

INDIVIDUAL SPORTS 1

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





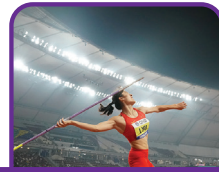






fencing
archery
climbing
Judo
weightlifting

hurdles
javelin
discus
long jump
sprinting











FOLD HERE

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









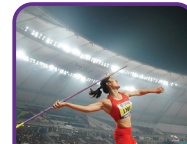












Challenge: What's your favourite individual sport? Why?

INDIVIDUAL SPORTS 2

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

● a) Where was skateboarding invented?

● b) What was attached to the underside of the first skateboards?

● c) What did many skateboarders do in the 1980s?

How many skate parks are there in Hong Kong?

● d) What is 'vert'?

● e) When is 'Go Skateboarding Day'?

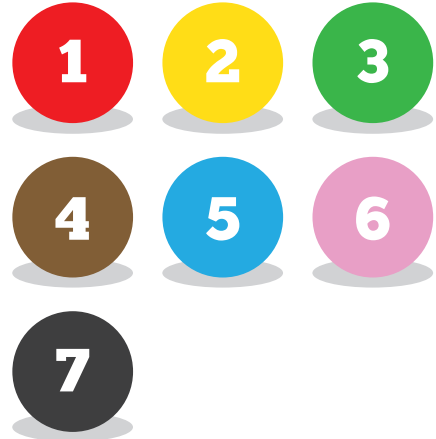
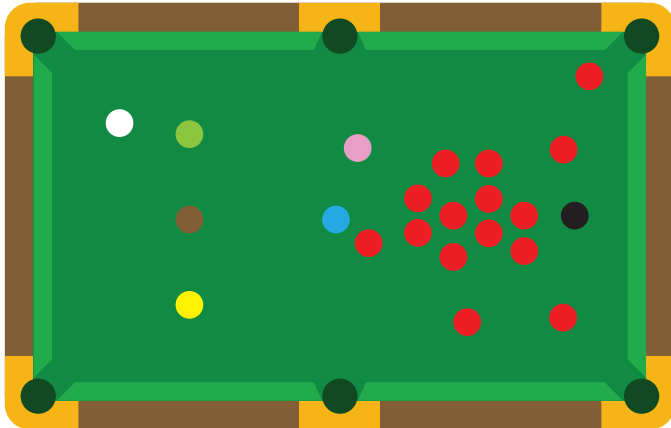


2. Read about skateboarding, then answer the questions in Part 1.

Most people think skateboarding was invented in the 1940s or 1950s when California surfers wanted a similar experience when the waves were flat. It seems that more than one person came up with the idea of the skateboard. The first skateboards were simply built from pieces of wood with roller skate wheels attached to the underside. Skateboarding began to rise rapidly in the 1970s when manufacturers began to experiment with different materials to improve the performance of the board, wheels and trucks. Skateboarders took advantage of the new technology and improved handling of the boards and started inventing new tricks. In the 1980s many skateboarders started their own companies and the sport was focused on skateboarding on ramps (called 'vert'). Skateboarders performed tricks in the air, which looked spectacular. The current generation of skateboarders focus on street skating. The polyurethane wheels are very hard and relatively small, which makes all sorts of flip tricks possible. Skateboarding has become so popular that the 1st June is called 'Go Skateboarding Day'.

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, pink (_____) points
- Red, black, red, yellow (_____) points
- Three reds, three black, red, yellow, red (_____) points
- Yellow, green, brown, blue, pink, black (_____) points
- Eleven reds, eleven blacks, two reds, two blues (_____) points
- Nine reds, three pinks, red, black, two reds, two black, red, pink (_____) points
- Fifteen reds, fifteen blacks (_____) points

Do you prefer
snooker or
pool?



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.



In darts, how many points is a bullseye worth?

How many holes are there on a golf course?

In which sport would you score a turkey?

In skateboarding, what is an 'ollie'?

INDIVIDUAL SPORTS 4

MORE ADVERBS

1. An **adverb** is a word that can modify a verb, an adjective, or another **adverb**. Lots of **adverbs** end “-ly”. **Adverbs** tell us how, when, where, why, how often or how much the action is performed.

How: He ran **quickly**.

When: He ran **yesterday**.

Where: He ran **here**.

How often: He ran **daily**.

By how much: He ran **fastest**.

How well can
you complete
this page?



2. The words in these sentences are out of order. Rewrite them in the correct order, then circle the **adverb** in each sentence.

a) race. / surprisingly / Hamilton / of / out / crashed / the

b) team's / his / went / and / ball / passed / Luis / the / terribly, / it / into / own / goal.

c) shot / and / smashed / ball / the / Wright / wonderfully, / the / into / net.

d) it / poor / of / that / them / down. / sent / Spurs / form / was / Ultimately,

e) was / utterly / performance / the / No / they / It / an / awful / by / players. / wonder / lost!

3. Use the adverbs and sports in brackets to create your own sentences.

a) (swiftly / motor racing) _____

b) (thankfully / boxing) _____

c) (tiredly / running) _____

d) (weakly / golf) _____

e) (angrily / tennis) _____