

## Unit 8 Singletrack



The first bicycle was created in Germany in 1818. Mountain biking was originally developed for military purposes at the end of the 19<sup>th</sup> century in the USA. Off-road riding and racing on modified bikes became more widespread in the 1960s and 70s in California. It became an Olympic Sport in 1996 in Atlanta.

### QUIZ: Take a guess!

1.c 2.c 3.c 4.a

### VOCABULARY

1	cross-country	e.	move from one point to another over rough and mixed terrain
2	terrain	c.	Surface of land or ground which is used for riding
3	clipless	l.	without clips or straps
4	helmet	g.	protective head covering
5	armor	f.	protective body covering
6	uphill	k.	upward on a hill
7	downhill	d.	downward on a hill
8	suspension	a.	shock absorbing system that allows smooth riding over rough terrain
9	disc brake	b.	type of brake that slows down a wheel using a metal disc
10	handlebars	i.	bar that the rider holds and uses to steer and control a bicycle
11	durable	j.	tough, long lasting, stable
13	stamina	h.	amount of time you can do something very hard at maximum capacity
14	endurance	a.	maximum amount of time you can continue doing an action

## Unit 9 Ace



Tennis is based on a game called Paume played in France from the 12<sup>th</sup> century. Players used their hands to hit the ball. Rackets were added in the 16<sup>th</sup> century. Modern tennis was developed in England where the first world championship was held in Wimbledon in 1877. Tennis disappeared from the Olympics in 1924, and it was reintroduced in the 1988 games in Seoul, Korea.

### QUIZ: Take a guess!

1.b 2.c 3.c 4.c 5.c 6.c

### VOCABULARY

1	umpire	k.	person who decides scoring and judges players in a game
2	backhand	d.	hit the ball with the back side of a racket
3	forehand	e.	Hit the ball with the front side of a racket
4	love	h.	score of 0 in tennis
5	bounce	j.	spring back or rebound after hitting the ground or other surface
6	deuce	i.	score of 40-40 in tennis