

English Usage for Communication 1500103

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Topic 4 : Sports and Fitness

About the topic

**English Usage for
Communication
1500103**

Topic 4 : Sports and Fitness

Activity A - Vocabulary Building

**Activity B - Listening and Reading
Comprehension**

**Activity C - Grammar and Speaking
Exercises**

Activity D - Writing Practice

Warm-up

Can you guess what they're doing?

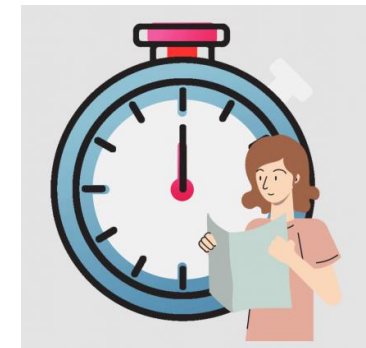


a. They're having a meeting.

b. They're going to work.

c. They're celebrating Songkran.

d. They're running a marathon.



Adapted from Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).

Activity A - Vocabulary Building

1. Marathon (noun)

definition

A long-distance running race, typically of 26.2 miles (42.195 km).

example

John completed the marathon in under three hours.

Activity A - Vocabulary Building

2. Athlete (noun)

definition

A person who is proficient in sports and other physical exercises.

example

Maria is a talented athlete who excels in both swimming and running.

Activity A - Vocabulary Building

3. Disappointed (adjective)

definition

Feeling sad or unhappy because someone or something has failed to fulfill one's hopes or expectations.

example

The team was disappointed with their performance in the championship game.

Activity A - Vocabulary Building

4. Crowd (noun)

definition

A large group of people gathered together in a public place, typically for a particular purpose.

example

The crowd cheered loudly as the runner crossed the finish line.

Activity A - Vocabulary Building

5. Race (noun)

definition

A competition between runners, horses, vehicles, etc. to see which is the fastest in covering a set course.

example

The annual race draws participants from all over the world.

Activity A - Vocabulary Building

Complete the statements using the following words;

marathon disappointed crowd athlete race

1. Exhausted runner finished the _____.
2. Determined young _____ won the competition.
3. _____ and frustrated athlete missed the chance to qualify.
4. Enthusiastic _____ cheered for the talented runners.
5. Thrilling and challenging _____ awaited the participants.



Activity A - Vocabulary Building

Complete the statements using the following words;

marathon

disappointed

crowd

athlete

race

1. Exhausted runner finished the marathon.
2. Determined young athlete won the competition.
3. Disappointed and frustrated athlete missed the chance to qualify.
4. Enthusiastic crowd cheered for the talented runners.
5. Thrilling and challenging race awaited the participants.

Activity B - Listening and Reading Comprehension



After listening to an article about the 1904 Olympic Marathon, we'll answer these comprehension questions:

1. What makes the 1904 Olympic Marathon a difficult event?
2. How did Fred Lorz cheat the race?
3. What made Tom Hicks feel very sick?

Activity B - Listening and Reading Comprehension

The 1904 Olympic Marathon

Paragraph

1

There are some difficult events in the Olympic Games, but nothing compares with the 1904 Olympic Marathon. One athlete almost died, and the race ended in a public scandal. The marathon started on an incredibly hot day in St. Louis, in the U.S., and there were lots of cars and horses on the dusty roads. One athlete, William Garcia, started coughing after he'd breathed in too much dust.



Pause and
replay this part
of the video.

Adapted from Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).



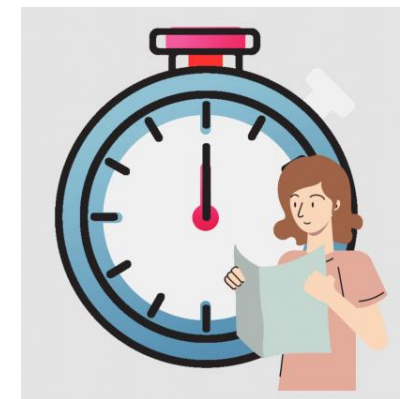
Activity B - Listening and Reading Comprehension

The 1904 Olympic Marathon

Paragraph

2

It was so bad he had to quit the race and was taken to the hospital. Another runner, Len Tau from South Africa, eventually finished in ninth place, but he was disappointed because some wild dogs had chased him for over a mile in the opposite direction during the race! Meanwhile, the first athlete to cross the finish line was an American, Fred Lorz. The crowd thought a local athlete had won, so they started celebrating, but actually, Lorz had cheated. He'd started feeling sick during the race and had ridden 11 miles in a car! Fortunately, a spectator had seen Lorz getting out of the car one mile before the finish line and told the referee, so Lorz didn't win the gold medal.



Pause and
replay this part
of the video.

Adapted from Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).



Activity B - Listening and Reading Comprehension

The 1904 Olympic Marathon

Paragraph

3

The next runner to finish was another American, Tom Hicks. Hicks hadn't felt well either, so his friends had given him a drink of eggs mixed with some chemicals to help him. However, this had made him feel even worse and, in the end, his friends had helped him walk the final part of the race. Even though he hadn't run the whole marathon on his own. The organizers presented Hicks with the gold medal after the hardest marathon of all time.



Pause and
replay this part
of the video.

Adapted from Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).



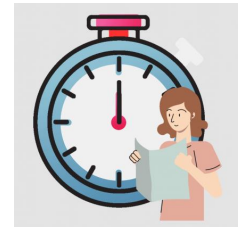
Activity B - Listening and Reading Comprehension



comprehension question

1. What makes the 1904 Olympic Marathon a difficult event?

- a. One athlete almost died, and the race ended in a public scandal.
- b. This marathon is participated by a very huge crowd.
- c. The event was held during winter.

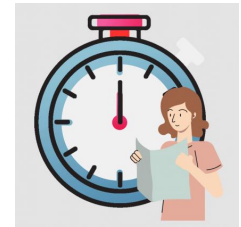


Activity B - Listening and Reading Comprehension



comprehension question

2. How did Fred Lorz cheat the race?
 - a. He paid the committee.
 - b. He had asked a friend to carry him.
 - c. He had ridden 11 miles in a car!



Activity B - Listening and Reading Comprehension



comprehension question

3. What made Tom Hicks feel very sick?
 - a. The weather is too cold.
 - b. There's a very high amount of pm 2.5 in the air.
 - c. His friends had given him a drink.



Activity B - Listening and Reading Comprehension

Facts and Figures : The Main Idea

What is the main idea of the article?

- A. The main idea of the passage is to highlight the incredible skills and abilities of 1904 Olympic Marathon participants in St. Louis, USA. The athletes faced extreme conditions and even health issues but was able to overcome these challenges fairly. A Public celebration was held after the event.
- B. The main idea of the passage is the incredibly challenging and eventful 1904 Olympic Marathon in St. Louis, USA. where various athletes faced extreme conditions, health issues, and even cheating, leading to a public scandal.



Activity B - Listening and Reading Comprehension

Summarizing Facts and Figures

How would you summarize the article?

1) Key Events, 2) Relevant Details, 3) Write In Your Own Words

A. The 1904 Olympic Marathon in St. Louis was marked by extreme challenges, including scorching weather and wild dogs chasing athletes. An American runner, Fred Lorz, rode a car and was disqualified while, Tom Hicks, overcame health issues with the help of friends and won the gold medal. This is one of the toughest marathons in history.

B. The 1904 Olympic Marathon in St. Louis was marked by outstanding athletes. One of them is an American runner, Fred Lorz, who can run as fast as a car. The other was Tom Hicks, who overcame health issues with the help of friends and won the gold medal. This is one of the proudest marathons in history.



Activity C - Grammar and Speaking Exercises

Past perfect

- ▶ We use the past perfect to describe an action that happened before another action in the past.
- ▶ *I arrived at the meeting late because I'd missed the train.*
Justine hadn't studied for the exam, so she failed it.
Had you met Sergio before you started the job?
- ▶ We form the past perfect with *had* + the past participle of the main verb.

Activity C - Grammar and Speaking Exercises

Past perfect

10.5 Past perfect

+ He'd **forgotten** his wallet, so he couldn't buy anything.

- We **hadn't tried** *ceviche* before we visited Peru.

? **Had** you **trained** a lot before you ran the marathon?

Y/N Yes, I **had**. / No, I **hadn't**.

Look! The contracted form of the past perfect is the same as the contracted form of *would*.

I'd seen him before. = *I had seen him before.*

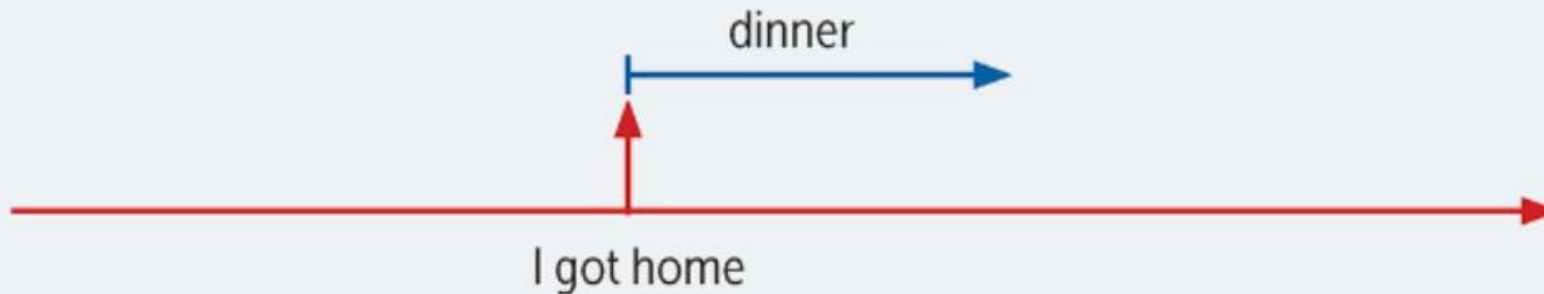
I'd see him if I could. = *I would see him if I could.*

Activity C - Grammar and Speaking Exercises

Past perfect

Narrative tenses

- ▶ We usually use the past perfect with the simple past and the past continuous to show when actions happened.
- ▶ *When I got home, my husband cooked the dinner.*



Activity C - Grammar and Speaking Exercises

Past perfect

When I got home, my husband was cooking dinner.



When I got home, my husband had cooked dinner.



Reproduced from Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).

Activity C – Language Practice



TIME'S
UP

Match the two parts to make sentences.

- 1 Sofia had seen the movie before _____
- 2 Jeff felt very bad because _____
- 3 Susana hadn't had lunch, so _____
- 4 Paul had grown a beard, so _____
- 5 When I got to the station, _____
- 6 Anna had finished the report when _____

- a I got to work this morning.
- b she felt very hungry.
- c and she said it wasn't very good.
- d the bus had already left.
- e I didn't recognize him.
- f he'd forgotten his niece's birthday.

Activity C – Language Practice



Match the two parts to make sentences.

- 1 Sofia had seen the movie before c
- 2 Jeff felt very bad because f
- 3 Susana hadn't had lunch, so b
- 4 Paul had grown a beard, so e
- 5 When I got to the station, d
- 6 Anna had finished the report when a

- a I got to work this morning.
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Activity C - Grammar and Speaking Exercises

I Say

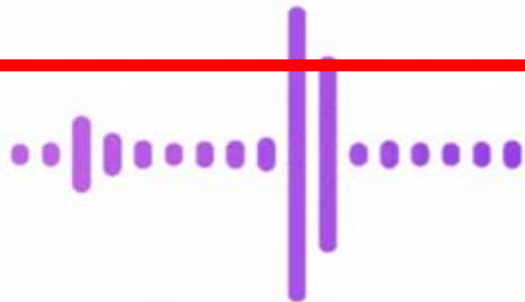
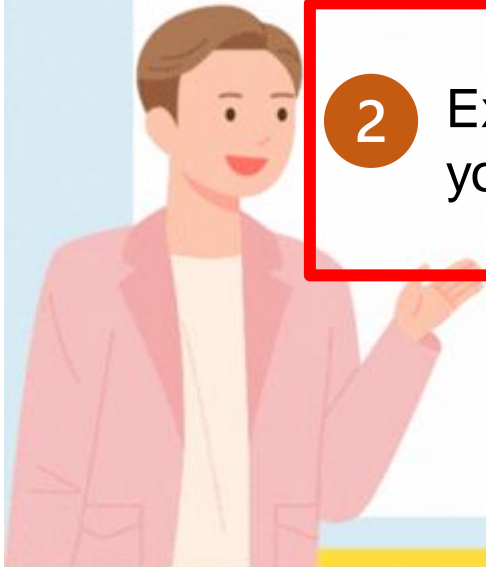
You Say

Starting inquiries politely

1 Hey! Can you help me right away?

2 Excuse me, I was hoping you could help me.

I'd be happy to. How can I assist you?



Activity C - Grammar and Speaking Exercises

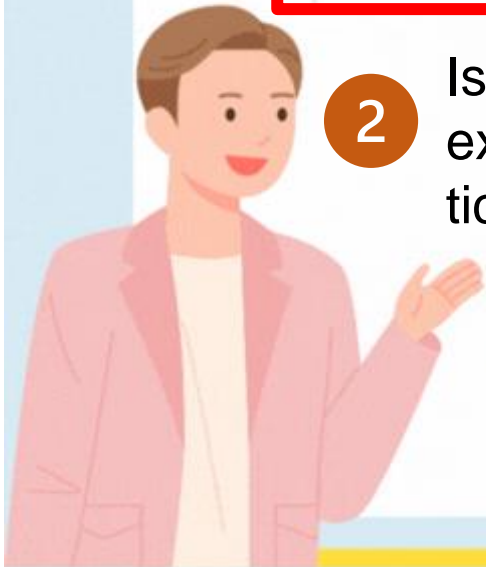
I Say

You Say

Starting inquiries politely

1 Could I speak to someone about paying for the train ticket online?

2 Is there someone here to explain how to pay the train ticket online?



Sure! Please approach the person in booth 3. She would be happy to help you.



Activity C - Grammar and Speaking Exercises

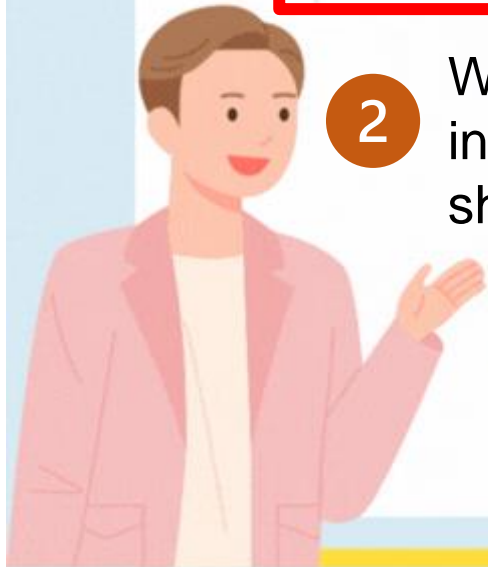
I Say

You Say

Starting inquiries politely

1 Could you give me some information about the short course please?

2 Will you give me some information about the short course?



No problem, here's the course brochure. If you have more questions, just let me know.



Activity D - Writing Practice



Text builder

giving examples

▶ Listing examples:

I'd like to visit countries in south-east Asia, like Thailand and Vietnam.
You shouldn't eat unhealthy food, such as pizzas or hamburgers.

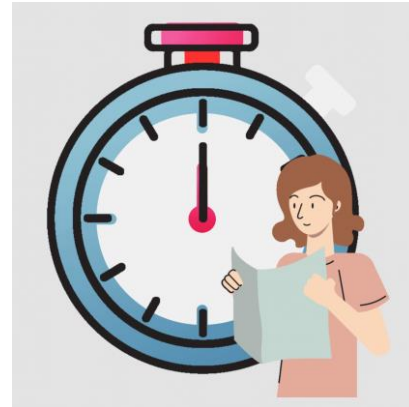
Look! We can also use for instance instead of *for example* with no change in meaning:
*She's had problems at work. **For instance**, she arrived late every day last week.*

▶ Giving an example phrase:

*She's had problems at work. **For example**, she arrived late every day last week.*

Activity D - Writing Practice

List examples or give an example phrase. Complete the sentences with your own ideas.



Pause the video and take your time.

Activity D - Writing Practice

Listing examples:

A. Thai food is known worldwide,
such as _____.

Giving an example phrase:

B. I love relaxing after a busy schedule.
For example, _____.



TIME'S
UP

Pause the
video and
take your
time.

Activity D - Writing Practice

OUTPUT

Listing examples:

A. Thai food is known worldwide,
such as Tom Yum and Phad Thai.

Giving an example phrase:

B. I love relaxing after a busy schedule.
For example, going to the beach after
final exams.

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Reference:

**Bradfield, B., Fruen, G., Walter, E., and Woodford, K. (2018).
Personal Best: student's book B1 pre-intermediate.
Oxford: Richmond.**