

FANLING LUTHERAN SECONDARY SCHOOL  
ENGLISH SOCIETY



## Editor's Note

The production of Engage has always been an eye-opening experience as we get to see how students in FLSS unleash their potentials and contribute insightful articles and fun columns to the publication. This year, we're happy to have invited S5 English Group A students to be fully in charge of the writing work on the topic Sports, something we members of FLSS are always zealous about. In this issue, you'll find out more about an increasingly popular sport, marathon, a debate over whether students ought to have a PE lesson every day (which is being implemented in some overseas schools because of the obesity epidemic), and famous athletes as well as their quotes. On top of that, some students even took up the role of an interviewer and interviewed two athletes as well as some of our teachers to find out their views towards sports. Also, to help you get to know more about our new Math & IH teacher, there's also an interview with him too! Last but not least, to improve your English, we've also prepared you a list of phrasal verbs and interesting idioms related to sports! Hope all of you will have fun reading this year's Engage.

**Lester Sze/ Editor**

# Zest for Marathon



5A Jeff Wong, Jacky Wong, Nick Choi

Marathon is gaining popularity in the city and all over the world. Every year, Hong Kong athletes, be they professional or amateur, yearn for applying to participate in the annual Standard Chartered Marathon and many get saddened when they can't join in. Some athletes are even more enthusiastic about this sport as they fly to other parts of the globe to take part in international marathon events in order to challenge their stamina plus to travel to others countries. In fact, what makes marathon so mesmerizing? Here in this article, you'll find out more!

## What is a marathon?

A marathon is essentially a long-distance (42.1km) running race. It became a sport in 1896 and it was included as an Olympic event in Greece. Since then it has grown slowly and steadily up to the mid-2000s when its popularity suddenly skyrocketed to unexpected levels. The event was originally intend to commemorate the fabled run of the Greek soldier Pheidippides, who reported the victory of battle of Marathon.

## Standard Chartered Hong Kong Marathon

Standard Chartered Hong Kong Marathon is an annual marathon held in January or February in Hong Kong. High levels of humidity and a difficult course make finishing times for the Hong Kong Marathon comparatively slower than other large marathons. Despite its difficulty, the number of participants has been rising constantly. In 1998, this event only attracted over 6000 participants. In 2001, the number of runners hit 10,000. The figure went all the way up to over a record-breaking 50,000 in 2008. In 2016, the 20th anniversary of this event, 74,000 runners completed the race. It is expected that the number of participants in the marathon will continue to rise.

## Why do people take part in a marathon?

1. You can support a cause. Many marathons benefit charities and worthwhile causes, from disaster relief to fighting cancer or other diseases. Running for something that's bigger than you is a great way to stay motivated to keep training, meet other runners to train with, and can make your races even more meaningful.
2. You can test your endurance and stamina, qualities which are transferrable to other aspects of your life. A marathon is indeed a test of an athlete's personal qualities. Without adequate training, clear

ambition and strong stamina, it is impossible for anyone to complete this 'tormenting' race.

3. You'll get a medal (and a shirt). OK, so maybe the idea of getting a finishing medal doesn't get you too excited but -- whether it's a medal, a shirt, or a great finishing photo -- the point is that you'll get a little reward for your efforts. And having a reminder of your accomplishment is always great for a motivation boost.

## What are some problems with participating in a marathon?

1. Although exercise is certainly good for your health, training to run a marathon and then running the 42.2 kilometers can take a great toll on your body. Your immune system may changes and hormones may get confused, all of which can lead to inflammation of your muscles, including your heart.
2. Surprisingly many people gain weight when they begin running, or when training for a long distance event.

## Spectators of a marathon

'Don't stop -- people are watching !'

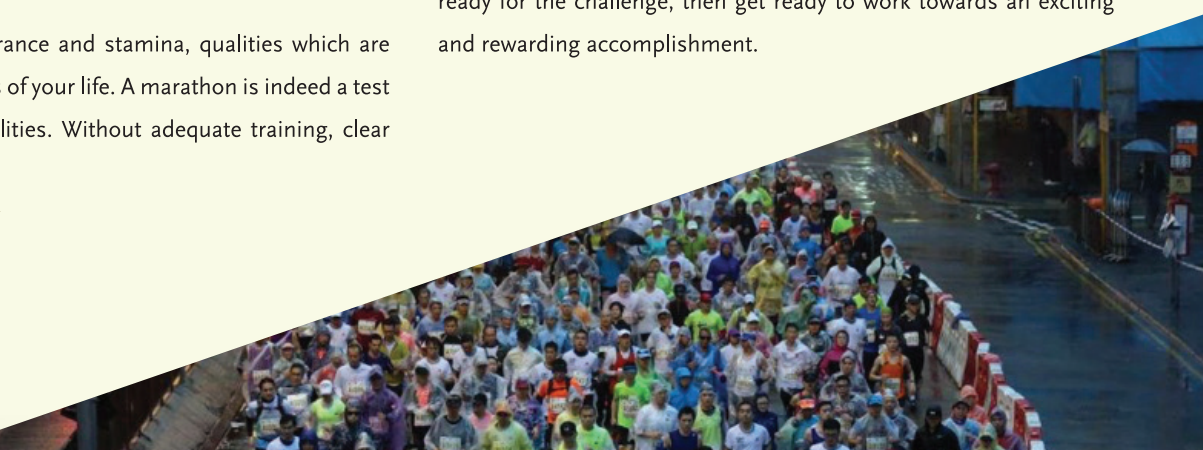
'Hurry up, we're missing brunch!'

'May the course be with you!' (adapted from the famous movie 'Star Wars' 'May the force be with you.')

These slogans are usually made into signs by spectators of a marathon, who wish to support those to defy their limits. Marathon runners find these slogans along the race course motivating as they remind them to persevere and boost their willpower. So next you're planning on watching a marathon, make some signs with these slogans -- the runners will love you them!

## Should you take up marathon as a sport?

Ultimately it's all about deciding what's right for you. Before you jump out of bed and sign up for a marathon (when you struggle to complete 5 kilometers), consider the time commitment, potential risk for injury and whether you think you're ready to see your goal through to the end. If you've considered all the pros and cons and are ready for the challenge, then get ready to work towards an exciting and rewarding accomplishment.



# Faceoff:

## Should there be a PE lesson every day?



5A Sherry Sung, Sylvia Sin, Nelly Tsui, Kai Li

There of course should be a PE lesson every day because exercising is supposed to be an indispensable part of our everyday life and it is an elixir to the obesity epidemic troubling a lot of local schools.

The role of PE lessons has long been underemphasized because under such an exam-oriented education system in Hong Kong, subjects without a test are often neglected. However, it is common sense that exercising is beneficial to us in multiple ways – it produces endorphin, the happy hormone; it keeps us fit and robust; and most importantly, it teaches us a lot, like honing our interpersonal skills, training teamwork and challenge our perseverance. If there is a PE lesson every day, students can reap a multitude of benefits of playing sports. Besides, a daily PE lesson can help cultivate students' habits of exercising on a daily basis and this will help them understand the importance of exercising in the long run. With this good habit, students can lead a healthier life in the future.

Another reason why PE lessons need to be conducted every day is that this can effectively remedy the problem of childhood as well as teenage obesity epidemic. It goes without saying that there is an increasing amount of overweight students in Hong Kong as they are leading a more affluent yet sedentary lifestyle, where they can indulge themselves in snacking and bingeing but remain inactive in their everyday life. Because of this, students are becoming more overweight. The situation has become so alarming that more youngsters these days are diagnosed with diabetes and gout, diseases which are often perceived to be troubling the aged. Therefore, there is an imminent need to deal with the obesity epidemic and the best way to do so is to get the students moving by conducting PE lessons every day. With more exercising plus a more well-balanced diet, there will be much fewer overweight kids in Hong Kong.

To help students form a habit of regular exercise and to address the obesity problem among youngsters, it is a sensible to run

PE lessons every single day. Who doesn't love PE lessons? However, whether PE lessons can effectively help remedy the problem of childhood obesity is called into question. Plus, given the jam-packed schedules modern students have, it is hardly possible schools conduct PE lessons on a daily basis.

First, although PE lessons aim to keep students active by getting them into different sports, the reality is that many students, especially those who do not do exercise normally, simply idle their precious time away during PE lessons – they chit-chat; they take a rest; and some just sit on the bench doing nothing. Are we going to punish students who don't do sports? This is impractical and will just hurt the harmonious atmosphere at school. What is worse, some students will pretend to have fallen ill and skip the lessons. So, PE lessons are not going to help those students who are uninterested in sports to do more sports and even worse, the well-intentioned daily PE lessons will just become a waste of time for these students whom we wish to motivate to do more sports.

Another problem is that it is simply unfeasible to run PE lessons every day as there is not enough school time. Students in this day and age need to handle plenty of subjects as well as extra-curricular activities already so that we can develop in a well-rounded manner. If an extra PE lesson is added to the jam-packed timetable, are students going to finish school later? Or will there be other subjects which can give way to PE so that more lessons can be conducted? These are hardly possible. Therefore, idealistically a PE lesson a day can keep the doctor away but under the time constraints and massive curriculum to handle, it is impossible to spend extra time on PE lessons in addition to those we have at the moment.

Given that PE lessons may not effectively fulfill their objectives and there is just no time for additional PE lessons, the proposal of conducting a daily PE lesson is deemed reckless.







In this section, we're very pleased to be given the opportunities to interview a few athletes as well as teachers to share about their views and experiences of doing sports. Let's find out.

## Interview with Eric Yeung

5C Mandy Ko, 5D Katrina Lau



It's our pleasure to interview an athlete of a relatively unusual sport in Hong Kong – Eric Yeung, an international vertical runner

**Yeung Hoi Chun Eric**

**Age:** 19

**Educational background (profession):**

Hong Kong Baptist University College of International Education

### Questions & Answers:

**Q: What sports do you usually do?**

**A:** I usually run because it is my favorite sports.

**Q: How long did you start playing this sport and how did you get into this sport?**

**A:** I've been playing this sports for 7 years since I was in secondary one. I was selected by the school at first and then I started playing it. As time goes by, I've become more in love with this sport!

**Q: How much time do you spend on training per week?**

**A:** Basically three to four times, but seven times the most. It's a lot of hard work, but as the saying goes, 'no pain, no gain'. You won't get any achievements or a slightest sense of accomplishment if you don't make any effort. It's the same case in every aspect of your life.

**Q: What is your expectation of this sports?**

**A:** I hope to make further breakthroughs, e.g. a longer run, a faster speed, etc.

**Q: Have you ever had a thought of giving up when you faced the difficulties, and if yes, how did you overcome them?**

**A:** Sometimes I want to give up when the training gets really hard. It's tormenting literally. But I will calm down and tell myself not to give up. Also, the support from my coach, friends as well as family also motivates me to keep going!

**Q: What have you learnt in vertical run?**

**A:** I have learnt some skills about the races. For example, we can use the railing of the stairs to support ourselves, and by this I can run more relaxingly. But the training of personal qualities is the major thing that I've learnt and I'm still learning.

**Q: How do you think you differ from other competitor?**

**A:** I think the major difference is our height. Asian competitors tend to be smaller and it is a challenge we need to overcome with our techniques.

**Q: What is your diet like? Do you eat more healthily before your competition?**

**A:** I love McDonald's but before competitions, I have to stay fit and health. Poor diet does affect my performance.

**Q: Would you like to share some experience in your competition?**

**A:** Of course. I remembered that I joined a race with some guys who are younger than me, and I think they might not run as fast as me. However when I run nearly to the finishing line, the boys that I looked down on ran ahead of me, I was shocked at that time. This taught me a lesson that I should not underestimate the others.



5A Karen Chan , 5A Chloe Yuen , 5E Jeremy Law

## Interview with Yiu Kit Ching

### Christy Yiu Kit Ching

Age: 29

Achievements:

She won the bronze medal in 2009 East Asian Games women's five thousand meters long match.

She finished 39th in the women's marathon at the 2016 Olympic Games in Rio de Janeiro, setting a new personal best and national record with a time of two hours 36 minutes and 11 seconds. (39/157)

### Q : Why did you choose long-distance run ?

**A :** Actually I hadn't tried long-distance run before I entered secondary school. I used to enjoy playing badminton and basketball with my classmates and brother, but I didn't find my performance extraordinarily good. When I entered Good Hope School, I heard that their long-distance run team was quite famous at Division 1. I thought that the school might have experienced and good coaches, So I started trying long-distance run.

### Q : Did you have any serious sport injuries?

**A :** About 6-7 years ago, I had a serious injury of Hamstring tendon muscle in my right leg. After the injury, I couldn't do strenuous exercise in case the injury relapses. Since this bad experience, I can't develop my ability.

### Q : Did the situation improve ?

**A :** Yes, after the injury, I tried different means to tackle my problems, from using supplements and acupuncture. I feel better than before. Before I went to 2016 Olympic Games in Rio de Janeiro, I had participated in Hong Kong Marathon. I managed to complete it and I found myself able to do strenuous exercise again. I didn't feel pain at all.

### Q : Do you have any unforgettable memories?

**A :** It must've been the time I went to 2016 Olympic Games in Rio de Janeiro. First of all, I didn't think that I could participate in Olympic Games. Then, I met a coach from Japan at the Olympic Games. Before I had started my training, I had known that Japanese people are good at long-distance run. When I embarked on my training under

his guidance, I could feel the training does make a difference because of the top quality and a varying training format. In August, 2016, I had more frequent training and I got to travel from Hong Kong to Japan very frequently. It was really unforgettable to travel between two countries so frequently.

### Q : Do you have any comments for those who want to give up?

**A :** Feeling hard is normal, but I will let myself have time to rest. When you think you did well but the result isn't as good as you expected, you must take a break to adjust your way of thinking, so next time you can attain a better performance.

### Q : Has running brought anything for you ?

**A :** Sure. Especially friends. When I was exposed to long-distance run, I just ran all alone. But after that, I joined many competitions so I got to know many runners. Most of them do better than me, so I'd ask them questions and interact with them. I surely enriched myself through this kind of exchange.

### Q : Have you ever faced any setback and did you want to give up?

**A :** Yes. Sometimes I will make a mistake or a slight error, such as forgetting to tie my laces in competitions, falling ill prior to competitions, etc. This really discourages me and I find it really defeating. I know that however slight the error is, an experienced athlete needs to ensure nothing of this kind happens. This kind of experiences taught me a lesson that I need to set higher expectations of myself. Also when I was in S5 and S7, a time when I had to prepare for my CE and A-level Exams, I wanted to completely give up running as I needed to dedicate all the time to preparing for the exams. When I picked it back up after the exam, I found it hard to resume as I had set it aside for too long. Fortunately I didn't make that decision and I've been persisting till today.

### Q : Why do you persist in long-distance running?

**A :** First, I want my mother school to feel proud of me as it is my school who brought me this sport and this new life. Also, as an experienced athlete, I want to be a role model for the younger ones so that they don't give up easily. Also, after my A-level exam, my coach took me to Yunnan and I witnessed how hardworking the athletes there were. I believe that as long as we want to do it, we can, regardless of all the challenges.



How would this magazine be complete without interviewing our teachers? We're excited to have interviewed Mr Kong Chi Wai, Ms Chan Man Wai as well as our new teacher this year Mr Cheng Wai Tung.

## Interviewing Mr Kong Chi Wai

5D Frankie Yip

**Q: Which sport are you most interested in? Why do you like it?**

**A:** I'm most interested in playing handball because of its excitement. Besides, there is a great deal of physical contact during a handball game. This makes things more competitive and it is what I'm fond of.

**Q: How has the sport you like influenced you?**

**A:** By joining the handball training or matches, I have the chance to travel around many countries. Besides, I can get acquainted with different world cultures. Other than this, I can also make a lot of new friends around different corners of the world.

**Q: Is there any sport you dislike? Why?**

**A:** Actually there is no sport that I dislike. Sports are supposed to be fun! Who doesn't love fun?

**Q: Do you do less sport because of heavy workload at school?**

**A:** Although I have heavy workload at school every day, I will try my best to keep playing sports regularly. We also hope that our students can make sports part of their life because it benefits us enormously!

**Q: Do you think students in FLSS are generally interested in sports?**

**A:** In my impression, most of the students in FLSS are generally interested in sports but they need more dedication to sports if they wish to make bigger strides.

**Q: What advice would you give to students who are not interested in sports?**

**A:** For those students that are not interested in sports, please consider my advice seriously. If you keep playing sports or doing exercises, "Healthy Body will follow you". If you choose to stay away from sports, "Sickness will always be around you".

**Q: Did you set yourself some new academic year's resolution for yourself?**

**A:** Actually I had set some new academic year's resolution for all students in FLSS, but not for myself. I hope all the FLSS students can keep playing their favorable sports regularly and persistently.







## Interviewing Ms Chan Man Wai

5A Joe Ho

**Q: Which sport are you most interested in? Why do you like it?**

**A:** Aerial yoga is my current favourite because it's challenging and fun! I get excited every time when I get an aerial yoga session and the best part of it is that I can sweat a lot. This relieves my tension and I feel refreshed, though sometimes it gets quite tough.

**Q: How has the sport you like influenced you?**

**A:** By compelling myself to participate in aerial yoga sessions, I can train my perseverance. No matter how exhausted I feel after a wearisome day of work, I still insist on attending the sessions two times a week. This also trains my time management, which is necessary given that there are heaps of duties I have on a daily basis.

**Q: Is there any sport you dislike? Why?**

**A:** In fact there are quite a lot of sports I dislike. For one thing, I dislike most ball games as I find it extremely difficult to control a ball. Another sport I dislike is running as it is exhausting. Yet, I still run from time to time as this is again a challenge to myself and a good training for my perseverance.

**Q: Do you do less sport because of heavy workload at school?**

**A:** It's true that I have heavy workload all the time but I will never use it as an excuse to stop me from doing sports. Proper time management can in fact enable me to balance work, sports and other personal commitments.

**Q: Do you think students in FLSS are generally interested in sports?**

**A:** Definitely! Our students generally enjoy sports all the time. It's good to dedicate themselves to sports and that's why many of them shine in the sports arena. Yet, I wish our students could also transfer their commitment to sports to studying too. If they do, they can truly become a well-rounded person.

**Q: What advice would you give to students who are not interested in sports?**

**A:** I will invite them to do sports with me and set a good example for them. As I have mentioned, I dislike running but I keep doing so. Persistence in the things one dislikes is something indispensable for us.

**Q: Do you do sports with other teachers at your spare time?**

**A:** Yes I do. I work out with Lester all the time as it's more enjoyable to do sports together more than do it alone. We sometimes go to the Sports Ground in Sheung Shui to practise running. Although we run in different speeds, we'll try our best to accomplish our targets. This is a precious opportunity to interact with colleagues outside school and this also helps establish great team spirit.

**Q: Did you set yourself some new academic year's resolution for yourself?**

**A:** I'm going to learn Korean this year. I think it is essential that we learn continuously.



## Interview with Mr Cheng Wai Tung

5C Katrina Yan, 5E Chiko Cheng

### Q: What first impression do you have on our school?

**A:** This school is really big in size. What's more impressive is that there are plenty of extracurricular activities for students to take part in. Also, the majority of students are well-behaved. Whenever I come across students, no matter whether I know them or not, they say hello to me and nod their head. I do feel respected.

### Q: Have you taught in some other schools and how does it differ from FLSS?

**A:** I graduated a year ago, this is my first year of teaching. During my university life, I had two school practicum. One is a primary school and the other is a band 1 EMI school. The main difference is that although they are outstanding academically, they did not show much respect to the teachers. I guess they think they are too smart, so they just do their own work in lessons and even say something disrespectful to the teacher. Here, I never find this kind of behaviour. I feel respected every lesson and the students are paying attention, with some taking notes during my lessons diligently. I am very happy with this.

### Q: Why did you choose to be a teacher?

**A:** There are two main reasons. The first one is that I was inspired by my former teacher. The other reason is that I would like to get involved in a career which enables me to keep in touch with people, especially teenagers. It is because the teenagers are the future pillars of society; therefore, I would like to be involved in a career which can assist the development of our future and I hope that I can take part in educating the young generation and to contribute to society. If students can behave well and contribute to the development of Hong Kong, I will be very proud of them as well as my work as a teacher.

### Q: Do you think your former teachers influenced you a lot?

**A:** The person who influenced me that most is my mathematics teacher. When I was at secondary level, I had to learn the mathematics extension section by myself. But my mathematics teacher was willing to sacrifice her personal time after school to teach me. It sometimes takes a few hours for her to teach me individually and I was really touched by what she did. That's why I have decided to be a teacher like her since secondary 5.

### Q: Do you play sports regularly? What other interests do you have?

**A:** I like playing badminton and football. I am a big fan of badminton. I like playing football too because I have many friends who take part in the football team and I joined them. I love playing these two sports most. I know some of the teachers who love playing football too and they have just invited me to join them in the future.

### Q: Did you set yourself some new academic year's resolution for yourself?

**A:** To be honest, I don't have much idea at the moment because it's still my first month of teaching. I would like to try as many things as I can in this school. I expect my students to have good conduct. This is the most I want them to do.

### Q: Is there anything you would like to tell FLSS student?

**A:** Enjoy your secondary school life! You will soon find out that time goes by very quickly. After graduation, you will notice that you have to deal with a lot of things and you do not have enough time to enjoy life as much.



# Famous athletes and their famous quotes

5A Jennifer, Jasmine Wong, Aubrey Yip, Kathlin Lam,  
5C Dion Lee, 5D Joy Tung



Nadia Elena Comăneci is a Romanian former gymnast. At the age of 14, she became the first gymnast in Olympic history to be awarded the perfect score of 10 when she accomplished the feat at the 1976 Olympics in Montreal. Most people remember that she received the first perfect 10 in Olympic gymnastics competition. One of her quotes is "I don't run away from a challenge because I am afraid. Instead, I run toward it because the only way to escape fear is to trample it beneath your feet." And she published a book called Letters to a Young Gymnast.

**"I don't run away from a challenge because I am afraid. Instead, I run toward it because the only way to escape fear is to trample it beneath your feet."**

Nadia Elena Comăneci

**"We often complain that work is grueling, but I never feel that way because I am deeply in love with it."**

Lee Wai Sze

If you are familiar with Hong Kong's sports, you must have heard of Lee Wai Sze, also known as Sarah Lee, who is a Hong Kong professional racing cyclist. She is specialized in track cycling, especially as a sprinter. Her greatest success to date is winning the bronze medal in the women's keirin at the 2012 London Olympics, Hong Kong's third-ever Olympic medal and first in cycling. But sadly in 2016 Rio Olympics, she was being knocked off her bike by Australia's Anna Meares in the keirin, which caused bruises on her shoulders and legs. After that, Lee also said that she wanted to take a break before deciding what's next, although coach Shen Jinkang was confident that the London 2012 bronze medallist would be back to challenge at Tokyo 2020.

A piece of great news for all her fans, though, was that on 15th April

2017, Lee recorded one of her best results in the women's 500m time trial in the UCI Track World Championships, and earned a place into the eight-rider final.

Sarah wake up at 7am and having different kinds of cycling training day and night. For others, leading this hectic lifestyle is horrible, but Sarah never feels in this way. Once in an interview, a reporter asked Sarah whether she had been thinking about giving up in her racing cyclist career. Sarah replied, "We often complain that work is grueling, but I never feel that way because I am deeply in love with it."

Instead of thinking of how torturing the drilling is, Sarah finds this a good way to cultivate her calmness in thinking and concentration level, which are vital for her in the competitive racing competition.



**"Your love makes me strong. Your hate makes me unstoppable."**

Cristiano Ronaldo



Cristiano Ronaldo is well-known for scoring four goals against Andorra in the 2018 FIFA World Cup qualifiers on 8 October 2016. He is a Portuguese professional footballer for Spanish club Real Madrid and the Portugal national team. He primarily plays as a forward, but has also been deployed as a winger and serves as captain for Portugal. In 2008, he won his first Ballon d'Or and FIFA World Player of the Year awards. Ronaldo then won the FIFA Ballon d'Or in 2013 and 2014. In 2016, he received his fourth Ballon d'Or, the most for a European player in the history of the award, and the inaugural Best FIFA Men's Player. In 2015, Ronaldo scored his 500th senior career goal for club and country. Often ranked the best player in the world and widely

regarded as one of the greatest of all time, Ronaldo was named the best Portuguese player of all time by the Portuguese Football Federation, during its 100th anniversary celebrations in 2015. He is the only player to win four European Golden Shoe awards. In June 2016, ESPN ranked him the world's most famous athlete. Despite his massive success in his career, he is often faced with criticism for being underperforming because of too much showbiz-related business. However, he responded, "The numbers [of goals] speak for themselves." Also, he does not take others' hate speech too seriously and one of his famous quotes was: "Your love makes me strong. Your hate makes me unstoppable."

# Tim Simpson –

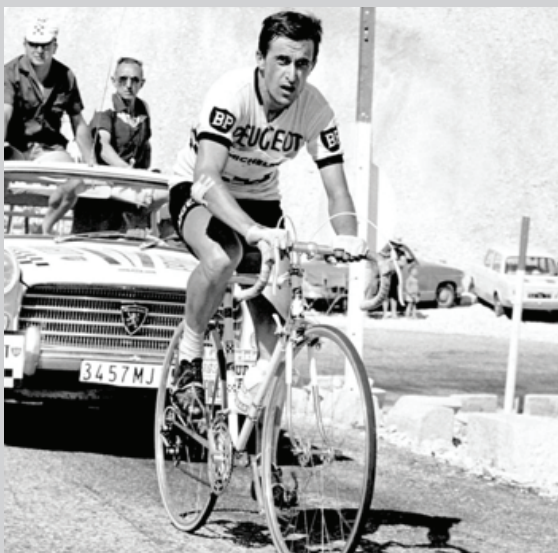
## an athlete who doped, yet respectable



While the majority of the world regards Michael Jordan ,Usain Bolt, Kobe Bryant as the most legendary athletes, one should not forget the cyclist who died in 1967 for his death made a huge impact on the sports field, and he is Tom Simpson.

He was once a world-famous cyclist, and he was in fact one of the most successful professional cyclists in Britain. What's more, he won the world championships in 1965 Men's Race in San Sebastian, Spain. Unfortunately, in the thirteenth stage of the 1967 Tour de France, Simpson collapsed and died. He was 29 years old and it was investigated to be attributed to the use of amphetamine, which is a performance-enhancing drug, along with the use of alcohol. That being said, he was the first ever athlete who took drugs in every competition and his death made the world aware of the need to uphold fairness and the essence of sport games

Tom Simpson was the most successful cyclist in the world in the 60s. In the course of Simpson's life. He won over 8 major wins, including the award won in the Grand Tours and the 'Paris-Nice' professional cycling race. He also became Britain's first World Road Race champion. What's more, he was the first British cyclist to wear the yellow jersey which can only be obtained through winning the championship in Tour de France.



But life was not a bed of roses. As soon as he became the most successful cyclist, he realised that he had to win the championship at the 1967 Tour de France in order to keep the throne. However, he became too absorbed by the pressure of winning that he didn't trust himself. Thus, he adopted two tubes performance-enhancing drug before the game. He even drank some brandy before and during the competition. With the temperature of over 35°C and the effect of doping, Simpson became exhausted, experienced heatstroke, fell in diarrhea during the Tour's tenth stage. He finally collapsed and died in Mont Ventoux, which is the place where the competition took place, at the age of 29.

One might feel ashamed for what Mr Simpson did. Yet if you take a look at the history of all the competitions held in the 20th century, you will realize that no one had ever been found guilty of doping. Thanks to the incident and the sacrifice of his life, people started to be aware of the need of banning doping, followed by myriads of measures implemented not only to safeguard the athletes but also to uphold sportsmanship. Since then all the international sporting events like the Olympics and Tour de France have been fair to everyone. So Tom Simpson is essentially an unsung hero in the history of sports.

# Phrasal verbs and Idioms

5A Anna Fan, Lanna Chau, Helen Ng,  
Angel Choy, Apple Wong



Here we would like to introduce a few phrasal verbs related to sports:

01

## work out

*meaning: exercise*

e.g. I like to work out in the early morning, because that's when I have the most energy.

02

## work off

*meaning: do exercise to lose the weight or extra calories you gained by eating food*

e.g. Time to go to the gym! I need to work off the cheesecake I had last night!

03

## warm up

*meaning: do light or easy exercise in preparation for more intense exercise later*

e.g. Let's warm up with some stretching first.

04

## cool down

*meaning: do movements/ stretching after exercise for recovery*

e.g. You can choose to walk briskly after running to cool yourself down.

05

## bulk up

*meaning: to gain weight and muscle*

e.g. Many men bulk up because of the influence of social media

Apart from phrasal verbs, there are also plenty of idiomatic expressions in relation to sports.

Can you guess where their origins are? (the answers are at the bottom of the page)

01

## The ball is in your court

*meaning: it's your decision or responsibility to do something now*

e.g. "Do you think I should accept the job offer?"  
"Don't ask me. The ball is in your court now."

02

## give a head start

*meaning: to let someone start doing something earlier so that he/she has an advantage*

e.g. Many parents wish to give their children a head start by enrolling them in a lot of activities.

03

## time out

*meaning: a break*

e.g. Shall we take some time out and grab a coffee?

04

## start the ball rolling

*meaning: to begin*

e.g. Please can everyone be seated so we can start the ball rolling.

05

## race against time

*meaning: there is almost no time left to accomplish something*

e.g. It's a race against time to find a kidney donor for my cousin.

06

## on the ball

*meaning: knowledgeable, competent*

e.g. The new receptionist is really on the ball when it comes to handling complaints.

07

## keep one's head above water

*meaning: try not to fall behind in work or other duties*

e.g. We are so busy during the tourist season I can barely keep my head above water.

Ans: 1. tennis 2. horse racing 3. boxing 4. soccer 5. sprint 6. baseball (originally: keep an eye on the ball) 7. swimming