

## Sports Lessons

### Lesson 1: Etymology, Means and Tools of Speech

Most of sport related words originally come from Greece because sports and Olympics started there; ancient Greeks believed that sports provide good training for both mind and body. Examples:

**Sport:** Old French means “Desport” leisure

**Athlete:** a Greek word, “Athlon” means contest in Greece

**Stadium:** a Greek word, “stadion” means place to run in Greece

**Gymnasium:** Greek word “Gymnazein” means to train in Greece

**Marathon:** Greek word “Marathon” means battle side in Greece

**Coach:** Hungarian “Kocsi” means carriage in Hungarian

**1. Definition of Etymology:** Etymology is branch of historical linguistics. It is the study of the history and origins of a word, examining how it evolves in meaning, form, and pronunciation.

1. Means and Tools of Speech:

**2.1 Definition of Speech:** expressing ideas, or emotions through spoken words. It involves using language to communicate by creating sounds with the mouth to words and sentences.

**2.2 Means of Speech:** are the ways we create and use spoken language to communicate through physical production, mental process, and rules of language, emotions and expression. Together, they allow us to turn our thoughts into speech that other people can understand.

### 2. Means of Speech:

**1. Phonetic Means:** sounds, stress, intonation (rise and fall of pitch in speech), speed of speaking, pauses. **Example:** Athlete: “'æθli:t”, (pronouncing words clearly).

**2. Lexical Means:** words, vocabulary, idioms, jargon. Example: “The referee stopped the match”. (Choose correct vocabulary).

**3. Grammatical Means:** sentence structure, tenses, word order, parts of speech (nouns, verbs, pronouns, articles, adjectives, adverbs, conjunctions, interjections). Example: “The player runs fast”, (using correct structure).

### 4. Tools of Speech:

**1. Figures of speech:** metaphor, simile, personification.

**2. Body language:** movements and gestures.

**3. Organs of Speech:** mouth, lips, teeth, tongue, lungs, vocal cords.

**Activity:** Sentence Identification

1. The player trains every day.

2. /rʌn/ is the sound of the word “run.”

3. The coach helps the team.

1. Which sentence shows phonetic means?

2. Which sentence is lexical?

3. Which one is grammatical?

**Answers:** 2 – phonetic, 1 & 3 – lexical/grammatical

## **Lesson 2: Silent Letters, Vowels and pronunciation, Stress Letters**

1. **Silent letters:** A silent letter is a letter we write but don't pronounce. In English, some letters are not pronounced. We write them, but we don't say them." "For example: knee - we don't say the /k/ sound."

**Other Examples:** Silent 'k': knee, knuckle, knockout ; Silent 'b': climb, thumb, dumb ; Silent 'h': honor, hour, honest; Silent 'l': talk, walk, could, would ; Silent 'w': write, wrong, wrist

2. **Vowel Sounds:** Vowels are the sounds made with an open mouth and without blocking the air (a, e, i, o, u). In English, vowels can be short or long, depending on how long and how open we say them. We can show the difference with minimal pairs (same consonants, different vowel sound).

### **Short vowels:**

(i) /ɪ/ - sit, kick, win, gym

(e) /e/ net, set, bench, step

(a) /æ/ - bat, match, pass, catch

(u) /ʌ/ - run, jump, cup, punch

(o) /ɒ/ - shot, box, jog, stop

### **Long vowels:**

(i) /i:/ - team, beat, feet, steal

(a) /ɑ:/ - pass, fast, start, half

(o) /ɔ:/ - sport, ball, court, walk

(u) /u:/ - shoot, boot, pool, move

/ɜ:/ - first, serve, turn, hurt

Note: "If the vowel sounds like its name (A–E–I–O–U), it's usually a long vowel.

**Example explanation:** "Listen: win; team". In win, the vowel is short /ɪ/. In team, it's long /i:/ — we hold the sound longer.

3. **Word Stress:** Stressed syllables are longer, higher, louder in pitch. Physical demonstration: Loud-soft or soft-Loud

**Rule 1:** Two-syllable sports compounds - stress FIRST syllable FOOTball, BASKetball, SWIMming pool, GOALkeeper

**Rule 2:** Three-syllable words ending in -TION - stress BEFORE -tion competition, posiTION, direcTIo

**Rule 3:** Sports roles and people - stress pattern varies; athLETE, COACH, chamPion, reFEree, TRAINer

**Rule 4:** Verb vs Noun stress; REcord (noun) vs reCORD (verb); "He broke the REcord when he reCORDeD his best time".

**Activities:** Read each sentence carefully. Circle or write the correct word that fits best. Listen to the pronunciation carefully if the teacher reads it aloud.

The runner will (win / ween) the race if he speeds up.

Our (coach / cotch) planned a new training routine.

She hurt her (leg / league) during the match.

The (ref / reef) blew the whistle.

It's important to (stretch / straetch) before playing.

They scored a beautiful (goal / gull) in the final minute.

The team will (train / Tran) every morning this week.

Don't forget your (cap / cape) for swimming practice.

The boxer delivered a strong (hit / heat) to his opponent.

**Answer Key** 1. win (short) 2. coach (long) 3. leg (short) 4. ref (short) 5. stretch (short) 6. goal (long) 7. train (long) 8. cap (short) 9. hit (short) 10. cup (short)

### **Lesson 3: Vocabulary: Nature of The Word, Form and Structure of The Sentence, Types of Sentences**

**Definition of Word:** The smallest unit of meaning.

**1. Word formation:** is the process of creating new words or changing the form of a word to make a new meaning. It helps us build a larger vocabulary from the same root word.

**2. Word Forms:** root, suffix, and prefix Create new words or changing to form and meaning of words by:

By adding prefixes

By adding suffixes

Converting from one word class to another

Forming compound words

**A prefix:** is a small part added at the beginning of a word to change its meaning. Prefixes often change meaning (e.g., re- means “again,” un- means “not”).

**A suffix:** is added at the end of a word to change its form or grammatical class (for example, a verb → noun, noun → adjective). For Example: play, player; playful,

**3. Forming Compound Words Explanation:** A compound word is made by joining two words to form a new word with a new meaning. They can be written as one word, with a hyphen, or as two words. Examples: Football; goalkeeper; scoreboard

**2. Types of Sentences:** There are four different "types" of sentences. Each type has corresponding correct and punctuation.

**1. Declarative Sentences:** This type of sentence makes a statement or expresses an opinion and uses a full stop. You are stating something specific. Example: The match starts at 6pm.

**2. Imperative Sentences:** This gives a command or makes a request. It can sound authoritative. Usually there is a full stop and sometimes an exclamation point for emphasis. Example: Pass the ball!

**3. Interrogative Sentences:** This asks a question and always uses a question mark. Example: What time does the match start?

**4. Exclamatory Sentences:** This expresses high emotion and always uses an exclamation point. Example: What a great goal!

**3. Sentence Structures:** What are Sentence Structures? There are four types of sentence structures: simple, compound, complex, and compound complex. Using these different types of sentence structures allows you to add variety to your essays.

#### **Four Types of Sentence Structures:**

**1. Simple Sentence:** A simple sentence is one independent clause with no subordinate clauses. This sentence contains a subject and a verb and expresses a complete thought. Example: The player scored a goal. Example: Last winter was unusually cold. Independent clause

**2. Compound Sentence:** A compound sentence is formed with two or more independent clauses with no subordinate clauses. A comma and a conjunction will most likely join these clauses, though a semicolon may also join sentences. Example: last January was extremely cold, but February was even colder. Example: The team trained hard, and they won.

**3. Complex Sentence:** A complex sentence contains one independent clause and one or more dependent clauses. The dependent clauses may proceed, follow, or be "imbedded" within the independent clause. They are always joined by subordinate conjunctions: because, although, when, if, since, while, before, after, unless, as soon as, even though, whereas, whenever, until, where. **Formula:** Main Clause + Subordinate Clause or • Subordinate Clause + Main Clause

**Examples:** We won the match because we trained every day. Although the team played well, they didn't score. If it rains tomorrow, the match will be canceled.

**4. Compound-Complex Sentence:** A compound-complex sentence contains at least two independent clauses and one or more dependent clauses.

**Formula:** (Independent Clause + Independent Clause) + Subordinate Clause Example: The coach was proud of his players, and the fans celebrated because the team won the championship.

The goalkeeper was nervous, yet he made a great save when it mattered most. Although the referee was strict, the players respected him, and the game went smoothly.

**Activity:** Rearrange the words to make complete sentences.

12. is / tournament / Wimbledon / June / held / every / tennis

13. contest / won / she / medal / gold / the / in

14. earn / professional / money / a / of / can / lot / a

15. the / teams / had / controlling / problems / referee

16. they / cheering / 4-0 / front / over / of / in / spectators / won / 40,000

17. Phoenix / 135-114 / managed / a / over / Denver / victory /

18. open / was / the / only / amateurs / competition / to

**Answers:**

12. Wimbledon tennis tournament is held every June.

13. She won gold medal in the contest.

14. A professional can earn a lot of money.

15. The referee had problems controlling the teams.

16. They won 4-0 in front of over 40 000 cheering spectators.

17. Phoenix managed a 135-114 victory over Denver.

18. The competition was only open to amateurs.

## **Lesson 5: Semantics, Plurality, Synonymy, Antonymy, Figurative Expressions**

### **Definition of Semantics**

**Semantics:** is a branch of linguistics that studies the meaning of words and sentences. Example: The word match can mean a sports game or something that goes well together depending on context.

### **2. Plurality**

Plurality refers to the form of a word that shows more than one person, place, or thing. In English, plural nouns usually end in -s or -es, but some are irregular.

### **Rules and Examples**

Type regular and irregular

Regular takes -s stadium: stadiums; goal: goals

Ends with -ch, -sh, -x, -s, -o add -es

Ends with consonant + -y: -ies

Irregular changes form completely like man: men; foot: feet

**3. Synonymy Definition:** Synonyms are different words with the same or nearly the same meaning. Examples in Sports: win = triumph / beat ; player = athlete ; coach = trainer ; fast = quick

**Use in Sentences:** The team won the match → The team triumphed in the match. • The coach motivated the team → The trainer motivated the team.

**4. Antonymy Definition:** Antonyms are words with opposite meanings.

**Examples in Sports:** win ↔ lose ; strong ↔ weak ; attack ↔ defend ; victory ↔ defeat

**Use in Sentences:** The team won last week but lost yesterday. • A strong defense stopped a weak attack.

**5. Figurative Expression Definition:** A figurative expression uses non-literal language to make speech more vivid and expressive.

### Types, Meaning and Examples

**1. Simile:** comparison using **like** or **as**

**Example:** He runs like the wind. He runs very fast.

**2. Metaphor:** direct comparison without **like** or **as** The goalkeeper is a wall.

**3. Idiom:** common expression with figurative example: He blocks every shot. He dropped the ball. It means He made a mistake.

**Use in Sports:** “The defender was a rock during the match.” “Our team is back in the game after scoring.” “She fought like a lion until the end.”

**Activity:** Identify and Use

A. Identify the correct category:

1. The player scored two goals.
2. The match was a real battle.
3. The team won, but their rivals lost.
4. The coach is also called a trainer.

Questions: 1. Which sentence shows plurality?

2. Which sentence contains a figurative expression?

3. Which sentence uses antonymy?

4. Which sentence uses synonymy?

## **Lesson 6/7: Most Important Terms/Professions Related To Sports Field**

**Sports Terminology:** refers to words that are used in a particular sport or athletics. they can be words related to special equipment, postures, methods or rules; every sport has its unique vocabulary that is used in the field.

### **Important Terminology of Sports**

#### **1. Basketball Terms**

**Personal Fouls:** These refer to the fouls caused by commencement of contact with an opponent player. These are of 2 major types – offensive and defensive. These include charging, holding, tripping, elbowing, blocking. •

**Technical Fouls:** These refer to the fouls displaying a lack of sportspersons spirit. There is an inclusion of ill behaviors and poor conduct during the game. This includes aggressiveness against opponents, coaches, referees, etc. •

**Free Throws:** These are also known as foul shots. This is for the opposite team when the members of their opponent team commit a foul. These are also given out after technical fouls or when the foul conducting team enters the bonus or penalty situation. The player has to shoot from a 15 – foot free throw line.

•**Double Dribble Foul:** This takes place either when a player dribbles the ball using both their hands or when a player stops to dribble and then starts to dribble again.

**Lay Up Shot:** When a shot occurs from very near to the hoop, occurring usually when a player moves towards the basket.

#### **2. Football Terms**

**Penalty Kick:** A method of resuming the game, wherein a player gets the opportunity to score on the goal which is only defended by the goalkeeper of the opposite team.

**Goal:** Scored when the ball crosses the goal line at any end of the football field between the goalposts which are set up.

**Hattrick:** Term used when a player score

**Defender:** A player whose role is to stop the attacks and attempts to score goals by the opponent team members.

#### **3. Badminton Terms**

**Smash:** A quick, sudden, powerful shot that takes place from high above to below landing in the opponent's court. It refers to taking control over the game for that particular instant.

**Net:** The equipment which divides the court into 2 equal halves. The shuttlecock must pass over this to play a continuous rally game.

**Shuttlecock:** The equipment which acts as the projectile goes from one side to the other. It has a conical shape with feathers based on a rounded cork base.

**Double Fault:** When both the umpire and the service judge call out a fault for the server. It means there were two faults committed.

#### **4. Baseball Terms**

**Throw:** To arm throw a baseball in a forward manner as it further propels through the air. It includes the straightening of the arms and wrists.

**Base Runner:** A player at the bat who is either at the first, second, or third base or is reaching for the base.

**Homerun:** When a batter hits a fair ball and scores without getting the benefit of an error made. He cannot be out due to which he can circle the ground at his own rate.

**Pinch Hitter:** Refers to a substitute batter who is often an infielder or outfielder.