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للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

الروابط التالية هي روابط الصف التاسع على مواقع التواصل الاجتماعي

مجموعة الفيسبوك

صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

# 8 Sports

## Module 3

### Before you read

- 1  • Make a list of all the sports you can think of.  
• Compare your list of sports with your classmate's.

### Reading: Expository

### Reading

- 2 A. Read the following texts and guess the names of sports.



### 1 Football

Have you ever seen a player's leg muscles? The world's most popular sport will leave you with strong arms and legs. Few sports require a longer period spent running, the benefits of which are many. Increased **endurance**, increased strength and power in the legs, less fat, more muscle, and better foot-eye **coordination** are all the benefits offered by playing this sport. It is the world's most popular ball game in terms of the number of participants and **spectators**. Simple in its principal rules and essential equipment, the sport can be played almost anywhere, from official playing fields to school playgrounds, streets, parks, or beaches.

قدرة التحمل

تناسق

### 2 Tennis

Is a very popular individual sport in the world. To play this game, there are certain rules to follow: The player uses a racket to hit a ball over a net into the **opponent's** court. The ball must be kept in play and can only **bounce** once on the court surface before the opponent strikes the ball back over the net. The standard ball is made of rubber. It is often played with one player per side (singles) or with two players per side (doubles). There are four international **tournaments** called the Grand Slam Tournaments. They are: the US Open, Wimbledon, The Australian Open, and the French Open. Millions of people watch these tournaments, making it a great spectator sport as well.

خصم

ونب

مسابقات

### 3 Paintball

بشكل تقليدي

مألوف

If you are not **traditionally** a fan of **conventional** sports, but are still looking for a semi-organized, physical, team activity that requires strategy and endurance, then this sport is just what you need. People from all walks of life play it, both male and female. This game will have you do a ton of walking, running, climbing and jumping in order to avoid being shot at while capturing a flag. It is a super fun activity and a great year-round hobby. It is a team sport, where the aim is to mark players of the opposing team with paintballs so as to **eliminate** them from the game. Players may be **struck** on any part of the body. The sport provides healthy exercise, gets you away from TV or computer for a while, and helps you learn how to work as part of a team. It is a great game!

يُبعد

يُضرب

**2**  **B. Read the text and choose the best answer**

**1. The main purpose of passage No. 1 is to:**

- a. describe the rules of football.
- b. state the benefits of football.
- c. discuss the dangers of football.
- d. illustrate where football can be played.

**2. According to passages No. 1 and 3 one of the following is TRUE about the two sports:**

- a. They help develop self-confidence.
- b. They build endurance.
- c. They emphasize the need for safety in sports.
- d. They teach young people to play sports.

**3. What can be inferred about the writer's attitude in passage No. 3?**

- a. He believes it's hard to play paintball.
- b. He thinks only young people can play paintball.
- c. He is in favour of sports like paintball.
- d. He finds paintball physically challenging.

**4. The following sentence ".....is one of the most popular individual sports in the world" in passage No. 2 is:**

- a. a topic sentence
- b. a supporting idea
- c. a title
- d. a concluding sentence

**3**  **Find the idiomatic expressions in the passages that mean the same as these ideas:**

- 1. A sport that is watched by an audience (paragraph 2): **A great spectator sport.**
- 2. Vision controls the movement of the foot (paragraph 1): **Foot-eye coordination.**
- 3. People doing different types of jobs (paragraph 3): **People from all walks of life.**

**4**  **Work with a partner. Which five points of the following are most important for you when choosing a sport? Why?**

athletic skill - coach - cost - equipment - friends - fun - safety - sense of danger - social status - team - time - training - uniform - venue

**Based on your partner's answers, which sports would you recommend for him /her?**

## 1 Grammar Focus: Collocations:

As a basic rule, people **PLAY** activities that use a ball, people use **GO** with activities that end in -ing, and people use **DO** with activities such as martial arts and other exercises.

**Decide whether to use PLAY, GO or DO and complete the table:**

football- swimming- boxing- cycling- chess- sailing- karate- judo- athletics- fishing- tennis- volleyball- skating- golf- basketball- running- yoga- skiing- gymnastics- rugby

PLAY	GO	DO
football	swimming	boxing
chess      tennis	cycling      sailing	karate      judo
volleyball	fishing	athletics
golf      rugby	skating      running	yoga
basketball	skiing	gymnastics

**Before you listen:**

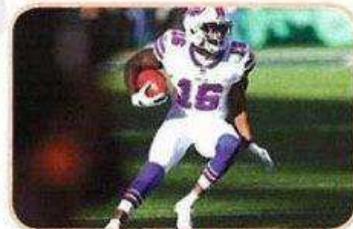
**Name these sports:**



karate



ice-skiing



rugby

## 2 Getting fit and healthy should be fun. Listen to "How to Get Fit by Playing Fun Sports," to find out how to enjoy yourself while exercising.

a. How many steps are there?

Five steps.

b. Which step is the most important for you and why?

Play varied sports to keep fit and healthy.

## Post-Listening

### 3 Talk about your favourite activity by answering these questions:

1. What is your favourite activity or sport? **swimming.**
2. How many times a week do you do this activity? **twice a week.**
3. Where do you do this activity? **at the gym.**
4. Do you do this alone or with someone else? **with my friend.**
5. What do you like most about this activity? **It makes me burn calories, boosts confidence and reduces stress.**

- 1  Read the problems below and discuss possible solutions. Compare your solutions with your classmates. Do you agree or disagree with their ideas?

## Ask Dr. Salem

Dear Dr. Salem,

My personal doctor says I am overweight and that I should lose at least 10 to 15 kilogrammes. Unfortunately, I don't have a lot of free time. After getting back from work, I usually help my kids with their homework for two hours. Then I have dinner and relax a little and I read a book before going to bed. Could you please give me some advice about which exercise is best to me to lose weight?

Yours faithfully,  
Ahmed



Dear Dr. Salem,

Our 15-year-old daughter doesn't play any kind of team sports at school. She believes that playing sports is a waste of time if you aren't the best and you don't always get the first place. She says that winning is the most important thing about playing sports. Instead of exercising, she spends most of her time chatting on-line. Her mother would really like to see her make more friends and become more active.

Yours faithfully,  
Fatma



Dear Dr. Salem,

How much exercise is too much exercise? My son exercises almost every day. He practices boxing for an hour. Then goes swimming for an hour and a half and does judo every other day. That's between 10 and 16 hours every week. He has a lot of energy and looks generally healthy, but I am worried that he might push himself to extreme limits. Too much exercise may be dangerous for him. What do you think?

Best regards  
Mariam



**2** Complete the following table:

	Ahmed	Fatma	Mariam
<b>Problem</b>	Overweight	Spending long time on chatting on-line	Pushing extreme limits
<b>My own solution</b>	-Healthy eating -Walking	-Go camping -Leave the phone at home	-Try other activities -Reading - travelling
<b>My friend's solution</b>	-Doing regular exercise	-Use self-control -Establish scheduled breaks	-Socialize with family and friends

**Grammar: Countable and uncountable nouns**

Countable nouns have a singular and a plural form.

*an apple - two apples    a peach - two peaches*

Uncountable nouns do not usually have a plural form.

*bread, beef, butter, coffee, water, milk, sugar*

**Some and any**

You usually use **some** in affirmative sentences.

*I'd like **some** peaches and **some** milk.*

You usually use **any** in negative sentences and questions.

*We haven't got **any** butter.*

*Are there **any** eggs?*

**A. Are these things countable or uncountable? Write C or U**

<sup>C</sup> egg - <sup>U</sup> money - <sup>C</sup> orange - <sup>U</sup> juice - <sup>C</sup> apple - <sup>U</sup> sugar - <sup>C</sup> potato -  
butter - <sup>U</sup> rice - <sup>C</sup> strawberry - <sup>U</sup> cheese

**B. Complete these sentences with a, an, some or any**

1. Have you got **any** oranges?
2. I'd like **some** tea, please.
3. I don't have **any** money with me.
4. I'd like to have **an** apple and **a** banana.

# Writing

## Pre-writing activity:

### Match the sports with the definitions:

1. A game in which a heavy ball is rolled down a long, narrow lane toward a group of objects known as pins. .... **bowling** .....
2. A game played in a stadium by two opposing teams of 5 players; points are scored by throwing the ball through an elevated horizontal basket. .... **basketball** .....
3. A game played on a large open course with 9 or 18 holes; where the objective is to use as few strokes as possible in playing all the holes. .... **golf** .....
4. A sport that involves exercises intended to display strength, balance and agility. .... **gymnastics** .....
5. A ball game played with a ball between two teams of 11 players. .... **football** .....



a. football



e. golf



c. bowling



d. basketball



f. gymnastics

- 1  Use the prompts below to write a riddle about your favourite team sport.

Read it to the class and see if they can guess it.

**Example:** There are eleven players in each team.

There are **eleven** ..... players in each team.

The players wear **shirts** .....

The players use **ball** .....

The players can **kick it with foot** .....

The players can't **touch the ball with hands** .....

This sport is played in / on / at **rectangular field with two on both sides** .....

The game lasts **90** ..... Minutes. (schools - play yards - clubs)

2

## My Favourite Game

Write an article for your school magazine recommending a sport to be included in your school activities, describing its rules and equipment, and showing its benefits to students.

### A. Complete the following outline:

**Introduction:** Sport is an activity that is done in many different ways. Schools are adding a sport class to the curriculum for the students. It is important for their physical and mental health.

#### Paragraph 1:

Topic sentence: My favourite sport is swimming. I recommend swimming to be included in our school activities. It has its own rules and equipment.

Supporting details:

- The student must be able to swim.
- Rules for swimming.
- The equipment required for swimming.

#### Paragraph 2:

Topic sentence: On the other hand, swimming has many benefits.

Supporting details:

- Health benefits.
- Psychological benefits.
- Social benefits.

**Conclusion:** Last but not least, I hope that my suggestion to include swimming in our school will be taken into consideration.

### B. Use the notes taken in task A to write the article in your notebook.

#### Remember to:

- Use a capital letter after a full stop.
- Start a sentence with a capital letter.
- Use a full stop to show the end of a sentence.
- Use a comma to show a pause in a sentence.
- Use a question mark at the end of a sentence to show a direct question.

1 Fill in the blanks in the following sentences with the words below:

eliminate - impress - tournaments - conventional - opponents

1. The player tried hard to **impress** his coach by scoring a goal.
2. Our **opponents** haven't lost any game this season.
3. Jimmy Connors is an excellent tennis player who has won many **tournaments**.
4. Football is a **conventional** sport. Most people like it.
5. Sportsmen try to **eliminate** fatty foods from their diets.

2 Match the words with the definitions:

1. bounce: The ability to keep doing something difficult, unpleasant or painful (4)
2. coordination: move up or away after hitting a surface (1)
3. traditionally: the ability to use different parts of the body together smoothly (2)
4. endurance: hit hard with a hand or something else. (5)
5. strike: according to tradition / in a traditional way (3)

3 Use a / an, some or any:

1. We need **a** torch for our camping trip.
2. Salem has got **a** new tennis racket.
3. There aren't **any** sports clubs in this area.
4. We've got **some** protein bars. Would you like one?
5. The trainer gave **some** advice to the team before the match started.
6. Do you play **any** indoor sports in your free time?
7. Does this sports shop sell **any** skiing equipment?

4 Use **PLAY, DO** or **GO** To complete the phrases under the following pictures:



to **do** gymnastics.



to **play** Hockey.



to **go** fishing.



to **play** tennis.



to **go** cycling.



to **do** wrestling.

5 Fill in the blanks in the email using **play, do** or **go**.

Hi, Salem,

Would you like to come on a sporting weekend with me next month? It would make a change from playing computer games. You can **do** lots of different activities. You could even **go** fishing, I think. You can't **go** skiing at this time of the year but you can **go** water skiing, if you like. Everyone has to **do** general exercises in the morning and then you can **do** or **play** whatever sport you like. I've never **play** badminton so I think I'm going to do that. Then in the afternoon I'm looking forward to the chance to practise tennis with the professional coach there. Please try to come!  
Ali