

LESSON PLAN

NOVEMBER 2018

Synchronised Sports



Vol.13 Issue 6

UP ON THE SMOKING MOUNTAIN

A1 STARTER

Stages	Procedure	Time
Objectives	1. To practice a. skimming and scanning skills b. vocabulary in context – identifying synonyms	
Warmer	1. Teacher shows pictures of synchronized sports. a. What do these pictures show? b. What is the common factor that links these sports? 2. Teacher leads into the topic of the day.	3 mins
Pre-reading	1. Teacher arranges the students into small groups. 2. Teacher distributes Task 1 3. In small groups, students work on Task 1 . (Students may present a different order of the sentences depending on which group of sentences describing a sport they present first. Accept variations as there are no transitions that determine a specific order.) 4. Teacher checks answer.	10 mins
While-Reading	1. Teacher distributes Task 2 . 2. Students answer the questions in Task 2 .	10 mins
Post-reading	1. Teacher checks the answers and provide feedback. 2. Teacher distributes Task 3 . 3. In pairs, students complete task and compare answers. 4. Teacher discusses the answers.	5 mins
Wrap	1. Teacher does a concept check of the lesson	5 mins

TASK 1

Put the sentences below in order to form a summary of the article.

Statements	
A. These are some popular synchronised sports.	
B. In group rhythmic gymnastics, an Olympic sport since 1984, at least 5 gymnasts will form a group and perform a dance using a chosen apparatus used in gymnastics.	
C. Moving together to match each other's movements and timing is not easy because of differences in height, weight and body size.	
D. They must coordinate their movements well to the music.	
E. Synchronised sports are sports in which teammates perform together matching each other in time and movement.	1
F. They are judged on the difficulty of their routine, the way they perform it and also their interpretation of the music used in their routine.	
G. Synchronised diving is an Olympic sport.	
H. The difficulty in this sport is the ability to pass the apparatus to each other without dropping it as such a move requires a high level of coordination.	
I. They are judged on their ability to match their moves and shouts.	
J. In this sport, 2 divers will jump together and mirror each other's movements as they land in the water at the same time.	
K. Pair figure skating is a beautiful sport to watch during the Winter Olympics because the male and female skaters perform like ballroom dancers in glittery costumes on the ice.	
L. In the Commonwealth Games and Asian Games, karate team kata – a series of exercises in karate – is performed by a three-person team.	

TASK 2

Write short answers for the questions below.

1. Which synchronised sport is not included in the Olympics?

2. Which synchronised sports are performed in pairs?

3. How many people are there in a karate team kata?

4. What apparatuses are used in group rhythmic gymnastics?

5. Which synchronised sports are performed to music?

6. For which synchronised sports are costumes important?

7. What important ability do judges look out for in synchronised sports?

TASK 3

Replace the words in bold with a word from the article.

1. Ling and Mina were **so well coordinated in their moves and timing** that they were mirror images of each other in their descent from the diving platform.

2. Alex has been a **keen supporter** of karate since young and holds a black belt in the sport today.

3. The **equipment** that gymnasts use includes balls, hoops, ropes, ribbons and clubs.

4. All the dance moves in the competition were **put together** by Jane herself.

5. He was her **support** in life and when he died she struggled just to cope with the routine of daily living.

ANSWERS**Task 1**

- A. 2
- B. 8
- C. 5
- D. 9
- E. 1
- F. 12
- G. 3
- H. 10
- I. 7
- J. 4
- K. 11
- L. 6

Task 2

1. Karate team kata
2. Synchronised diving and pair figure skating
3. 3
4. balls, ropes, hoops, ribbons or clubs
5. Group rhythmic gymnastics and pair figure skating
6. Group rhythmic gymnastics and pair figure skating
7. The ability for teammates to synchronise movement and timing

Task 3

1. synchronised
2. exponent
3. apparatuses
4. choreographed
5. anchor