

Basketball

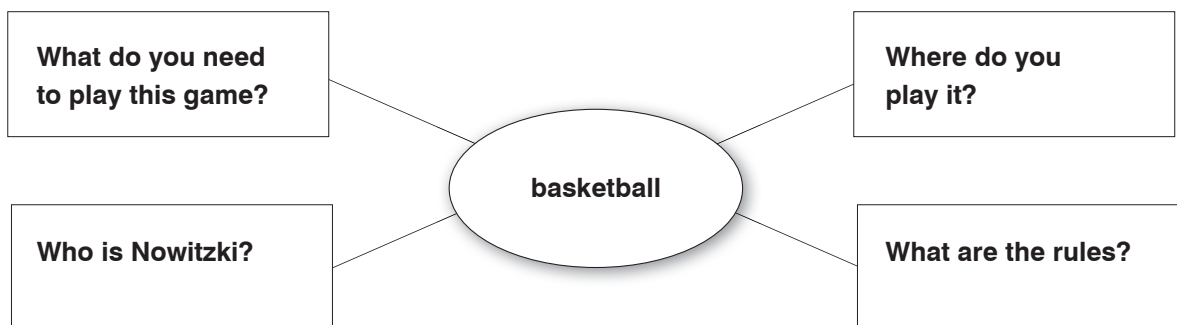
Basketball is a fast and exciting indoor sport which is played on a court. It is very popular in the United States, where it began in the 1890s. In a basketball game two teams of five players compete. The goal is to score more points than the other team. They score by shooting a ball through a basket from above. A basket scores two points if shot from under 6 metres. It scores three points if shot from over 6 metres. Teams must shoot the ball within the time limit of 30 seconds.

A player who makes illegal body contact with an opposing player is assessed a foul. Players who foul five times are disqualified from the game. International basketball games have two 20-minute halves and professionals play in the US American National Basketball Association (NBA) four 12-minute quarters.

One of the most successful Basketball players is the German Dirk Nowitzki who is born in 1978, 2.13 m tall, and 111 kg heavy. He plays for the Dallas Mavericks which won the NBA in 2011. His hobbies are reading, playing tennis and playing the saxophone. His motto in life is "You are only really big when you are a champion". He played in more than 1117 games.

Underline the words you don't know. You may look them up in a dictionary.

Tell a partner about this sport. You may use the questions mentioned below.



Here you can watch basketball

<http://www.youtube.com/watch?feature=fvwp&NR=1&v=IE73N0Nbjhw>

<http://www.youtube.com/watch?v=k8WiSM5fOI4>

Gymnastics

Gymnastics as a system of harmonious sports training originated in Ancient Greece more than 2,000 years ago, although gymnastic exercises and even some sort of apparatus were used in ancient China and India for medical purposes much earlier. There is different equipment and gymnastic styles involved:

Uneven bars

On the uneven bars, the gymnast navigates two horizontal bars set at different heights. Gymnasts perform swinging, circling, transitional, and release moves, as well as moves that pass through the handstand.

Balance beam

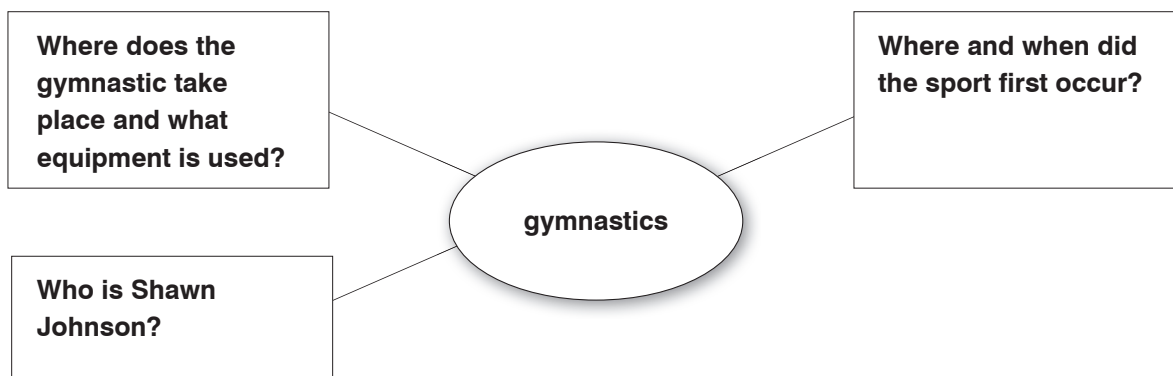
The gymnast performs a choreographed routine from 70 to 90 seconds in length consisting of leaps, acrobatic skills, turns and dance elements on a padded spring beam.

Floor exercise

Gymnasts perform a choreographed exercise along with music on the floor. The routines consist of tumbling passes, series of jumps, dance elements, acrobatic skills, and turns. Shawn Johnson is an American artistic gymnast. She was born in Iowa, U.S.A. Her parents enrolled her in a gymnastics class at age three after they noticed her climbing cabinets and jumping off tables. She was the 2008 Olympic balance beam gold medalist and floor exercise silver medalist, the 2007 all-around World Champion, and the 2007 and 2008 U.S. all-around champion.

Underline the words you don't know. You may look them up in a dictionary.

Tell a partner about this sport. You may use the questions mentioned below.



Here you can watch swimming

<http://www.youtube.com/watch?v=FKXhSK4zxTM&NR=1>

<http://www.youtube.com/watch?v=OnrS4o-dQLE>

Athletics – Running

The running events are mostly outdoors. The races begin with the firing of the starter's pistol. The winner is the first athlete who crosses with the torso over the finish line.

1. The sprints

Sprints are short running events. The distances are 100, 200 and 400 metres. It is one of the most popular events in the sport of athletics.

It is a rule that sprinters must start with both feet and both hands from the starting block on the track. A false starting sprinter receives immediate disqualification.

2. Middle-distance running

The middle-distance events are 800 and 1500 metres. Runners begin from a standing start. They must stay in their lanes until they pass through the first turn.

3. Long run

The marathon is 26.2 miles (42.195 kilometers) long and begins with a standing start.

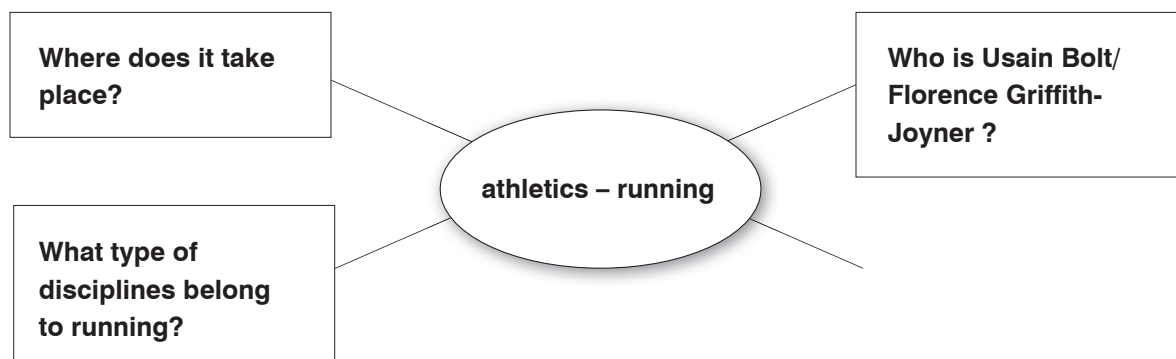
4. The fastest people in the world

The fastest woman in the world is US American Florence Griffith-Joyner who holds the women's world record in 100 metres of 10.49 seconds from 16 July 1988. She died of epilepsy in 1998 at the age of 38.

The fastest man in the world is the sprinter Usain Bolt from Kingston, Jamaica. He ran 100 metres in 9.58 seconds at the 2009 World Athletics Championships final in Berlin on 16 August 2009.

Underline the words you don't know. You may look them up in a dictionary.

Tell a partner about this sport. You may use the questions mentioned below.



Here you can watch athletics and running

<http://www.youtube.com/watch?v=xGNpf8wCML8&feature=related>

http://www.youtube.com/watch?v=u18_-87Pb6U&feature=related

Swimming

Olympic events are held in a 50 metre pool. A 10 km event in the lake or sea is included in the Olympics. The four different swimming strokes are:

1. The breaststroke

The breaststroke is a style in which the swimmer is on his or her chest and the torso is still. In most swimming classes, beginners learn the breaststroke first. But it is very difficult because it is the slowest of all strokes and you have to endure. The races are at 100 metres and 200 metres.

2. Freestyle (= front crawl)

It is the fastest of all strokes. In competition there are races at distances of 50, 100, 200, 400, 800, and 1,500 metres.

There are also freestyle relays at 4×100 metres and 4×200 metres.

3. The backstroke (= back crawl)

It is the only style which is swum on the back. This has the advantage of easy breathing, but the disadvantage of swimmers not being able to see where they are going. It is also the only competition swimming style which starts in the water. Races are at 100 metres and 200 metres.

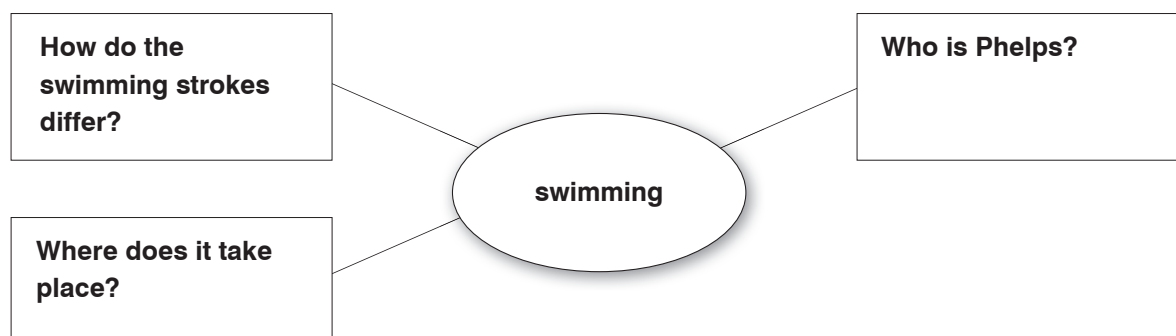
4. The butterfly stroke (= the fly)

It is a stroke which is swum on the breast with both arms moving at the same time. The butterfly kick is also known as the “dolphin kick“. The fly is the most difficult stroke because you need to have a good technique and very strong shoulders. Races are at 100 and 200 metres.

Michael Phelps, born June 30, 1985, is an American swimmer who has won 16 Olympic medals. Phelps’s international titles and record breaking performances have earned him the World Swimmer of the Year Award six times and American Swimmer of the Year Award eight times. He has won a total of sixty-six medals in major international competition, fifty-four gold, nine silver, and three bronze spanning the Olympics, the World, and the Pan Pacific Championships.

Underline the words you don't know. You may look them up in a dictionary.

Tell a partner about this sport. You may use the questions mentioned below.



Here you can watch swimming

http://de.wikipedia.org/wiki/Michael_Phelps

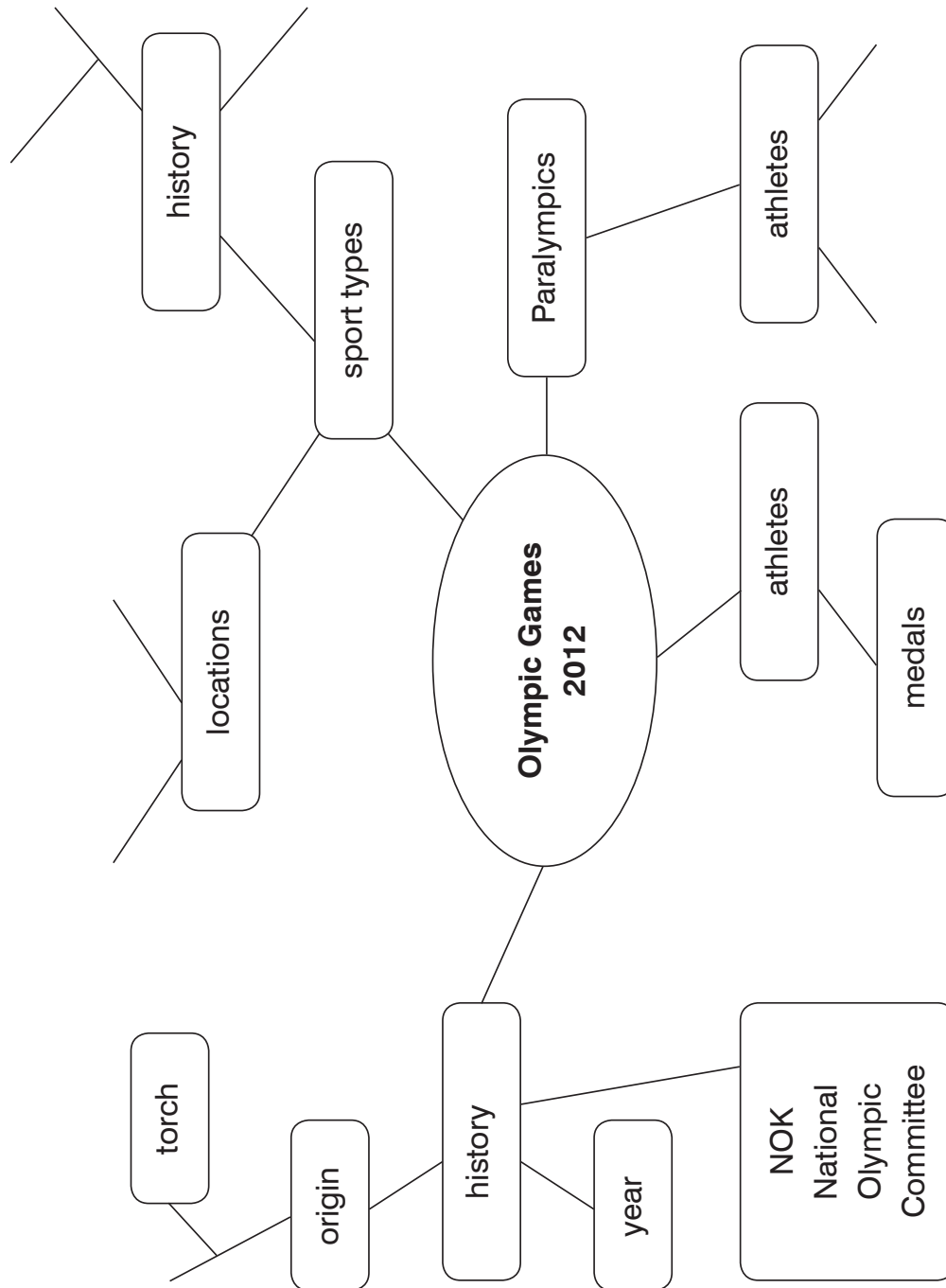
<http://www.facebook.com/michaelphelps>

Name: _____

Datum: _____

Thema: _____

Mind map



Webseiten für Rechercharbeiten:

http://2012-londonsummergames.org/index.php?option=com_virtuemart&Itemid=79&vmcchk=1&Itemid=79

<http://www.olympic.org/london-2012-summer-olympics>

<http://www.london2012.com/>

<http://www.britannica.com/>

<http://www.london2012.com/olympic-torch-relay>

<http://www.bbc.co.uk/2012/>