



1 Look at the picture. What are the people doing? How long do you think this sport has existed?

2 Look at the words in the box. Put the words in the correct place in the table.

basket competitor course court
instructor member net paddle
pitch poles track umpire

| equipment for sports | places for sport | people in sports |
|----------------------|------------------|------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

3 Read the statement below and then tick (✓) the correct option.

Everybody I know is playing a new computer game but I think it's really boring. I hope it's just a fad.

A fad is ...

- something that people have always loved and will always love.
- something that is new and popular but that will probably disappear soon.

4 Read the magazine article with four opinions about four 'new' types of sport. Match each opinion (1-4) with the correct description (A-D).

- A** This sport takes ideas from two other sports but they don't go well together.
- B** At first it seemed like a bad idea but actually it's a very good type of sport.
- C** Lots of people love it for different reasons and it will remain popular.
- D** It's enjoyable and has some advantages but it may just be a fad.



**Sports for Today and Tomorrow?****1 Standup paddleboarding**

We love this new sport. Actually, it's not really that new. People have been standing on some kind of board and using some kind of paddle for centuries. However, the paddleboards we use for sport now are only a few years old. The sport became popular very fast, but that doesn't mean it's a fad. People of all ages can do it, as long as they are able to swim, and it can be a real workout or just a peaceful hour on the water. We say it's here to stay.

2 Disc golf

Disc golf can be played in many parks these days. There's a 'course', like a golf course, but with

baskets instead of holes in the ground. You take your disc round the course and try to get it into each basket with as few throws as possible. Now, running to catch a disc in big, open spaces is fun, and we also love the challenge and skill involved in real golf. But a mix of disc-throwing and golf? Honestly, we think it's a fad.

3 Roundnet

We think lots of ball games are better than roundnet but it has its advantages. You don't need a football pitch or a big court to play it. All you really need is the round net and a ball. You use your hands or any part of your body to make the ball hit the net. The game is played in teams of two and you really have to be fast and good at teamwork. Friends can play it on the beach but you

can also be a competitor in a tournament with strict rules and an umpire (called an 'observer'). It's fun, but we don't really believe it's here to stay.

4 Nordic walking

When we first saw people out walking with poles in a park, we were sure it was a fad. Poles? In a city park? How silly! Well, years later, we understand that this is a really great sport. It's fun and it's very good for you. Your whole body gets a good workout and you don't have to join a fitness studio or even find a track. You may want to pay an instructor once or twice to make sure your technique is right, but after that, you can go nordic walking alone or with friends, anywhere. We don't like to admit this, but we were wrong: nordic walking is here to stay.

5 Read the article again and answer these questions in your own words.

1 How old or young should you be to do standup paddleboarding?

2 What could stop some people from playing 'normal' golf?

3 Where do the writers think people should play with discs?

4 What equipment do you need to play roundnet?

5 What does an 'observer' do?

6 Do you need a teacher for nordic walking? Why / Why not?

6 Have you ever done any of these sports or would you like to? Discuss in groups.

I haven't played roundnet but I would like to try it with my friends.