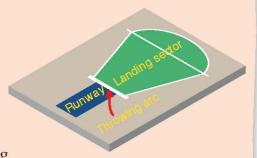
The javelin and the throwing area

The javelin is a long stick with a pointed head. It consists of three parts: a head, a shaft, and a cord grip.

The throwing area has a runway and a landing sector. The throwing arc is marked on the ground at the end of the runway. The landing sector is the area that the javelin should land on.

The rules

In a javelin throw event, the athlete runs down the runway and throws the javelin as far as he/she can. The one who has the farthest throw wins. The athlete must hold the cord grip with their pinky finger closest to the tip. The javelin must be thrown over the shoulder and land tip first within the landing



area. During the whole process, the athlete must not turn his/her back to the landing area. Also, he/she cannot have their throwing arc go past the foul line at any time. Each athlete has one throw in each round, and they have one minute to finish it.

B Read the statements below. Decide if they are True or False based on the article above.

1.	The javelin throw is a field event only for men at the Olympics.	True / False
2.	In a javelin throw event, the athlete can run and throw the javelin.	True / False
3.	To throw the javelin, the athlete holds the javelin at the tip.	True / False
4.	The athlete has only one chance to throw the javelin in each round.	True / False
5.	There is no time limit for the athlete to throw the javelin.	True / False

More Practice

Watch the video "Turkish Olympian and Record Holder" and answer the questions below.

- 1. How old was Pinar Saka when she started her running training?
 - a. 11 years old
- b. 12 years old

- c. 18 years old
- 2. How did Pinar get the chance to be trained as a runner?
 - a. The boys on the track gave up the chance.
 - b. She performed better than the boys on the track.
 - c. She was taller than the boys on the track.
- 3. What kept Pinar's training on track?
 - a. Persistence and patience
 - b. Wisdom and preparation
 - c. Passion and progression



- 4. What track event does Pinar hold the Turkish record for?
 - a. 100 m running races
- b. 400 m running races
- c. 400 m hurdles

- 5. What does Pinar do along with her training?
 - a. Gets education
- b. Does a part-time job
- c. Starts a business

- 6. How did Pinar qualify to join the Olympics?
 - a. She finished her qualifying race in 51.55 seconds.
 - b. She finished her qualifying race in 51.53 seconds.
 - c. She finished her qualifying race in 51.50 seconds.

ow I can	Yes	No
♦ name different types of track and field events.		
♦ name different types of equipment used in track and field.		
→ recognize different plyometric exercises and the benefits of plyometric training for track		
and field athletes.		
→ interpret the results of a hurdle event and a long jump event.		
→ discuss common injuries in track and field and injury prevention.		
♦ write about the results of a long jump event.		