

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... <i>stones</i>	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!