Sports and Hobbies

Read and find

- How many of these sports and hobbies can you name?
- What is your favourite sport or hobby?

1. Which of the above activities are sports? Which are hobbies?
2. Which are both a hobby and a sport?

- cricket
- cycling
- painting
- running
- stamp collecting
- badminton
- elle

Read and discuss

1. Which of the above activities are sports? Which are hobbies?
2. Which are both a hobby and a sport?

**sport**
An activity in which people compete against each other.

**hobby**
An activity that you do for enjoyment in your free time.
### Inter-house Sports Meet Application Form

<table>
<thead>
<tr>
<th>Under 12</th>
<th>50m</th>
<th>100m</th>
<th>High Jump</th>
<th>Long Jump</th>
<th>50m x 4 Relay</th>
<th>100m x 4 Relay</th>
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</thead>
<tbody>
<tr>
<td>Amali</td>
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<td>Chandana</td>
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<td>Kusum</td>
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<td>Madhu</td>
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<td>Malan</td>
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<td>Meena</td>
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<td>Nizar</td>
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<td>Renuka</td>
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<td>Rita</td>
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<tr>
<td>Roy</td>
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<tr>
<td>Ruwan</td>
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</tr>
</tbody>
</table>

1. Find the event which the most number of students like.
2. Find the event which the least number of students like.
3. Find an event which many of the students like.
4. Find an event which only a few of the students like.
We're now going to begin the annual inter-house sports meet. The first event is the under 12 boys' 50 metres race. Will the following competitors please report to the starting point. Number 58 to lane 1, number 64 to lane 2, number 78 to lane 3, number 96 to lane 4, number 108 to lane 5 and number 124 to lane 6.

1. What is the first event of the programme?
2. When is the interval?
3. How many running events are there?
4. Which house does Kusum belong to?
Listen and answer

Do you have a bicycle? Can you ride a bicycle?
Have you seen a bicycle race?
When did you see it?

Nizar: Hello, Roy. Where are you running to?
Roy: I’m going to see the bicycle race.
Nizar: What bicycle race?
Roy: It’s the annual three-day bicycle race held by the Lanka Mirror newspaper. Today is the second day.
Nizar: What time is it passing our town?
Roy: I think at about 10 o’clock in the morning.
Nizar: Is anyone you know taking part in the race?
Roy: Yes. My brother is one of the competitors. Look, it’s almost ten. I’m going. Are you coming?
Nizar: Yes. I’ll come with you. I think it’s going to be interesting.

1. Who is organising the bicycle race?
2. How long is the race?
3. Whose brother is taking part in the race?
Look and find

What are they doing? What is missing?

1. Kusum is hitting the ball.
2. Amali is catching the football.
3. Roy is throwing the discus.
4. Nizar is putting the shuttlecock.
5. Meena is kicking the ball.
6. Ruwan is throwing the shot.

Missing: the javelin. the shot. the football. the discus.
Practice Schedule for the 3rd week in May

<table>
<thead>
<tr>
<th>Date</th>
<th>Cricket</th>
<th>Swimming</th>
<th>Volleyball</th>
<th>Badminton</th>
<th>Netball</th>
<th>200m</th>
</tr>
</thead>
<tbody>
<tr>
<td>14th Monday</td>
<td>Roy</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>15th Tuesday</td>
<td></td>
<td>Amali</td>
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<td></td>
</tr>
<tr>
<td>16th Wednesday</td>
<td></td>
<td></td>
<td>Nizar</td>
<td></td>
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<tr>
<td>17th Thursday</td>
<td></td>
<td></td>
<td></td>
<td>Kusum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18th Friday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meena</td>
<td></td>
</tr>
<tr>
<td>19th Saturday</td>
<td></td>
<td>Ruwan</td>
<td></td>
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</tr>
</tbody>
</table>

On Monday Roy was at the playground. He was practising cricket.

On Tuesday Amali was at the swimming pool. She was practising swimming.

1. On Wednesday ............... . ............... .
2. On Thursday ............... . ............... .
3. On Friday ............... . ............... .
4. On Saturday ............... . ............... .
Read and answer

Which game/sport do you watch most on TV?

Who is your favourite national sportsman / sportswoman?

Who is your favourite international sportsman / sportswoman?

1. Muttiah Muralitharan is a famous bowler. What else is he good at?
2. What are the two records in cricket held by Sanath Jayasuriya?
3. What medal did Susanthika Jayasinghe win in the 200 metres race?
4. What is the total number of medals won by Marion Jones in the Olympics 2000?
It's wonderful. The Sri Lankans have won the 1996 cricket world cup. They have played really well to beat Australia in the final by seven wickets. May I now invite the Honourable Benazir Bhutto, the Prime Minister of Pakistan, to present the 1996 cricket world cup to the winning team.

1. In which year did Sri Lanka win the cricket world cup?
2. Where was the match played?
3. Which team did they play against in the finals?
4. By how many wickets did they win?
Look and say

- What’s wrong in the pictures?
- What should he/she wear/use/have?

1. She is wearing high heels.
   - ✗ She should wear running shoes.

2. She is wearing high heels.
   - ✗ She should wear running shoes.

3. She is holding a tennis racket.
   - ✗ She should hold a baseball bat.

4. She is holding a basketball.
   - ✗ She should hold a tennis ball.
The Olympic Games

The Olympic Games are a multi-sport competition held every four years. The Olympic games started in ancient Greece in 776 BC. They were held in Athens. In the ancient Olympic games there were only a few sporting events and only men could take part in them.

The first modern Olympic games were held in Athens in 1896. There are a lot of sporting events in the modern Olympic games and both men and women can take part in them.

In the ancient Olympic games the winners received a wreath made of wild olive leaves. In the Olympic games of today the winners receive medals. The winner gets a gold medal and the second and the third get silver and bronze medals.

In the Olympic games held in the year 2000 in Sydney, Sri Lanka’s Susanthika Jayasinghe won the bronze medal for the women’s 200 metre race.

Are these statements true or false?

1. The Olympic games first began in Greece.
2. In ancient Greece both men and women could take part in the Olympics.
3. The first modern Olympics were held in Sydney, Australia.
4. Susanthika Jayasinghe won the second place in the women’s 200 metre race.
5. Athens is a city in Greece.
Good Manners

1. We’re on time.
   Be on time.

2. Hello! Hello!
   Greet others.

3. Listen to the leader.

4. I’m sorry
   Say “Sorry” when you hurt someone.

5. Help others.

6. Thank you
   Say “Thank you” when someone helps you.

7. Excuse me
   Say “Excuse me” when you want to talk to someone.

8. Be on time.

9. Good bye
   Say “Good bye” when you leave.
It’s a team game for girls. There are seven players on each side. The players have to “shoot” the ball into a ring high above their heads to score points.

This game can be played either by two or four players. The players have to hit the shuttlecock with a racket over the net to the other side.

This game is played on a table. It can be played either by two or four players. Players hit a small plastic ball which bounces across a net.

This is a popular game with boys. The players can use either their feet or their heads to play. They cannot use their hands. They have to send the ball into the goal of the other side to score.

A very popular game in Sri Lanka. There are eleven players in a team. One player throws a small hard ball at three sticks from one end of the pitch. The other player tries to hit the ball with the bat.
Listen and repeat

- Name some sports and games you like to play.
- Why do you like them?

The importance of sports and games

Most people like sports and games. Some people do sports and games as a hobby to relax or to exercise their body. Others do sports and games as a profession.

There are many advantages of sports and games. Firstly, they help us to live a healthy life. Secondly, they help us to learn good values like team spirit, unity, and friendship.

1. Give two reasons why people play sports and games.
2. Give two advantages of doing sports and games.
3. Find the meanings of the words in thick type.
Read and do

Make your own placard

1. Take a bristol board
2. Cut a 4” x 18” piece
3. Draw a picture
4. Colour it
5. Write a slogan
6. Display it in the classroom

Sports bring people together

Games teach teamwork

Sports keep you healthy

Sports help relaxation
Women’s 200 metres (Finals)

1. Marion Jones (U.S.A.) 21.84 secs
2. Pauline Davis (Bahamas) 22.27 secs
3. Susanthika Jayasinghe (Sri Lanka) 22.28 secs
4. Beverly McDonald (Jamaica) 22.37 secs

SCOREBOARD

**New Zealand**
M. Sinclair c Sangakkara b Dharmasena 20
N. Astle c de Silva b Zoysa 17
S. Fleming c Sangakkara b Zoysa 0
R. Twose retired hurt 11
C. McMillan c and b Jayasuriya 37

**Sri Lanka**
S. Jayasuriya c Parore b Oram 38
M. Atapattu c Parore b Martin 5
K. Sangakkara c Astle b Oram 13
M. Jayawardena run out (Sinclair) 7
A. de Silava lbw b Vettori 37
R. Arnold not out 78

1. How many runs did McMillan score for New Zealand?
2. How many wickets did Zoysa take in the match?
3. Who was the highest scorer in the match?
Here is your chance to win an absolutely free ticket to the next Olympic games from Lotus Airways – the airline which makes you feel special.

Write the correct answers to the three easy questions on the coupon below and send it to us with your name, address and the name of your school. The competition is open to all students between the ages of 12 and 16. The closing date is the 31st of March. Hurry now!!

Question 1 : Who won the first Olympic medal for Sri Lanka?
Question 2 : Who was the first Woman athlete to win an Olympic medal for Sri Lanka?
Question 3 : In which event did she win this medal?

Name : .................................................................
Address : .................................................................
School : .................................................................

Are these statements true or false?
1. You have to be 18 years old to enter the competition
2. The competition begins on the 31st of March.
3. Only students from schools can enter the competition.

Send in your answers to:
Olympics Quiz
Lotus Airways
P.O. Box 1315
Jetty Street
Colombo 2.