

StartUp 5

Reading

Unit5 – Lesson4

Page60

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.

PERFORMANCE



PEAK PERFORMANCE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



POSITIVE ATTITUDE



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



ENDURANCE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



A MEANS TO AN END

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



VARY



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
COMMITMENT

FILL IN THE BLANKS.

GO TO PAGE 139

Read the definitions. Then complete the sentences with the words.

peak performance: the very best an athlete can do
endurance: the ability to continue doing something difficult over a long period of time
vary: be different
a positive attitude: good opinions and feelings about something
a means to an end: something that you do to achieve a result, not because you want to
a commitment: the hard work and loyalty someone gives to an activity

1. Exercise routines _____ from person to person.
2. Long-distance swimming requires a lot of _____.
3. She practices for so many hours. You can really see her _____ to improving.
4. This job is just _____. I'm trying to save money for a new car.
5. He was at _____ in his final game last year, but he hasn't been as good this year.
6. Ken's _____ puts everyone on the team in a better mood.

Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

Have your Ss preview the text and answer the task. If necessary provide enough explanation about how to preview the text.

A PREVIEW Look at the title and the headings. What do you think this article is about?



Yuzuru Hanyu



Serena Williams



Lionel Messi

REACHING THE PEAK

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Have your Ss listen to the audio and answer the question. Check the answers in class.

LISTEN TO THE AUDIO CAREFULLY.

5-19



What makes top athletes different from other athletes?

a. Top athletes are born with more natural ability.
b. Top athletes develop a variety of habits to improve their performance.
c. Top athletes spend more hours training than other athletes do.

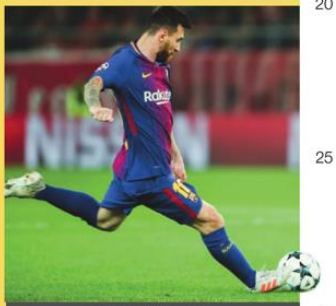
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B Circle the correct answers, according to the article.

1. Top athletes ___ .
   a. eat mostly fruits and vegetables
   b. have a special meal before competitions
   c. follow different kinds of diets
2. It's important for athletes to ___ .
   a. get eight to ten hours of sleep
   b. take naps between training sessions
   c. sleep in cool temperatures
3. When Hanyu was injured, he ___ .
   a. focused on eating a healthy diet
   b. practiced skating by picturing himself jumping
   c. used meditation to relax

Serena Williams



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C CLOSE READING Reread lines 19–26. Then choose the correct answers.

1. What is shown by the words *rather than* and *instead*?
   a. comparison b. contrast c. addition
2. Which sentence best summarizes the idea of the paragraph?
   a. They like to improve their skills and try not to get injured while training.
   b. They focus on training and recovering because that is how they can win.
   c. They try to have a good attitude when training and recovering from injuries.

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D Read the Reading Skill. Go back to the article and underline the concluding sentences in paragraphs 2, 3, and 4. What is the main idea of each paragraph?

READING SKILL Notice concluding sentences

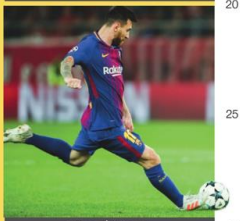
Writers often finish a paragraph with a sentence that summarizes the main idea. This concluding sentence helps readers focus on what was important about the information presented earlier in the paragraph.



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WHAT WAS THE ARTICLE ABOUT?
RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.


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Have your Ss tell the summary of the text in breakout rooms.

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READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.



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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.

Give a couple of minutes to your Ss to think about the topic they intend to share. Provide adequate samples.



4 MAKE IT PERSONAL

A Make notes about some of your own habits in the chart. How do these habits affect your performance in class, at work, or in any sports you play?

Food / Water	Sleep	Attitude

Have your Ss share what they have prepared in their breakout rooms. Monitor the groups and share your FEEDBACK afterwards.



B PAIRS Compare your ideas in 4A. Explain how your habits affect your performance.

I'm pretty careful about eating healthy food, and I think that helps me ...