



WEEKS 27-28-29

SPORTS

Panama is a country of Athletes. We have excellent athletes in different sport disciplines and we have won different prizes in international and world contests. Some of our famous athletes are: Irving Saladino, Roberto Duran, Eilin Coparropa, Mariano Rivera, Roman Torres, Felipe Baloy, Carlos Lee, and Alonso Edward.

OBJECTIVES

- *To categorize sports practiced in Panama.*
- *To answer questions about sports and recreational activities.*

**DID
YOU
KNOW?**



**...On 2018, It was
the first
participation of
Panama in a
world soccer
cup?**



Can you mention three sports you have practiced?

1. _____
2. _____
3. _____



**TOPIC
EXPLANATION**

READ CAREFULLY AND PRACTICE

Sports are classified as adventure, aquatic, strength and agility, extreme, mountain, and motorized. Some examples are:

Strength and Agility Sports



Hockey

Hockey is a game played on a field or ice. In Panama, it is played on a field.



Archery

Archery is a sport played by shooting an arrow and using a bow.

Mountain Sport



Hiking

Hiking is an activity in which people take long walks.

Aquatic Sports



Swimming

Swimming is a water sport where athletes compete by swimming fast.



Diving

Diving is a beautiful sport where athletes plunge into water performing different styles.

Motorized Sports



Motorcycle Racing

Motorcycle Racing is a sport practiced by both professionals and amateurs on roads, tracks, closed circuits, and natural terrain.

Adventure and Extreme



Canoeing

Canoeing is a sport where one gets into a little boat made for the sport called a canoe and uses a single-bladed paddle to steer the canoe.

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ bridge
- ✓ building
- ✓ bungee jumping
- ✓ cord

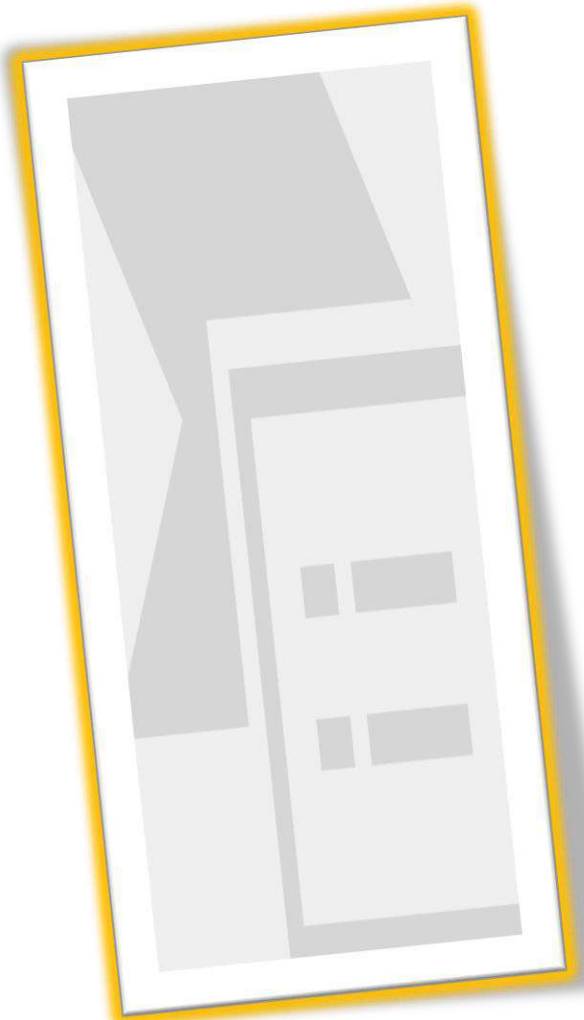
- ✓ crane
- ✓ dissipate
- ✓ hot air balloon
- ✓ lake

- ✓ oscillate
- ✓ stretch
- ✓ structure
- ✓ surfing

READING COMPREHENSION

READ CAREFULLY

An Extreme Experience



I am Juan and I am extreme sport lover. Let me share with you my best experience doing these kinds of sports.

One of the best experiences of my life was to do **bungee jumping**. Do you know what bungee jumping is? It is an activity that involves jumping from a tall **structure** while connected to a large elastic **cord**. The tall structure is usually a fixed structure, such as a **building, bridge** or **crane**; but it is also possible to jump from a movable object, such as a **hot-air-balloon** or helicopter. The **thrill** comes from the free-falling and the rebound. When the person jumps, the cord **stretches** and the jumper flies upwards again as the cord recoils and continues to **oscillate** up and down until all the kinetic energy is **dissipated**.

I remember that sunny, quiet, and beautiful day. My first jump was from an old bridge at the Alajuela **lake**. I always jump there. It is a jump of 84 meters (252 ft.) of free falling. It is just fantastic. Some people think it is **dangerous**, but if you use the correct safety equipment it can be a unique experience in life.

What about you? Do you dare to jump?

ACTIVITY 1

READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

_____.

2. What is bungee jumping?

_____.

3. How does Juan consider himself in terms of sports?

_____.

4. Where does Juan do Bungee Jumping?

_____.

5. How high is the jump from the Alajuela bridge?

_____.

ACTIVITY 2

COMPLETE THE CHART

Classify sports in the following chart. You can provide your examples.

Aquatic	Adventure/ Extreme	Mountain	Strength/ Agility	Motorized

football
rafting

baseball
surfing

fishing
boxing

snorkeling and diving
hiking

karate

archery

motorized racing

bungee jumping

STRUCTURE

Auxiliary + subject +verb + object

Do you like adventure sports?

Does she play volleyball?

Affirmative	Negative
Short Answers	Short Answers
Yes, I do.	No, I don't.
Yes, she does.	No, she doesn't

Do you like swimming?



Yes, I do.
I love it.

ACTIVITY 3

COMPLETE THE SENTENCES WITH THE MISSING WORDS

1. _____ you like basketball?

Yes, _____.

2. _____ Joshua practice hockey?

Yes, _____. He loves this sport.

3. _____ Henry practice motorized racing?

_____, he _____. He practices bungee jumping.

4. Do the Panamanian soccer team go to the international competition?

Yes, It _____.





FIND THE SPORTS

Sports

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

BASEBALL	KARATE
FOOTBALL	SOCCER
GOLF	SOFTBALL
GYMNASTICS	SWIMMING
HOCKEY	TENNIS

FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT

Example

Hockey



My favorite sport is hockey. It is a strength and agility sport. On Saturdays, I go to the Mango park in Ancon to practice with the team. My team's name is Ancon Hockey Club. In Panama, hockey is practiced on fields.

What about you? Do you like hockey?

Write a 5 sentence paragraph about your favorite sports:

- ✓ **Write a sentence explaining the kind of sport it is and 4 sentences about the sport.**
- ✓ **Use draws or pictures to illustrate your paragraph.**
- ✓ **Remember capital letters and punctuation marks.**

Self-assessment Checklist

Use the following check list to make sure your project is well done.

- ☐ **Included a draws or pictures of the sport.**
- ☐ **Mentioned the kind of sport it is.**
- ☐ **Wrote 5 sentences in the simple present.**
- ☐ **Used capital letters and punctuation when necessary.**
- ☐ **Expressed creativity.**

1. Arrow: a weapon that is like a long, thin, sharp stick.
2. athlete: a person who practices a sport.
3. contest: a competition.
4. cords: rope or string made of twisted threads.
5. crane: a tall metal structure used to lift objects.
6. dive: to go deep in water.
7. lake: a large area of water surrounded by land.
8. racing: a contest of speed.
9. sport: an athletic activity that requires skills or physical powers.
10. team: a group of people that practice a sport.

I CAN...

CHECK (✓) THE THINGS YOU LEARNED

☐

I can name sports and recreational activities I know.

☐

I can identify sports and recreational activities.

☐

I can classify sports as adventure and extreme, mountain, motorcycle, strength and agility, and aquatic.

SUPPLEMENTARY
MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

https://www.youtube.com/watch?v=Gy1m8_CUzK0K0

<https://www.youtube.com/watch?v=mHwf5wMG2pU>

<https://www.youtube.com/watch?v=U5NcYL3MnCw>

<https://www.youtube.com/watch?v=LyTE-1DGxnE>