

Sports – Two sides of a sport
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Before listening

Write three or four ideas in each column.

The two sides of sport	
Positive	Negative
•	•
•	•
•	•
•	•

While listening
Exercise 1

Now listen and tick (✓) the ideas you hear that match your ideas.

Listen again and add any new ideas to the correct column.

While listening
Exercise 2

Listen again. Are these sentences true (T) or false (F)?

- | | |
|---|-------|
| 1 Sport can have a positive social effect. | T / F |
| 2 Sport doesn't prepare us for real life. | T / F |
| 3 Playing sports can create problems. | T / F |
| 4 Sports clothes can be fashionable. | T / F |
| 5 All sportsmen and women enjoy training. | T / F |
| 6 Blood tests are sometimes used to find out if someone is using drugs. | T / F |
| 7 Not everyone likes doing sports. | T / F |
| 8 Sports fans are sometimes violent. | T / F |

Follow-up 1

Complete each sentence with a word from the box. Be careful! There are three extra words.

cheer fan winner train competition diet cheat team player

- 1 A person who is part of a team is a _____.
- 2 A person who supports a team is a _____.
- 3 An athlete should _____ everyday to get better at their sport.
- 4 It's important to eat the right food and have a healthy _____.
- 5 The person who comes first in a race is the _____.
- 6 A group of people who play sport together are a _____.

Follow-up 2

Is sport good or bad?

Arguments:

-
-
-

Level

Beginner Plus

Time needed

30–40 minutes (approx)

Preparation

Photocopy of the worksheet for each student.

Procedure**Before listening**

- 1 On the board write the question *Why do sports?* and ask the students to tell you a few reasons i.e. It's fun. It keeps you healthy. etc.
- 2 Say 'There are two sides to sports – some positive and some negative'.
- 3 Put students in pairs or small groups and hand out the worksheet.
- 4 Ask the students to work together and try and write down three or four positive things about doing sport and three or four negative things.
- 5 Put the students into bigger groups (i.e. put two groups together) and ask them to share their ideas.
- 6 Finally, open it up for a short class discussion. You might want to write up the ideas the students suggest on the board.

Exercise 1**While listening**

- 1 Tell the students they will listen to someone talking about the positive and negative aspects (sides) of sport. The students should listen and tick any ideas they hear that match the ones they have written down.
- 2 Play the recording.

- 3 Put the students in pairs and get them to compare what they have ticked.
- 4 Next, tell them you will play it again and you want them to add other things they hear.
- 5 Play the recording again.
- 6 Put students in pairs and ask them to compare what they have added.

Finally, discuss as a class.

Exercise 2**While listening**

- 1 Hand out the worksheet to the student and ask them to read through the 8 sentences.
- 2 Play the recording and get the students to decide if each sentence is true (T) or false (F).
- 3 Put the students in pairs and get them to check their answers together.
- 4 Monitor and help where necessary.
- 5 Play the recording again if necessary.
- 6 Check the answers as a class.

Key

- | | |
|-----|-----|
| 1 T | 2 F |
| 3 F | 4 T |
| 5 F | 6 T |
| 7 T | 8 T |

Follow-up 1

- 1 Hand out the worksheet and ask the students to match the words on the left to the correct definition on the right.
- 2 Put students in pairs and get them to check their answers together.

3 Check the answers as a class.

Note: Extension activity – ask the students to write a sentence for each of the extra words.

Key

- 1** player **2** fan **3** train
4 diet **5** winner **6** team

Follow-up 2

- 1** Put the students in groups of three or four and ask them to write down ideas of why sport is good or bad.
- 2** Ask the groups to try and come up with three or four reasons for each side and to try and think about why.
- 3** Monitor and help where necessary.
- 4** Next, divide your class into two groups: A & B.
- 5** Tell the students there is currently a debate about whether children should have to do sport in schools. The government wants to hear the arguments for (good) and against (bad). Your students have been selected to take part in the debate. Group A will argue for (good points) and group B against (bad points). Tell the students they have 5 minutes in their group to discuss their arguments.
- 6** Monitor and help where necessary.
- 7** Start the debate and encourage as many students to join in as possible.

Note: In large classes you might want to sub-divide the groups and you could even do the debate in smaller groups rather than as a whole class activity.

Tapescript

The two sides of sport

POSITIVE

There are some positive reasons for doing sport. Here are some more positive ideas, serious and not-so-serious.

Social effects

Sport can help people in poor parts of the city. Doing sport can help them to fight against drugs and crime.

Lifeskills

There are winners and losers in sport, And there are winners and losers in life, too. So sport can prepare people for life. It can help us to overcome problems, and to help other people.

Fashion

Many sports clothes are great fashion. So doing sport can be a reason for looking good!

Fun

Sport gives lots of opportunities to have fun.

NEGATIVE

It's not all good news! Sport has its problems, too. Here are a few of them.

Training, training, training

Good athletes train every day. They often have no time for friends or fun. They forget about a 'normal' life. After years of this, some of them say 'No more!'. Many tennis stars begin when they are four or

five years old, and stop before they are twenty.

Drugs

Athletes want to win. They eat special diets to be strong. Their bodies are very important for them. And sometimes they want to 'help' their bodies. Drugs can do this - but then the competition isn't fair. Sports people do tests of their blood and urine to detect drugs. Good players don't want to cheat.

Isolation

Sport is great if you like it. If all your friends are good at sport, and you are

not, it's no fun. Sport at school can be horrible for some people.

Violence

It's natural to support a football team. It's normal to want your team to win. It's good to be excited, and to cheer a goal. And it's great to celebrate after the match.

But some fans make a lot of trouble. They fight other fans. They drink a lot of alcohol, and are violent. The police have to control them. It's not sport, it's war. And that's sad for the players, and sad for the other spectators.