

The 2020 (2021) Tokyo Olympics

By Thangboi Lian THANGAW 19/08/2021 – VCAL Literacy Intermediate

1: History of a particularly sport

- chose an olympic sport.

Soccer



- training for soccer requires the development of strength, power transfer, ability and increases aerobic capacity, cardiovascular health. lowers body fat and improves muscle tone. builds strength, flexibility and endurance. increases muscle and bone strength.



- The information was given to tell us that playing soccer can improve your strength and your flexibility as well as endurance and a lot of other body parts.
- The information was easy to understand because it had a picture to it and it showed everything that you need to know about soccer.
- I learned that this sport can improve your body and your strength, it also makes people become closer if you support the same team.

Soccer has the ability to connect, educate, and empower entire groups of peoples, all over the world. It has the ability to break down racial, social, and cultural barriers; the potential to lead and enable people into better lives.



2: Athletes' stories

- The interview was done to reflect on how they performed and how they feel about soccer.
- The athlete was talking mostly about his feelings about how proud and how important soccer is for their country.
- athletes say a lot of stuff to express their feelings.
Explain what their game plan is and what they need to work on.
- Soccer is a sport where each team has 11 players on the pitch and they place different positions such as striker, left-wing, right-wing, centre midfielder, defender, left back, right back and goal keeper. They play together as a team to beat the other team.



- The other one talks about his feelings toward soccer while the other one talks about how proud he is. And they both talk about the same sport.



- I think they were amazing in the interview.