



INSPIRED BY SPORTS

The Greeks sought excellence not only in philosophy and drama and sculpture and architecture but in athletics. The same people who produced the poetry of Homer, the wisdom of Plato and Aristotle—they also produced the Olympic Games. The Greeks understood that mind and body must develop in harmonious proportion to produce a creative intelligence.”
U.S. President John F. Kennedy (1961)

President Kennedy grew up in a family that participated in many athletic activities such as tennis, swimming, touch football, water skiing, sailing and winter sports. JFK's swimming experience was helpful when he was the captain of the *PT-109* boat that was rammed by the Japanese during World War II. Two crewmen were killed. Kennedy put a badly burned crewman in a life jacket and clenched the strap between his teeth and towed him through the water to safety.

John F. Kennedy was not the only athletic politician. There are many athletes who began an interesting second career in politics. Ten of them are listed below. Pick a partner/s. Work in groups of two or three. Together choose an athlete from the list. Research the person and create a 10-12-question/answer dialog about the person you selected. Practice your dialog and present it to the class.

Athlete-Politicians to research

1. Jean-Paul Adam
2. Tarō Asō
3. Jim Bunning.
4. Dwight D. Eisenhower.
5. Napoleon Harris
6. Seiko Hashimoto.
7. Manny Pacquiao.
8. Rajyavardhan Singh Rathore.
9. Jesse ‘The Body’ Ventura.
10. George Weah

THE 5 W's + H

When researching a topic, there are several basic questions to ask. These are called the 5 W's + H questions.

Example questions

1. Who
1. Who is the subject of your research?
2. What
2. What special thing did this person do?
3. Where
3. Where did the person live, work or do the special thing?
4. When
4. When did the person do this special thing?
5. Why
5. Why is the thing the person did so special?
- + How
- + How did the person do this thing?

These questions do not have to be used in this order. Add several original questions to your research.

Conversation Starters

Suggested Topics to start conversations:

- How can people be physically fit?
- How much does exercise help people be physically fit?
- Does stress affect a person's physical condition?
- What is the importance of diet?
- What kinds of foods should people eat?
- Does having a hobby help a person to be physically fit?

A B C 's of Sports

Choose a sport to talk about from the alphabetical list below.

- A. Archery
- B. Bowling
- C. Croquet
- D. Deaf Basketball
- E. Ekiden
- F. Fencing
- G. Golf
- H. Handball
- I. Ice figure skating
- J. Javelin
- K. Karate
- L. Long Jump
- M. Marathon
- N. Nordic skiing
- O. Oil wrestling
- P. Para Badminton
- Q. Qianball
- R. Race walking
- S. Seatball
- T. Table tennis
- U. Uneven bars
- V. Vintage racing
- W. Weightlifting
- X. Xare
- Y. Yoga sport
- Z. Zui Quan

Answer these questions.

- Q1. Which sport did you pick and where did it begin?
- A1. I picked Quidditch. It was created at Middlebury College, in Vermont, U.S. It was inspired by a fictional game in the *Harry Potter* books by J.K. Rowling. The name was changed to quadball in 2022.
- Q2. Is it a team sport or an individual one?
- A2. Quadball is a team sport.
- Q3. Is it played indoors or outdoors?
- A3. It is played outdoors.
- Q4. What kind of equipment does it use?
- A4. Quadball uses broomsticks, balls, and hoops.
- Q5. Would you like to play it?
- A5. I would like to try playing quadball.

Conversation:

Now talk with classmates using these questions to learn about the sports they researched and tell them about the sport you researched.

We all become more involved in something when it’s fun and interesting. One positive, successful way to increase a learner’s enthusiasm to study English is through sports. Throughout history, in times of conflict, health crises, and peace, sports and their athletes have inspired and uplifted people around the world. More than ever, our current times present new challenges and we need to think of positive topics. Learning about different sports and famous athletes is a refreshing and enjoyable way to study English. It can inspire students to face the uncertain situations of today.

Let's Talk--Unique Athletes

Some athletes were famous for outstanding things they pursued after retiring from sports. Others became infamous during their athletic career or later for not-so-good activities and their scandals. With a partner, select an athlete from the list to research.

- *Lance Armstrong, U.S., cyclist

*Kobe Bryant, U.S., NBA basketball, philanthropist

*Larry DeLucas, U.S., several sports, astronaut

*Tonya Harding, U.S., ice skating

*Nadia Nadim, Denmark, soccer, surgeon.
- *Manute Bol, Sudan, NBA basketball, activist

*Mary Carillo, U.S., tennis, journalist

*Catherine Freeman, Australia, track, humanitarian

*Colin Kaepernick, U.S., NFL football, civil rights activist

*Rudie Van Vuuren, Namibia, cricket & rugby, physician

Be prepared to answer questions like the example below. Also, prepare questions to ask other students about their athlete. After you research, create a 10 -12-question/answer dialog about your subject. Present your dialog to the class so other students will learn about your interesting athlete.

Remember: The 5 W's + H will help you.

Example Conversation: Athlete Shohei Ohtani

- Q1. Who did you research?

A1: I researched Shohei Ohtani.

Q2. Why did you pick him?

A2: He is my favorite baseball player and very popular in Japan and the U.S

Q3. Where does Ohtani play baseball?

A3: He plays in the Major Leagues in the United States.

Q4: When did he start playing in America?

A4: He started playing in America in 2018.

Q5: What position does Ohtani play?

A5: He is a pitcher and a designated hitter.

+H: How does Ohtani train to be such a good player?

A: I think he is very careful about exercise and diet.

International Sports Events

Here is a list of five international sports events which are held in different countries. Have you watched any of these on TV or in person? If so, which ones? What famous sports events do you know? Which event would you like to attend in person? Why?

1. Olympic Games: The Summer Olympic Games started in 1896 and are held every four years. The Winter Olympic Games were added in 1924.

2. Soccer World Cup: This event is held every four years. It started in 1932.

3. Cricket World Cup: The Women’s Cricket World Cup began in 1973. The Men’s World Cup started in 1975. Both are held every four years.

4. Rugby World Cup: This event started in 1987 and takes place every four years.

5. World Baseball Classic: The first WBC took place in 2006.

It is now held every three years.

Select an event and research it. Write an essay about it.

Stars for Success

All of us have different goals.
What are your goals?
Maybe you want to be a good English speaker.
This is an example star to reach this goal.

Here are other examples.
Do you want to be a good athlete?
Do you want to travel abroad? +

Write three goals you have below.

Select one goal. Write that goal in the center of the star.
Think about five things you can do to help you reach this goal.
Write one thing in each point of your star.
Work with a partner. Show your stars to each other. Ask and answer questions for all five star points like this example.
Q: What is your goal?
A: My goal is to be a good English speaker.
Q: How will you do this?
A: The first thing I will do is sing English songs.
Q: What kind of songs will you sing?
A: I will sing_____.
Q: What other things will you do?
A: I will _____.
Continue talking with your partner until you have discussed all five points of the stars of both partners.
When you finish, change partners and discuss your star with your new partner.
By M. Sally Kobayashi in Halvorsen & Kobayashi (2023) Inspiring Olympians. Perceptia Press. Used with permission

sing English songs

learn new words

watch English TV

read English

talk with a partner

be a great English speaker



Take Me Out to the BallGame

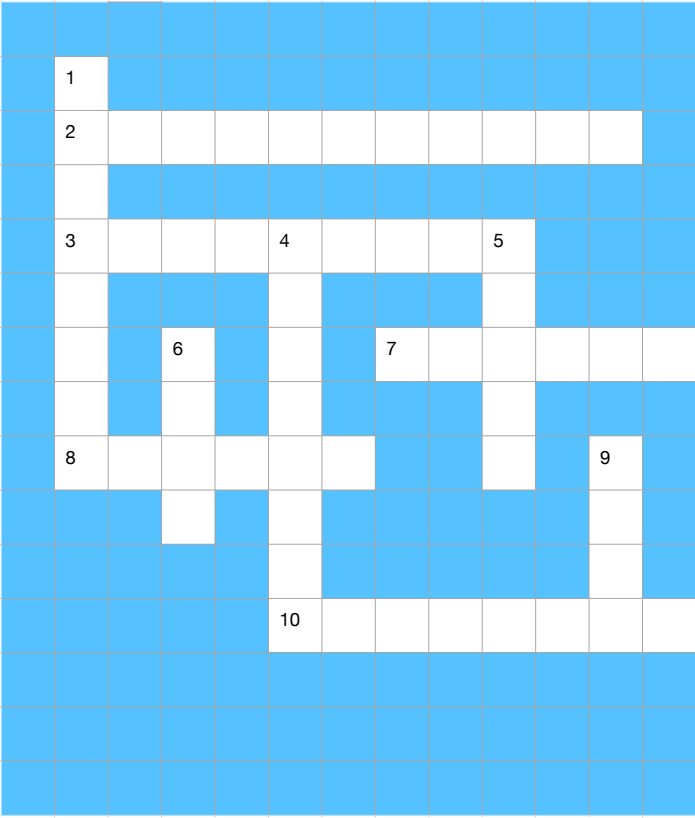
In the United States and Canada, the seventh-inning stretch takes place between the first and second half of the seventh inning of a professional baseball game. Fans stand up and stretch their arms and legs and walk around. This stretch is also a short break for the players. The song *Take Me Out to the Ball Game* was written in 1908 with several verses and a chorus. During the seventh-inning stretch, fans sing together only the popular chorus below.

Take me out to the ball game. Take me out with the crowd.
Buy me some peanuts and cracker jack. I don't care if I never get back.
Let me root, root, root for the home team. If they don't win it's a shame.
For it's one, two, three strikes, you're out, At the old ball game!

Take Me Out to the Ball Game (1908) by Jack Norwith & Albert Von Tilzer

Think About It: Crossword puzzles help review vocabulary.

Athletes follow a good diet, and take care of their health and equipment. They must train and their schedule is busy with exercise and practice. Before sports events, they study their competition. Athletes love their fans. Complete the hints with the underlined words and solve the puzzle.



- ACROSS

2. Before a game, athletes think about their _____.

3. Athletes must take good care of their _____.

7. Athletes must always think about their _____.

8. Individual athletes and teams compete in many _____.

10. Good athletes usually _____ everyday.
- DOWN

1. Athletes often have a busy _____.

4. To be good, teams must _____ everyday.

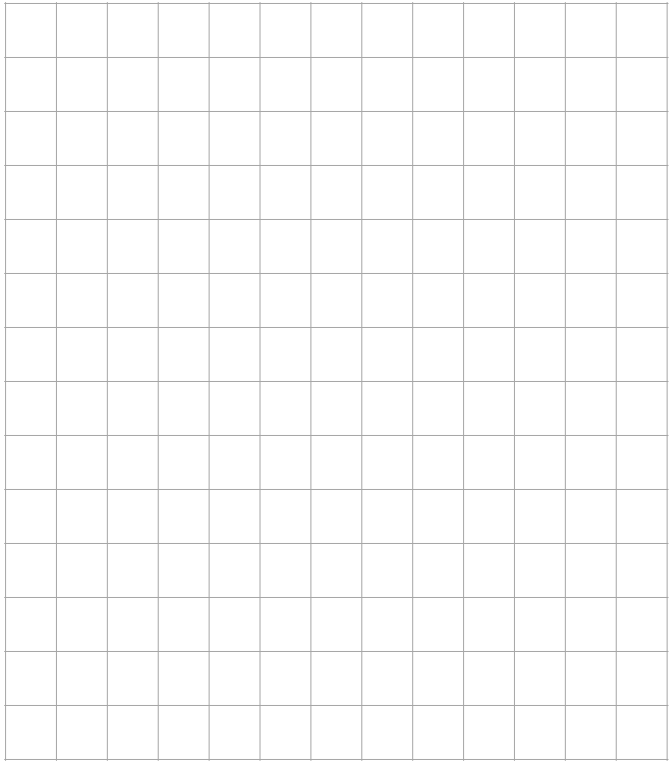
5. Many athletes _____ with a trainer.

6. A good _____ guides people to eat the right food.

9. Athletes really love their _____ who support and cheer them.

Write about a sport you like and underline 10 words. Create a crossword puzzle using the ten words. Use the name of the sport for the title and give clues for all ten words. Make blank spaces for the five words across and for five words down. Color the leftover spaces. Everyone must "Think About It" to complete the puzzle.

Your Puzzle Title: _____



My sport _____

CLUES

- ACROSS

1. _____

2. _____

3. _____

4. _____

5. _____
- DOWN

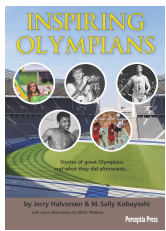
1. _____

2. _____

3. _____

4. _____

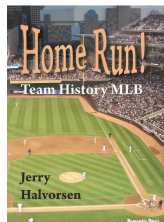
5. _____



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