

SPORTS

Vocabulary

archery – the sport of shooting arrows from a bow

athletics – sports such as running and jumping

badminton – a game that is similar to tennis but played with a shuttlecock instead of a ball

shuttlecock – a cork to which feathers are attached to form a cone shape

baseball – an outdoor game between two teams of nine players in which players try to get points by hitting a ball and running around four bases

basketball – a game played indoors between two teams of five players in which each team tries to win points by throwing a ball through a net

mitt – a type of leather glove used to catch a ball in baseball

boxing – the sport of fighting while wearing big leather gloves

cricket – a game between two teams of 11 players in which players try to get points by hitting a ball and running between two sets of three sticks

stump – one of the three upright sticks in cricket that you throw the ball at

fencing – the sport of fighting with a long thin sword

ice-hockey – a sport played on ice in which players try to hit a hard flat round object into the other team's goal with special sticks

karate – a Japanese fighting sport in which you use your feet and hands to hit and kick

netball – a game similar to basketball played in Britain, especially by girls

rowing – the sport or activity of making a boat move through water with oars

skating – the activity or sport of moving around on skates for fun or as a sport

ski jumping – a competition in which people on skis move very fast down a specially made steep slope which turns up at the end, and jump off from the bottom of it, landing on a lower level

skiing – the action of traveling over snow on skis, especially as a sport or recreation

skis – two long flat pieces of material attached to the feet used to slide over snow

tennis – a game for two people or two pairs of people who use rackets to hit a small soft ball backwards and forwards over a net

swimming – the sport of moving yourself through water using your arms and legs

snowboarding – the sport of going down snow-covered hills on a snowboard

surfing – the activity or sport of riding over the waves on a special board

volleyball – a game in which two teams use their hands to hit a ball over a high net

wrestling – a sport in which two people fight by holding each other and trying to make each other fall to the ground

weightlifting – the sport of lifting specially shaped pieces of metal that weigh an exact amount

goal – a pair of posts linked by a crossbar and often with a net attached behind it, forming a space into or over which the ball has to be sent in order to score

rugby – an outdoor game played by two teams with an oval-shaped ball that you kick or carry

football (BrE)/soccer (AmE) – a game played by two teams of 11 players with a round ball that may not be touched with the hands or arms during play, except by the goalkeepers

American football (BrE)/football (AmE) – a sport played by two teams of 11 players in which an oval-shaped ball is moved along the field by running or passing (this game evolved from soccer and rugby)

squash – a game played by two people who use rackets to hit a small rubber ball against the walls of a square court

cycling – the activity of riding a bicycle

car racing – a very fast car that is specially designed for races

judo – a Japanese sport or method of defense, in which you try to throw your opponent onto the ground

jogging – the activity of running slowly and steadily as a way of exercising

fishing – the sport or business of catching fish

shooting – the sport of shooting animals and birds with guns

horse racing – a sport in which horses with riders race against each other

horseback riding – the activity of riding horses

golf – a game in which the players hit a small white ball into holes in the ground with a set of golf clubs, using as few hits as possible

curling – a sport played on ice in which players slide flat heavy stones towards a marked place

fitness – the state or condition of being fit; suitability or appropriateness

yoga – a system of exercises that help you control your mind and body in order to relax

pilates – a type of exercise based on yoga and dance that you do with special equipment which makes you push, pull, and stretch, so that your body moves more easily and becomes stronger

stretching – a type of exercises when you straighten your arms, legs, or body to the full length

gymnastics – a sport involving physical exercises and movements that need skill, strength, and control, and that are often performed in competitions

gym – a special building or room that has equipment for doing physical exercise

exercise – an activity requiring physical effort, carried out especially to sustain or improve health and fitness.

Olympics – a very large sporting contest held every four years in which most countries take part

opponent – the other person or team in a sporting contest

participants – the people who take part in or play sports

referee – the person in charge of making sure the rules are followed

- spectator** – someone who watches sport
- supporter** – someone who supports a particular person, group, or plan
- fan** – someone who likes a particular sport or performing art very much OR someone who admires a famous person
- stadium** – the building that surrounds a pitch where sports are played
- team** – a group of people who play sport together against another group
- track** – the path that a race has to follow
- equipment** – the things that are needed to be able to play a sport
- ball** – a round object that is thrown, kicked, or hit in a game or sport
- bat** – a long wooden stick with a special shape that is used in some sports and games
- cue** – a long straight wooden stick used for hitting the ball in games such as billiards and pool
- score** – the number of points that each team or player has won in a game or competition
- corny** – too silly and repeated too often to be funny or interesting
- bog** – wet muddy ground too soft to support a heavy body

Verbs

- to walk** – to move forward by putting one foot in front of the other
- to watch** – to look at someone or something for a period of time, paying attention to what is happening
- to run** – to move very quickly by moving your legs more quickly than when you walk
- to stretch** – to straighten or extend one's body or a part of one's body to its full length, typically so as to tighten one's muscles or in order to reach something
- to jump** – to push yourself up into the air, or over or away from something, using your legs
- to bounce** – to move up and down, especially because you are hitting a surface that is made of rubber, has springs, etc.
- to serve** – to give someone food or drink, especially as part of a meal or in a restaurant, bar, etc.
- to sit** – to get into a sitting position somewhere after you have been standing up
- to bend** – to move part of your body so that it is not straight or so that you are not upright
- to kneel** – to be in or move into a position where your body is resting on your knees
- to ride** – to sit on an animal, especially a horse, and make it move along OR to travel on a bicycle or motorbike
- to kick** – to hit something with your foot
- to hop** – to move by jumping on one foot
- to skip** – to move forward with quick steps and jumps
- to shoot** – to make a bullet or arrow come from a weapon

to catch – to get hold of and stop an object such as a ball that is moving through the air

to hit – if you hit a ball or another object, you make it move forward quickly by hitting it with a bat, stick, etc.

to throw – to make an object such as a ball move quickly through the air by pushing your hand forward quickly and letting the object go

Phrases

to cheer for someone – to support someone

to try one's best – to try as hard as one can

to some extent – to a certain point

to be obsessed with someone/something – to be unable to stop thinking about something OR too interested in or worried about something

to end in a draw – used to state that a game ended with an equal score

to give a head start – an advantage that someone has over other people in something such as a competition or race

to become speechless – used to describe someone is so overwhelmed with emotions that they can't find words to express their feelings

to have a love-hate relationship with someone/something– used to say when you sometimes love someone or something or doing something, and sometimes you really dislike someone or something or doing something

to keep fit – to keep in good physical condition

to keep to a strict diet – to eat a very limited amount or range of food

to lose weight – to become thinner

to run away from something – to flee or escape from something

to get in shape – to become fit

to pick someone up – to get or bring someone or something from somewhere, for example, by car

Grammar Corner

We can use a *serial comma* (or commonly called an “*Oxford comma*”) before *and/or* at the end of a list. Its use depends on style guides. For example, the Chicago Manual of Style and APA style require a *serial comma*. On the contrary, the Associated Press Stylebook does not have this requirement.

e.g. Jeff is fond of basketball, rugby and tennis. (without a serial comma)

Jeff is fond of basketball, rugby, and tennis. (with a serial comma)

We use quotation marks to cite someone's response. However, we do not use quotation marks if the words reflect the nature of the response and not the word-by-word response.

*e.g. Anna turned around and whispered "it can't be true" crying bitterly.
Kevin wasn't his usual self that day, so he said **no** to our invitation.*

Real Life Situations

(P1 – Person 1, P2 – Person 2)

British or American?

P1: Hey, man! Did you watch the football match yesterday?

P2: No, I had no idea there was a football match yesterday. Who was playing though?

P1: Sharks against Tigers. That was an amazing match, you should watch a replay online then. The score was 3:4, however, I cheered for Sharks, so I was not that entirely thrilled.

P2: Oh, was it peaceful at least?

P1: Well, to some extent. Two players pushed each other and exchanged blows, but they were soon parted.

P2: Isn't it forbidden? I know that there are penalties for unnecessary physical contact in soccer.

P1: Wait, wait, wait... How could I forget that you are a Brit? There is a huge difference between soccer and football. They are totally different! In the US, we have football, it's more like rugby. In football, or American football, players can use feet as well as hands, so it's not uncommon for players to fall on each other.

P2: Oh, now I understand why I didn't know about this match. I'm not really interested in American football. I am a fan of ordinary football, which is soccer for you.

P1: Weird. I find it very exciting! I used to play baseball, basketball, and soccer at school, but the only sport that I became really obsessed with is football.

P2: No, I prefer to be a spectator when it comes to football. Since we're talking about sports, I don't remember if I mentioned that I'm fascinated by cricket. One match can take five days and still end in a draw! Did you know that?

P1: Ugh, that sounds extremely boring. Cricket is not so popular among Americans, it looks very old-fashioned too.

P2: It's an old game after all. I used to play it with my grandpa and his friends.

P1: Hmm, will you teach me how to play cricket with all these wooden stumps and bats?

P2: Sure, but only if you give me a couple of lessons in American football.

P1: That's a deal! Don't worry though, I'll give you a head start.

Graceful and Elegant

P1: Jade, what are you doing?

P2: I'm reading an article about the history of the Olympic Games.

P1: What made you want to read it all of a sudden?

P2: I've been hearing lots of positive feedback from my coach these years, and he even said that if I continue like that, I have a shot in the upcoming Olympics.

P1: Wow, really? This is amazing! Will it be the summer ones?

P2: Yes, the summer Olympic Games that will take part in Tokyo next year.

P1: Oh, I thought you should be at least 18 to participate.

P2: No, the most talented gymnasts are very young, they become very successful and famous at the age of 15-16, and by the age of 25, they leave the professional sport and become coaches. I'm really passionate about gymnastics, I never want to stop.

P1: I saw your performance with a rope and a hoop. You looked so natural while doing it! Honestly, I was speechless.

P2: Thank you! I was really nervous that day though!

P1: Why?

P2: I kept thinking that I would lose my hoop or trip over it. It happened once during training, and I couldn't let it go. I was so fixated on my fear that my coach noticed that.

P1: This sounds stressful. Why did you choose this sport? Why not volleyball or something else?

P2: I was a kid when I started doing it, so as a typical girl, I simply fell in love with beautiful costumes and the way the whole performance looked like. Even if I were to go back in time and make a choice again, I wouldn't change anything.

P1: What about your health though?

P2: Well... My back isn't exactly in the perfect state. I've injured it a couple of times, but I definitely try to be extra careful.

P1: Does it mean that despite the injuries in the past, you're still in love with gymnastics?

P2: Yep! I can't imagine my life without it.

Love-Hate Relationship

P1: Hey, Nancy, do you want to go jogging with me on Saturday morning?

P2: No way. Am I crazy?

P1: What do you mean?

P2: Only a weirdo would accept this invitation. First of all, one important fact about me – I have a love-hate relationship with sport, mostly hate though. Secondly, I adore sleeping till noon at weekends. So as you can guess, my answer is no.

P1: Why are you so pessimistic about the sport? How do you keep fit then?

P2: I keep to a strict diet, I try to eat only healthy food.

P1: If you want to keep fit longer, you should exercise as well. It will not only make you healthier, but stronger as well.

P2: Do I look fat?

P1: No, you look nice! I didn't want to put it like that. What I meant is that jogging and sports in general are not only for people who want to lose weight. For example, I love

jogging because it gives me energy, and I feel so refreshed after it. I also take this time to think about everything that is going on in my life, to plan my day, and simply to relax. I'm literally running away from my problems!

P2: You're so corny!

P1: Why thank you!

P2: Anyways, I don't like running cause I become all sweaty and gross.

P1: Have you tried going to a gym then? You can take a shower right after a workout session.

P2: Lifting weights? No way! I will look like a man.

P1: No, you will get in perfect shape. If you don't want to lift heavy weights, don't. You can exercise without weights too or try something like yoga or pilates. You'll sweat less, but that doesn't mean that you're not exercising. Plus, you'll work on your flexibility and coordination.

P2: Hmm, if I don't look like a dog after swimming in a bog, then I can give it a try. I don't have any pretty workout clothes though, and my sneakers are falling apart.

P1: You don't need to wear sneakers when you do Pilates or yoga, and you don't need to wear any special outfit either. Just make sure to wear comfortable clothes. So, a Saturday morning yoga class? Together?

P2: You forgot my second rule – I don't wake up early at weekends.

P1: I got it, sorry. A Saturday late morning yoga class and a cup of coffee after it. It's on me.

P2: Well, I can't say no to coffee.