

INDIVIDUAL SPORTS 1

1. Label each picture using a word from the box.











skateboarding
pool
squash
darts
surfing

snowboarding
archery
golf
windsurfing
track and field











FOLD HERE

2. Now, fold the paper along the dotted line and write the words under the pictures.







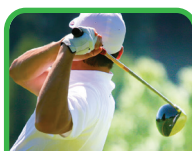














Challenge: What's your favourite individual sport? Why?

INDIVIDUAL SPORTS 2

1. Before reading the text in Part 2, read and think about these questions.

● a) In which country was golf invented?

● b) When were the first golf balls in England invented?

● c) What were the first golf balls made from?

● d) Where is golf played?

● e) Where do thousands of people watch their favourite players?

In golf, what is an 'eagle'?

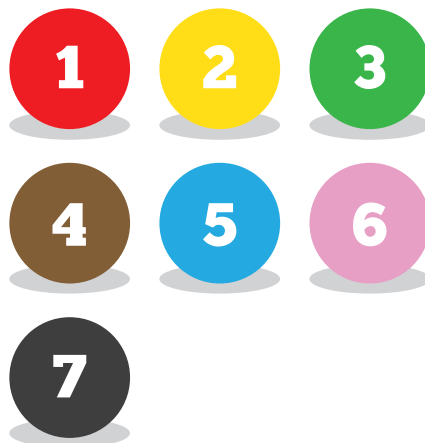
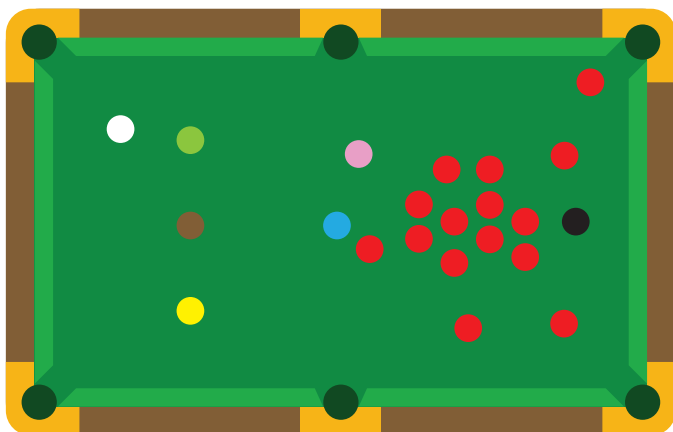


2. Read about golf, then answer the questions in Part 1.

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According to legend, a bored Scottish shepherd once hit a stone with his stick and watched it fly into the air. Shortly after, young shepherds would boast how far they could hit a stone with their stick, and soon after, who could hit the most accurate shot. Then the game of golf was invented! Golf became very popular in Scotland and later in England. The first golf balls used in England around the fifteenth century were called 'feathery' because they were made of leather and stuffed tightly with feathers. Since then, golf has grown to become one of the most popular sports in the world. Why is golf so popular? It is relaxing, it is good exercise and it is played in interesting surroundings. Golf also presents the player with challenges, yet isn't too difficult to be played at an amateur level by people of all ages. Golf is a great spectator sport too. Millions of people watch the game on television, with thousands more follow their favourite players around the world to watch them play in professional tournaments.
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INDIVIDUAL SPORTS 3

1. Snooker is a sport based on potting balls in pockets to score points. Each ball is worth a set number of points. A player pots balls until they miss. The points that they score in that time is called a 'break'. The maximum break in a game of snooker is 147 points. You get a maximum break by potting 15 reds and 15 blacks.



2. The value of the different coloured snooker balls is shown above. Calculate the value of the following breaks.

- Red, yellow (_____) points
- Red, black, red (_____) points
- Red, green, red, black, red (_____) points
- Red, black, red, pink, red, yellow (_____) points
- Blue, pink, black (_____) points
- Red, blue, red, green, red, black (_____) points
- Yellow, green, brown, blue, pink, black (_____) points
- Red, yellow, red, green, red, brown, red, blue, red, pink, red (_____) points

Snooker was invented in India!



3. Read the following questions below. With a member of your family, use the Internet or books to find out the answers. Write them down on a piece of paper.



Who scored the fastest 147 break in snooker history?

In which sport would you find an albatross, birdie and eagle?

Which sport is Tony Hawk famous for competing in?

What is the highest score you can get with one dart?

INDIVIDUAL SPORTS 4

EXERCISE & SPORTS: DO, GO OR PLAY?

1. How can you talk about different kinds of exercise and sports? Look at the reference chart below.

do is generally used for different kinds of exercises to strengthen the body:

- | | |
|-------------|--------------|
| do yoga | do aerobics |
| do push-ups | do exercise |
| do sit-ups | do a warm-up |

go is generally used for activities that you can do alone or with others:

- | | |
|------------|-------------|
| go bowling | go dancing |
| go camping | go running |
| go cycling | go swimming |

play is generally used for team sports (go golfing and play golf are correct)

- | | |
|---------------|----------------|
| play soccer | play hockey |
| play football | play golf |
| play tennis | play badminton |

2. Complete the following sentences using **do (does)**, **go (goes)** or **play (plays)**:

- Dan's mum liked to _____ ping pong when she was younger.
- Dee joined a yoga class. Now she _____ yoga three times a week.
- Many people like to _____ ice hockey in Canada.
- Garreth is really strong. He _____ fifty push-ups every morning.
- Would you like to _____ cycling with us in the mountains next week?
- We like to _____ bowling every Friday night.
- Maggie and Emily love to _____ exercise at home.
- I don't like to _____ rugby, but I like to watch it on the TV.
- Our class will _____ hiking next Sunday.
- it is a good idea to _____ a warm-up before skateboarding.

I like to play tennis with my dad!

