DOCUMENTS pour SEQUENCE DNL EPS
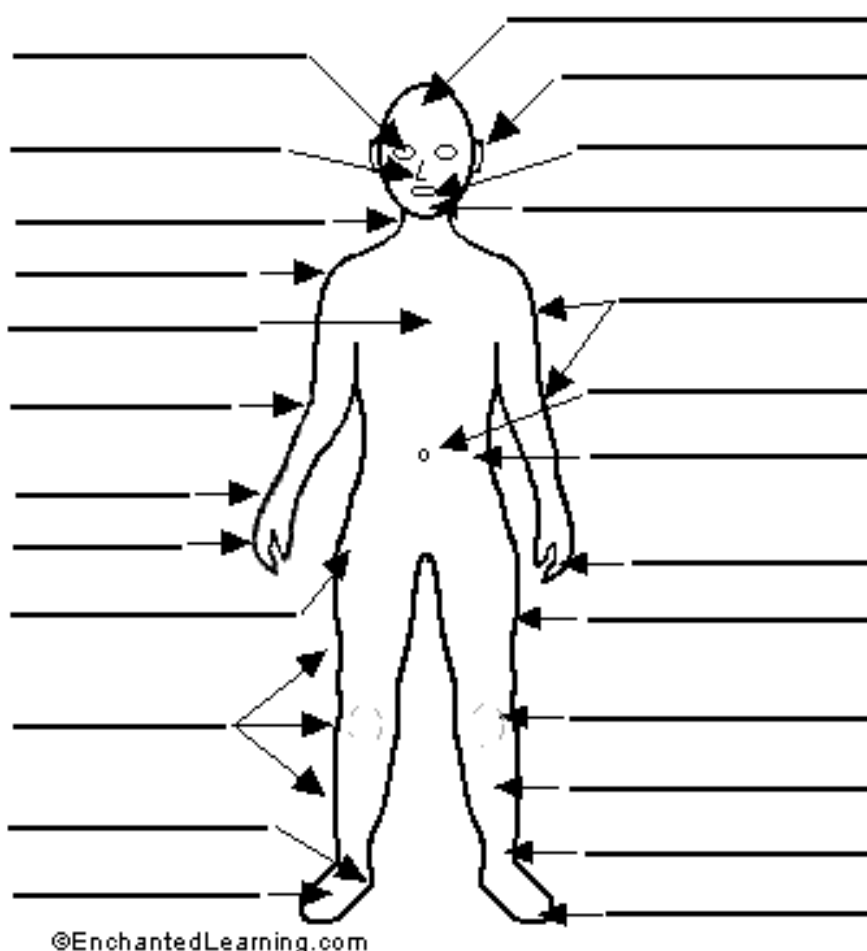## Our sporting portrait

Interview your partner to find out their sporting portrait (get the right question!):

Sports:	
Frequency:	
Time spent:	
Clubs, teams:	
Supporter, fan:	

The human body.

Look at this diagram and label as many parts as you can :
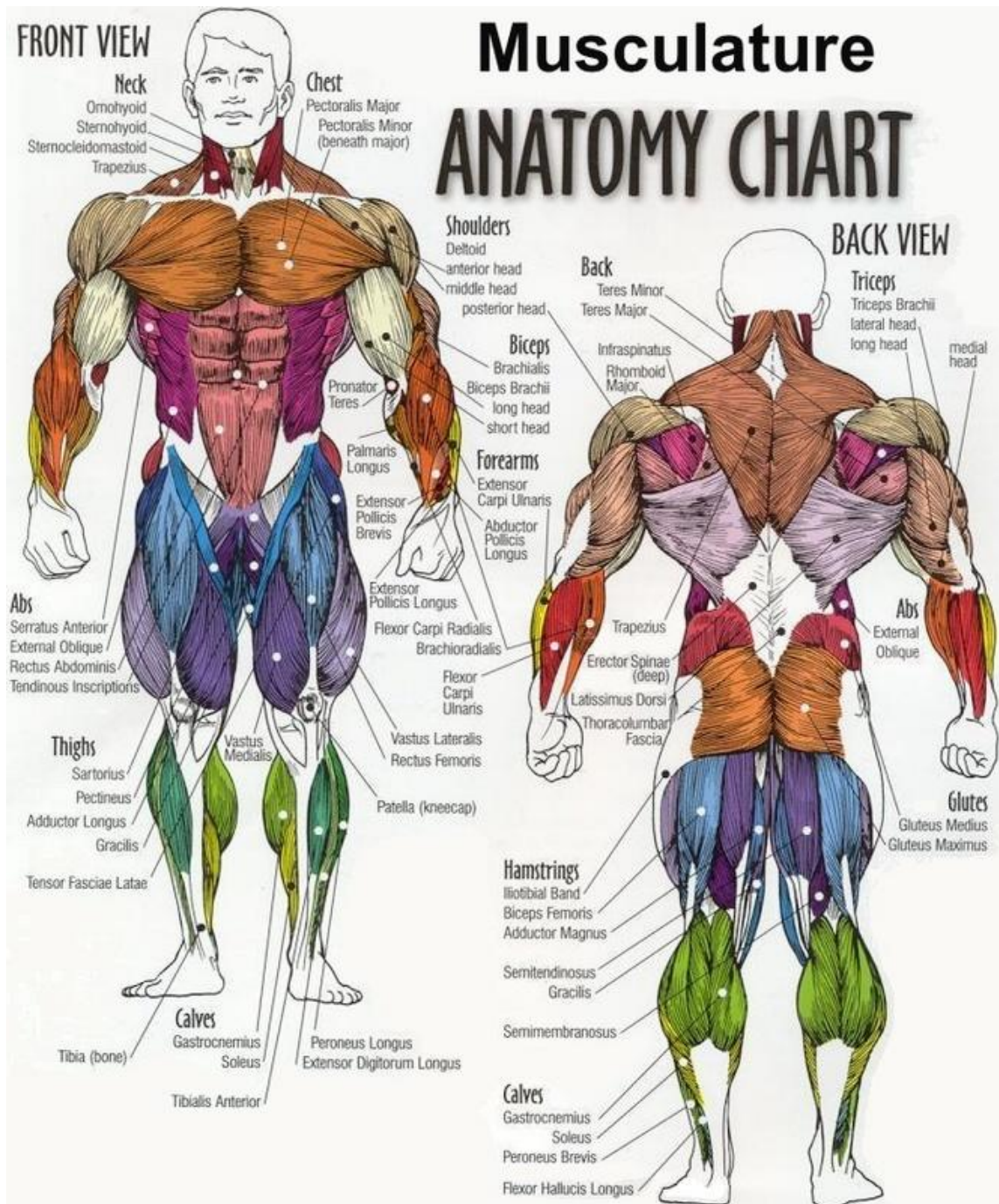

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waist   chest   mouth   toes   hand   tummy   forehead   arm

eye   thigh   hip   foot   fingers   shoulder   shin/calf   neck   ear

leg   nose   chin   ankle   wrist   knee   elbow   heel

Maxime Marillat & Katy Duperrier – Lycée Hector Berlioz – La Côte Saint André – Académie de GRENOBLE

Our muscles – where they are and what they are called:

Styling the perfect figure.

Watch the slideshow again and note down your observations on the gender difference for the ideal figure:

MEN	WOMEN

Styling the perfect figure.   Corrigé

Watch the slideshow again and note down your observations on the gender difference for the ideal figure:

MEN	WOMEN
• large muscular shoulders and chest • thick muscular arms • "six pack" waist •	• flat, thin waist • large chest –shape depending on fashion • firm thighs and bottom • long smooth legs •

Women's heptathlon

The women's outdoor heptathlon consists of the following events, with the first four contested on the first day, and the remaining three on day two:

- 100 m hurdles
- High jump
- Shot put
- 200 m
- Long jump
- Javelin throw
- 800 m

2012 Olympic Games -Jessica Ennis

Event	Result	Position	Points	Overall	Notes
100 metres hurdles	12.54 secs	1st	1,195	**1st**	(1,195) Personal Best, 17 ahead of Jessica Zelinka
High jump	1.86 m	5th	1,054	1st	(2,249) 25 ahead of Hyleas Fountain
Shot put	14.28 m	9th	813	2nd	(3,062) 64 behind Austra Skujyte
200 metres	22.83 secs	1st	1,096	1st	(4,158) Personal Best, 184 ahead of Austra Skujyte
Long jump	6.48 m	2nd	1,001	1st	(5,159) 258 ahead of Austra Skujyte
Javelin	47.49 m	10th	812	1st	(5,971) Personal Best, 188 ahead of Austra Skujyte
800 metres	2:08.65 secs	1st	984	1st	(6,955) 306 ahead of Lilli Schwarzkopf
Heptathlon		**1st**	**6,955**	**1st**	**Gold Medal, with her personal best career points total and national record**

DOCUMENTS pour SEQUENCE DNL EPS
2012 Olympic Games -Jessica Ennis

Person A

Event	Result	Position	Points	Overall	Notes
100 metres hurdles		1st		**1st**	(1,195) Personal Best, 17 ahead of Jessica Zelinka
High jump	1.86 m	5th	1,054	1st	(2,249) 25 ahead of Hyleas Fountain
Shot put		9th		2nd	(3,062) 64 behind Austra Skujyte
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800 metres		1st		1st	(6,955) 306 ahead of Lilli Schwarzkopf
Heptathlon		**1st**	**6,955**	**1st**	**Gold Medal, with her personal best career points total and national record**

2012 Olympic Games -Jessica Ennis

Person B

Event	Result	Position	Points	Overall	Notes
100 metres hurdles	12.54 secs	1st	1,195	**1st**	(1,195) Personal Best, 17 ahead of Jessica Zelinka
High jump		5th		1st	(2,249) 25 ahead of Hyleas Fountain
Shot put	14.28 m	9th	813	2nd	(3,062) 64 behind Austra Skujyte
200 metres		1st		1st	(4,158) Personal Best, 184 ahead of Austra Skujyte
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Heptathlon		**1st**	**6,955**	**1st**	**Gold Medal, with her personal best career points total and national record**

<u>Styling the perfect figure</u> .

Imagine that you are Toni Minichiello, Jessica Ennis' trainer. Prepare her training programme in preparation for the Olympics.

<u>London Olympics final – Listening comprehension</u>

The mens' 5000m final: Mo Farah of Great Britain had won gold in the 10 000m final and was among the favourites.

In the final 2 laps, Mo Farah was tucked in behind Dejen Gebremeskel of Ethiopia. With 600m left to run, Farah pulled in to the lead. He was joined by his training partner Galen Rupp going into the final lap. There were 5 athletes on Farah's shoulder, he was pushed hard in the final 100m. Buoyed by support by the crowd, he kicked on and crossed the line to become a double Olympic champion.

He won with a time of 13 minutes 41 point 66 seconds. Farah had run the last mile of the race in 4 minutes, a tremendous run for a British athlete in front of his home crowd.

Farah admitted 2 days before the race he was feeling tired following his 10 000m victory.

Silver went to Dejen Gebremeskel of Ethiopia.

Bronze was won by Thomas Longosiwa of Kenya.

"I had to dig in deep and work my way through but I'm glad I got it right and it's an amazing feeling!"

"Why did it go so right?"

'I don't know, it's something about this crowd and this track here – a home crowd makes a big difference"

..../... "Your wife, you say, she's heavily pregnant, how are you going to remember this whole experience?"

"I've got two medals for my twins, that's a good memory."

"Congratulations."

London Olympics final –Listening comprehension

mile	41	100m		Kenya	track	600m	twins	lap	5
	double	13	4	2	10 000m	Ethiopia	5000m	66	

The mens' _____ final: Mo Farah of Great Britain had won gold in the _____ final and was among the favourites.

In the final _____ laps, Mo Farah was tucked in behind Dejen Gebremeskel of Ethiopia. With _____ left to run, Farah pulled in to the lead. He was joined by his training partner Galen Rupp going into the final _____. There were_____ athletes on Farah's shoulder, he was pushed hard in the final _____. Buoyed by support by the crowd, he kicked on and crossed the line to become a _____ Olympic champion.

He won with a time of _____ minutes _____ point _____ seconds. Farah had run the last _____ of the race in _____ minutes, a tremendous run for a British _____ in front of his home crowd.

Farah admitted ____ days before the race he was feeling tired following his _____ victory.

Silver went to Dejen Gebremeskel of _____

Bronze was won by Thomas Longosiwa of _____

"I had to dig in deep and work my way through but I'm glad I got it right and it's an amazing feeling!"

"Why did it go so right?"

'I don't know, it's something about this crowd and this _____ here – a home crowd makes a big difference"

..../... "Your wife, you say, she's heavily pregnant, how are you going to remember this whole experience?"

"I've got _____ medals for my _____, that's a good memory."

"Congratulations."

Maxime Marillat & Katy Duperrier – Lycée Hector Berlioz – La Côte Saint André – Académie de GRENOBLE

Name_____   Date_____

BODYBUILDING Vocabulary test   _____/10

1. la cuisse_____   2.muscles de la cuisse_____

3.le mollet_____   4. muscles de la fesse_____

5.le coude_____   6.avant bras_____

7.la cheville_____   8.tablette de chocolat_____

9.la hanche_____   10.le poignet_____

Bodybuilding – vocabulary for the gym. keep adding the extra vocab you need!

straight back / legs	-	dos /jambes droit(es)
a weight	-	un poids
skipping rope	-	une corde à sauter
a bar	-	une barre
weightlifting	-	haltérophilie
a bench	-	un banc
a seat	-	un siège
to lift (a weight)	-	soulever (un poids)
to lift (your arms)	-	hausser (les bras)
to sit	-	s'asseoir
to skip	-	sauter (à la corde)
to breathe in	-	inspirer
to breathe out	-	expirer
to lie down	-	s'allonger
to add	-	ajouter
to pull down = to lower	-	baisser
to push up = to raise	-	remonter
to face (the wall / the machine)	-	se tourner (vers le mur / la machine)
to jump onto / over	-	sauter sur /par-dessus
with both legs together	-	les deux pieds reliés
to bend (your knees)	-	plier (les genoux)
to stretch	-	s'étirer
to do some sit-ups / press-ups	-	faire des abdos /pompes

Final task : Styling the perfect figure

Work in groups of three to prepare an oral presentation of 5-8 minutes. Choose a famous actor, model or sportsperson and present their training program. You can use a powerpoint to illustrate your program if you wish.

1. Who are they?   their sport /films, origins, age….; past successes; future projects.
2. Training program   their overall objective, how to achieve it.

This can be fictitious (invented but plausible) if you can't find the precise information!

Some other famous names….

Robin Pattinson	Keira Knightley
Tom Cruise	Scarlett Johansson
Matt Damon	Angelina Jolie
Brad Pitt	Catherine Zeta-Jones
Johnny Depp	Kate Winslet
Leonardo Di Caprio……	Kate Middleton……

DOCUMENTS pour SEQUENCE DNL EPS
Grille évaluation orale

Titre : _____   Date_____

A. S'exprimer en continu	B. Prendre part à une conversation	C. Intelligibilité/recevabilité linguistique
Degré 1	**Degré 1**	**Degré 1**
Produits des énoncés très courts, stéréotypés, ponctués de pauses et de faux démarrages. 1 pt	Peut intervenir simplement, mais la communication repose sur la répétition et la reformulation. 2 pts	S'exprime dans une langue qui est partiellement compréhensible. 1 ou 2 pts
Degré 2	**Degré 2**	**Degré 2**
Produit un discours simple et bref à propos de la notion présentée. 3 pts	Répond et réagit de façon simple. 3 pts	S'exprime dans une langue compréhensible malgré un vocabulaire limité et des erreurs. 3 ou 4 pts
Degré 3	**Degré 3**	**Degré 3**
Produit un discours articulé et nuancé, pertinent par rapport à la notion présentée. 4 pts	Prend sa part dans l'échange, sait - au besoin - se reprendre et reformuler. 4 pts	S'exprime dans une langue globalement correcte (pour la morphosyntaxe comme pour la prononciation) et utilise un vocabulaire approprié. 5 ou 6 pts
Degré 4	**Degré 4**	**Degré 4**
Produit un discours argumenté, informé et exprime un point de vue pertinent par rapport à la notion présentée. 6 pts	Argumente, cherche à convaincre, réagit avec vivacité et pertinence. 6 pts	S'exprime dans une langue correcte, fluide, qui s'approche de l'authenticité. 7 ou 8 pts
Note A, sur 6 **S'exprimer en continu** /6	**Note B, sur 6** **Prendre part à une conversation** /6	**Note C, sur 8** **Intelligibilité et recevabilité linguistique** /8

Appréciation :

Note de l'élève (total A + B + C) = / 20

Elève 1:		

Elève 2:		

Elève 3:		