

Word List

any	learn
classes	live
exercise	stay
games	television
gym	would


 Audio Track 9

Discussion Questions

Fill in the question blanks with choices from the word list. Then, listen to the online audio track. Write the answers you hear below the questions. Question translations are on p. 000.

1. Do you play any sports or do any ()?
2. Have you ever been to a sports ()?
3. Did you like P.E. () when you were younger?
4. When you were little, what **childhood*** () did you like to play?
5. Did you ever () a **martial art¹**?
6. Do you do anything special to () healthy?
7. () you like to try any **extreme sports²** like skydiving or rock climbing?
8. Do you like to watch sports on ()?
9. Have you ever been to a () sporting event?
10. Are there () **athletes*** that you like or **admire³**?

Pronunciation: childhood, athletes

Questions	/ 10
Answers	/ 10

Vocabulary Unit 9 *Practice with a partner.*

- | | |
|-----------------------------------|-----------------------------------|
| 1. martial art = 武術 | 12. swing = ブランコ |
| 2. extreme sport =
エクストリームスポーツ | 13. balanced diet =
バランスの良い食生活 |
| 3. admire = 憧れる | 14. properly = きちんと |
| 4. sweaty = 汗だく | 15. prevent injuries =
怪我を防止する |
| 5. continent = 大陸 | 16. ultra-marathon =
ウルトラマラソン |
| 6. in addition to = ~に加えて | 17. nervous = 緊張している |
| 7. stay in shape = 健康体を保つ | 18. craziest = 一番熱狂的な |
| 8. individual sports = 個人スポーツ | 19. dedicated = 熱心な |
| 9. tag = 鬼ごっこ | |
| 10. hide-and-peek = かくれんぼ | |
| 11. chasing = 追いかけて | |

Extra Vocabulary

- 20. endurance = 持久力
- 21. competition = 競技
- 22. fatigue = 疲労
- 23. flexibility = 柔軟性
- 24. endorphins = エンドルフィン、
鎮痛効果をもたらすホルモン
- 25. cardiovascular = 心血管系の
- 26. cardio = 有酸素運動の
- 27. motivation = モチベーション
- 28. push-up = 腕立て伏せ
- 29. squat = スクワット
- 30. personal best = 自己ベスト

Discussion Question Responses

Below are possible responses to the questions. Work with a partner to fill in the missing letters below. There may be multiple responses. Check answers with your teacher. Read the questions and responses with your partner.

- 1. Not really. I'm not very g _ _ _ at sports, and I don't like to exercise.
- 2. I went once, but I didn't know how to use all the e _ _ _ _ _ machines.
- 3. Not so much. I didn't like r _ _ _ _ _ and getting **sweaty**⁴.
- 4. I liked to play a lot of video g _ _ _ _ and card games.
- 5. Yes. In fact, I've been d _ _ _ _ **karate*** for over 15 years.
- 6. I'm not sure if it's special, but I try to drink a lot of w _ _ _ _ every day.
- 7. No way! I think that's too d _ _ _ _ _ for me. I might die!
- 8. Yes, I do. During the baseball s _ _ _ _ _ , my dad and I will watch all the Tigers' games.
- 9. Yes, I h _ _ _ . My grandfather took me to a sumo **tournament*** when I was little.
- 10. Not really. I'm not very i _ _ _ _ _ in sports.



Sara: Hi, Genki. How are you doing today?

Genki: I'm doing pretty well, thanks. How about you, Sara?

S: I'm doing great, thanks.

S: (1) Do you play any sports or do any exercise?

G: Yes, I'm on the track and field team at my university. I run long distance, like the 5K or 10K. It's tough, but I really enjoy it.

S: Oh, that sounds tiring! Have you ever run a marathon?

G: Not yet, but it's one of my dreams. I'd like to run a marathon on every **continent**⁵ in the world.

S: Wow! That's quite a big dream. I hope you can do it!

S: (2) Have you ever been to a sports gym?

G: Yes, I have. I like to do some weight training **in addition to**⁶ running. It helps me build muscle and **stay in shape**⁷.

S: Do you go to the university gym?

G: Yeah, that's right. I go about four or five times a week.

S: (3) Did you like P.E. classes when you were younger?

G: Yes, I did. I liked playing baseball when I was in **elementary**^{*} school. I liked basketball, too, but I was never really good at team sports, so I decided to focus on **individual sports**⁸ like running.

S: That makes sense.

S: (4) When you were little, what childhood games did you like to play?

G: Hmm, let me think... when I was really little, I liked to play **tag**⁹ and **hide-and-seek**¹⁰ with my friends. I guess I've always liked running and **chasing**¹¹.

S: I liked going to the park with my friends. I used to love going on the **swings**¹² and looking up at the big blue sky in the summertime.

G: That sounds really nice.

S: (5) Did you ever learn a martial art?

G: I learned a little, but... I mean, in junior high school, all the boys had to learn judo. So, I learned how to fall, roll, and throw somebody, but I wasn't very good at judo. I did a lot of falling and rolling, but not much throwing. (ha ha)

S: (ha ha) I can imagine that!

S: (6) Do you do anything special to stay healthy?

G: Yes, I try to eat a **balanced diet**¹³ and get enough sleep. I also make sure to **stretch**^{*} and warm up **properly**¹⁴ before I run. It helps **prevent injuries**¹⁵, and it feels good to stretch.

S: That's really important. How long do you stretch for?

G: Oh, just five minutes or so.

S: (7) Would you like to try any extreme sports like skydiving or rock climbing?

G: Hmm, I'm not sure about skydiving or rock climbing, but I would like to try running in an **ultra-marathon**¹⁶ someday.

S: What's an ultra-marathon?

G: It's like a super long marathon. Some are 50K; others are even longer, 100K.

S: A hundred kilometers! I don't think I could run even one kilometer!

G: Really? Not even one kilometer?

S: Nope. If I have to travel even one kilometer, I'm driving! (ha ha)

S: (8) Do you like to watch sports on television?

G: Not really. I prefer to *do* sports rather than *watch* sports. I like the excitement I feel on the day of a race.

S: Do you ever feel **nervous**¹⁷?

G: Nervous? No, not really. I just feel excited and have a lot of **energy**^{*}.

S: (9) Have you ever been to a live sporting event?

G: Yes, I have. One of my uncles is a big Hanshin Tigers fan. Every year, he buys me a ticket, and we go to Koshien **Stadium**^{*}.

S: Koshien Stadium? I've never been there.

G: You should go at least once. It's always a lot of fun. Hanshin has the **craziest**¹⁸ baseball fans.

S: Oh, that sounds fun. I'll have to try it.

S: (10) Are there any athletes that you like or admire?

G: Yes, I really admire the captain of my track and field team. He trains harder than anyone I know.

S: Wow, he sounds really **dedicated**¹⁹.

G: He's actually from **Ethiopia**^{*}.

S: Really? That's so cool.

S: Well, it was nice talking with you, Genki.

G: You, too, Sara.

Pronunciation:

elementary, stretch, energy, stadium, Ethiopia

What's Wrong? *Work with a partner to write or choose the correct sentences.*

1. I play ski in the winter.
 I _____ in the winter.
2. My little brother ran a 3K marathon last Sunday.
 My little brother ran a 3K _____ last Sunday.
3. I want to challenge rock climbing someday.
 I want to _____ rock climbing someday.



Discussion

Work with a partner. Use the discussion questions as conversation starters. Avoid one-word answers. Give long responses. Make comments, have reactions, and ask follow-up questions. Take notes of your partner's answers. Your goal is to speak for 10 minutes or more.

Partner's Name:

	Answers	Extra
1.	/	
2.	/	
3.	/	
4.	/	
5.	/	
6.	/	
7.	/	
8.	/	
9.	/	
10.	/	

The Question Game

Make a list of five sports. Think of ordinary sports, such as tennis or running, but also some unusual or interesting ones, like skydiving. Keep the list a secret.

Work in groups of three to five people and take turns asking questions like:

Is it a team sport? (individual sport)

Do you play it indoors? (outdoors)

Is it a dangerous sport?

What season do you play the sport?

Please think of your own original questions as well.

Useful Language:

Sometimes.

That's right!

Close!

How about a hint?

Oh, we give up!

My Notes



Communication Crosswords

Student A p. XXX

Student B p. XXX

