

Sports began as a form of exercise, often used to train soldiers for fighting. The ancient Greeks believed that sports were good training for the mind as well as for the body. During the 19th century, people in America and Europe began to think so, too. This is when the rules were first made for many of the sports we enjoy today.



Baseball is a popular team sport in North America, Japan, and other countries. Skiing is an exciting winter sport. You don't have to be a professional downhill racer to enjoy the fun. In slalom races, the skiers twist and turn around flagpoles. Golf began in Scotland. A golf course has 18 holes. The object is to hit the ball into each hole, taking as few shots as possible. Wrestlers learn to throw opponents without hurting them badly. They also learn to fall softly. Water sports are fun for people of all ages. Sailing boats are small or large. Swimming is a good exercise and essential for water safety. Athletes train hard for important races, which may be short or long.

**ancient:** alt, ehemalig  
**believe:** glauben  
**mind:** Gemüt, Sinn  
**rule:** Regel  
**enjoy:** Freude haben an  
**exciting:** spannend, aufregend

**twist:** s. winden, drehen  
**pole:** Pfosten, Stange  
**object:** Ziel, Zweck  
**hole:** Loch  
**possible:** möglich  
**wrestle:** ringen

**throw:** werfen  
**opponent:** Gegner  
**hurt:** verletzen  
**essential:** wichtig  
**safety:** Sicherheit

**What will you need?** For curling we need stones.

**rope, stone, paddle, bar, ski, gloves, surfboard, racket, bat, motorboat, ball, puck, swimming trunks**

curling... <b>stones</b> .....	water skiing .....	football.....
high jump .....	tennis.....	boxing .....
swimming .....	rock climbing .....	baseball.....
canoeing.....	ice hockey .....	
windsurfing .....	skiing .....	

**Translate:**

1. Sport ist gut für den Körper. ....
2. Ein Golfplatz hat 18 Löcher. ....
3. Baseball ist sehr beliebt in Nordamerika. ....
4. Genieße den Spaß! .....
5. Es ist ein wichtiges Rennen. ....
6. Verletze ihn nicht! .....