

FIND A SPORT THAT SUITS YOUR BODY AND YOUR WAY OF THINKING

At school, I was always the last person picked for a team during P.E. and at lunchtimes. I was too skinny, not very fast and never knew when to pass the ball. I played soccer for a few years then played rugby for my school team for two years, which was the best rugby school in the area. My school had about 18 rugby teams. My team never won a game in two years and was the worst team. Not surprisingly, I hated sports at school.

After school, when I was 20 years old, I took up the challenge of doing a 2-week outdoor survival course. Every morning we got up at 5.30 a.m. and went for a 2 mile run. I was skinny but that made me light. I gradually got faster and stronger over the run and, at the end of two weeks I got third in the course's final challenge, a half-marathon (21km). I was so happy and also so surprised. At last, I had found a sport I could enjoy and be good at. Since that course I have run in full marathons, mountain running races, the Fukushima ekiden and even a few triathlons. I was never the fastest, but I always enjoyed them. I think for me there were two reasons for this. The first is that long distance running suited my body-type (long, skinny legs). The second is that it suited my way of thinking as well. I am not the type who sees how others play. This is an important part of team-play. I am better inside my own head, counting down the kilometers.

So now, as a teacher, I recommend to students who are not so sporty to never believe they are not good at sports. That belief comes from experiences at school, which have only a few sports and have a lot of social pressure as well. Also, teenagers' bodies are still growing and not at their strongest. If you are a non-sporty student, then I recommend you should try a number of different sports in your life. There will be a sport that suits your body type and your way of thinking. Then, work hard at it to enjoy its challenges, the friends you make through it and its benefits to your health.



Andy Lankshear

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BH TIMES

Olympics special

SHINJI OKAZAKI'S SECRET TO SUCCESS?

Anyone with any interest in English football will have heard of Leicester City Football Club. This season they shocked and amazed sporting fans around the world by winning the Premier League trophy for the first time in their history.

Fans in Japan were particularly happy because one of the club's top strikers, Shinji Okazaki, became only the second Japanese football player to ever win the cup. He also scored several superb goals, including a spectacular overhead strike against Newcastle in March this year.

But, do you know what Okazaki said was the secret to his success? *Fish and chips!* In an interview with the Daily Mail, a popular British newspaper, he said that he eats it at least once every two weeks, but he always feels like some after scoring goals. If you have never tried this popular British food, and perhaps you would like to improve your football, why not try some at the British Hills pub?

Interview link: <http://www.dailymail.co.uk/sport/football/article-3404041/Leicester-attacker-Shinji-Okazaki-reveals-secret-fine-form-fish-chips.html>

Brett A. Smithson

RUGBY 7's: A NEW OLYMPIC SPORT

It's fast and it's thrilling. Rugby 7's is one of the new Olympic sports to enjoy watching this summer.

Rugby has not been an Olympic sport since 1924. Rugby Union is played with 15 players, but Rugby 7's is played with only 7. The 15-player game has 8 big forward players and 7 fast and strong backs. So, in rugby 7's it is just the backs playing but they still play on the same sized field. That means they have to run a LOT more. However, the game is a LOT shorter. A usual rugby game is played for 80 minutes but a rugby 7's game is only played for 14 minutes and the final for 20 minutes. There is an international competition every year with tournaments played throughout the world. Each tournament occurs over three days with teams playing a few games each day to get to the knock-out stages and a chance for the gold medal. Because it has become an Olympic event many teams have been practising hard to improve their fitness and speed so they can get a medal.

The Olympic rugby sevens tournament begins on August 6th and finishes on August 11th with medal games on August 8th for the women and 11th for the men. Japan has a team in both the men's and women's tournaments, so it's a great chance to support Japanese rugby as we get closer to the 2019 Rugby World Cup in Japan. Great Britain also has a team, so go Japan and Great Britain!

Andy Lankshear

How is our newsletter? Would you like to see more puzzles? Was our English too easy for you!? Tell us what you think! Email us at education@british-hills.co.jp or post on our Facebook page!



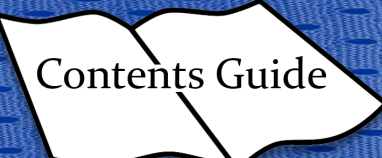
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Teacher Tips!

"Surround your world in English. Try to use English in your everyday life. For example, change your mobile phone language to English, listen to English music, learn a word a day etc"

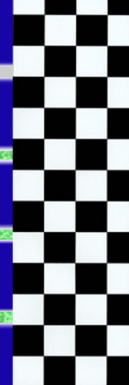


Tom



Cover story = beginner/intermediate English level
Inside = Intermediate English challenge
Back story = Advanced English level

SPORTS RACE!

START!  **FINISH!**

What is a popular sport in the UK?

Name 5 sports which use a ball

What are the three metals of the Olympic medals?

Name 3 sports played on ice

MISS A TURN!

Name 3 racquet sports

Name 4 sports that use "go"

What sport do the All Blacks play?

MISS A TURN!

GESTURE CHALLENGE! Synchronized swimming

Which sport is played at Wimbledon?

How many kilometres in a marathon?

GESTURE CHALLENGE! Long jump

How many rings in the Olympic symbol?

Name 3 track and field sports

GESTURE CHALLENGE! Rugby

Name 4 sports that use "play"

Name 4 sports that start with the letter "B"

Name 3 racquet sports

What is a popular sport in Japan?

GESTURE CHALLENGE! Golf

Name 5 Olympic sports

Name 3 indoor sports

GESTURE CHALLENGE! Tennis

Race your friends to the finish! All you need is something to use as a counter (a coin or bottle cap will do!), and a dice. If you don't have a dice, don't worry! You can download a free electronic one using these QR codes:



When you're ready, play "Rock, Paper, Scissors" to decide who starts. Then, roll the dice and begin your race to the finish!

Every time you stop on a shoe, you must answer a sports question or complete a challenge to continue. Sometimes you must do a gesture, and sometimes you must answer a quiz question. Answers and hints are below, but no cheating! If you cannot do it, you must go back to your previous place!

Have fun and good luck! If it's over too quickly, try *three* laps and choose your own gesture challenges...

Hints:
 Sports that use "play" are usually ball sports (football, baseball, basketball, rugby)
 Sports that use "go" are usually -ing sports (swimming, snowboarding, running, skiing)
 Sports that use "do" are usually fighting, technical or performing sports (karate, ballet, kyudo)
 Popular UK sports: football (or soccer), rugby, golf, cricket, tennis
 Indoor sports: basketball, ice hockey, badminton, table tennis, etc
 Olympic sports: tennis, basketball, archery, football, swimming, etc
 Popular sports in Japan: baseball, tennis, golf, sumo, etc
 Olympic colours: gold, silver, bronze
 Racquet sports: badminton, tennis, squash, etc
 Wimbledon sport: tennis
 All Blacks' sport: Rugby
 Olympic rings: 5
 Marathon KM: 42.195

