

A woman with dark hair in a ponytail, wearing a black sports bra and leggings, is performing a lunge in a gym. She is holding two dumbbells, one in each hand, and is looking to her right. The gym has a polished floor and various pieces of equipment in the background.

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Lower Body Strength

Objectives

- Learn and use vocabulary relevant to the lower body
- Learn other vocabulary and terms related to competitions
- Find out about different lower body exercises and routines
- Read about Olympic athletes and the history of football (soccer)
- Listen to athletes discussing marathon preparation and physical rehabilitation
- Discuss why lower body workouts are important
- Use sequencers to write a paragraph

Warm-Up

A Look at the pictures and answer the questions below.

a



b



c



1. What is each sport called? _____
2. What do they all have in common? _____

B Work in pairs. Discuss the following questions with your partner. Then share your answers with the class.

1. What is your favorite sport to watch?
2. What is your favorite sport to participate in?

Vocabulary

A Read the definitions of the different muscles in the lower body. Then read about Sally's exercise routine and fill in the blanks with the correct muscles.

Muscles of the lower body

- **quadriceps:** "Quads" for short; these are located in the front part of a person's thighs.
- **hamstrings:** These are the muscles in the rear of a person's thighs.
- **glutes:** These are the muscles located in a person's buttocks.
- **calves:** The back of a person's legs below the knees.

Sally's Routine



Stretching



Jumping rope



Lunging



Squatting

Sally heads to the gym early in the morning. Today, she is trying to improve her leg muscles. She starts by stretching. She sits on the mat and extends one leg as far as it can go. She feels a burning sensation on the back of her upper leg. This exercise is stretching her ① _____. Next, she gets out a jump rope and skips over it 20 times. This requires a lot of quick movement below her knee, so her ② _____ get a good workout. Then, she does lunges. Lunges are when you get on one bent knee and shift your weight forward, putting pressure on your thigh muscles. She feels pain in her ③ _____. This is good because as the saying goes, “no pain, no gain.” Finally, one of the most important exercises to work out your lower body is called a squat. Sally bends both her knees, extends her arms, and lowers her buttocks as far down towards the mat as they can go. This is a great exercise as it works out almost all of your lower body muscles, but it puts special emphasis on your ④ _____. After an intense lower body workout, Sally is ready to leave the gym and have a healthy breakfast.



B In small groups, discuss the following questions. Then share your answers with the class.

1. Have you ever hurt leg muscles while training at the gym? What happened?
2. How did you fix it? How long did it take for your legs to feel completely better?



Reading 1

 **A** Read the following article. As you read it, take note of the words in bold and try to understand the important details of the story.

Taekwondo Athlete Achieves Olympic Glory

At 183 centimeters tall, Chia-Ling Lo has always been a **natural** in taekwondo. She comes from a family of taekwondo athletes and often **practiced** with her father and brother from an early age. Lo would wake up earlier than all the other children in her **neighborhood** in order to practice her kicks before she had to go to kindergarten. Growing up, she was always in school or training in taekwondo. It was difficult, but years of



hard work paid off. Lo would become the only Taiwanese taekwondo athlete to win two gold medals at the World Taekwondo Junior Championships, which she did in 2016 and 2018. However, her biggest **challenge** would be in Tokyo, where she would **represent** Taiwan in the ultimate sports competition—the Olympic Games.

Nineteen-year-old Lo made her country proud when she won a bronze medal at the Tokyo Olympics in 2021. She beat her Nigerian opponent Tekiath Ben Yessouf 10–6 in the women’s 57 kg bronze medal **contest**. She was **defeated** in the semifinal and did not get a chance to go for gold. However, she did not let this **setback** keep her from fighting for Olympic glory. After watching her win, Lo’s father told the media that he was happy about her **achievement** and how much she had improved over the years. President Ing-Wen Tsai congratulated Lo for showing fearlessness and **confidence** in winning a medal at her first Olympics. This filled Lo’s heart with pride. Little girls everywhere can see her as an example to follow. Work hard and you can achieve your dreams, too!

“Slowly moving forward step by step, and the goal is not far away.”

—Chia-Ling Lo

Reading 2

 **A** Read the following article. As you read it, take note of the words in bold and try to understand the important details of the story.

The History of Football (Soccer) and How It Has Changed

Football (or soccer as the game is called in the USA) **officially** started in England about 150 years ago. But similar games had been played for **centuries** before that. Farmers played on fields with balls made of cow **leather** in the 12th century. However, back then they could punch the ball as well as kick it! Nowadays, using hands in the game is **illegal**. The players in the past could also punch and kick each other to try to get **possession** of the ball. In our present time, use of **violence** will get a player **ejected** from the game. There was no limit on players, either; entire towns would join in a single **match** and these huge games would destroy **property** and some players even died. The damage became so bad that football was **banned** for centuries.



However, the game would slowly come back, first as something children would play in schoolyards. Then in 1863, the first football **association** was formed in England. Many rules were decided at this time, such as one **forbidding** carrying or hitting the ball with the hands. Football clubs were **established**, and the rest is history. Football is now famous around the world. In every country, you can see children enjoying the game during their free time, and almost every city has a football club as well. It is so beloved that it has gained the **nickname** “the beautiful game.” It is played every four years at the Olympics. Brazil won the gold medal in Tokyo 2020. Will Taiwan get its chance at football glory one day?



Listening 1

 **A** Listen to Julie giving advice to Sarah on how to prepare for a marathon race. Circle the correct words as you hear them.

Sarah: Hi Julie. I'm training for my first marathon. Do you have any advice?

Julie: Sure, Sarah. First, it's very different from the one-hundred-meter **1** (sprints / prints / rinse) you're used to. A marathon is more about stamina than speed.

Sarah: OK, so how do I build my stamina?

Julie: You need about four months to prepare. Every week, run a longer distance than you did the week before. This will **2** (increase / incase / decrease) your **3** (insolence / endurance / insurance). After a while, you should be comfortable running long distance.

Sarah: What should I eat while I train?

Julie: Well, stay away from coffee, alcohol, or candy. Stick to a pure diet, such as fruits, cereals, and vegetables. Also, eat foods rich in **4** (hydroxide / dehydrates / carbohydrates). For example, pasta is great for storing up energy in your body for later.

Sarah: Thanks. And what about right before my race?

Julie: You need a proper night's sleep before your big day. When you wake up, eat a simple and healthy breakfast, such as bagels or fruit. Then try some relaxing **5** (mediation / meditation / memorization) exercises.

Sarah: This is all helpful, but is there anything I should *NOT* do before I run in a marathon?

Julie: I once bought new shoes right before a race, but I realized they were **6** (glistening / twisting / blistering) the heel of my foot and I wouldn't be able to **7** (complete / compete / run feet) the race. So, my advice would be not to change anything about your routine or gear right before you run.

Sarah: Thanks so much, Julie.



B Fill in the blanks with the correct vocabulary from the conversation.

1. If you want to relax, you should try _____.
2. Don't give up! _____ the race even though you are tired.
3. Foods like bread or pasta have a lot of _____.
4. A marathon is a long-distance race. A short-distance race would be called a _____.

C Cover up the conversation. Read the following statements and decide if they are True or False.

- | | |
|---|--------------|
| 1. Julie is preparing for a marathon. | True / False |
| 2. Julie suggests Sarah should eat lots of pasta before her run. | True / False |
| 3. According to Julie, it's a good idea to buy new shoes before a race. | True / False |
| 4. Julie tells Sarah that lifting weights will help her run faster. | True / False |
| 5. Julie says she will be cheering Sarah on from the starting line. | True / False |

D With a partner, discuss the following question. Then share your answers with the class.

Julie says it's good to do meditation before a race, and it's bad to wear new shoes. Do you have any good luck rituals you do or bad luck rituals you avoid before a sporting event?



Listening 2

 **A** Listen to Rita explaining to a doctor about how she injured her leg during sports practice. Fill in the correct words from the box as you listen.

practice
hamstring

recovery
gentle

thigh
pain

tests
notice

Rita: Hi, thank you for seeing me on short
① _____, Doctor Lee. As I told you over the phone, I really hurt my leg. I can barely walk!

Doctor: Nice to see you again, Rita. Yes, you mentioned you were in a lot of
② _____. How did this happen?

Rita: I was at soccer ③ _____ working on my goal kicks, and I slipped on some wet grass. Then I heard a snap like a rubber band!

Doctor: Oh my . . . that's not good. Do you mind if I touch it?

Rita: OK . . . but please be ④ _____. It hurts.

Doctor: Yes, your ⑤ _____ feels very swollen.

Rita: Oh no! Do you think I broke my leg?

Doctor: No, no. Relax. Nothing that serious. It's probably a ⑥ _____ strain. That's when your muscle gets stretched too far and starts to tear. We'll need to do some more ⑦ _____ to be certain, but with some treatment you will be fine.

Rita: Well . . . will I be able to play in our game next week?

Doctor: No, sorry. You will make a full ⑧ _____, but it will take some time, and you will have to miss some games.

Rita: Oh no . . . I hope my coach isn't upset.

Doctor: He will understand. You just focus on getting better!



B Match the words to the correct definitions.

- 1. _____ practice
 - 2. _____ pain
 - 3. _____ thigh
 - 4. _____ recovery
 - 5. _____ test
- a. a return to a normal state of health
 - b. the upper part of the leg connected to the hip
 - c. unpleasant feeling caused by injury or illness
 - d. training in a sport or activity to improve skills
 - e. an examination of a part of the body to check health

C Work with a partner and discuss the following questions.

- 1. Have you ever injured your legs? What happened?
- 2. How did you recover?



Speaking

Work in pairs. Spend 3–5 minutes sharing your lower body workout routine with your partner. As you discuss and compare your different workouts, fill out the table below.

Examples:

I do stepping exercises for ten minutes to build my calves.

I do two sets of ten reps on the leg press to develop my quads.

Muscles trained	Type of exercise	Weight / sets / reps / frequency
calves	stepping	ten minutes
quads	leg press	two sets of ten reps

Writing

Write a five-sentence paragraph explaining your routine for developing your lower body muscles. You can base this on your answers in Speaking if you want. Use sequencers and try to use some of the vocabulary words from this unit.



Grammar Tips

Sequencers are words that help describe the order in which we do something. They are adverbs and go in the beginning of the sentence. They are always followed by a comma. *First, Next, Then,* and *Finally* are all common sequencers.

Example:

Making ramen noodles: *First,* I boil a pot of water. *Then,* I put the noodles in the pot. *Next,* I stir the noodles in the water for two minutes. *Finally,* I drain the water and put the noodles in a bowl.

Blank writing area with horizontal lines for text entry.



Sports Focus **Taekwondo** (/ˌtaɪˌkwɒnˈdɔːs/)

A Read the interview with Chia-Ling Lo after she won a gold medal at the World Taekwondo Junior Championships in 2016.

Interviewer: You're the top one . . . the first in the world. How does it feel? How was the fight tonight?

Lo: I have done my best in the competition tonight, and I am very happy.

Interviewer: How did you prepare for this competition?

Lo: I went to training every day.

Interviewer: What is next for you in taekwondo?

Lo: I want to be an Olympic player.

Interviewer: Is there someone that you look up to in the world of taekwondo?

Lo: My father is a taekwondo coach.

Interviewer: Why do you look up to him? How does he inspire you?

Lo: My father teaches me everything and inspires me a lot. It doesn't matter how I do, and he always encourages me.

Interviewer: Do you have a message for him tonight?

Lo: Thanks to my dad for looking after me and teaching me all the things I need to do.

Interviewer: Congratulations on your first place.

Lo: Thank you.



B Answer each question in one sentence according to the interview.

1. How did Lo prepare for the competition? _____
2. What does Lo hope to do next in taekwondo? _____
3. Who does Lo look up to in the world of taekwondo? _____
4. Why does Lo look up to her father? _____
5. What is Lo's message for her father? _____

C Work in pairs. Tell your partner **how you prepare** for your sport, **who you look up to (who inspires you)**, **why you look up to that person**, and **what message you have for him or her**.

1. I prepare by _____.
2. I look up to _____ because _____.
3. My message for him/her is _____.

More Practice

Watch the video “Everybody Loves Taekwondo” and answer the following questions.

1. Which is NOT one of the colors mentioned in the video?
 - a. Red
 - b. Orange
 - c. Blue
2. What does each color mean?
 - a. It represents skill level.
 - b. It represents championships won.
 - c. It is just a fashion choice.
3. Where was taekwondo invented?
 - a. Taiwan
 - b. Korea
 - c. Japan
4. What does “taekwondo” mean?
 - a. The way of the foot and fist
 - b. The way of the heart and spirit
 - c. The way to peace and justice



Now I can

- ◆ discuss my lower body workout routine.
- ◆ identify the different muscles in my lower body.
- ◆ discuss how to prepare for a marathon.
- ◆ use sequencers in my writing.
- ◆ use new vocabulary words and terms in my writing.

Yes No

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