

Let's think!

1. What is your favourite sport?
2. How often do you play sports?

PLAYLIST



READ ALONG



Text 1

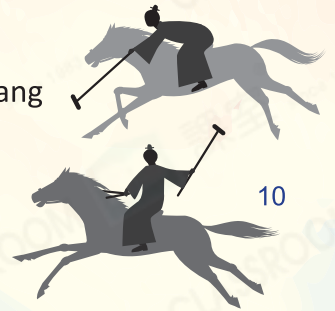
Sports in Ancient China: Our Connection with the Past



1 Most people have heard of cuju since it is considered an early form of football. The ball game was a popular pastime in ancient China. In fact, there are other lesser-known extinct sports that featured in Chinese history and culture. Let's look at two ancient sports which were very much like their modern counterparts. 5

Dakyu

2 Dakyu has some similarities with polo. It was well liked by nobles during the Tang dynasty. Many Tang emperors were passionate dakyu players, and two of them even died while playing it. Like cuju, dakyu was an important part of military training. It trained warriors to wield spears while on horseback during battle. The equestrian sport was later brought to other parts of Asia, such as imperial palaces and military camps in Japan and Korea.



Chuiwan

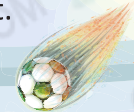


3 The rules of chuiwan resemble those of modern golf. There were holes on the ground, which are marked with flags. Players hit a small wooden ball into the holes with clubs. During the Song and Yuan dynasties, chuiwan was in its prime. 15

It was a favourite pastime of both the upper and lower classes. There is an old painting showing some ladies playing the game inside a palace.

4 Although many ancient sports in China now survive only as cultural heritage, several of them have managed to remain popular today. One example is martial arts. It has now spread across the world. Sports in ancient China tell vivid stories of the daily lives of people in the past. They are a reconnection with our past. This past has shaped our present. They will continue to play a significant role in promoting social and cultural development. 20

~270 words



Read Text 1 and answer questions 1–9. For multiple-choice questions, choose the best answer and blacken ONE circle only. (13 marks)

1. Why is cuju better known than other ancient sports in China?

2. Find a word in paragraph 1 which has a similar meaning to 'disappeared'. _____

3. Complete the summary by filling in each blank with ONE word taken from paragraph 1.

Dakyu and chuiwan are two ancient sports that are not (i) _____ in China anymore. They share similarities to some (ii) _____ sports.

4. Based on paragraphs 1–2, complete the summary by writing ONE word to fill in each blank. Make sure your answers are grammatically correct.

Dakyu was once played in the (i) _____ dynasty and is (ii) _____ to polo. Emperors and nobles were (iii) _____ players. It was also used to (iv) _____ soldiers how to fight.

5. Find a word or phrase in paragraph 3 which has a similar meaning to 'in its best time'. _____

6. What evidence does the writer provide in paragraph 3 to suggest that women played chuiwan?


7. According to paragraph 4, which of the following is TRUE?

7 Pay attention to the words referring to a scope in the options.

- A. All ancient Chinese sports are still played today.
 B. Martial arts is only popular in China.
 C. Sports have a limited effect on today's society.
 D. Ancient sports reveal how people lived in the past.

A B C D

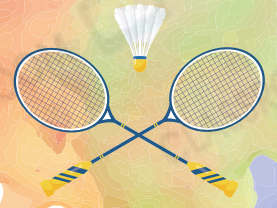
8. Which of the following sports is NOT mentioned in the text? Tick (✓) ONE circle only.

- A.  B.  C.  D. 

9. Which of the following does the writer NOT imply in the text?

- A. Cuju is the most well-known ancient Chinese sport mentioned in the text.
 B. During the Tang dynasty, dakyu was used to help win battles.
 C. Dakyu could be a deadly sport.
 D. People stopped playing chuiwan after the Yuan dynasty.

A B C D



Text 2

CoolSports: Has anyone watched the Junior Badminton Championships held in Guangzhou?

GameChanger: What competition was that?

HomeRun: Youth teams in Hong Kong were invited to participate in an exchange programme held in the Greater Bay Area. The Junior Badminton Championships is a part of the games and training sessions held under this programme. 5

CoolSports: The games were fun to watch, and I learnt a lot about other sports too.

GameChanger: I'd love to join that. Is it true the participants went on guided excursions to cities around the Greater Bay Area after their training?

CoolSports: Yes, and it was fantastic! We experienced the diverse culture of these cities firsthand. It was great to meet athletes from different cities. What's your favourite city? 10

HomeRun: Macau for sure. Actually, I'm going to spend the weekend there next week. I'll try the renowned Portuguese egg tarts.

GameChanger: Those egg tarts are delicious! As for me, I don't mind which city I visit as long as I get to see some women's volleyball. I got into playing volleyball all because of China's women's volleyball team. 15

HomeRun: You can say that again! I remember cheering for them during the last Olympic Games! Is there a way to learn more about upcoming events?

CoolSports: You can simply sign up for their mailing list to receive updates about the programme. Alternatively, you can keep an eye on the notice board in this forum. Different sports teams will make announcements there. 20

~230 words

Looking into Grammar



We use will + base form of the verb to talk about ...

- Things that are likely to happen in the future: e.g. I think he'll go online for information.
- Decisions made at the time of speaking: e.g. I'll take your advice.

We use be going to + base form of the verb to talk about ...

- Things that we are sure will happen very soon based on what we know: e.g. The footballer is going to join a new club.
- Plans made before speaking: e.g. I'm going to attend the workshop.

✓ I'm going to spend the weekend there next week. (things that will happen very soon)

✓ I'll try the renowned Portuguese egg tarts. (decisions made at the moment)

? In Text 2, circle a verb in the simple future tense.

Read Text 2 and answer questions 10–16. For multiple-choice questions, choose the best answer and blacken ONE circle only. (11 marks)

10. What does the word 'it' (line 10) refer to?

- A. participating in training sessions
 B. going on guided excursions
 C. watching sports games
 D. meeting athletes from different cities

10 Check the previous message left by GameChanger.

- A B C D

11. Which word in lines 10–14 has a similar meaning to 'famous'?

12. Why did GameChanger become interested in playing volleyball?

13. Find a word or phrase in lines 18–22 which has a similar meaning to 'stay informed about something'.

14. Read the statements on the right and match them with the forum users. Write the correct letters in the blanks on the left. Use each letter ONCE only. ONE statement is NOT used.

- | | |
|-------------------------|--|
| (i) _____ CoolSports | A. I'm interested in the schedule of the exchange programme. |
| (ii) _____ HomeRun | B. I've watched volleyball matches in the Greater Bay Area. |
| | C. I've learnt a lot in the exchange programme. |
| (iii) _____ GameChanger | D. I wasn't sure that there were guided excursions. |

15. According to the discussion forum, which of the following is TRUE?

- A. CoolSports shared firsthand information about the exchange programme.
 B. GameChanger has joined the exchange programme.
 C. Users receive notifications about upcoming events automatically. A B C D
 D. All three users will participate in the next exchange programme.

16. Below is a summary of the discussion. In two of the lines, there is ONE mistake. If you find a mistake, underline and replace it with ONE word that expresses the correct idea. Write the word in the space on the right. If there is NO mistake, put a tick (✓) in the space. The first one has been done for you.

- | | |
|--|--------------|
| e.g. <u>Adult</u> sports teams in Hong Kong have been invited to participate | <u>Youth</u> |
| (i) in an excursion programme in the Greater Bay Area. After training, | _____ |
| (ii) participants can go on city tours. It is a good opportunity | _____ |
| (iii) to learn about sports in these cities. | _____ |

Vocabulary

GLOSSARY



A. Complete the blog entry below with the given words. Make sure your answers are grammatically correct.

Adjective: extinct military renowned vivid

Adverb: alternatively firsthand

Noun: announcement excursion prime

Verb: resemble



Basking in Ballet's Beauty

I have finally decided to sign up for ballet lessons! I have always been captivated by the grace of ballet dance movements. I am so in love with it that I have even explored its history. What I have learnt has inspired me to experience the dance (1) _____.

It may surprise you to hear that ballet once played a vital role in (2) _____ training. Soldiers who practised the dance were usually more athletic and powerful, and they could ride their horses better. However, the use of ballet in training soldiers has become (3) _____ nowadays. The 19th century is often considered the (4) _____ time period of ballet. (5) _____ ballets such as *Swan Lake* and *The Nutcracker* were created in that period.

My parents have wanted me to pick up a new hobby for a while. Today, I made the (6) _____ that I would sign up for ballet class. I told them I will sign up when I go on a / an (7) _____ to the city centre next week.

I am planning to visit a ballet school which offers visitors workshops that (8) _____ a formal training programme. These workshops will give me a taste of what it is like to train as a ballet dancer. (9) _____, I am considering watching a live performance at a theatre. It will be a / an (10) _____ display of grace and precision. I can't wait to watch ballet up close!



B. Look at the pictures. Label the circled equipment below with the given words.

Sports equipment

clubs

gloves

helmet

mask

paddle

racket

skateboard

skates



1. _____



2. _____



3. _____



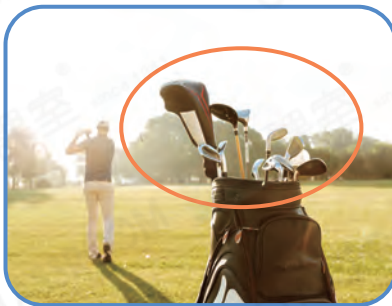
4. _____



5. _____



6. _____



7. _____



8. _____

Writing

Can sports bring people together?

Write an article to express your views in about 150 words.