

12

An up-close encounter with trending sports

Level: 

Let's think!

1. Do you play any sports regularly? Why?
2. Do you prefer team sports or individual sports? Why?

PLAYLIST



READ ALONG



Promoting sports among youth to benefit Hong Kong's future

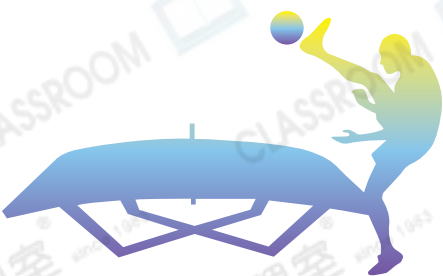
Dear Editor,

1 I am writing in response to 'Promoting sports in a fun way', an article published on 20th March. It is very inspiring and I see an urgent need to promote sports among youngsters nowadays. Many of them are 'phubbers'—they cannot put their smartphones away. This is alarming as a lack of exercise and real-life social interactions could hinder their personal growth. In my opinion, promoting sports among teenagers can reverse such a distressing trend and benefit them physically, mentally and socially. 5

2 Here is my personal experience—sitting in the classroom binge-eating was how I spent most of my recess time. Ahem, it sounds appalling, doesn't it? Not until my best friend lured me into pickleball did I begin to enjoy playing sports and embrace a more active lifestyle. This racket sport, originating in the US, combines elements of tennis, table tennis and badminton. It can be practised in a regular badminton or tennis court indoors or outdoors. This new racket sport is easier to learn than any of the three traditional racket sports. I was quickly obsessed with this new hobby and it has transformed me from a chubby little boy with fairly low self-esteem into a fit and confident teen. 10

3 From my point of view, trending sports can encourage inactive kids to change their ways of living. Some of my friends who used to live a sedentary lifestyle have recently taken up Teqball for its entertaining and creative nature. This ball game, played on a curved table and combining elements of football and table tennis, has attracted more and more young players these days. I believe brand-new sports like this can encourage students to get moving and build up a healthier lifestyle. 15

4 Besides physical benefits, sports can bring valuable merits to the mental well-being of young people as well. As young people become more skilful in certain games, they would be more confident in themselves. Their sense of achievement will grow and this will build their self-worth eventually. In addition, setbacks and failures can enhance their resilience against tough situations and adversities. 20 25



5 Through playing team sports, young players can also learn the importance of inclusion through meeting different people. Take floor curling, a new and unique sport originating from curling, as an example. Teens can team up with elderly or disabled players in this integrated game modified from a popular winter sport.

Collaboration is fostered during the game. Moreover, sports can hasten cultural integration among youth of different races in our city. I live in Sham Shui Po

and some of my schoolmates are from South Asia. Sometimes when we play in public basketball courts, some local teens would give them cold-eyed stares. Blatant disrespect is shown towards them due to racial bias. In my mind, people living in the same society should try to get along with each other. No one likes to be excluded, and therefore we should put ourselves in their shoes. Promoting traditional sports indigenous to South Asia like kabaddi might help pave the way for a multicultural city.

6 The concrete actions of promoting sports among teens require the joint efforts of family, school and government.

7 At the family level, parents could stimulate their children's interest in sports by first watching live sport competitions or relevant TV shows with them. Then, they can encourage or even accompany their children to participate in certain sports. At the school level, various sports equipment and facilities should be prepared on campus to provide students with greater accessibility to a wide range of physical activities. Schools should also set up more relevant training courses and school teams to inspire students to join the games.

8 At the government level, policies should be implemented to popularise both conventional and emerging sports. For instance, the government could subsidise organisations advocating up-and-coming sports to help them gain exposure. More online and offline campaigns featuring star athletes in the respective domains could also be initiated to promote these sports.

9 I firmly believe that if a culture of doing sports can be fostered among our new generations, Hong Kong, probably the world's most stressful city, will hopefully become a more vibrant and happier place.

Yours faithfully,
Sam Chan

~720 words

Looking into Grammar

We can reduce a relative clause to a participle phrase.

- ✓ This racket sport, **originating in the US**, combines elements of tennis, table tennis and badminton. (present participle phrase: *originating* = *which originates*)
- ✓ This ball game, **played on a curved table and combining elements of football and table tennis**, has attracted more and more young players these days. (past participle phrase: *played* = *which is played*; present participle phrase: *combining* = *which combines*)

? Underline FOUR present participle phrases and ONE past participle phrase in paragraphs 5 and 8.



35

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Read the text and answer questions 1–14. For multiple-choice questions, choose the best answer and blacken ONE circle only. (30 marks)

1. Which of the following is the definition of ‘phubbers’ (line 4)?
- A. people who always get the latest models of mobile phones
 - B. people who are addicted to social media and always share their lives online
 - C. people who are eager to learn the latest technology
 - D. people who ignore others and give attention to their mobile phones instead

A B C D

2. Read paragraph 2. Sam’s mood can probably be described as _____ when he talked about how he spent most of his recess time.

- A. amused
- B. grumpy
- C. joyful
- D. embarrassed

2 The interjection Sam used gives a hint.

A B C D

3. According to paragraph 2, which of the following is NOT true about Sam?
- A. He used to be unconfident about himself.
 - B. He was not into sports before being introduced to pickleball.
 - C. He came up with a way to make pickleball more fun to play.
 - D. He found pickleball quite simple to start with.

A B C D

4. Based on the information in paragraph 2, complete the table about pickleball.

Country of origin	(i) _____		
Sport type	(ii) _____		
Venue for the sport	(iii) _____		
Similar sports	(iv) _____	(v) _____	(vi) _____

5. Read paragraph 3. Why do Sam’s friends enjoy playing Teqball?

6. Decide whether the following statements about Teqball are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) Teqball has to be played in groups.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Teqball is a mix of football and tennis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Teqball is played on a flat table.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Teqball has become increasingly popular among teens.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Look for words or phrases in paragraphs 2–3 that mean the same as the following:

- (i) _____ (*adj.*) very bad
 (ii) _____ (*v.*) to accept something happily
 (iii) _____ (*adj.*) spending a lot of time sitting down and not moving
 (iv) _____ (*phr.*) to start to move

8. Read paragraphs 4–5. List THREE non-physical merits sports can bring to teens.

- (i) _____
 (ii) _____
 (iii) _____

9. Based on the information in paragraph 5, describe ONE incident which proves that some local teens try to exclude non-local teens.



10. Sam's tone in paragraph 5 can be described as _____ and _____.

- A. sad ... frustrating
 B. caring ... empathetic
 C. discriminative ... harsh
 D. happy ... humorous

10 Sam suggests what he thinks is the right thing to do using the modal verb *should*.

- A B C D

11. Read paragraph 7. List TWO actions which parents can take to encourage their children to play sports.

- (i) _____
 (ii) _____

12. Read paragraph 7. Which of the following is NOT Sam's suggestions of what schools can do to promote sports among students?

- A. purchasing a wide variety of sports gear for students
 B. scheduling training sessions for students to try out various sports
 C. promoting various sports on and off the school campus
 D. forming school teams of various sports

- A B C D

13. Based on the information in paragraph 8, complete the summary by writing ONE word to fill in each blank. Make sure your answers are grammatically correct.

The government should (i) _____ policies to make both conventional and emerging sports more (ii) _____ among the citizens. (iii) _____ should be given to relevant groups to promote these sports.



14. Sam's tone is _____ when he made his advocacy at the end of the letter. A B C D

- A. optimistic B. worried C. sceptical D. informal

Vocabulary

GLOSSARY



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

accompany (v.)

emerging (adj.)

indigenous (adj.)

integrated (adj.)

obsessed (adj.)

phubber (n.)

resilience (n.)

respective (adj.)

sedentary (adj.)

vibrant (adj.)

Roliball—a new racket sport

Sam: Kelly, I just heard that you joined a competition of one of the (1) _____ sports, roliball. I don't have much knowledge of roliball. Can you tell me more about it?

Kelly: Sure. Roliball combines the elements of Tai Chi, badminton and tennis. This (2) _____ sport is played with a racket and a ball over a net, and players can compete in singles or doubles.

Sam: It sounds interesting! When did you start playing roliball?

Kelly: It all started when my grandma learnt about roliball in the community centre three years ago. She has become more lively and (3) _____ ever since. Back then, I was a / an (4) _____ and had no interest in sports at all. My grandma thought that my (5) _____ lifestyle was bad for my health, so she asked me to (6) _____ her when she went training. I tried it out while waiting for her. Since then, I have been (7) _____ with roliball.

Sam: In that case, would you say roliball is good for both seniors and juniors?

Kelly: Indeed! Roliball, as a gentle sport, can bring different benefits to the (8) _____ age groups. For the elderly, roliball improves their balance and upper-body strength as this racket sport is infused with the (9) _____ Chinese sport, Tai Chi. For the youngsters, this sport helps them develop their eye-hand coordination. Roliball actually helps players develop (10) _____ as this sport requires patience. And just like other ball games, players can also learn to cooperate with teammates when playing roliball in pairs.

Sam: Wow! I can't believe roliball can bring so much fun and benefits. Can I come and watch your competition?

Kelly: Sure. You should give it a try too and you may like it!

B. Look at the pictures below. Write the correct words in the spaces provided.

Benefits of playing sports

boost resilience

develop physical skills

improve physical fitness

increase confidence

prevent obesity

promote integration

reduce stress and anxiety

strengthen peer relationships



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

Writing

My favourite sport

Write an article to talk about your favourite sport and how it benefits you in about 200 words.