



LESSON PLAN

UNIT 2 – Sports – A Way of Living in the UK

Type: phenomenon-based learning

Level: intermediate, upper-intermediate

Time: 2h

Teacher: Florina Anghela

ACTIVITY 1

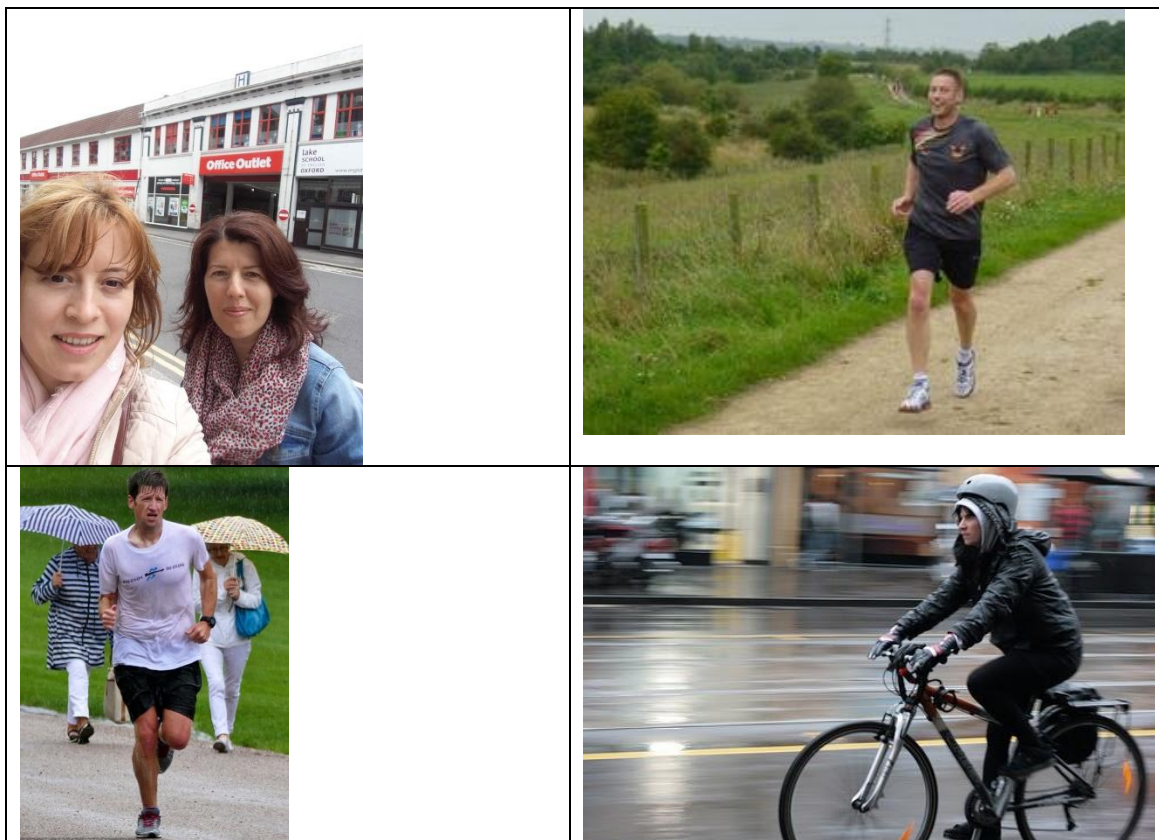
Topic: Sports – A national passion in the UK

Aim: to get Ss involved in the topic of the lesson

Skill: Speaking

Interaction: Frontal

Procedure: The teacher uses pictures in order to stimulate Ss' curiosity and asks Ss to compare the weather conditions from Romania with those from the UK. The teacher emphasizes the idea that despite the weather conditions, in the UK people are involved in sports activities throughout the year.



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ACTIVITY 2

Topic: Sports – A national passion in the UK

Aim: to familiarise Ss with the importance of sports in the UK

Skill: Reading

Interaction: Frontal

Procedure: T asks Ss to read the text **Sports – A national passion in the UK** and invites them to identify the things they knew and didn't know. Then, T invites Ss to comment on the pictures of different parks in Oxford.

Sports – A national passion in the UK

Think of your favourite sport. Whatever it is, there is a good chance that it was first played in Britain, and an even better chance that its modern rules were first codified in Britain. The public schools of the Victorian era believed that organized competitive games had many psychological benefits. These games appealed to, and developed, the British sense of 'fair play'. In many other sports there has been resistance to professionalism. People thought it would spoil the sporting spirit.

Sport probably plays a more important part in people's lives in Britain than it does in most other countries. For a very large number, and this is especially true for men, it is their main form of entertainment.

Millions take part in some kind of sport at least once a week. Many millions more are regular spectators and follow one or more sports. There are hours of televised sport each week. Every newspaper, national or local, quality or popular, devotes several pages entirely to sport.

The British are only rarely the best in the world at particular sports in modern times. However, they are one of the best in the world in a much larger number of different sports than any other country. Hundreds of other sports are played in Britain, each with its own small but enthusiastic followers.

The importance of participation in sport has legal recognition in Britain. Every local authority has a duty to provide and maintain playing fields and other facilities, which are usually very cheap to use and sometimes even free.

ACTIVITY 3

Topic: Sports-related vocabulary

Aim: to revise and learn new sports-related vocabulary

Skills: Writing; Speaking; Reading

Interaction: Frontal, GW

Procedure: T asks Ss to choose the correct answers, match sports with venues and equipment, unjumble the words and find the definitions (GW). Then, T checks the answers with the entire class.

Task 1. VERBS

Look at the sentences below and fill in the gaps using the appropriate word or expression from A, B or C.

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1. Does Eddie _____ rugby for the university?
A. do **B. make** **C. play**
2. You should _____ some exercise every day if you want to lose weight.
A. take **B. make** **C. play**
3. They often _____ jogging in the streets near their home.
A. make **B. go** **C. do**
4. I expect our team will _____ the game tomorrow.
A. succeed **B. gain** **C. win**
5. I hope our team doesn't _____ the match on Saturday.
A. lose **B. fail** **C. defeat**
6. Our football team will have to _____ France 2:0 if they want to get a place in the World Cup final.
A. win **B. succeed** **C. beat**
7. If the two players _____, they will have to play the game again.
A. equal **B. match** **C. draw**
8. You will need to _____ hard to get a place on the Olympic team.
A. train **B. develop** **C. learn**
9. If our team manages to _____ another goal, they'll be national champions!
A. hit **B. score** **C. enter**
10. Which football team do you _____ ?
A. support **B. encourage** **C. accept**

Task 2. NOUNS

A. Venues and equipment. Match the sports in the left-hand column with the venue in the centre column and an item which you associate with that sport in the right-hand column. There are two items which do not belong.

swimming tennis football ice hockey horse-racing shooting motor racing boxing	range racetrack ring pool racecourse court rink pitch	trunks gloves target strip helmet racket bow saddle stick shuttlecock
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Task 3. Jumbled words. Rearrange the letters in the box on the next page to find some more words related to sports. The first letter of each word is in bold. The clues after each jumbled word will help you.

imudast: a large building for sports, with seating arranged around a sports field.

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eerrfee: a person who supervises a game, making sure that it is played according to the rules.
irepmu: similar to the above, but usually associated with tennis or cricket.
senilanm: an official who stays on the sideline in a ball game to see if the ball goes over the line.
attropesc: a person who watches a football game, a horse show, etc.
ryelpa: a person who plays a game.
teehlta: a sportsman who competes in races, etc.
raobdsocer: a large board on which the score in a game is shown as the game progresses.
porsupret: a person who encourages a football team.
naaer: a building where sports, fights etc. are held.

Task 4. Find the definitions of the following words.

• play with a straight bat • it's not cricket • saved by the bell • on the ropes • floored • throw in the towel • in the saddle • team player • run with the pack • win hands down • go to the dogs • in the final straight/on the last lap • a safe pair of hands	➤ do something in an honest and straightforward way ➤ it is not the proper or fair way of doing something (cricket is supposed to be the perfect example of the concept of 'fair play') ➤ saved from a bad or dangerous situation by a sudden event ➤ in a weak position ; close to defeat or failure ➤ defeated or confuse d in an argument or discussion ➤ admit defeat ➤ in control (in modern times, the expression 'in the driving seat ' is often used instead) ➤ somebody who is good at co-operating with other people in groups ➤ have no individual principles but just blindly follow the majority ➤ win easily ➤ start to lead an aimless and self-destructive life ➤ in the last stage of some process ➤ a reliable person
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ACTIVITY 4

Topic: National sports in the UK

Aim: to describe different sports

Skills: Speaking; Reading

Interaction: Frontal; GW

Procedure: T asks Ss to match the sports with their pictures and descriptions. T asks Ss to discover interesting facts about *cricket* and *rounders*.

Rugby	➤ A game played between two teams of eleven people, where each team tries to win by kicking a ball into the other team's goal
Football	➤ A game played by two teams of 15 players each on a rectangular field 110 yards long with goal lines and goal posts at either end, the object being to run with an oval ball across the opponent's goal line or kick it through the upper portion of the goal posts, with forward passing and time-outs not permitted.
Motor racing	➤ The sport in which horses and their riders take part in races, either on a flat course or over hurdles or fences, typically with substantial betting on the outcome
Horse-racing	➤ An open-air game played on a large grass field with ball, bats, and two wickets, between teams of eleven players, the object of the game being to score more runs than the opposition
Rounders	➤ A game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course
Cricket	➤ The sport of racing extremely fast and powerful cars/bikes around a track
Golf	➤ A ball game played (chiefly in British schools) with a cylindrical wooden bat, in which players run round a circuit of bases after hitting the ball

Interesting facts

Cricket is much more than just a sport; it symbolizes a way of life - a slow and peaceful rural way of life. Cricket is associated with long sunny summer afternoons, the smell of new-mown grass and the sound of leather (the ball) connecting with willow (the wood from which

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cricket bats are made). Cricket is special because it combines competition with the British dream of rural life.

Rounders - has recently become the second most popular sport for state schools in Britain. More traditional sports such as cricket and rugby are being abandoned in favour of rounders which are much easier to organize. Rounders requires less special equipment, less money and boys and girls can play it together. It also takes up less time. It is especially attractive for state schools with little money and time to spare. More than a quarter of all state-school sports fields is now used for rounders. Only football which is played on nearly half of all state-school fields is more popular.

ACTIVITY 5

Topic: Benefits of doing sports

Aim: to become aware of the sports benefits

Skills: Speaking; Reading

Interaction: Frontal; Individual

Procedure: T invites the Biology teacher to explain what happens in the human body when people do sports and talk about the benefits (a five-minute presentation in Romanian). T asks Ss to identify in the worksheets the benefits of doing sports they heard in the Biology teacher presentation and choose the most important ones according to their present needs.

Physical benefits:

- prevention of several chronic diseases, including: cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis
- contributes to developing healthy bones, efficient heart and lung function as well as improved motor skills and cognitive function
- corrects body posture
- body weight is under control
- improves immune system

Psychological benefits:

- reduced feelings of depression and anxiety
- promotes sense of well-being
- academic performance
- life satisfaction
- self esteem

Social benefits:

- team work
- group problem solving
- building relationships
- discipline
- self-motivation

ACTIVITY 6

Topic: Exercises to keep fit

Aim: to use sports-related vocabulary when talking about ways to keep fit

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Skill: Speaking

Interaction: Frontal

Procedure: T invites the PE teacher to recommend Ss a set of exercises which helps them to keep fit and healthy (a five-minute presentation in Romanian). T asks Ss to identify their level of workout and the terms used in English to describe the exercises. T encourages them to give it a try in their spare time.

Daily workout to keep fit:

- 10 jumping jacks
- 10 squats
- 5 push-ups
- 10 climbers
- 10 plank jump-ins
- 10 high knees
- 10 knee pull-ins
- 10 cross crunches
- 10 leg raises

ACTIVITY 7

Topic: Literature and Sports

Aim: to arouse Ss curiosity about sports through the eyes of a writer

Skill: Speaking

Interaction: Frontal

Procedure: T invites the Romanian Language teacher to show Ss that literature and sports don't exclude one another. The Romanian Language teacher exposes Ss to a literary text and invites them to discover the beauty of sports through the eyes of the writer.

T distributes some motivational quotes in the classroom and encourages Ss to talk about the meaning of the quotes.

1. The biggest mistake you can ever make is being afraid to make one.
2. What to do with a mistake:
Recognise it,
Admit it,
Forget it. (Dean Smith)
3. I can accept failure, everyone fails at something. But I can't accept not trying.
4. Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill. (Muhammad Ali)
5. Always remember, your focus determines your reality. (George Lucas)
6. We are not a team because we work together. We are a team because we respect, trust and care for each other.
7. If your dreams don't scare you, they're not big enough.

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8. I've never scored a goal in my life without getting a pass from someone else.
9. You don't get what you wish for. You get what you work for.
10. Being positive in a negative situation is not naïve. It's leadership.

ACTIVITY 8

Topic: *You'll never walk alone*

Aim: to increase Ss' motivation and determination regarding sports

Skill: Speaking

Interaction: Frontal

Procedure: T asks Ss to read the lyrics of the Liverpool's anthem for comprehension. T invites everybody to sing the anthem.

You'll Never Walk Alone (Gerry and the Pacemakers)

When you walk through a storm
Hold your head up high
And don't be afraid of the dark
At the end of a storm
There's a golden sky
And the sweet silver song of a lark
Walk on through the wind
Walk on through the rain
Though your dreams be tossed and blown
Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone
Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone

Materials:

1. *Britain – The Country and its People*, James O'Driscoll
2. *Check your English Vocabulary for FCE+*, Rawdon Wyatt
3. <https://www.youtube.com/watch?v=tCJ5uBA3DU4> – Liverpool's Anthem

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