

ON YOUR MARK

English Communication Through Popular Olympic Sports

オリンピック競技で楽しむ英語コミュニケーション

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ON YOUR MARK is a high beginner/intermediate level speaking and listening course. The syllabus is uniquely organized around task-based content which guides students in developing conversation skills through 14 popular Olympic Sports topics. Each of the units introduce key vocabulary of the subject sport along with rules and interesting facts. Subject content is introduced through authentic peer-to-peer model conversations. This course textbook is ideal for universities, junior colleges, language schools and high schools. Japan is a sports-loving nation, where the popular enthusiasm for sports often unites people and inspires them towards achieving other goals in life. *On Your Mark - GET SET - GO!*

Synopsis/Characters

Miyu and Li Yong are university students studying sports science. Miyu, from Kanagawa Prefecture, loves sports and is very athletic. Li Yong, an exchange student from China, is a gamer and fan of Japanese pop culture who knows very little about sports. He aspires to learn about different sports, make friends and get in shape. Miyu offers to teach Li Yong about sports and the associated English terminology. Together they explore a variety of popular sports.

Unit structure and teaching tips for each section

The textbook activities were designed with the assumption that individual work will be alternated with group work and pair work during each class. In order for that to work smoothly, we recommend creating groups of 4. This is the style in which the materials were trialled successfully, and most of the teaching tips below assume a similar teaching style.

The teaching tips below are for the regular units (2-15). The introduction (Unit 1), the review units and the final unit are structured somewhat differently. Some extra materials are available for the introduction unit: these are found after the explanation of the regular units below. An extra word search puzzle for each unit is also available at the end of the document.



GET SET *Introduce the sport by having students indicate their experience and knowledge of the sport.*

How to teach tips:

- This activity can help the teacher with the creation of groups: for example, the scores can help to make sure that each group has at least one member who is interested in and / or knows about the target sport.
- A whole-class question, such as “who wrote 10” can also be a good way to pinpoint to everyone the most experienced and / or knowledgeable members of the class.
- The teacher can determine groups or direct the students to create groups. In the case that students are responsible for forming groups, students should be directed to form a group with members of a range of experience / knowledge of the target sport.
- In the case that the teacher creates groups, once smaller groups are formed students can be directed to discuss their answers.
- Students will usually also be interested to hear their teacher’s response to the same questions, so this information may be volunteered by the teacher.



REWIND *Brief history of the sport – teacher reads complete text (see answer key below) to the class while students fill in blanks.*

How to teach tips:

- The missing information is ALWAYS place time-related. This should be emphasized to the students the first time the activity is done as this knowledge will help them to listen more efficiently.
- The teacher should read the passages at least twice at a natural speed to allow students time to fill in the blanks and confirm their answers.
- For lower level learners the teacher may elect to read the passage more slowly. In these cases, maintain text cohesion and avoid unnecessarily long pauses after the blanks.
- Students should be instructed to write the names of places mentioned even when uncertain as to the correct spelling.
- Following the completion of the task, answers and spelling should be checked.
- These sections are sometimes more difficult linguistically than the other parts of the unit. 100% comprehension is not necessary to successfully complete the exercises.
- In more advanced classes, the teacher may ask students to try to GUESS some of the answers before reading the passage. This is often not possible even when students know that the missing information is place- or time-related, but simply attempting a guess has the added benefit of priming the students and preparing them to listen in a more focused manner.
- Extension idea: Possibly here or at the end of the class, the imagined FUTURE of these sports can also be discussed: e.g. how likely that they’ll become more major / minor worldwide, more popular in Japan, etc.



QUIZ *Trivia quiz – students are encouraged to GUESS the answers (as opposed to looking them up).*

How to teach tips:

- Set a time limit.
- Have students compare answers within their groups.
- Tell / display the correct answers (see answer key below).
- Discuss the answers with the class.

Note: the information in the trivia quizzes was carefully researched and was accurate at the time of publication. Some facts, such as speed records, may change however, and it is possible that some “correct” answers may be challenged by students. This should not be viewed as a problem but an opportunity for further discussion and learning.



TARGET VOCABULARY *Match target vocabulary which appears in the dialogue with definitions and write Japanese meanings.*

How to teach tips:

- This activity can be conducted alone, in pairs or in groups. Individual completion, compared in pairs, then finally checked as a group is a very efficient style for example.
- Review answers, and make sure students have the correct answer.
- For very low level classes, the English definitions may be simply omitted, or treated as extra information (the teacher may simply tell students the correct answers).
- As for PRACTICING the vocabulary, see below:

How to ensure that target vocabulary is REALLY learned.

The target vocabulary is an integral part of this course, and the objective is for students to remember and be able to actively use this vocabulary. Studies have shown that in order to learn a new word, multiple encounters (seven or more) and practice opportunities are needed. Some of these opportunities (WORD SEARCH / HIGHLIGHT / MY CHOICES) are built into the units. Others are best created by the teacher. L2 & L1 word pairs lend themselves to various types of useful and fun in-class communicative practice activities such as the following (listed below in the recommended order and in increasing difficulty):

These activities work best with a set length of time of a few minutes per round (determined and timed by the teacher), and students being instructed to continue practicing until this time is up even after they have already covered all the words.

- Practice in pairs:

- Stage one (easy): English to Japanese (Student A says the English word, student B, with book closed, says the Japanese translation), then change A & B after time is up.
 - Stage two (harder): as above, but now Japanese to English.
- Practice in groups:
- One caller and 3 responders (assuming a 4-person group): Caller calls one word randomly, and the 3 responders compete: the first to say the word correctly receives a point. Each student becomes a caller for the same amount of time proceeding clockwise. At the end, the overall winner of the group is selected based on their total scores.

Group chain spelling

- Group chain spelling is formally introduced in the first Review unit: please find the instructions there. However, it can be used regularly from the beginning of the course in each class. The activity has various benefits.
- Group chain spelling is the research area of one of the authors, and it was found in repeated studies that in addition to fulfilling its obvious purpose of practicing spelling, this practice also results in better remembering the MEANING of the words (even though it is a fully form-focused activity!) and improving group cohesion. Additional benefits are pronunciation practice (the caller MUST pronounce the word clearly enough that it is comprehended by the spellers), active and equal participation by all members, and a sense of accomplishment for weaker members who may struggle with linguistically more complex tasks.
- Group chain spelling can be followed by a dictation quiz. This can be used as one assessment activity requiring no teacher preparation, and can be easily graded on the spot. The difficulty of the task can be increased if the teacher dictates the words in Japanese, but students write them in English. An easy scoring system of perfect answers receiving one point and misspelled but still recognizable words receiving half can be used, for example.
- Definition to target word practice: with higher level classes English – English practice is also possible in pairs and groups. Word dictation, if used, can also be made more challenging when the English definition is dictated instead of the Japanese equivalent.



WORD SEARCH *Identify target vocabulary in the puzzle and*

write the words.

How to teach tips:

- This can be assigned as homework before or after class, and it can also be used as a time filler or supplementary activity: NOT done in class by default, but students who finish other activities more quickly than others may be instructed to work on the puzzle while waiting for the slower ones.
- One ADDITIONAL PUZZLE WITH ANSWER KEY is available for each unit at the end of this document to use as handouts or distributed digitally.



HIGHLIGHT *Skim read the unit dialogue and identify/highlight the target vocabulary.*

How to teach tips:

- This is best done individually. Students often enjoy some quiet time in between pair and group activities.



DIALOGUE *Dialogues include information pertaining to the rules of the sports.*

How to teach tips:

- We recommend having students preview these dialogues prior to the class.
- These dialogues are often very long: It is advisable to break them into at least two large chunks: consider taking a break at the halfway point (where you can see the “rest” icon) to discuss the content with students.
- Selected turns can be used for micro-practice of conversation strategies (see below).



COMPREHENSION QUESTIONS *Have students complete true/false and short answer questions.*

How to teach tips:

- Recommendation: individual completion, compared in pairs, finally checked as a group.
- Confirm answers as a whole class.



CONVERSATION STRATEGY *Discuss and have students practice conversation strategies in pairs.*

This section can be integrated to a varying degree:

- It can be completely omitted if so desired: the textbook was designed to work without covering the conversation strategies.
- The material can be covered lightly, mainly for demonstration purposes to point out common features of “natural” conversation.
- It can be integrated more deeply, and practiced actively during class – see below:

How to teach tips:

- Read in pairs after going over the tips – often intonation and body language accompanying these phrases are unique and it is beneficial to emphasize this.
- In addition to the mini-dialogues, each MAIN dialogue also contains various conversation strategies. Identifying and underlining examples of these is an activity introduced in the first review unit. However, this can be done more regularly if the strategies receive a greater focus in class. This type of activity becomes even more meaningful after several of the strategies have been covered, and at the end of the course when all have been studied.
- The strategies (especially the first 6-7) are presented in order of usefulness and expediency (most useful / important in Unit 1), so if a teacher varies the order of units they may still wish to cover these strategies starting from the beginning.
- “Classroom English” phrases are notorious for being difficult to produce confidently unless each phrase is drilled often and practiced to perfection so students can produce them instinctively and without thinking.
- Role play: the teacher can create opportunities to encourage students to use Classroom English phrases: e.g. suddenly start talking very quietly to elicit “Could you speak more loudly”, give unclear or confusing instructions to elicit “Sorry, I don’t follow you”, ask students to write down a difficult word to elicit “How do you spell that”, etc.
- After the teacher models such examples, students can then be asked to create similar role-play situations themselves, then practice, and finally present in pairs or groups.



DOUBLES DICTATION *See rationale and directions below.*

Pair-dictation is an effective way to help students actively use and develop reading, writing, speaking and listening skills. Students dictate information to each other, which requires them to focus on form, function and content. Advantages of pair-dictation include:

- Enhances productive skills (speaking and writing) and receptive skills (reading and listening).
- Encourages the speaker to focus on pronunciation.
- Helps the listener to pay attention to the form and content of what (s)he is hearing.
- Improves students’ understanding of grammar, spelling, punctuation and sentence structure.
- Students at different levels can help and support each other.
- Creates a safe and non-threatening learning environment – students aren’t required to perform in front of the whole class.

- Provides opportunities to practice speaking even in large classes.
- Students receive immediate feedback as to how they have performed during the activity.

How to teach:

PREPARATION

Explain to students that they will need to dictate punctuation at the appropriate places in the sentences. Review punctuation terminology and demonstrate how to read a sentence.

Text: While taking a throw-in, a player must release the ball.

Say: While taking a throw (*dash*) in (*comma*) a player must release the ball (*period*).

Punctuation marks for dictation

(.) = Period	(?) = Question mark
(,) = Comma	(' ') = Quotation marks
(!) = Exclamation point/mark	(-) = Dash/hyphen
(') = Apostrophe	(3.14) = Three point one four

PROCEDURE

1. Practice all the likely unfamiliar words by writing them on the board and eliciting the meanings from the students.
2. Put the students into pairs (Student A and B) and explain that each student has important information about the target sport to communicate.
3. Tell students they will take turns being the 'reader' and the 'writer'. Explain that as one student reads aloud, the other writes down the sentences.
4. Instruct students NOT to look at their partner's information.
5. Tell the 'reader' to say the sentences at normal speed. DON'T include punctuation marks. Tell the 'writer' to listen and NOT write.
6. Tell the 'reader' to repeat the sentences slowly and clearly. Include all punctuation. Tell the 'writer' to listen and write.
7. Tell the 'reader' to say the sentences again at normal speed. Tell the 'writer' to check and correct his work.
8. Encourage the 'writer' to ask for clarification when necessary, for example by asking: *Pardon? Could you repeat that, please? How do you spell '_____'*?
9. After students have finished the activity have them compare their texts and correct any mistakes.
10. Once all the pairs have completed the activity, read the sentences at natural speed and discuss the content of the sentences.



MY CHOICES *Students identify seven words from the unit they found interesting or new.*

How to teach tips:

- There is a lot of flexibility as to how this section is covered depending on the level of the students, and may include written activities.
- First, have the students write the words individually.
- For higher-level classes, a “guess the word” activity can be used when students try to elicit the target word without saying what it is (works well in pairs or small groups).
- For lower levels: students can create sentences in pairs containing the target words, then share their sentences within the group.



REVIEW *Students identify an interesting fact they learned in the unit.*

How to teach tips:

- Write answers individually first.
- Share in pairs and small groups.
- Extension: this activity is introduced in the first Review unit, but it can be started sooner, and done regularly: students could be asked to find any interesting fact NOT covered in the unit.
- This may also be a good opportunity to use the knowledge and experience of students who happen to be knowledgeable about the target sport (easy to find by referring to their initial GET SET scores): ask them if there are any OTHER interesting facts / rules / vocabulary that were not mentioned even by the end of the unit.
- The teacher may contribute their own facts / personal experience as a final remark to end the class with.

Glossary

The table below presents the target vocabulary introduced in each unit. Some units contain extra vocabulary not covered in the Student’s book: these words are listed in *italics*.

Unit Number	Unit Name	Target Vocab	
1	Get Set, Go! Introduction	defeat (v) competition (n)	spectator (n) whistle (n)

		compete (v) <i>field (n) pitch (n) ground (n)</i> defense (n) defend (v) halftime (n) opponent (n) win (v) lose (v) skill (n) <i>skilled (adj)</i>	technique (n) maneuver (n) tie/draw (n) referee (n) judge (n) umpire (n) contestant (n) fulltime (n)
2	Splash Swimming	swimsuit goggles <i>lanes</i> swimming cap sink float doggy-paddle	crawl butterfly back stroke breast stroke breathe lap
3	Net Kill Badminton	drop shot net kill wood shot shuttlecock doubles mixed doubles	hairpin shot flick shot push shot singles smash rally
4	Kick-off Soccer	extra time handball corner kick offside penalty spot defender midfielder forward	striker goalkeeper/keeper winger penalty kick dribble throw-in (penalty) shootout
5	Onsight Rock Climbing	hold grip bouldering lead belay device rope	carabiner clip onsight redpoint pumped route
6	Slam Dunk Basketball	assist lay-up jump shot rebound block slam dunk/dunk jump shot	time-out alley-oop basket free throw 3-pointer/3-point shot dribble <i>rim</i> <i>backboard</i>
7	Ippon Judo	tatami ukemi waza randori suri ashi shizentai katame waza	judogi obi nage waza judoka dojo atemi waza kumikata
8	Singletrack MTB	Cross-country terrain	suspension disc brake

		clipless helmet armor uphill downhill	handlebars durable stamina endurance <i>intense</i>
9	Ace Tennis	umpire backhand forehand love bounce deuce	advantage fault double fault tournament graze let
10	Spike Volleyball	<i>out of bounds</i> libero hit set dig spike toss bump aggressive	drill various underhand overhand <i>attack line</i> <i>end line</i> <i>side line</i> <i>center line</i>
11	Surf's Up Surfing	bodysurf bail surf's up wipeout surfboard ankle biters	paddle pop-up air/aerial barrel/tube leash/leg rope wetsuit bodyboard
12	Batter Up Baseball	batter pitcher (pitcher's) mound catcher infield shortstop outfield fly ball	ground ball strike foul home run tag out inning base hit <i>single</i> double / triple
13	Ollie Skateboarding	flip deck nose tail ollie obstacle trick slide rail	ramp kickflip frontside backside dramatic asphalt protective gear knee pad elbow pad
14	Try! Rugby	forwards backs scrum lineout hooker fly-half penalty kick drop-goal	wingers <i>try out</i> try try line tackle knock on conversion <i>free kick</i>
15	Top Spin Table Tennis	land (v) shot	spin <i>topspin</i>

		stroke backswing strike finish originate resemble oddity penhold shakehand drive push	<i>sidespin</i> <i>backspin</i> <i>loop</i> <i>counter</i> <i>flick</i> <i>chop</i> <i>block</i> <i>lob</i>
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Supplementary material for Unit 1 (photocopiable)

The next page can be used as a handout for the introduction unit especially for lower level students. It may be also useful for reference in the first Review unit when students design and then describe an original sport.

Unit 1 Get Set, Go!

Talking about sports – useful language structures

Describing sports (how they're performed)

There are *nine* players on a team.

All players wear *helmets*.

You use a *racket to hit the ball*.

Volleyball is played on a *court*.

Teams get *one point for each goal*.

Explaining the purpose of sports

The purpose of the game is to *score twelve points*.

The goal of *speed climbing* is to *climb faster than your opponent*.

Describing positions

She's a *midfielder*.

He's a *batter*.

She's a *libero*.

Describing rules

Forbidden actions

You must never *touch the ball with your hands in soccer*.

You can't/may not *hold the ball in volleyball*.

You aren't allowed to *punch under the belt in boxing*.

Compulsory actions

You must *use only allowed holds in climbing*.

You have to *stop fighting if the referee tells you to*.

Players must *take a doping test before matches*.

Allowed actions

Goalkeepers are allowed to *touch the ball with their hands in soccer*.

It's OK if a *tennis ball lands on the line*.

Rugby players can *tackle their opponents*.

Unit 2 Splash



We know people have been swimming since ancient times from rock art showing people swimming. The most famous such rock art is the “cave of swimmers” in Egypt. It was discovered in 1933, and found to be 10,000 years old. Swimming as a sport started in the 1800s in Great Britain, where the first swimming pool in the world was built in 1862. Swimming has been an Olympic Sport since the first modern Olympics in 1896.

QUIZ: Take a guess!

1.c 2.c 3.c 4.a 5.a

VOCABULARY

1	goggles	d.	spectacles swimmers wear so their eyes can be kept open underwater
2	swimming cap	a.	cap worn on the head when swimming in a pool
3	sink	e.	go down from the top of the water towards the bottom
4	breathe	b.	take air into your lungs
5	doggy-paddle	c.	swim on your front, moving your arms and legs up and down like a dog
6	lap	h.	distance of one length of a swimming pool times two
7	breast stroke	i.	swim with your arms reaching forward and pulling back through the water, and using your legs frog-style
8	back stroke	j.	swim while lying on your back looking up
9	butterfly	g.	swim with both arms moving together in large circular movements and both legs kicking together
10	float	f.	stay on the top of the water without going down under it
11	swimsuit	l.	clothing worn in a swimming pool or for outdoor swimming
12	crawl	k.	swim with alternated overhead arm movements, while kicking your legs up and down

Unit 3 Net Kill



Games like badminton have existed throughout history in Japan, Greece and India. For example, *hanetsuki* is a traditional Japanese New Year's game. The modern game of badminton was developed in Britain in 1873. Badminton made its debut as a demonstration sport at the 1972 Olympic Games in Munich. In the 1992 Barcelona Olympics it became a medal sport. The mixed doubles event made its debut in 1996 at the Atlanta Olympics.

QUIZ: Take a guess!

1.a 2.a 3.c/f 4.b

VOCABULARY

1	smash	d.	powerful overhead shot
2	rally	f.	series of several shots hit back and forth between players
3	drop shot	h.	shot hit softly that clears the net and then drops
4	wood shot	i.	shot in which the shuttlecock hits the frame of the racket
5	shuttlecock	k.	small light object that players hit over the net
6	push shot	j.	shot played by pushing the shuttle with the racket
7	flick shot	e.	quick flick shot often used when serving
8	hairpin shot	g.	shot below and close to the net that just clears the net
9	doubles	c.	game between teams of two players
10	mixed doubles	l.	when a male and female play on the same team
11	singles	a.	game between one player on each side
12	net kill	b.	fast downward shot played from near the net

Unit 4 Kick-off

⏮ REWIND

Soccer, also called football in Europe, is the most popular sport in the world. The history of soccer can be traced back more than 2,000 years ago to ancient China. Players kicked a leather ball filled with feathers and hair. The modern sport of soccer (or football) began in 1863 in England. Originally there was no crossbar on the goal. The FIFA World Cup was first played in 1930. Uruguay defeated Argentina four to two in front of a crowd of 93,000 people.

QUIZ: Take a guess!

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

VOCABULARY

1	goalkeeper	i.	player who stands in the goal and stops the ball
2	defender/back	j.	player who helps the keeper stop the other team from scoring
3	midfielder	h.	player positioned between the forwards and the defenders
4	forward	e.	attacking player who tries to score goals
5	corner kick	g.	free kick taken from one of the corners of the pitch
6	extra time	a.	two extra 15-minute periods played when a game ends in a draw
7	striker	l.	team's main goal scorer
8	offside	o.	referee stops play because a player receives a pass while closer to an opponent's goal than opposing team's players
9	Penalty kick (PK)	f.	free kick from the penalty spot
10	dribble	m.	move the ball along with your feet
11	header	n.	use your head to make the ball go in a certain direction
12	handball	p.	when a player touches the ball with his hand or arm
13	penalty shootout	d.	best-out-of-five penalty kick competition when a game is tied
14	throw-in	b.	player throws the ball with two hands over his head from the sideline

15	winger	k.	fast players positioned on the left and right side of the pitch
16	penalty spot	c.	small white spot on the grass where penalty kicks are taken

Unit 5 Onsight



Rock climbing as a sport began in the late 1800s in three separate places: Great Britain, Italy, and Germany. Over the 20th century, equipment and climbers' skill progressed greatly, and the sport became popular all over the world. The 21st century saw some incredible feats, such as Alex Honnold's free solo of Yosemite's El Capitan in the USA. Sport climbing was going to make its debut at the 2020 Tokyo Olympics.

QUIZ: Take a guess!

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

VOCABULARY

1	hold	h.	something to grab with your hand(s) to pull yourself up when climbing
2	grip	j.	grab and hold tightly in your hand(s)
3	bouldering	f.	climb short, very steep routes without a rope
4	lead	i.	climb first, before one's climbing partner
5	belay	k.	secure another climber using a rope so they don't fall down
6	device	b.	specialized tool or piece of equipment invented for a specific purpose
7	rope	d.	strong, thick cord or line
8	carabiner	a.	D-shaped ring with an opening gate used for fastening ropes
9	clip	l.	secure the rope by placing it through the gate of a carabiner
10	onsight	e.	climb a route for the first time without any knowledge of it
11	redpoint	m.	successfully climb a route after failing to climb it before
12	pumped	g.	muscle tightness and weakness caused by hard effort
13	route	c.	specific path from the bottom to the top of a climb that must be followed

Unit 6 Slam Dunk



The sport of basketball was invented in the winter of 1891 in the United States. A Canadian college instructor, Dr. James Naismith, wanted an indoor sport to keep students fit and warm in the winter. Teams threw a soccer ball into a basket on a wall. In 1906, the baskets were replaced by metal hoops and backboards. Men's basketball debuted as a medal sport at the 1936 Olympics in Germany. Women's basketball debuted as a medal sport at the 1976 Olympics in Canada.

QUIZ: Take a guess!

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

VOCABULARY

1	assist	d.	pass that directly helps a player score a basket
2	substitute	e.	player who comes into the game to replace a player on the court
3	lay-up	f.	shot taken close to the basket that usually comes off the backboard and goes into the basket
4	rebound	k.	get the ball after a missed shot
5	three-point shot	g.	shot taken outside the three-point arc worth three points
6	block	l.	stop the movement of an opponent or stop a pass or shot
7	dribble	j.	bounce the ball with one hand while running or walking
8	jump shot	m.	shot taken while a player is jumping
9	(slam) dunk	c.	high jump shot in which the ball is thrust down through the hoop
10	time-out	n.	when the game clock is stopped for a short meeting with players
11	free throw	a.	penalty shot, worth one point, taken from the free throw line
12	alley-oop	h.	when a player jumps and catches a pass from another player and dunks or shoots the ball before landing
13	basket	i.	shot that goes through the hoop to score
14	airball	b.	shot at the basket that misses everything, not touching the rim, backboard or net

Unit 7 Ippon



REWIND

Judo was founded in Japan in 1882 by Dr. Jigoro Kano. When young, Kano was small and weak. He was often bullied so he began studying ju-jitsu at the age of 17. He developed his own techniques and philosophy into judo. Judo was first included as an Olympic Sport for men at the 1964 Olympic Games in Tokyo. At the 1992 Olympics in Spain, women's judo debuted as an Olympic Sport. Judo was added as a Paralympic event in South Korea in 1988.

QUIZ: Take a guess!

1.c 2.b 3.c 4.a,b,c

VOCABULARY

1	kumi kata	l.	basic judo grips
2	shizentai	b.	basic posture in judo - the natural standing posture
3	waza	a.	techniques
4	katame waza	f.	ground restraint holds, grappling techniques
5	obi	g.	judo belt
6	ukemi	d.	falling techniques to avoid injury
7	randori	e.	free sparring practice
8	judoka	j.	person who studies judo
9	nage waza	m.	throwing techniques
10	dojo	k.	school for training
11	tatami	i.	mat made of rice straw used as flooring
12	judogi	h.	judo practice uniform which consists of pants, jacket and belt
13	suri ashi	n.	way of walking to maintain balance, feet slide over the floor
14	atemi waza	c.	body striking techniques

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 19th 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 12th century. Players used their hands to hit the ball. Rackets were added in the 16th 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

7	advantage	l.	win the next point after a tie in tennis
8	fault	g.	serve the ball in the net or hitting it outside the line
9	double fault	f.	lose a point after two serves with faults
10	tournament	c.	official sport meeting where several players or teams compete
11	graze	a.	touch something lightly while moving past it
12	let	b.	serve when the ball hits the net but falls on the other side, and inside the service box

Unit 10 Spike



REWIND

Volleyball was invented in 1895 by a college PE teacher, William J. Morgan in the USA. Morgan blended basketball, baseball, tennis and handball to create a new indoor sport. The first World Championship was held in Prague in 1949, and it became an Olympic Sport in 1964 followed by beach volleyball in 1996.

QUIZ: Take a guess!

1.c 2.c 3.b 4.c

VOCABULARY

1	libero	b.	volleyball player whose job is defense
2	hit	i.	strike the ball with the hand
3	set	f.	position the ball near the net so another player can hit it
4	dig	g.	save and pass a powerfully hit low ball
5	spike	h.	slam the ball over the net powerfully and aggressively
6	toss	j.	throw the ball up into the air before hitting it
7	bump	e.	hit the ball underhand with the two hands joined
8	aggressive	d.	powerful, forceful, competitive
9	drill	k.	training exercise to learn a skill or technique
10	various	c.	of different kinds
11	underhand	l.	with the hand kept low below the shoulders and the palm turned upward
12	overhand	a.	with the hand kept high over the shoulders and the palm turned downward

Unit 11 Surf's up



REWIND

In 1767, European sailors first encountered surfing in Tahiti and later Hawaii. They were amazed by the skill of the Polynesians who could ride the waves. For the Polynesians, the man who was the best surfer became chief of the village. Drawings on pottery from 3000 to 1000 BC also show Inca fishermen riding waves. Fishermen used surfboards to carry their nets and collect fish. Surfing was going to make its debut at the 2020 Tokyo Olympics.

QUIZ: Take a guess!

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

VOCABULARY

1	bodysurf	j.	surf a wave using only your body
2	wetsuit	d.	clothing made from rubber designed to keep you warm in the sea
3	take off	i.	start riding a wave
4	surf's up	f.	expression that means "the waves are good for surfing"
5	wipeout	g.	fall off a surfboard when riding a wave
6	paddle	k.	use your hands and arms to move a surfboard
7	pop-up	m.	when a surfer moves from lying on a surfboard into standing position
8	aerial (air)	c.	trick performed on a surfboard in the air
9	barrel (tube)	e.	hollow tunnel space inside the wave
10	bodyboard (boogie board)	b.	short, light board that you lie on to ride waves
11	leash	a.	rope that connects the surfer's ankle to a surfboard
12	bail	h.	jump off your board into the water to avoid danger
13	ankle biters	l.	waves that are too small to ride

Unit 12 Batter Up

◀◀ REWIND

The origins of baseball aren't clear. One popular theory is that baseball originated in the 1700s from a game played in England called rounders. In rounders, players hit a small leather ball with a bat 40-45cm long. Baseball was first introduced to Japan in 1872 by Horace Wilson, a professor at Kaisei Gakko (now Tokyo University). The Summer Koshien was first played in 1915 and Japanese professional baseball began in the 1920s. Baseball became an Olympic Sport at the 1992 Olympics in Barcelona, Spain.

QUIZ: Take a guess

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

VOCABULARY

1	strike	p.	when a player swings the bat at the ball and misses
2	fly ball	a.	ball hit into the air
3	ground ball	b.	ball hit onto the ground
4	foul	c.	ball hit outside the area of play
5	tag out	o.	when a player is running to a base and someone from the other team touches him with the ball
6	shortstop	e.	player who backs up the base players
7	home run	m.	when a batter hits a ball outside of the park
8	base hit	d.	hit that allows a batter to reach a base: a single, double, triple, or home run
9	mound	h.	area of the field where the pitcher throws from
10	batter	k.	player who hits the ball
11	pitcher	j.	player who throws (pitches) the ball

12	catcher	i.	player who squats behind home plate and catches the ball thrown by the pitcher
13	infield	f.	area of the field inside the bases
14	outfield	g.	area of the field outside the bases
15	inning	l.	time of play in which each team bats until three batters are out
16	double/triple	n.	when a batter hits the ball and gets to second or third base

Unit 13 Ollie



REWIND

Skateboarding was developed by Californian surfers in the 1940s or 50s. It was originally called “sidewalk surfing” because they put wheels on their surfboards, and rode them on public streets and sidewalks. In the 1960s, skateboards began to be commercially manufactured. The originally metal wheels were replaced with urethane wheels in 1973. Many tricks were invented in the 1980s, and skateboarding was going to make its debut at the 2020 Olympics in Tokyo.

QUIZ: Take a guess!

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

VOCABULARY

1	flip	o.	turn (the board) over in the air
2	deck	p.	top of the board where the rider stands
3	nose	n.	front end of the board
4	tail	m.	back end of the board
5	ollie	a.	jumping into the air on the board started by pushing down the tail of the board
6	obstacle	l.	something in your way when you're trying to move from one point to another
7	trick	c.	any difficult maneuver performed on the board
8	slide	q.	move over a surface slipping over it smoothly
9	rail	j.	metal pipe to slide on while standing on the board
10	ramp	b.	artificial slope made for skateboard jumping
11	kickflip	g.	flip the board 360 degrees while jumping
12	frontside	f.	facing forward
13	backside	e.	facing backward
14	dramatic	h.	full of excitement and action
15	asphalt	r.	smooth black surface covering the top of a road
16	protective gear	d.	equipment you wear to prevent injury
17	knee pad	k.	protective gear you wear on your knees
18	elbow pad	i.	protective gear you wear on your elbows

Unit 14 Try



REWIND

The origins of rugby can be traced back over 2000 years to a Roman ball game called *harpastum*. Many believe that the modern game of rugby was born in England in 1823. William Webb Ellis, a schoolboy, picked up a ball and ran with it during a soccer match. Rugby sevens was included as an Olympic Sport at the 2016 Olympics in Brazil. The 2019 Rugby World Cup was hosted in Tokyo, Japan. This was the first time for it to take place in Asia.

QUIZ: Take a guess!

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

VOCABULARY

1	conversion	d.	kick after a try; if it goes through the goalposts the team gets two points
2	forwards	f.	eight attacking players who play in the front of the field
3	backs	a.	seven defence players who play in the back of the field
4	lineout	i.	teams line up opposite each other and jump for the ball
5	tackle	k.	stop a player with the ball by holding him and throwing him to the ground
6	try	l.	take the ball over the try line and touch it on the ground to get five points
7	scrum	c.	eight forward players link together and push to get the ball
8	try line	n.	white line at the end of the pitch, if the ball is touched down on or over this line it's a try
9	hooker	h.	player who throws the ball in line-outs and "hooks" it in scrums
10	fly-half	g.	key player who has strong leadership and often decides when to pass or kick the ball; wears number 10
11	wingers	m.	very fast players positioned on the left and right side of the field who score tries
13	penalty kick	e.	three-point penalty kick awarded if a team breaks the rules
14	drop-goal	j.	ball is dropped to the ground and kicked just after it bounces; if it goes through the goalposts the team gets three points
15	knock-on	b.	player knocks the rugby ball forward with his arms or hands

Unit 15 Top Spin



Table tennis was invented as an after-dinner game in 19th century England. Modern rackets and celluloid balls were first used in 1901. The first world championship took place in London in 1926. It became an Olympic Sport in 1988, and several rule changes were implemented in 2000.

QUIZ: Take a guess!

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

VOCABULARY

1	land	n.	fall from above onto the ground or other surface
2	shot	d.	any specified technique to strike the ball with the paddle
3	stroke	j.	the movement of hitting the ball
4	backswing	g.	moving (a paddle) backwards before hitting the ball

5	strike	i.	moment of impact between racket and ball
6	finish	h.	follow through motion with the racket after striking the ball
7	originate	l.	come from or start from someplace
8	resemble	k.	similar to another thing in some way
9	oddity	a.	strange thing
10	penhold	e.	grasp the racket like a pen
11	shakehand	f.	grasp the racket like shaking hands
12	drive	c.	type of shot that's powerful, offensive and uses top-spin
13	push	b.	type of shot that's defensive and uses underspin
14	spin	m.	rapidly rotate with a continuous circular motion

Extra word search puzzles

Find the **sports** we will be studying in the **puzzle below**.

X W G H G Y B G U R Z G T Q E
 E D Q G N J U D O S F N E O H
 N X G D V Q S W I M M I N G G
 O V D J S D I N P L D B N I N
 T A B L E T E N N I S M I G I
 N D H C S U R F I N G I S W D
 I L L A B Y E L L O V L C E R
 M Z M O U N T A I N J C T R A
 D G N I K I B M K X V K H E O
 A K J B L B H O P F H C U C B
 B E E U A N N R P H M O K C E
 X Q K X F B S C I S X R A O T
 N B A S K E T B A L L X F S A
 V N M I R I G W T M V C D Q K
 Y R B A S E B A L L Z L U U S

BADMINTON
 BASEBALL
 BASKETBALL
 JUDO
 MOUNTAIN
 BIKING
 ROCKCLIMBING
 RUGBY
 SKATEBOARDING
 SOCCER
 SURFING
 SWIMMING
 TABLETENNIS
 TENNIS
 VOLLEYBALL

X W G H G Y B G U R Z G T Q E
 E D Q G N J U D O S F N E O H
 N X G D V Q S W I M M I N G G
 O V D J S D I N P L D B N I N
 T A B L E T E N N I S M I G I
 N D H C S U R F I N G I S W D
 I L L A B Y E L L O V L C E R
 M Z M O U N T A I N J C T R A
 D G N I K I B M K X V K H E O
 A K J B L B H O P F H C U C B
 B E E U A N N R P H M O K C E
 X Q K X F B S C I S X R A O T
 N B A S K E T B A L L X F S A
 V N M I R I G W T M V C D Q K
 Y R B A S E B A L L Z L U U S

BADMINTON
 BASEBALL
 BASKETBALL
 JUDO
 MOUNTAIN
 BIKING
 ROCKCLIMBING
 RUGBY
 SKATEBOARDING
 SOCCER
 SURFING
 SWIMMING
 TABLETENNIS
 TENNIS
 VOLLEYBALL

SWIMMING

- GOGGLES
- SWIMMINGCAP
- SINK
- BREATHE
- DOGGYPADDLE
- LAP
- BREASTSTROKE
- BACKSTROKE
- BUTTERFLY
- FLOAT
- SWIMSUIT
- CRAWL

I P O
 J G R Y S F D L R
 Q B A C K S T R O K E C J
 A W T I O D Z N B W W J I B E O J
 G U W H S B U T T F A H Y M B J B Y C
 S Y H T P B B V A V A P Z T T S V V P D L
 D H X I I V X Z O U J K X C A N B E C E J
 H K F P L T A K R L E Q B R N C T N C B W Z L
 R R Z D P U B R N F E I A H C M U C A E B S T
 X F L S Q P Q A X Z E V W V N R J R K L L W N A I
 E G T K T H N L K T J L K C O G Y C D X P G A D W
 H K X S U S E L G G O G R A I T U D M Y O V J M S
 A Z C O Q Z N S K A V C P T F G J A P B O M B V M G J
 S A U X R T T T R N F S J A I Y P S I E J C Z K D G Y
 J P S M A T S W A J I D L S K Y Z S P V U Q B E R L Q
 E U P J K S S M E G S E H G Q L A U H Y A P T Z P
 Y X F Z H X T P L M O L G S P M E T E H S C N X H
 M Q X N S K R S S Y A O A Z W D A X D S C G A W T
 J S Q S S M V A P D S Y P T I G O B S X Y G Q
 U S J W R U I R E P A C G N I M M I W S H O G
 G F J E H T A E R B I Q K Y X S H H W M Z
 O Y L F R E T T U B S T P B N O U U H Y N
 K V K G L I P H Z T P Q H B A L I Z O
 O K Q C I C J N M W T O O S T V T
 X E R E X Y W S W L E X E
 E Z O V E Y R N X

SWIMMING

I P O
 J G R Y S F D L R
 Q B A C K S T R O K E C J
 A W T I O D Z N B W W J I B E O J
 G U W H S B U T T F A H Y M B J B Y C
 S Y H T P B B V A V A P Z T T S V V P D L
 D H X I I V X Z O U J K X C A N B E C E J
 H K F P L T A K R L E Q B R N C T N C B W Z L
 R R Z D P U B R N F E I A H C M U C A E B S T
 X F L S Q P Q A X Z E V W V N R J R K L L W N A I
 E G T K T H N L K T J L K C O G Y C D X P G A D W
 H K X S U S E L G G O G R A I T U D M Y O V J M S
 A Z C O Q Z N S K A V C P T F G J A P B O M B V M G J
 S A U X R T T T R N F S J A I Y P S I E J C Z K D G Y
 J P S M A T S W A J I D L S K Y Z S P V U Q B E R L Q
 E U P J K S S M E G S E H G Q L A U H Y A P T Z P
 Y X F Z H X T P L M O L G S P M E T E H S C N X H
 M Q X N S K R S S Y A O A Z W D A X D S C G A W T
 J S Q S S M V A P D S Y P T I G O B S X Y G Q
 U S J W R U I R E P A C G N I M M I W S H O G
 G F J E H T A E R B I Q K Y X S H H W M Z
 O Y L F R E T T U B S T P B N O U U H Y N
 K V K G L I P H Z T P Q H B A L I Z O
 O K Q C I C J N M W T O O S T V T
 X E R E X Y W S W L E X E
 E Z O V E Y R N X

- GOGGLES
- SWIMMINGCAP
- SINK
- BREATHE
- DOGGYPADDLE
- LAP
- BREASTSTROKE
- BACKSTROKE
- BUTTERFLY
- FLOAT
- SWIMSUIT
- CRAWL

BADMINTON

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P U B                               R O U
W T X X E I                         V X B Y Q V
E P X G J Q F G Q                   T O Q B E F H L X
O V H A H H T Q V                   V V O G F K D Q Q
G T H U R H Z A S B                 K Y I R U I T G J D
Z B U Q Q Q V V L B                 A M N M U Q M H H X
D K Q Z H M A P K X J               F L I C K S H O T R N
W R L P V R B T F F T O H S L L I K Y C Y N
K S N K C O C E L T T U H S U N N X Z W
    I H A I R P I N S H O T M W U
        H P U S H S H O T
            F S G D R O P S H O T O T
                B A A Y T V X F T P K O C J E
                    J V M U W R R Z M M S M L H N N P D G
                        I C S P U A M I X E D D O U B L E S V S L
                            S W D A Z W N L B R A L L Y H O X B X W H
                                E O H Z Q Q E D Z Y V O H A A S E L G N I S C
                                    Q I Y D V C R R K   Y O W   E T O H S D O O W
                                        B S F S G I G O Z   L S Y   D O U B L E S N H
                                            G X S H J C E O   R Y L   W C T I G W E V
                                                L X Z J J K U   R R V   J V B O D W K
                                                    M A H W T   H O H   M I V M O
                                                        B N A   J R B   X N O
                                                            R Y X
                                                                I D Z
    
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SMASH
RALLY
DROPSHOT
WOODSHOT
SHUTTLECOCK
PUSHSHOT
FLICKSHOT
HAIRPINSHOT
DOUBLES
MIXEDDOUBLES
SINGLES
KILLSHOT

BADMINTON

```

P U B                               R O U
W T X X E I                         V X B Y Q V
E P X G J Q F G Q                   T O Q B E F H L X
O V H A H H T Q V                   V V O G F K D Q Q
G T H U R H Z A S B                 K Y I R U I T G J D
Z B U Q Q Q V V L B                 A M N M U Q M H H X
D K Q Z H M A P K X J               F L I C K S H O T R N
W R L P V R B T F F T O H S L L I K Y C Y N
K S N K C O C E L T T U H S U N N X Z W
    I H A I R P I N S H O T M W U
        H P U S H S H O T
            F S G D R O P S H O T O T
                B A A Y T V X F T P K O C J E
                    J V M U W R R Z M M S M L H N N P D G
                        I C S P U A M I X E D D O U B L E S V S L
                            S W D A Z W N L B R A L L Y H O X B X W H
                                E O H Z Q Q E D Z Y V O H A A S E L G N I S C
                                    Q I Y D V C R R K   Y O W   E T O H S D O O W
                                        B S F S G I G O Z   L S Y   D O U B L E S N H
                                            G X S H J C E O   R Y L   W C T I G W E V
                                                L X Z J J K U   R R V   J V B O D W K
                                                    M A H W T   H O H   M I V M O
                                                        B N A   J R B   X N O
                                                            R Y X
                                                                I D Z
    
```

SMASH
RALLY
DROPSHOT
WOODSHOT
SHUTTLECOCK
PUSHSHOT
FLICKSHOT
HAIRPINSHOT
DOUBLES
MIXEDDOUBLES
SINGLES
KILLSHOT

SOCCER

C H N V I H X R
 H J X E Y X Y D Z I S P
 E P E S C A J W T R N Y E M V D
 W T Q U D M O D O M X A T I I T Y K P B
 Q E J S J R U F P E J W O Q W Z R R H W U K
 P K A E L B B I R D E R P X D O B N L V E H H V
 Y W C K G D D X C L O S M C N R O N N G B W Z O
 E E D I S F F O M F Y M Q S F H H D N V K X L Q
 F K I H K D T U O T O O H S Y T L A N E P K R K
 R S C P L R R B L K C T G O A L K E E P E R V V
 X A T Y A O E A B P E E J Z L P G P K Q A N G Z
 Y R X H F N N F L H V U C Q M T O P M R F O
 Y O P R E V J R K C I K Y T L A N E P T K F
 T S P R A X Q O E X T R A T I M E L G L
 Q T V E J Q L C K H L L A B D N A H
 P R E D L E I F D I M D S C S N
 H I F N A E V E M G G Y I U
 D K V E W I N G E R N C
 I E V F N F I N O K
 Y R C E K V M T
 A T Q D T I
 T A J B
 R K

- GOALKEEPER
- DEFENDER
- MIDFIELDER
- FORWARD
- CORNERKICK
- EXTRATIME
- STRIKER
- OFFSIDE
- PENALTYKICK
- DRIBBLE
- HEADER
- HANDBALL
- PENALTYSHOOTOUT
- THROWIN
- WINGER
- PENALTYSPOT

SOCCER

C H N V I H X R
 H J X E Y X Y D Z I S P
 E P E S C A J W T R N Y E M V D
 W T Q U D M O D O M X A T I I T Y K P B
 Q E J S J R U F P E J W O Q W Z R R H W U K
 P K A E L B B I R D E R P X D O B N L V E H H V
 Y W C K G D D X C L O S M C N R O N N G B W Z O
 E E D I S F F O M F Y M Q S F H H D N V K X L Q
 F K I H K D T U O T O O H S Y T L A N E P K R K
 R S C P L R R B L K C T G O A L K E E P E R V V
 X A T Y A O E A B P E E J Z L P G P K Q A N G Z
 Y R X H F N N F L H V U C Q M T O P M R F O
 Y O P R E V J R K C I K Y T L A N E P T K F
 T S P R A X Q O E X T R A T I M E L G L
 Q T V E J Q L C K H L L A B D N A H
 P R E D L E I F D I M D S C S N
 H I F N A E V E M G G Y I U
 D K V E W I N G E R N C
 I E V F N F I N O K
 Y R C E K V M T
 A T Q D T I
 T A J B
 R K

- GOALKEEPER
- DEFENDER
- MIDFIELDER
- FORWARD
- CORNERKICK
- EXTRATIME
- STRIKER
- OFFSIDE
- PENALTYKICK
- DRIBBLE
- HEADER
- HANDBALL
- PENALTYSHOOTOUT
- THROWIN
- WINGER
- PENALTYSPOT

ROCK CLIMBING

Y M
 I X
 N A S E
 R H X U
 V O P B P W
 G P T E C T
 N D D P I L K J E N L B F Z I G Y W T V
 V D R O U T E E Y I A O J R T O T V C C
 C G H O L D H P O Y U T E E C A L L
 V J I S M G D P S L I N L P V K
 P V R R E W D D D A I R J H
 U I V P A E P E P B W B
 S P I L H U R M R T A K U Z
 S C P D T W D G I Z R P J P
 V E A N A F W C D N V A N W Q E
 P U M P E D U G A C L E N X
 T H G I S N O V H H E C N M
 I Y B E L S Y A L M
 F S A S O D L A
 D M Q Z

HOLD
 GRIP
 BOULDERING
 LEAD
 BELAY
 DEVICE
 ROPE
 CARABINER
 CLIP
 ONSIGHT
 REDPOINT
 PUMPED
 ROUTE

ROCK CLIMBING

Y M
 I X
 N A S E
 R H X U
 V O P B P W
 G P T E C T
 N D D P I L K J E N L B F Z I G Y W T V
 V D R O U T E E Y I A O J R T O T V C C
 C G H O L D H P O Y U T E E C A L L
 V J I S M G D P S L I N L P V K
 P V R R E W D D D A I R J H
 U I V P A E P E P B W B
 S P I L H U R M R T A K U Z
 S C P D T W D G I Z R P J P
 V E A N A F W C D N V A N W Q E
P U M P E D U G A C L E N X
T H G I S N O V H H E C N M
 I Y B E L S Y A L M
 F S A S O D L A
 D M Q Z

HOLD
 GRIP
 BOULDERING
 LEAD
 BELAY
 DEVICE
 ROPE
 CARABINER
 CLIP
 ONSIGHT
 REDPOINT
 PUMPED
 ROUTE

JUDO

O K
 A G
 S I T W
 A B V L
 X V Q H N K
 Q A S A H X
 P B V G U U H O
 E M E T P R L N
 J C W W K N K I B O
 G A U Z R G F S A E
 G Z M G G B U A Y S S J
 A K F J G T B F Z Z J H
 Q K E U B V X O P Y C D I I
 E A R H M F L J X Z O E J H
 V M T Q D K I R O D N A R C R Y
 M G A M X V Y K D Y A P L Y U P
 I M V M Y V O C J A J Z N L H L Z G
 R X G E E D K I C K T K U M F L Y J
 F A Z A W I M E T A A N A Z D U O U X P
 A W N A A Z B W Q T S R S A D S D B D M
 W E X T A Z W V I M M H C T Q Z O I B I J K
 P X R A A A A E L D U I Y T S K M N U G M W
 F N Y V R J O U W V Y J Z K D A A Q J J O Y E A
 E S H M G L H Y E X P C E H X T C K W D D O C G
 B B M E H I M E K U K U O N J A A Q A X Z U H U N C
 J E I T Y K P K Z P P R D T T F I Y Y F Z J Z I M T
 X L T E P Q I H D K I I L Y A R F I K C S U S U E C G R
 R J N Z Z U Z Z B S E O L G I C Q O C Y M N E S A J B N
 N W R Z E C I T J Z Q E Q N G Z W R D L E T J A S U L S K P
 N V H R U R K U Q W F P T V R Z K Y A M E J W S P J I H G P

- KUMIKATA
- SHIZENTAI
- WAZA
- KATAMEWAZA
- OBI
- UKEMI
- RANDORI
- JUDOKA
- NAGEWAZA
- DOJO
- TATAMI
- JUDOGI
- SURIASHI
- ATEMIWAZA

JUDO

O K
 A G
 S I T W
 A B V L
 X V Q H N K
 Q A S A H X
 P B V G U U H O
 E M E T P R L N
 J C W W K N K I B O
 G A U Z R G F S A E
 G Z M G G B U A Y S S J
 A K F J G T B F Z Z J H
 Q K E U B V X O P Y C D I I
 E A R H M F L J X Z O E J H
 V M T Q D K I R O D N A R C R Y
 M G A M X V Y K D Y A P L Y U P
 I M V M Y V O C J A J Z N L H L Z G
 R X G E E D K I C K T K U M F L Y J
 F A Z A W I M E T A A N A Z D U O U X P
 A W N A A Z B W Q T S R S A D S D B D M
 W E X T A Z W V I M M H C T Q Z O I B I J K
 P X R A A A A E L D U I Y T S K M N U G M W
 F N Y V R J O U W V Y J Z K D A A Q J J O Y E A
 E S H M G L H Y E X P C E H X T C K W D D O C G
 B B M E H I M E K U K U O N J A A Q A X Z U H U N C
 J E I T Y K P K Z P P R D T T F I Y Y F Z J Z I M T
 X L T E P Q I H D K I I L Y A R F I K C S U S U E C G R
 R J N Z Z U Z Z B S E O L G I C Q O C Y M N E S A J B N
 N W R Z E C I T J Z Q E Q N G Z W R D L E T J A S U L S K P
 N V H R U R K U Q W F P T V R Z K Y A M E J W S P J I H G P

- KUMIKATA
- SHIZENTAI
- WAZA
- KATAMEWAZA
- OBI
- UKEMI
- RANDORI
- JUDOKA
- NAGEWAZA
- DOJO
- TATAMI
- JUDOGI
- SURIASHI
- ATEMIWAZA

MOUNTAIN BIKING

CROSSCOUNTRY
TERRAIN
CLIPLESS
HELMET
ARMOR
UPHILL
DOWNHILL
SUSPENSION
DISC BRAKE
HANDLEBARS
DURABLE
STAMINA
ENDURANCE

A F H R U T S K
 X B I S L L K E N C J B
 R D A J Z D D R E C F L F A P L
 S O S U F E M O M C A K C A M M C S B V
 B V X J B O N B W X S Y M H S O J G B T T U
 A Q N S M A V D N N Y J R S R E L B A R U D R K
 P H I C F T C U Q H H D T V K Z L M F M D E O R
 B B A E E E A R H I E Z N I Y S N M T R G V M G
 C K R N U S E A K L O A U S U Z H Z E S D R R G
 N B R M D U N N B L U A O E W C F O N T Y X A M
 R M E N J L A C A O P D C E V Q P C H F X M B Z
 W T Z L B E E Q F H W S K U B Y J D Y Y R J
 R P B U C X B C S I J S A Q G S U T K E S O
 A V T A D R A G L C O R R X P S M S U S
 G X P E B Q R L F R B Y R K S G S S
 A N I M A T S E C C H Q F V P E
 Z E I J G B T T S O I B E L
 D O I S Y I P I P P N P
 G R S Z Q O D M S I
 P L A A G F I L
 U R H G O C
 L I N C
 I K

MOUNTAIN BIKING

CROSSCOUNTRY
TERRAIN
CLIPLESS
HELMET
ARMOR
UPHILL
DOWNHILL
SUSPENSION
DISC BRAKE
HANDLEBARS
DURABLE
STAMINA
ENDURANCE

A F H R U T S K
 X B I S L L K E N C J B
 R D A J Z D D R E C F L F A P L
 S O S U F E M O M C A K C A M M C S B V
 B V X J B O N B W X S Y M H S O J G B T T U
 A Q N S M A V D N N Y J R S R E L B A R U D R K
 P H I C F T C U Q H H D T V K Z L M F M D E O R
 B B A E E E A R H I E Z N I Y S N M T R G V M G
 C K R N U S E A K L O A U S U Z H Z E S D R R G
 N B R M D U N N B L U A O E W C F O N T Y X A M
 R M E N J L A C A O P D C E V Q P C H F X M B Z
 W T Z L B E E Q F H W S K U B Y J D Y Y R J
 R P B U C X B C S I J S A Q G S U T K E S O
 A V T A D R A G L C O R R X P S M S U S
 G X P E B Q R L F R B Y R K S G S S
 A N I M A T S E C C H Q F V P E
 Z E I J G B T T S O I B E L
 D O I S Y I P I P P N P
 G R S Z Q O D M S I
 P L A A G F I L
 U R H G O C
 L I N C
 I K

TENNIS

<p> NDABNE PLDGIC QKEJEY MPHZQM FVOXZM VFAULT YHCELT BABZUN CGAAEL AMRFMI HGEAIN NELNTT OBRZZD BUUHUA OOVPA G DTYLBB QUURUD DQWJEN IECHW TBYVVD FHNVA YZAPEXV LOUBZWCXUZ LRQTCUKTLJ NBKIMHEE WZLPPACT ATDINF HLMRDQ VUEU CLFD </p>	<p> BNKSWG OAYDQP CUABAB MNCMAW FECHUF ZGEOOD IBVPRE ECUEDA OMBHCD LMAMVM UENVAA IDS NML NIYTPV UGAEFQ MHGSRA BEXQCK VSDQFN DPZZQP UGAEFQ </p>
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UMPIRE
 BACKHAND
 FOREHAND
 LOVE
 BOUNCE
 DEUCE
 ADVANTAGE
 FAULT
 DOUBLEFAULT
 TOURNAMENT
 GRAZE
 LET

TENNIS

<p> NDABNE PLDGIC QKEJEY MPHZQM FVOXZM VFAULT YHCELT BABZUN CGAAEL AMRFMI HGEAIN NELNTT OBRZZD BUUHUA OOVPA G DTYLBB QUURUD DQWJEN IECHW TBYVVD FHNVA YZAPEXV LOUBZWCXUZ LRQTCUKTLJ NBKIMHEE WZLPPACT ATDINF HLMRDQ VUEU CLFD </p>	<p> BNKSWG OAYDQP CUABAB MNCMAW FECHUF ZGEOOD IBVPRE ECUEDA OMBHCD LMAMVM UENVAA IDS NML NIYTPV UGAEFQ MHGSRA BEXQCK VSDQFN DPZZQP UGAEFQ </p>
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UMPIRE
 BACKHAND
 FOREHAND
 LOVE
 BOUNCE
 DEUCE
 ADVANTAGE
 FAULT
 DOUBLEFAULT
 TOURNAMENT
 GRAZE
 LET

VOLLEYBALL

D S E P I M C G N C G L G N R
Q T E P O K B V N V U I W K H
H U F M D K U L A W D Q Q L E
G D N P D F M H D B H Y A N S
L N J D F Y P M I D R N D Y A
N A E T E Q Z S E T L S E G Z
R H J T W R A W X A W Z G W Y
X R L C H O H N Z I T R Z Y T
N E D S S O T A A I E O H W N
X V R U Y S D D N S D G E D B
T O I O P P C B S D O R E L X
X L L I X I E I B Q I C U O F
U F L R X K V O T O R E B I L
Z B N A Q E K N H V B B A X K
N I N V X P Q H Y T C A C Q X

LIBERO
HIT
SET
DIG
SPIKE
TOSS
BUMP
AGGRESSIVE
DRILL
VARIOUS
UNDERHAND
OVERHAND

VOLLEYBALL

D S E P I M C G N C G L G N R
Q T E P O K B V N V U I W K H
H U F M D K U L A W D Q Q L E
G D N P D F M H D B H Y A N S
L N J D F Y P M I D R N D Y A
N A E T E Q Z S E T L S E G Z
R H J T W R A W X A W Z G W Y
X R L C H O H N Z I T R Z Y T
N E D S S O T A A I E O H W N
X V R U Y S D D N S D G E D B
T O I O P P C B S D O R E L X
X L L I X I E I B Q I C U O F
U F L R X K V O T O R E B I L
Z B N A Q E K N H V B B A X K
N I N V X P Q H Y T C A C Q X

LIBERO
HIT
SET
DIG
SPIKE
TOSS
BUMP
AGGRESSIVE
DRILL
VARIOUS
UNDERHAND
OVERHAND

SURFING

```

                I F O
            S F V O T G V X A
        W F S U A Z G J L C V A G
    P A C M M N R Y F Q U D D A R C J
        D N G N Y B A J F X L C D I Z N Z U Q
    V L V I P K R Q H E S N B W F W B O U B P
        R X G V E B L P H W S U V I I W A I J A W
    Q I Y V V Z Q P E W A M H P X D I I T G R D U
        D E B X H Y U T X B X Q Z U R F Y L Z E R L A
    H F Z H F I P W S D F I G I A C O W P P Y E T I Y
        U U F I R O P I G Y C O T O R N H J W A X L W J I
    O N H O P N L P J W A F B E Y R D R E M M W S E N
N K A B K E Y T E C T C Y R A R E O H M B T O F R V A
P L M V L G K V O M H D K K T H S E Q E T H X Q J M R
A Z Z U M G F A U Z O I O C W Y L G M A G V J K S E P
    A X R S V V P T B B T P A S D T D O Y H O H U R K
        C B N J F W D B V K C B T D C H X L B I A D Y R W
    N B X D O G D I W E I B A Q K X W Y E W J U F M E
        C O Y T I U S T E W P C N B A E R I A L M Q B
    V K D K X A V K P D J O O O P B V J G S R L Y
        E Y Y V P B V A G X R T I D J L Z Q B H H
    X Q J S N D Z G T H O V I A Y J X G J N B
        B O T U N O A H F K B Y D S L A Y W K
    Y Y V R D E P A I F Z M U C Y D K
        E Y F G C O C Q V W Q H B
            G X B R K M Q Z L
                E H T
    
```

BODYSURF
 WETSUIT
 TAKEOFF
 SURFSUP
 WIPEOUT
 PADDLE
 POPUP
 AERIAL
 BARREL
 BODYBOARD
 LEASH
 BAIL
 ANKLEBITERS

SURFING

```

                I F O
            S F V O T G V X A
        W F S U A Z G J L C V A G
    P A C M M N R Y F Q U D D A R C J
        D N G N Y B A J F X L C D I Z N Z U Q
    V L V I P K R Q H E S N B W F W B O U B P
        R X G V E B L P H W S U V I I W A I J A W
    Q I Y V V Z Q P E W A M H P X D I I T G R D U
        D E B X H Y U T X B X Q Z U R F Y L Z E R L A
    H F Z H F I P W S D F I G I A C O W P P Y E T I Y
        U U F I R O P I G Y C O T O R N H J W A X L W J I
    O N H O P N L P J W A F B E Y R D R E M M W S E N
N K A B K E Y T E C T C Y R A R E O H M B T O F R V A
P L M V L G K V O M H D K K T H S E Q E T H X Q J M R
A Z Z U M G F A U Z O I O C W Y L G M A G V J K S E P
    A X R S V V P T B B T P A S D T D O Y H O H U R K
        C B N J F W D B V K C B T D C H X L B I A D Y R W
    N B X D O G D I W E I B A Q K X W Y E W J U F M E
        C O Y T I U S T E W P C N B A E R I A L M Q B
    V K D K X A V K P D J O O O P B V J G S R L Y
        E Y Y V P B V A G X R T I D J L Z Q B H H
    X Q J S N D Z G T H O V I A Y J X G J N B
        B O T U N O A H F K B Y D S L A Y W K
    Y Y V R D E P A I F Z M U C Y D K
        E Y F G C O C Q V W Q H B
            G X B R K M Q Z L
                E H T
    
```

BODYSURF
 WETSUIT
 TAKEOFF
 SURFSUP
 WIPEOUT
 PADDLE
 POPUP
 AERIAL
 BARREL
 BODYBOARD
 LEASH
 BAIL
 ANKLEBITERS

BASEBALL

B B
 D K
 H K Q E
 D H T Z
 Z X C T O K
 F V A L D G
 R Y G L L Q C C
 Q O A B T A J D
 I U B V L P B K Z N
 T Y A L V Z I Y N R
 B L L M J R E T T A B S
 F R A L Y U Y G U C K L
 I O K U R A S D G G K H C P
 J U G D N R B O X L R Z E Q
 D U L I A N T N D J I L Z I R X
 W S A C J I U W B N Q B N B D Z
 V L C O Y H E Y O N U U N S K U W L
 L A K M E L D F L M U I O R W M I G
 U I B X S P L V R W P N R G R P G I M W
 E Q G A I E D R F C G P D E N G S V D B
 U X R B R I N C Q Z B A L P H M R V Y T Q W
 Y E F T F P P C M G T E T W E U O X L E F C
 S V K E N K T O E T Y I K E C M R T H S G G K L
 F L L I S E S W L G F B I X K H T Q P F H Z F T
 I T B D F H D B M Q T L W R H O U E L W U R U H C D
 Z U N C S V M U C U N G U T G T R V R C R J B M R L
 F O U N N Y W F Y O E J S X S W Y N J P I N B F K M W I
 D K J L C S T Y K W A P A D R X B F G C H N H E L V H N
 V L U D Q U S N J V F S H O R T S T O P R J G O C Y P C Z E
 D C G N F X Z G V S Z P R R F X I O G K H Z X X C X W S U V

STRIKE
 FLYBALL
 GROUNDBALL
 FOUL
 TAGOUT
 SHORTSTOP
 HOMERUN
 BASEHIT
 MOUND
 BATTER
 PITCHER
 CATCHER
 INFIELD
 OUTFIELD
 INNING
 DOUBLETRIPLE

BASEBALL

B B
 D K
 H K Q E
 D H T Z
 Z X C T O K
 F V A L D G
 R Y G L L Q C C
 Q O A B T A J D
 I U B V L P B K Z N
 T Y A L V Z I Y N R
 B L L M J R E T T A B S
 F R A L Y U Y G U C K L
 I O K U R A S D G G K H C P
 J U G D N R B O X L R Z E Q
 D U L I A N T N D J I L Z I R X
 W S A C J I U W B N Q B N B D Z
 V L C O Y H E Y O N U U N S K U W L
 L A K M E L D F L M U I O R W M I G
 U I B X S P L V R W P N R G R P G I M W
 E Q G A I E D R F C G P D E N G S V D B
 U X R B R I N C Q Z B A L P H M R V Y T Q W
 Y E F T F P P C M G T E T W E U O X L E F C
 S V K E N K T O E T Y I K E C M R T H S G G K L
 F L L I S E S W L G F B I X K H T Q P F H Z F T
 I T B D F H D B M Q T L W R H O U E L W U R U H C D
 Z U N C S V M U C U N G U T G T R V R C R J B M R L
 F O U N N Y W F Y O E J S X S W Y N J P I N B F K M W I
 D K J L C S T Y K W A P A D R X B F G C H N H E L V H N
 V L U D Q U S N J V F S H O R T S T O P R J G O C Y P C Z E
 D C G N F X Z G V S Z P R R F X I O G K H Z X X C X W S U V

STRIKE
 FLYBALL
 GROUNDBALL
 FOUL
 TAGOUT
 SHORTSTOP
 HOMERUN
 BASEHIT
 MOUND
 BATTER
 PITCHER
 CATCHER
 INFIELD
 OUTFIELD
 INNING
 DOUBLETRIPLE

TABLE TENNIS

R F
 G N
 N I P S
 Q V G X
 F P Q A G T
 X B Q R H L
 F O Z I P Z T O H S K H P E N H O L D W
 S E K O R T S C E H S S I E Y H D Y M S
 M X O D D I T Y V Y H T H S I N I F
 B A C K S W I N G A I X O E A U
 R U C D U K V N K Y K U L L
 K U L W C I Q E V Y J B
 A P U S H G Q T H J K A M H
 A A N Y I X C A A N B H E E
 C S Q F R E N C Y N P G N S K W
 Q O X O V N Z D M K H E I M
 Q Y T E I N B R A P R R M A
 U G N R G W U T A G
 E O F D S B V Q
 O K J B

LAND
 SHOT
 STROKE
 BACKSWING
 STRIKE
 FINISH
 ORIGINATE
 RESEMBLE
 ODDITY
 PENHOLD
 SHAKEHAND
 DRIVE
 PUSH
 SPIN

TABLE TENNIS

R F
 G N
 N I P S
 Q V G X
 F P Q A G T
 X B Q R H L
 F O Z I P Z T O H S K H P E N H O L D W
 S E K O R T S C E H S S I E Y H D Y M S
 M X O D D I T Y V Y H T H S I N I F
 B A C K S W I N G A I X O E A U
 R U C D U K V N K Y K U L L
 K U L W C I Q E V Y J B
 A P U S H G Q T H J K A M H
 A A N Y I X C A A N B H E E
 C S Q F R E N C Y N P G N S K W
 Q O X O V N Z D M K H E I M
 Q Y T E I N B R A P R R M A
 U G N R G W U T A G
 E O F D S B V Q
 O K J B

LAND
 SHOT
 STROKE
 BACKSWING
 STRIKE
 FINISH
 ORIGINATE
 RESEMBLE
 ODDITY
 PENHOLD
 SHAKEHAND
 DRIVE
 PUSH
 SPIN