



Sports and English

Communicating with the World



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Nan'un-do

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Preface

In 2016, the Summer Olympics and Paralympics will be held in Rio de Janeiro, Brazil. Also, in 2020 Summer Olympics and Paralympics will be held in Tokyo, Japan!

Studying and using English is similar to training for and playing sports. Firstly, sports require a good foundation in areas such as skill, strength, speed and stamina, along with confidence and hard training! English also requires a foundation in areas such as grammar, pronunciation and listening along with confidence and practice through various learning activities and communication experiences.

With sports, the advice of coaches, instructors, senior players and sporting textbooks can facilitate progress. So too can teachers, more experienced English users and also learning materials such as textbooks aid the English learner.

Finally, motivation is essential. The thrill of winning or the joy of playing is good motivation for sports. For English, the thrill and enjoyment that comes from being able to communicate well in English is hugely rewarding and grand motivation in itself!

Through this textbook students can enjoy the activities, grow in confidence, increase motivation and gain sporting knowledge in English, all while improving their English skills at the same time!

Let's communicate with the world!

はしがき

2016年夏季オリンピック・パラリンピックがリオデジャネイロで、そして2020年は東京で開催されます。オリンピック種目としての野球やソフトボールの復活、日本ラグビーチームのワールドカップにおける大健闘と、今まさにスポーツの熱は高騰しています。

そのスポーツに取り組むことと英語を身につけることは、大変似ています。スポーツにおいては、トレーニングを通して、スキル、体力、スピードそして持久力のような基礎作りが必要とされます。英語学習においても、様々な学習活動やコミュニケーションを通して、文法、発音、聞き取りなどの基礎的スキルを習得することが重要となります。

またスポーツでは、コーチ、トレーナー、先輩、または専門書を通して、選手たちは個々のパフォーマンスの向上を図ります。同様に、英語学習の場合は、教員、経験豊かな英語話者、そして様々な英語教材などが、英語学習者のサポート役を担います。

モチベーションが必要不可欠という点も、スポーツ・英語学習の両方において類似しています。勝利することの感動や、競技に打ち込む楽しさは、スポーツをすることへの動機づけとなり、英語習得では、英語でコミュニケーションが取れたときの感動や喜びが、学習者へのやる気となります。

この教材を通して、学生たちは英語のスキルを上達させると同時に、アクティビティを楽しみ、自信をつけ、モチベーションを高め、そして英語でのスポーツに関する知識を習得できます。

Let's communicate with the world!

最後になりましたが、本書出版にあたり企画の段階からの確かなアドバイスを頂きました南雲堂・原島亮氏に心から御礼申し上げます。

筆者一同



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Unit 1 Warming Up!

- 1) Read the passage once.
- 2) Next, look at the vocabulary on the next page and read the passage again.
- 3) Finally, read along with the CD track then answer the questions.



No matter what sport we play, it is always important to warm up beforehand.

2 The first phase is to raise our heart rate to get blood to our muscles through some slow aerobic exercise such as jogging or cycling. To avoid injury, it is important to not move too quickly or suddenly.

5 The next phase is stretching. In the past, "static stretching" was common. This is slowly stretching individual muscles for usually about 10 seconds. Recently, "dynamic stretching" has become popular. The reason is that moving a body part stretches the muscles, while doing a movement that is similar to the target exercise.

10 The last phase is to do sports specific exercises. These depend on the sport: throwing a ball for baseball or softball, serving a ball for tennis or volleyball, passing a ball for basketball, or shadow boxing for fighting sports. Now the body will be sufficiently warmed up, and can begin giving maximum effort.

15 Finally, always remember to cool down after exercise. Slow aerobic activity and static stretching is recommended. If possible, doing the warm down in a pool helps the body relax and start recovery. Obvious results of not warming up and cooling down properly are poor performance, poor recovery, and even injury!

Need to know words

No matter	()	heart rate (n)	()
muscle (n)	()	aerobic (adj)	()
static (adj)	()	dynamic (adj)	()
specific (adj)	()	depend on (v)	()
sufficiently (adv)	()	recovery (n)	()

Understanding the passage

- ① The first thing we should do to warm up is to...
- do dynamic stretches.
 - do static stretches.
 - aerobic activity.
 - throw a ball.

- ② Is a high leg swing a "static" or "dynamic" stretch?

- ③ Is a sitting hamstring stretch "static" or "dynamic"?

- ④ Is throwing a softball a good thing to do to warm up?

Circle: Yes, it is. / No, it isn't.

- ⑤ When can the body give maximum effort?

After it has _____ warmed up.

- ⑥ Find and write the sentence from the passage that means the same as the sentence below.

Lastly, we should never forget to cool our bodies down after we finish.

- ⑦ What type of stretching is recommended when cooling down?



Activities

1 Warming Up – Athletic Trainer Interview

1) Find the meanings of these words before listening to the CD.

properly (adv)	()	clay (n)	()
squash (v)	()	advantage (n)	()
compared to	()	similar (adj)	()
negative (adj)	()	lactic acid (n)	()
flush (v)	()	flexibility (n)	()



2) Listen to the interview with the Athletic Trainer about warming up and answer the questions below. Use the vocabulary above and a dictionary to help you!

- ① Put the words from the box below in the correct place.
(Note: There are three incorrect "dummy" words)

We need to warm up ¹ _____ so that we do not get an
² _____ and so we can perform ³ _____. Our muscles need
to be warm and we need to ⁴ _____.

routine	properly	well	soft	hard	stretch	injury
---------	----------	------	------	------	---------	--------

- ② Static stretching is better than dynamic stretching for warming up.
Circle: True / False
- ③ Static stretching is better than dynamic stretching for cooling down.
Circle: True / False
- ④ Static stretching before exercise can have a _____ effect on performance.
Circle: Positive / Negative
- ⑤ Name three ways we can help flush away lactic acid.
1. s _____ aerobic exercise
 2. _____ stretching
 3. Repeating a one minute _____ shower and then a one minute
_____ shower cycle f _____ times

2 How Did You Warm Up and Cool Down at School?

- 1) How did you warm up for PE class in elementary school, junior high school, high school or your sports club?

<p>Think about: Did you do some <u>aerobic exercise</u> first? What kind of <u>stretching</u> did you do — <u>dynamic/static</u>? Did you <u>cool down</u> after?</p>
--

- 2) Discuss in small groups and take notes below! (eg. = example)

Warm Up			Cool Down	
Slow Aerobic Exercise	Dynamic Stretching	Sports Specific Exercises	Slow Aerobic Exercise	Static Stretching
eg. no aerobic	eg. taisou	eg. we kicked balls before soccer	eg. no cool down, deep breathing only	eg. only legs

- 3) Next, interview people from other groups!

eg. "Did you do (slow aerobic exercise) in your (warm up) at school?"

- 4) Tally how many people say "Yes" and "No" for each item. (Tally III = 正)

Warm Up						Cool Down			
Slow Aerobic Exercise		Dynamic Stretching		Sports Specific Exercises		Slow Aerobic Exercise		Static Stretching	
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO

- 5) Discuss the results. Are the results surprising?