

TOPIC 9: SPORTS

Speaking Part 1

Frequently-Asked Questions

- ✓ Do you like playing sports?
- ✓ What sport are popular in your country?
- ✓ Do you think it's important to play a sport?
- ✓ What sport would you like to try in the future?
- ✓ Do you watch sports live or on TV?
- ✓ Do you prefer individual sports or team sports?
- ✓ Who is your favorite athlete?

Vocabulary

Word	IPA	Definition
athletic	/æθ'let.ɪk/	strong, healthy, and good at sports (khỏe mạnh, năng động, giỏi thể thao)
beneficial	/ˌben.ɪ'fɪʃ.əl/	helpful, useful, or good (có ích lợi)
relieve	/rɪ'li:v/	to make an unpleasant feeling, such as pain or worry, less strong (làm giảm bớt, dịu nhẹ)
stay in shape	/ʃeɪp/	to keep fit, to remain in good physical form (giữ vóc dáng)
spectator sport	/spek'teɪ.tə ˌspɔ:t/	a sport that people go to watch (môn thể thao nhiều người xem)

root for	/ru:t/	to show support for someone who is doing something difficult (cổ vũ)
take up		become interested or engaged in a pursuit (bắt đầu theo đuổi thứ gì)
lean	/li:n/	(of people, especially men, or animals) without much fat; thin and fit (thân hình săn chắc)
sedentary	/'sed.ən.tər.i/	involving little exercise or physical activity (thụ động, ít vận động)
energize	/'en.ə.dʒaɪz/	to make someone feel energetic or eager (khiến ai tràn đầy năng lượng)
enthusiastic	/ɪn.θju:.zi'æs.tɪk/	feeling or showing a lot of excitement and interest (nhiệt tình, nhiệt huyết)
martial art	/,mɑ:.'ʃəl 'ɑ:t/	a sport that is a traditional Japanese or Chinese form of fighting or defending yourself (võ thuật)
intrigue	/ɪn'tri:g/	to interest someone a lot, especially by being strange, unusual, or mysterious (đam mê, thích thú)
league	/li:g/	a group of teams playing a sport who take part in competitions between each other (giải đấu)
disinterested	/dɪ'sɪn.trə.stɪd/	not interested (không mấy hứng thú)
tournament	/'tuə.nə.mənt/	a competition involving many competitors in a single sport or game (giải đấu)
spectator	/spek'teɪ.tər/	a person who watches an activity, especially a sports event (khán giả)

give sth a try/ a go		try doing something (thử sức làm gì)
work out	/wɜ:k aʊt/	to exercise in order to improve the strength or appearance of your body (tập thể hình)

Useful sentence structure

✓ I'm really into (a type of sports) because + clause of reason.

Ex: I'm really into football because it's quite easy to play.

✓ I may give (a type of sports) a go in the near future.

Ex: I may give bungee jumping a go in the near future.

✓ I always consider myself a person who leads a/an + adjective lifestyle.

Ex: I always consider myself a person who leads an active lifestyle.

✓ I think playing sports is a fantastic way to + verb phrase.

Ex: I think playing sports is a fantastic way to relieve stress.

✓ I guess (a type of sports) is a big deal in my country.

Ex: I guess football is a big deal in my country.

✓ Though I'm not a big fan of sports, I still admire + (name of an athlete).

Ex: Though I'm not a big fan of sports, I still admire Cristiano Ronaldo.

PRACTICE

Q1: Do you like playing sports?

Suggestions

✓ not an athletic person → still love sports

✓ volleyball → favorite → fun to play and watch

Q1: Do you like playing sports? (Sample)

Well, though I wouldn't consider myself an athletic person, I'm still into sports. My favorite is volleyball. Not only is it fun to play, it's also quite enjoyable to watch.

Q2: Which is the popular sports in your country?

Suggestions

- ✓ football → king of sports
- ✓ a spectator sport
- ✓ 2018 AFC U-23 Championship: fans rooted for their favorite team

Q2: Which is the popular sports in your country? (Sample)

Well I guess in Vietnam right now, it's football - the king of sports. I mean, it's the most popular spectator sport. When it is football season, like January 2018, for example, when the AFC U-23 Championship took place, Vietnamese fans even went to China to root for their favorite team.

Q3: Do you like to watch sports on TV?

Suggestions

- ✓ bored + disinterested
- ✓ avoid watching sports on TV

Q3: Do you like to watch sports on TV? (Sample)

Not at all! I hate it. I get extremely bored and disinterested. I usually try to avoid watching sports on TV at all costs unless it's an exciting event, like the World Cup. In that case, I watch it purely for the social event rather than the game itself.

Q4: Do you think it is important to play a sport?

Suggestions

- ✓ a fantastic way to get lean

✓ youngsters leading a sedentary lifestyle → need to go to the gym → energizing

Q4: Do you think it is important to play a sport? (Sample)

Absolutely. I think playing sports is a fantastic way to get lean, because it involves a lot of physical activities. Nowadays, youngsters are likely to lead a sedentary lifestyle. For these people, I believe sports would be an energizing way to get some exercise.

Q5: What sports would you like to try in the future?

Suggestions

✓ intrigued by tennis → give it a go

✓ not many young people interested

✓ wish to join a league

Q5: What sports would you like to try in the future? (Sample)

I'm really intrigued by tennis, so I think I may give it a go in the near future. It's something that not many young people are interested in. It would be interesting to see if I could join a league in my town when taking up this sport.

Speaking Part 2

Cue card

Describe an activity you do to stay healthy.

You should say

what it is

how often you do it

how you do it

and explain how it helps to keep you fit.

Vocabulary

Word	IPA	Definition
fit	/fɪt/	healthy and strong, especially because you do regular physical exercise (cân đối, vừa vặn)
treadmill	/'tred.mɪl/	an exercise machine that has a moving surface that you can walk or run (máy chạy bộ)
energy	/'enədʒi/	the strength, effort and enthusiasm required for physical or mental activity (năng lượng)
enhance	/ɪn'hɑːns/	to increase or further improve the good quality (nâng cao)
flexibility	/,fleksə'biləti/	the ability to bend easily without breaking (độ dẻo dai)
stretch	/stretʃ/	straighten the body so that they are as long as possible (kéo giãn)
movement	/'muːv.mənt/	a change of position (sự chuyển động)
muscle	/'mʌsl/	one of many tissues in the body that can tighten and relax to produce movement (cơ bắp)
stamina	/'stæmɪnə/	the physical or mental strength that enables you to do something difficult for long periods of time (sức chịu đựng)
calorie	/'kæləri/	a unit for measuring how much energy food will produce (calo)
alert	/ə'lɜːt/	able to think quickly; quick to notice things (tỉnh táo)

PRACTICE

Describe an activity you do to stay healthy.

You should say

what it is

how often you do it

how you do it

and explain how it helps to keep you fit.

Sample

Nowadays, keeping fit is everyone's concern and I am no exception. Since I am a full time employee, I can't seem to find the time to go to the gym as often as I did when I was a student.

So in order to stay fit, I registered for a hip hop class, which is held twice a week. Unlike running on the treadmill, dancing is more fun. It helps me burn a lot of energy. In addition, it enhances my flexibility with a lot of stretching movements. Dancing also allows me to work on all the parts of my body. You might look at dancers and think that dancing is light and easy, but you are wrong. In order to be that flexible and light, dancers have to work on their core muscles to maintain their stamina. Dancing can help burn as many as 360 calories in just an hour of intensive training.

By maintaining a schedule of dancing twice a week, I successfully manage to stay fit. Not only that, dancing helps me relax after a busy day at work and my mind is always fresh and alert during and after the class.

Speaking Part 3

Frequently-asked questions

- ✓ Why do you think sport is important?
- ✓ Do you agree that sports stars earn too much money?
- ✓ Do you think children get enough exercise these days?
- ✓ Why are some sports fans so passionate?

✓ Should athletes be better role models?

✓ Do you think the types of sport that are popular will change in the future?

Vocabulary

Word	IPA	Definition
strengthen	/ˈstreŋ.θən/	to make something stronger or more effective (củng cố)
immune system	/ɪˈmjuːn ˌsɪs.təm/	the cells and tissues in the body that make it able to protect itself against infection (hệ miễn dịch)
battle	/ˈbæt.əl/	to deal with something unpleasant or dangerous (đánh tan)
sharpen	/ˈʃɑː.pən/	to improve (cải thiện)
socialize	/ˈsəʊ.ʃəl.aɪz/	to spend time when you are not working with friends or with other people in order to enjoy yourself (giao lưu, kết bạn)
sponsor	/ˈspɒn.sər/	to pay for someone to do something or for something to happen (tài trợ)
record	/ˈrek.ɔːd/	the best or fastest ever done (kỷ lục)
performance	/pəˈfɔː.məns/	how well a person, machine, etc. does a piece of work or an activity (sự thể hiện)
medal	/ˈmed.əl/	a small metal disk given to someone to recognize the winning of a competition (huy chương)
rational	/ˈræʃ.ə.nəl/	showing clear thought or reason (phải lẽ, có lý)

inactivity	/ˌɪn.æk'tɪv.ə.ti/	the state of doing nothing (thiếu vận động)
active	/ˈæk.tɪv/	being able to do something physically or mentally (năng động)
passionate	/ˈpæʃ.ən.ət/	having very strong feelings or emotions (đam mê)
competitor	/kəm'petɪtə(r)/	a person, team, or company that is competing against others (người thi đấu)

PRACTICE

Q1: Why do you think sport is important? (Sample)

Well, there are many different reasons. Firstly, playing sport helps people to strengthen their immune system. Also, taking up exercise is good for people's mental health too, as it can battle feelings of anxiety and depression, sharpen one's focus, and improve self-esteem. Lastly, doing a sport is a good way to socialise and make friends.

Q2. Do you agree that sports stars earn too much money? (Sample)

In my opinion, it's fair that the best sportspeople earn a lot of money. First of all, the public is willing to spend a lot of money for tickets, and companies are willing to pay a lot of money to sponsor games. Secondly, athletes spend hours and hours for training sessions to enhance their performance or even to set new record and bring medals back to our own country; so, I think it's very rational.

Q3. Do you think children get enough exercise these days? (Sample)

No, I don't think so. It seems that children worldwide aren't getting enough physical activity. It's a pressing problem because inactivity is a major factor in obesity, diabetes, and other health problems concerning adolescents. They spend too much time sitting in front of computers or tablets instead of being outside playing and exercising. A few generations ago, children were much more active and enjoyed outdoor activities, but nowadays they only do exercise at school during PE lessons.

HOMEWORK

Answer the following questions

Q1. Why are some sports fans so passionate?

Q2. Should athletes be better role models?

Q3. Do you think the types of sport that are popular will change in the future?

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