

Unit 6 Beyond winning

WARM UP

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Answers

- | | | |
|----------------|---------------------|--------------|
| 1 snowboarding | 2 skydiving | 3 marathon |
| 4 football | 5 mountain climbing | 6 basketball |

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Reference answers

By playing different sports, we may have different pleasure. For example, doing skydiving gives us a sense of adventure; mountain climbing brings us close to nature; running a marathon enables us to make friends; and football teaches valuable lessons in teamwork that apply both on and off the field.

PRONUNCIATION

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Script

- | | |
|-----------------|----------------|
| 1 A. history | B. historic |
| 2 A. compete | B. competitive |
| 3 A. realism | B. reality |
| 4 A. competitor | B. competition |
| 5 A. athlete | B. athletic |
| 6 A. courage | B. courageous |
| 7 A. Canada | B. Canadian |
| 8 A. hero | B. heroic |
| 9 A. apply | B. application |
| 10 A. compare | B. comparable |

Answers

- | | |
|-------------------------|------------------------|
| 1 A. <u>h</u> istory | B. <u>h</u> istoric |
| 2 A. <u>c</u> ompete | B. <u>c</u> ompetitive |
| 3 A. <u>r</u> ealism | B. <u>r</u> eality |
| 4 A. <u>c</u> ompetitor | B. <u>c</u> ompetition |
| 5 A. <u>a</u> thlete | B. <u>a</u> thletic |
| 6 A. <u>c</u> ourage | B. <u>c</u> ourageous |
| 7 A. <u>C</u> anada | B. <u>C</u> anadian |
| 8 A. <u>h</u> ero | B. <u>h</u> eroic |
| 9 A. <u>a</u> pply | B. <u>a</u> pplication |
| 10 A. <u>c</u> ompare | B. <u>c</u> omparable |

②

Script

- 1 A. The skydivers' jumps broke several records.
B. The distance runner recorded a historic time of one hour, 59 minutes, and 40 seconds.
- 2 A. In a survey, a sample of young people were asked why they participated in sports.
B. Over 400 college students were surveyed about their preferred sports.
- 3 A. In China, young people's interest in extreme sports has increased.
B. There has been a rapid increase in the number of companies related to skiing.
- 4 A. Why would you be content with being ordinary?
B. How can you describe the content of the movie *Eddie the Eagle*?
- 5 A. Sports psychology studies show that anxiety increases as we try to be perfect.
B. The elite racers strive to perfect their performance in each race.

LISTEN TO UNDERSTAND

NEWS REPORT 1

Three skydivers made history over the Himalayas on October 5th. They are the first people to parachute above the world's highest mountain. The skydivers, from New Zealand, Britain, and Canada, trained for many years to make their jumps. Their plane flew about 150 meters above the mountain's peak when they leapt out. They had to wear oxygen masks and parachutes that were larger than usual to help them in the thin air. The three were in freefall for nearly 30 seconds before their parachutes opened.

The skydivers' jumps broke several records. They entered the record books for making the highest freefall at nearly 8,900 meters. They also landed on the world's highest drop zone. Twenty-nine more people are waiting for suitable weather conditions to make the same jump.

Answers

1 A 2 B 3 C

NEWS REPORT 2

New Zealand distance runner Nikki Hamblin has been involved in a moment of true Olympic spirit.

Hamblin, competing in the women's 5,000 m heats, tripped and fell on the track, bringing American Abbey D'Agostino down to the ground with her.

Hamblin lay there wondering what had happened when she felt D'Agostino's hand on her shoulder.

“Get up, get up! We have to finish!” D’Agostino told her. “This is the Olympic Games. We have to finish this.”

D’Agostino helped Hamblin up, and the two continued to run. Having injured her knee during the fall, D’Agostino was not running well and when Hamblin looked back to see if she could help, the American simply said, “Keep going, keep going.”

The two finished last and next to last. It has been announced that they will advance to the finals because of the incident.

Answers

1 D 2 C

NEWS REPORT 3

Young people in China are showing increasing enthusiasm for extreme sports, like rock climbing, snowboarding, and diving, Chinanews.com reported.

Song, a computer engineer in her 30s, is one such fan. Every year, she goes on ski trips to Chongli District in Zhangjiakou, north China’s Hebei Province.

Extreme sports lover Meng founded an extreme sports club in 2017, hoping to arrange events and provide courses for extreme sports lovers, over 80 percent of whom were beginners.

Compared with traditional sports, extreme sports are new and cool, said Pei, marketing director of an extreme sports company that has over 2.6 million registered users on its smart phone application. According to him, “these sports are hard, so the pleasure that comes from taking part is particularly great.”

Since their first appearance in China, extreme sports have seen a rapid growth. China is now home to 4,000 companies related to rock climbing, over 3,600 companies related to diving, and 2,000 companies related to skiing.

Answers

1 A 2 A 3 C

LISTEN TO COMMUNICATE CONVERSATION 1

Interviewer: Congratulations. The wind has made it tougher today.

Marathoner: Yes, the wind is awful.

Interviewer: But the runners were not discouraged at all. Why do they want to run?

Marathoner: In a marathon, the challenge is from the runners themselves, rather than the distance, the weather, and things like that. Also, it is up to the runners to decide how much to run and how to run. That's why so many of them are still here today.

Interviewer: You took part in your first marathon 12 years ago. How did you feel when you crossed the finish line?

Marathoner: This morning, a girl told me that this was her first marathon and her last marathon. I told her that was exactly what I said 12 years ago. I was tired out.

Interviewer: Marathons are the only sports where amateurs experience the crowds just the same as the professionals. So what was it like when you ran through the cheering crowd?

Marathoner: Just amazing. You hear the loud cheers. You feel so excited and you run fast.

Interviewer: Some viewers today may want to run a marathon themselves. How can they stay motivated?

Marathoner: You only need to go out the door. That's the hardest step.

Interviewer: Why do you love running so much?

Marathoner: It is simple – you only need T-shirts and shoes. Yet, it is most rewarding. You make a lot of friends who have the same hobby. You feel more confident. And, of course, you feel more energetic in everyday life.

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Answers

1 C 2 A 3 A 4 A

②

Answers

1 the distance; the runners

2 confident; energetic

CONVERSATION 2

Sam: Good morning, Sara. Where were you last night?

Sara: I went to watch *Eddie the Eagle*.

Sam: How did you like the movie?

Sara: It was touching and inspiring.

Sam: I watched it the other day. It was fun.

Sara: Yes, I felt the same way. In particular, I enjoyed the acting.

Sam: But there is still one thing that I don't like.

Sara: What's that?

Sam: When Eddie came back from the Olympics, he was regarded as a hero. I think that's a bit exaggerated.

Sara: Well, I'm afraid that's what happened to the real Eddie.

Sam: You know Eddie finished last.

Sara: That's true. But he was inspiring.

Sam: You mean he was disadvantaged by his weight and far-sightedness, but made it to the Olympics.

Sara: Right. Also, few people have turned their childhood dream into reality.

Sam: That makes sense to me. Eddie had to work harder for that since he wasn't born to be a skier.

Sara: Exactly. He encountered a lot of criticism and doubt, but he put them aside.

Sam: I see what you mean. Eddie surely is a winner in life.

Sara: You've got it. Now you see why he's popular. In one sense, everyone can be Eddie.

①

Answers

1 B 2 A 3 A 4 D

②

Answers

2) That's true

3) Right

4) That makes sense to me

5) I see what you mean

6) You've got it

ACT-OUT

Reference answers

1) There's no better feeling than

2) I love it

3) I just like

4) I can't motivate myself to do

5) It's just too boring

6) I don't really care for it

LISTEN TO SHARE

PASSAGE 1

①

Reference answers

Sentence 1: Winning is the most important reason young people participate in sports.

- Yes, I agree. Since winning can boost self-confidence and provide a sense of achievement, some young people engage their competitive nature in sports and thus winning is what matters most to them.

- No, I don't agree. I think most of the young people play sports simply for fun. In many cases, it provides a way to socialize with peers and to add something to the routine work and study. Also, playing sports can build the body and develop a hobby.

Sentence 2: In youth sports, it's harmful to place emphasis on winning.

- Yes, I agree. If the youth care about winning too much, they'll judge the value of sports simply by the result, which may put the youth under great pressure. So, they may miss the charm of sports in a more important sense.
- No, I don't agree. Emphasis on winning in sports may motivate the youth to train harder and to develop their sports potential further.

Script

In a survey, a sample of young people aged 10 to 18 were asked why they participated in sports. As it turned out, "to win" was not among the top 10 reasons for girls and was only seventh on the list for boys. Moreover, when they were asked what they would change about sports, "less emphasis on winning" was among the top 10 on the list for both genders.

When coaches and parents were asked how important winning was to their children's success in sports, many of them responded, "Very!" For them, winning in youth games is the only thing. To ensure winning, these adults study the past records of each player to see who has to win and who has to lose so that the team could move up. They are more willing to take in good players from outside than develop players from within.

In such a way, they may make a lot of the best record or the leading team. They, however, mistake the winning or losing of matches for the success or failure of individual players. Such a narrow definition of winning may harm young athletes.

The way out of this harmful view of winning may lie in what a famous coach once said, "Winning isn't everything, but striving to win is." By placing the emphasis on the athletes and their efforts, winning becomes something that comes within the reach of all.

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Answers

1 A 2 C 3 A 4 C

③

Answers

1 top ten / top 10 2 emphasis; both genders 3 past records; move up
4 matches; individual players 5 within the reach

PASSAGE 2

①

Reference answers

1 The Olympic spirit is embodied in the Olympic motto of “Faster, Higher, Stronger.” In the Games, all athletes challenge themselves and attain their own excellence. The essential thing is not to win, but to fight.

2 Deng Yaping, a talented table tennis player, won four Olympic championships and is regarded as one of the greatest players of the sport. At the 1992 Olympic Games, British runner Derek Redmond tore his hamstring after the 400-meter race started but limped to the finish line, making one of the most memorable moments in the history of the Games.

Script

Lawrence Lemieux had dreamed of sailing the open seas since childhood. As a young man, Lemieux made great efforts in order to save enough money to pursue his dream of sailing in the Olympics. He did three jobs and lived in his van for 15 years. Finally, in 1988, all of his hard work and determination paid off.

Lemieux represented Canada in the 1988 Summer Olympics. On September 24, he set sail with his Olympic competitors at Pusan, South Korea. But the weather suddenly changed, with powerful winds and strong waves.

Lemieux was halfway through the race and in second place, with a good chance to take home an Olympic medal. But then he noticed an overturned boat in the distance and several heads above the waves. The Singaporean team of a different race had lost control of their boat. Lemieux took action, forgetting his own race, and sailed toward the sailors in danger. He pulled both men into his boat – saving their lives.

Lemieux returned to his race, but due to the loss of time, he finished 22nd out of 32 boats in the race and didn’t win any medal. However, at the awarding ceremony, he was awarded the Pierre de Coubertin Medal for his actions and courage.

②

Answers

1 A 2 C 3 D

③

Answers

1 From childhood, Lawrence Lemieux dreamed of sailing the open seas.

2 In 1988, Lemieux competed at Pusan, South Korea.

3 Due to a sudden change in weather, the Singaporean team (of a different race) lost control of their boat.

4 At the awarding ceremony, Lemieux was awarded a medal for his actions and courage.

DISCUSSION

Reference answers

1 Competitive sports refer to the events in which players play in order to win. Most of the sports can be played in a competitive way. For example, swimming and skateboarding. When you go swimming or skateboarding in order to win over other players, they become competitive.

2 Competitive sports tend to be more challenging and exciting and can push the players to their best. However, the desire to win may bring so much pressure to the players that they can't enjoy the game; players may also cheat for the purpose of winning.

TALK ABOUT CHINA



Reference answers

1 According to the passage, the Chinese women's volleyball team is known for its teamwork, pursuit of excellence, and never giving up.

2 I admire Lang Ping most. She is a brilliant volleyball player and coach. I admire her for her devotion to volleyball, her achievements in the sport, as well as her courage at times of failure.

VIEW THE WORLD

Script

The dream. Everyone has one. But not everyone lives it or even pursues it. Usually it isn't the thing itself that stops you. No matter who you are, there's always something. There's only one thing powerful enough to overcome everything holding you back: love. It's more than just a rational decision to go after your dream. It's a burning passion. A deep-rooted emotional attachment. Now experiencing the highs and lows drives you to go after your dream.

I absolutely have a passion for skateboarding. We have no courts; we have no lanes; we don't have to rely on any team or anyone. The intricacies of skateboarding are what attract me. There will always be those who can do more than you. And you will never control the level of expertise around you. But you can control how hard you work. It's not a competition against anyone else. It's a battle with yourself. How are you better than you were last year? Last month? Last week? I want you to be in control right now. What is the meaning of life for you? Happiness? Happiness for others? To make a difference? Whatever it may be, only you can decide for yourself.

People only see the success. But behind the curtains, I fell a lot more than I succeeded. It's not about doing the impossible. It's a matter of how you can break it down into

something possible. It tests how much you can endure. It's like trying to balance a coin on its side. One of the simplest forms of problem-solving: Do it enough times and you will be able to do it faster and faster. If you don't have a deadline, you have no excuse but to succeed. There are moments when no matter what I am doing, I have to stop and just skate. You only get one life to live, why would you be content with being ordinary? Because when you are 95 years old, staring out the window, I want you to be able to say, "I did it."

Always remember the single most important factor to succeed is love. The dream. Everyone has one. But not everyone lives it or even pursues it. But we will.

①

Answers

- 1 holding you back; decision; passion
- 2 a competition; a battle
- 3 break it down; endure

②

Reference answers

1 Some people may not make enough efforts to bring the dreams into reality; others may lack clear goals and plans; most people may not be determined enough to realize their dreams.

2 Yes, I agree. Love indeed generates a lot of power for one to realize one's dream. Other contributing factors include determination, perseverance, efforts, wisdom, etc.

FURTHER LISTENING

NEWS REPORT

Sarah Outen, the British adventurer, is back on land after 150 days of rowing. During her journey, she encountered storms, sharks, cargo ships, and hallucinations. She is the first woman to row the 4,315 miles from Japan to Alaska. Outen opened a bottle of champagne after her 22-foot ocean rowing boat made it to shore.

"I have had some of the most exciting months of my life out on the Pacific. What I have experienced during the past several months is more unforgettable than the fact that I have made it." Outen is halfway through her goal to cycle, kayak, and row her way around the world. She is also the first woman to row across the Indian Ocean alone.

Answers

- 1 B 2 C 3 B

CONVERSATION

Gigi: I'm so glad it's Friday. Are you doing anything this weekend?

Vincent: I'm going snowboarding with John.

Gigi: Didn't you guys go bungee jumping last weekend?

Vincent: Yes, and we plan to go cave diving in a couple of weeks.

Gigi: I didn't know you were such a fan of extreme sports.

Vincent: For me, it's about pushing myself to the limit.

Gigi: Aren't you afraid of getting hurt?

Vincent: Sure. There's always the danger of getting hurt, but we don't do these sports competitively. It's just for fun. I like trying new things and seeing how far we can go. Do you want to come with us sometime?

Gigi: Me? I'm not really the adventurous type.

Vincent: You never know. You might like it. After cave diving, we'll probably try climbing.

Gigi: Oh, that doesn't sound too bad. I've done some climbing before.

Vincent: I should tell you that we plan on going ice climbing. Why not join us?

Gigi: Oh. In that case, I think I'll pass. Have fun this weekend.

Vincent: Thanks and let me know if you change your mind.

Answers

1 D 2 C 3 B 4 A

PASSAGE

One of the pleasures of the marathon is that all the runners take part in the same race, but for different goals.

Most participants in a marathon want to finish. They may run the whole distance; more likely they will run and walk, just as long as they get round. These are the real heroes of the marathon – the runners who have risen to a challenge unlike anything they have done before. They may be running for charity, perhaps in memory of a loved one, or to show themselves and the world that they have the inner strength to succeed.

The second group of marathon runners want to perform and improve. They may well have run a marathon before, and now want to finish within a shorter time. They train for months for a single race. If they happen to have a bad day, they have to wait for their next chance to achieve their goals and recover their pride.

The third and final group of runners are the elite racers, hoping to do well, or perhaps win, at least in their age group. Again, their opportunities to achieve their goals are limited. Unless they are blessed with an unusual physical condition, marathon athletes may have as few as eight or ten good marathon races in their lifetime.

So, in the marathon, all participants know they are facing up to their own challenges and, to a large degree, their sense of accomplishment comes from winning against themselves.

Answers

1 D 2 B 3 D 4 C