

12

WATER SPORTS



READING

Before You Read

a) Match the pictures with the names of sports.



A



B



C



D

1. swimming
2. water polo
3. surfing
4. windsurfing
5. kayaking
6. rowing
7. water-skiing
8. jet-skiing
9. diving
10. scuba diving



E



F



G



H



I



J

b) *Work in pairs. Discuss which equipment below is needed when people practice each of these sports.*

1. a boat or watercraft
2. a board
3. a life vest
4. an oar
5. a paddle
6. breathing apparatus
7. skis or fins
8. a mask or goggles
9. a ball

Reading Text

Read four precautions for safety when you practice some water sports and do the tasks that follow.

Precautions for Safety

Diving from a Diving Board

- Be sure how deep the water is before you dive.
- Warm your body up before plunging into the water so as to prevent cramp.
- Don't swim or dive alone.
- Dive with your head up, arms up and extended over your head during dive.
- Don't drink and dive. The effects of alcohol can be extremely dangerous in diving.



Jet-Skiing

- Learn to swim in case you fall off the watercraft.
- Wear a life vest.
- Make sure the water and weather conditions are safe.
- Be cautious when you are near swimmers and surfers.
- Stay at least 30 meters from other boats and personal watercrafts.
- Never use a personal watercraft if you have been drinking any amount of alcohol.



Water-Skiing

- Don't water-ski when in bad weather – stop any activities when you hear or see a storm.
- Stay well clear of other boats, docks, or obstacles.
- Be sure there is an observer who can keep an eye on you and send messages to the driver.
- Equip the boat with a rear view mirror so that the driver can see you.
- Wear a life vest.



Scuba Diving

- Get a medical examination and a swim test before learning scuba diving.
- Check the equipment carefully and know how it functions.
- Never dive alone – you may get lost or trapped in the rocks.
- Know local weather conditions – don't swim if it rains or a storm is coming. Water conducts electricity.
- Don't rise too quickly to the surface. A sudden rise can be deadly.



a) *Where are the extracts above most likely found?*

1. In a newspaper.
2. In a leaflet issued by the Red Cross.
3. In a brochure of a tourism agency.

b) Scan the extracts for the precaution tips about the 4 sports. Check the correct boxes.

	Diving	Jet-skiing	Water-skiing	Scuba diving
1. Avoid drinking alcohol.				
2. Be with a companion or helper.				
3. Know how to swim.				
4. Stay away from other boats.				
5. Never practice in bad weather.				
6. Take a prior medical checkup.				
7. Wear a life vest.				

c) Work in pairs. Discuss and answer the questions.

1. Why shouldn't people drink alcohol before practicing some sports?
2. What may happen if people stay in water when it rains or a storm is coming?
3. Why shouldn't a scuba diver rise to the surface of the water too quickly?

d) With a partner, choose one water sport and write precaution tips for it (for example, swimming, rowing, surfing, ...).



LISTENING

a) Discuss with a partner to answer the questions.

1. What do you know about the Para Games or the Paralympics?
2. Who are their participants?



b) You will hear an interview with Minh Ha, a new champion in the Para Games. Decide whether the following statements are true (T) or false (F).

- | | T | F |
|---|--------------------------|--------------------------|
| 1. Minh Ha's parents are her most eager supporters during the sporting event. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Though a disabled girl, Minh Ha was quite confident the first moment she practiced this sport. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Her second coach is her father. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. She is getting married next month. | <input type="checkbox"/> | <input type="checkbox"/> |

c) Listen again and complete the summary of the interview.

Minh Ha has just won a gold medal in (1)_____. She became paralyzed because of an illness when she was (2)_____ years old, yet she started practicing this sport only (3)_____ years ago. Her first coach was her (4)_____, who used to win (5)_____ gold medals. Her second coach has been working with her for (6)_____ years. Minh Ha hopes to win more gold medals in the future.

d) Work in groups. Discuss what you might learn from Minh Ha's achievement.



SPEAKING

Expressing Opinions and Preferences

a) Linda and Tom are talking about swimming and scuba diving.



Tom, which do you prefer, swimming or scuba diving?



Well, I *must say* it's difficult to say whether I *prefer* scuba diving to swimming. The point is ... I love them both! But if I have to make a choice, I feel that I'd rather go in for swimming. It's cheap, and you can swim in a pool in any weather condition.

Pick out the expressions Tom uses to mention his views and his preferences to complete the following table. You can add more expressions to the list.

Expressing Opinions	Expressing Preferences
I must say ...	I prefer ... to ...

b) Work with a partner. Choose two water sports and tell your partner which you prefer and why. Use the structures in a) when expressing your opinions and preferences.

You can talk about

- cost
- speed
- weather restrictions
- equipment
- safety
- health restrictions

 Example

A: B, tell me what sports you like.

B: Diving and surfing.

A: Which do you prefer?

B: Well, I must say I'd rather go in for diving because ...



WRITING

Giving Instructions

a) Choose the words in the box to complete the instructions for diving.

Then Next After that First Finally

Here are some steps to make a good dive.

_____, get up on the diving board, keep your feet together, and bring your toes to the end of the diving board.

_____, put one hand over the other so that your hands are pointing to the water below.

_____, bend your back with hands still on top of each other and pointing toward the water.

_____, your hands should be the first parts that touch the water and your feet the last.

b) Below are instructions for backstroke start techniques in swimming.

- Put them in the correct order.
- Then rewrite the instructions, using linking words (*first, next, then,...*) to specify the order to follow when practicing these backstroke start techniques.

 Example

Here are the steps for backstroke start techniques in swimming. First, ...



A. Enter the water.



B. Keep head, body, and legs in water to increase forward speed.



C. Fly head and arms into water while raising hips above water.



D. Put 2 feet against the wall and hips out of water.



E. Keep head between stretched arms while making the first kick.



F. Release hands and push feet against the wall while moving head and shoulders forward.

c) Use the cue words given under each picture to write instructions for breaststroke start techniques in swimming.

 Example

Here are the steps for breaststroke start techniques in swimming. First,...



A. stand on block, bend, head down



B. arms bent, head forward, leave block



C. arms straight, body nearly horizontal



D. arms and head into water, hips and legs straight



E. head, body, legs straight



F. arms backwards, forward speed

d) Work with a partner and choose one topic to write on.

1. Write instructions for practicing a water sport.
2. Write instructions on what to prepare before practicing a water sport.



LANGUAGE FOCUS

Word Study

People Who Do Particular Sports

a) Use *player*, *-er*, *-or*, or *-ist* to refer to those who practice these sports.

Sports	Participants	Sports	Participants
1. swimming	a swimmer	2. soccer	a soccer player
3. windsurfing		4. water-skiing	
5. diving		6. canoeing	
7. jet-skiing		8. cycling	
9. kayaking		10. tennis	

b) Ask and answer the questions.

What do you call a person who ...?

1. competes in auto racing
2. rides a motorcycle in a race
3. rows a boat
4. goes scuba diving
5. plays water polo

Grammar

Adverbial Phrases / Clauses of Purpose



Examples

- Equip the boat with a rear view mirror *so that / in order that* the driver can see you.
- Warm your body up before plunging into the water *so as to / in order to / to* prevent cramp.

a) Combine the following pairs of sentences, using *so that* or *in order that*




Example

He managed to have 2 weeks off. He wanted to do canoeing in Canada.

→ *He managed to have 2 weeks off so that he could do canoeing in Canada.*


1. Jack sold his car. He intended to buy a boat.
2. The team went to bed early last night. They wanted to be alert for the competition the following day.
3. Water-skiers and jet-skiers need to learn how to swim. They may manage themselves if an accident occurs.
4. All activities in the water should be stopped when a storm is coming. If not, players might be struck by lightning.

b) Rewrite the combined sentences you have done in a) in the reduced forms if possible.

 Example

He managed to have 2 weeks off *in order to do canoeing in Canada.*

c) Choose the most suitable idea in column B to answer each question in column A. Use so that or in order to in the answer.

 Example

I get up early every day *in order to* have a swim before going to school.
or I get up early every day *so that* I can have a swim before going to school.

A	B
1. Why do you get up early every day?	a. invite me to his party
2. Why did John phone you last night?	b. prevent cramp
3. Why don't you turn up the music?	c. win a gold medal in the coming SEA Games
4. Why do you run around the pool before swimming?	d. have a swim before going to school
5. Why do we have to keep our jet-ski at least 30 meters away from other boats?	e. (not) disturb the neighbors
6. Why do you practice rowing so hard?	f. (not) crash into them