

Swim to Live

Live to Swim

Text Type: Blog entry
Suggested finishing time: 25 mins



Listen!

Let's Think! 

1. What is your hobby?
2. How much time do you invest in it?

Pastime of a Lifetime

posted yesterday 8:20 pm

A recent dinner conversation with a former student of mine called to mind what I had thrown behind the back of my mind a long time ago: swimming, and my past career as a swimming coach. He asked me (this time

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More to Take Away

Streamlining is a common technique that is mostly used at the start of a swimming race. Swimmers put their heads in the water with their arms stretched out and legs extended in a way that is parallel to the flow of the water. This can greatly reduce water resistance and increase the swimmers' speed.

STEAM

Newton's third law of motion states that when an object exerts a force on another object, the passive object exerts a force of the equal magnitude back on the original one. This scientific principle applies to swimming. When swimmers stroke their hands and arms downwards and then backwards in the water, the water exerts the same amount of force back at the swimmers and propel them forwards.

as a coach) how swimming should be presented to his own students as an activity that deserves investment of their time.

I was speechless as it had never occurred to me that I needed to justify doing something as useful and fun as swimming. I thought it needed no reason or encouragement to learn such a basic survival skill—a skill that, apart from its practicality, is fun to put into practice. Therefore, I decided to write him a short list of things that sums up what I think might change the youngsters' minds. So here it is, Samson!

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First, a little more about the point I've just made. A skilful swimmer is more likely to survive emergencies like drowning or even shipwrecks. You may think, well, if you drown, there'll be someone nearby ready to help; and, rarely does a ship sink. You're probably right about the second point, but the terrible thing about drowning is its unpredictability: it might happen so suddenly that you would not even have time to react, or it might be the others—your loved ones even—who need you to come to their rescue. To be honest, it is not an everyday occurrence that you happen to spot and save a drowning person, but learning how to swim is the first step that you must take.

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If the above fails to interest you, I still have a trump card to play. Do you know how many water sports originated from swimming and how each of them requires advanced swimming skills? Snorkelling, surfing, rowing, diving, scuba diving, wakeboarding...just to name a few!

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For those of you who value neither life nor fun, here is my ultimatum, or you will miss the boat to look more splendid and confident in appearance at very little cost! You must've been told many times how effective swimming is in controlling weight and maintaining a fit build, though you might not believe it. How could it do so much for your body so easily? It can! It does so by strengthening your bones and toning up your muscles, in ways that seem miraculous even to experienced gym-goers: making you look muscular without being fleshy, slender without being skinny.

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There is much else to say. For those who no longer play vigorous sports because of injury or age, swimming is an impeccable choice, if not the perfect antidote. It helps retain muscle mass and develop muscles in a less demanding way, while enhancing body coordination through the repetitive movement of the legs, arms, head and shoulders in a synchronised way.

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To conclude, I'd say whichever type of person you are, there must be a good reason for you to start swimming, or, if you're already a swimmer, to keep revelling in the water.

~490 words

Looking into Grammar

The Type 0 (simple present) conditional is used to state a fact.

✓ If I let this ball drop from my hand, it **falls** (✗ will fall) onto the ground.

The Type 1 (future) conditional is used to describe a condition that is likely to be true. Sometimes, it is also used to give a warning or make a threat.

✓ If Tim looks outside, he **will / may / might see** (✗ sees) a blue sky.

✓ If you slack on the job, I **will tell** (✗ would tell) your supervisor.

? Underline TWO sentences, one in which the Type 0 conditional is used and the other in which the Type 1 conditional is used, in the blog entry.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the blog entry. Choose the best answer by blackening the appropriate circle.

1. Samson is _____.

- A. the blogger's teacher
- B. the blogger's coach
- C. the blogger's former student
- D. the coach of the blogger's former student

1 Figure out his relation to the blogger.

2. Samson seems to _____.

- A. think it is not worthwhile to learn swimming
- B. be not so unsuccessful in his coaching career
- C. have students who think it is not worthwhile to learn swimming
- D. have a promising career in swimming

2 Note that some options may contain information not given in the passage.

3. Read line 16. The word 'it' refers to _____.

- A. the reason
- B. the encouragement
- C. the change in youngsters' minds
- D. the list as the answer

4. In line 29, the 'trump card' can be understood as _____.

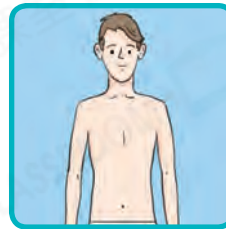
- A. the last chance to convince people to try doing something
- B. a hidden trick that makes one succeed in something
- C. an important advantage of swimming
- D. a card that most people do not recognise



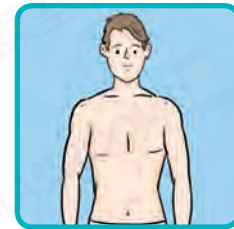
5. Which of the following is NOT true about swimming?

- A. Knowing how to swim can save lives.
- B. Swimming opens one to many fun water sports.
- C. Practising swimming alone cannot keep one in good shape.
- D. Even the elderly or injured athletes can swim regularly.

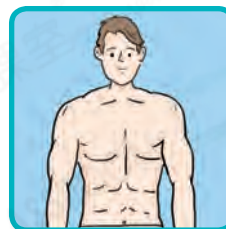
6. Which of the following shows a body which is 'muscular without being fleshy, slender without being skinny'?



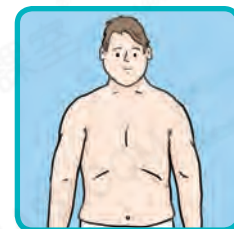
A.



B.



C.



D.



7. Which of the following is the best alternative title for this blog entry?

- A. Advice to ungrateful students
- B. Reflections of a retired coach
- C. Memories about swimming
- D. Why did I swim?



Self-evaluation
Checklist

Please scan the QR code on P.6 to access the checklist for evaluating your own reading progress.

Part B Pre-HKDSE Questions

Answer the following questions with the information provided in the blog entry. For questions 1 and 2, answer in complete sentences.



1. What is the blogger's purpose of writing this blog entry?

1 Note that the purpose is different from the blog entry's main idea.

2. Why does the blogger find it difficult to understand young people's lack of interest in swimming?



3. Determine whether each of the following statements is true, false or undecidable because not enough information is given.

3 Locate the relevant information in the blog entry first.

Statement	True	False	Not Given
(i) The blogger is inclined to think that ships do not often sink.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) The blogger recognises the horror of drowning partly because he once nearly drowned.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) At least six kinds of water sports require excellent swimming skills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Swimming is the only way to build muscles for those of a mature age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Look for a phrase in paragraphs 4-5 that means 'at the same time'.

5. In each line, there MAY be a wrong word. If there is one, underline it and write a word that expresses the correct idea in the right-hand column. If not, put a tick (✓).

(i) Learning to swim is not just about learning how to <u>live</u> in	<u>survive</u>
(ii) the water. It also brings fun and profit: many water sports	_____
(iii) require a set of elementary swimming skills. Above all, the	_____
(iv) miracle swimming does to one's life is divine, as it gives you	_____
(v) stronger bones and more toned muscles.	_____

Part C Vocabulary Bank

Label the photos in the mind map below with the names of some of the aquatic sports from the word box.

snorkelling

water polo

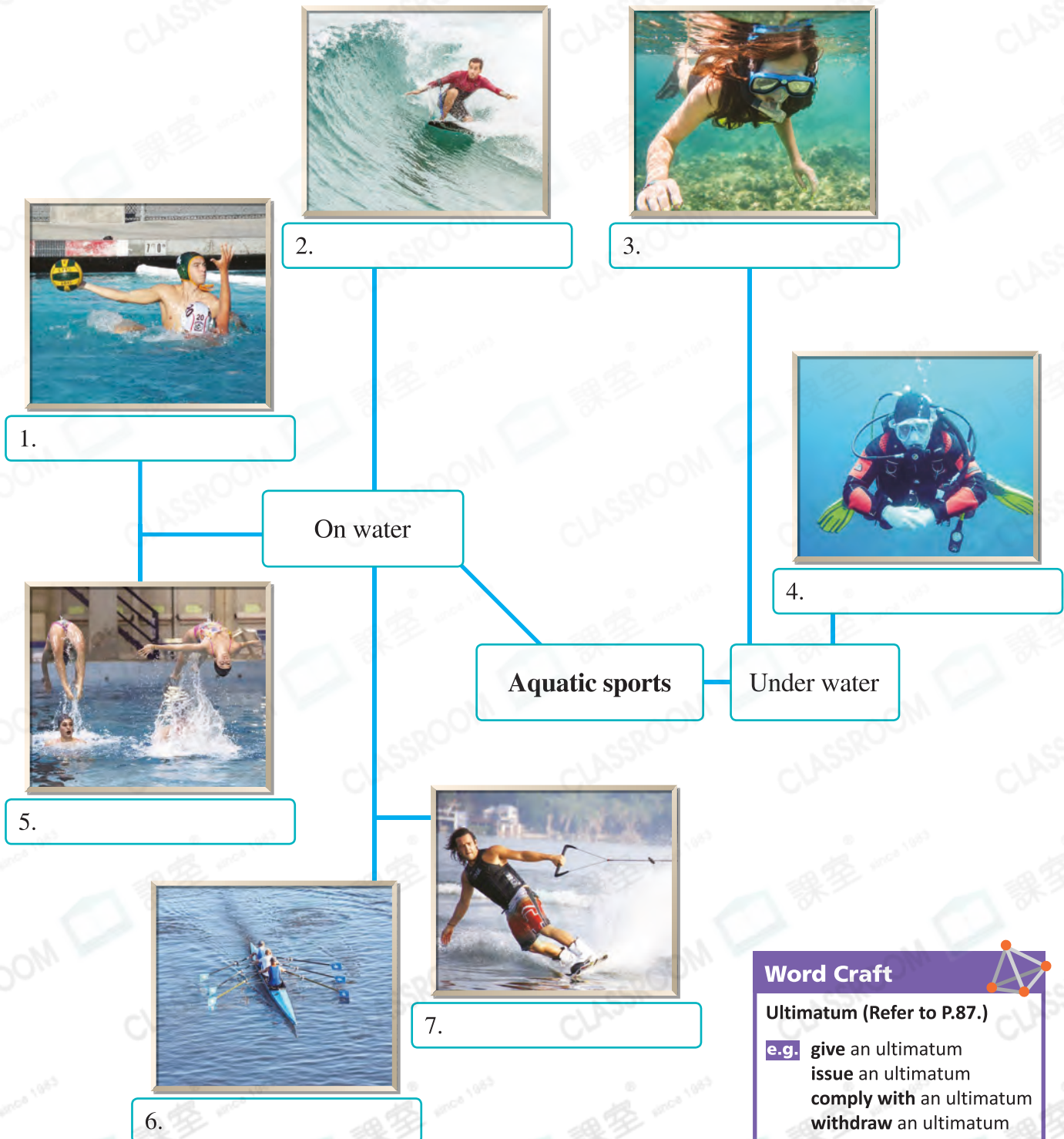
wakeboarding

scuba diving

synchronised swimming

surfing

rowing



Word Craft

Ultimatum (Refer to P.87.)

- e.g. give an ultimatum
- issue an ultimatum
- comply with an ultimatum
- withdraw an ultimatum

Part D Cloze Passage

Complete the diary entry below with the appropriate nouns for aquatic sports introduced on the previous page.

27th June, 20XX



Today was the first day of my summer vacation. My family and I went to the beach together. Our original plan was to spend the whole day playing (1) _____, our favourite outdoor family game. For this, we brought a ball to the beach with us. My little brother, funny as always, lost a score every time a wave came by, when he would fall and get a mouthful of sea water. After some time, however, the sea had become so crowded with people that we had to stop playing and drag ourselves unwillingly back to the beach. There, on the sand, we watched people (2) _____ with their boards on the waves.

As the sunshine became unbearably strong with the approach of noon, Mum suggested that we stay away from the sun under the shelter of an oak tree so as to have some rest. After my brother and I settled down, we started to talk about our plans for the summer holiday.

He said he would go (3) _____ to prepare for the Dragon Boat Festival. He had joined the competition for three consecutive years, he said, and this time he was determined to be the champion. I told him I would like to go (4) _____ so as to admire the coral reef and swim with sea creatures. At this point, Mum butted in and said it would be too dangerous for a newbie like me to dive deep into the sea. She recommended me (5) _____ as a safer option, which, she said, can be conducted in the shallow water. When I grow older, she added, I could try (6) _____, which is an exciting activity that trains one's balance and strengthens one's muscles in the arms and legs. The sport used to be her favourite, since she enjoyed being pulled by Grandpa's speedboat and gliding on the water. I was shocked: I thought the only connection she had to water sports was the TV programmes on them that she often watched. Her latest favourite is on (7) _____, in which beautifully dressed players perform a series of elegant moves in the water.

We left the beach around five, after having an early dinner there. It was a joyful and relaxing day, a great start for the upcoming weeks of holiday.

Let's Discuss!

1. Do you agree that swimming is an essential survival skill?
2. Can you think of other benefits of swimming?