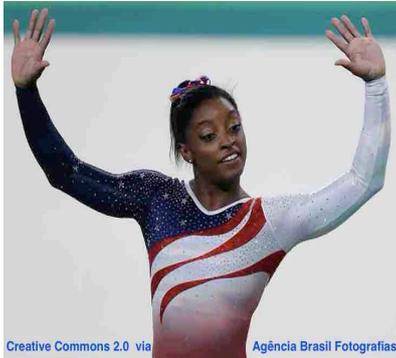


Simone Biles makes more gymnastics history

15th August, 2019



U.S. gymnast Simone Biles is continuing to make history with her jaw-dropping feats. Ms Biles won her sixth U.S. Gymnastics Championships this week, becoming only the second woman to accomplish this. This

record was first set 67 years ago. The victory was also Biles' 20th consecutive, all-round major tournament win, dating back to 2013. However, it was her performances that further etched her name into the record books. On Saturday, Biles became the first gymnast to land a double twisting, double somersault beam dismount, bringing roars of delight from spectators. She topped that a day later by becoming the first woman to land a triple-double (three twists and two flips) on the floor.

The 22-year-old Biles displayed her customary post-competition modesty. Rather than celebrate her achievements, she expressed her frustration at her mistakes. She told reporters she felt disappointed while falling after the triple-double. She said: "As soon as I fell on floor, I was like, 'That's it, I'm scratching the meet. I'm walking off the floor.'" Ever the perfectionist, she added: "I still get really frustrated because I know...how well I can do, so I just want to do the best routine for the audience and for myself out here." The plaudits came flooding in following her performances. Former gymnast Nastia Liukin tweeted: "Simone's got enough gold medals at home, someone give this girl a crown."

Sources: yahoo.com / people.com / 10tv.com

Writing

We should all learn gymnastics to keep our body fit. Discuss.

Chat

Talk about these words from the article.

gymnast / make history / record / tournament / performances / somersault / floor / modesty / celebrate / achievements / perfectionist / routine / audience / medals

True / False

- a) Gymnast Simone Biles did a historic gymnastic feat using her jaw. T / F
- b) Ms Biles equaled a record that was set 67 years ago. T / F
- c) Ms Biles has now won 20 major gymnastics tournaments in a row. T / F
- d) Ms Biles is the first female gymnast to do a triple-double on the floor. T / F
- e) Simone spoke more about her frustrations than her achievements. T / F
- f) After her performance, Ms Biles said she wanted to eat some meat. T / F
- g) There was a flood of placards after Ms Biles' historic records. T / F
- h) An ex-gymnast gave Simone Biles a crown to celebrate her records. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. continuing | a. surpassed |
| 2. feats | b. achieve |
| 3. accomplish | c. plenty of |
| 4. consecutive | d. usual |
| 5. topped | e. pulling out of |
| 6. customary | f. keeping on |
| 7. frustration | g. praise |
| 8. scratching | h. successive |
| 9. plaudits | i. annoyance |
| 10. enough | j. achievements |

Discussion – Student A

- a) What do you think about what you read?
- b) How much of a role model is Simone Biles?
- c) How modest are you?
- d) When was the last time you felt disappointed?
- e) How much of a perfectionist are you?
- f) Have you ever performed in front of an audience?
- g) Have you ever won a competition?
- h) What questions would you like to ask Simone Biles?

Phrase Match

- | | |
|--|------------------------|
| 1. Biles is continuing | a. competition modesty |
| 2. becoming only the second woman to | b. medals at home |
| 3. dating | c. two flips |
| 4. She topped | d. accomplish this |
| 5. three twists and | e. flooding in |
| 6. Biles displayed her customary post- | f. to make history |
| 7. she expressed her frustration | g. perfectionist |
| 8. Ever the | h. at her mistakes |
| 9. The plaudits came | i. that a day later |
| 10. Simone's got enough gold | j. back to 2013 |

Discussion – Student B

- What do you know about Simone Biles?
- What do you think of gymnastics?
- How do you feel when you watch gymnastics?
- Would you like a body like a gymnast's body?
- Who is the greatest ever gymnast?
- What were you like at gymnastics at school?
- Do you like using gymnastics apparatus?
- Should we all learn gymnastics?

Spelling

- her jaw-dropping etsaf
- the second woman to omicasclhp this
- Biles' 20th eonsvcitcue, all-round major tournament
- further ecdhte her name into the record books
- a double twisting, double esumlator
- bringing roars of delight from srstetoapc
- her customary post-competition tomysed
- eablrc tee her achievements
- she expressed her usatifortrn
- Ever the oectisprefnti
- do the best routine for the unceidae
- The altduspi came flooding in

Answers – Synonym Match

| | | | | |
|------|------|------|------|-------|
| 1. f | 2. j | 3. b | 4. h | 5. a |
| 6. d | 7. i | 8. e | 9. g | 10. c |

Role Play

Role A – Vault

You think the vault is the best gymnastics routine. Tell the others three reasons why. Tell them what is wrong with their routines. Also, tell the others which is the worst of these (and why): floor, trampoline or beam.

Role B – Floor

You think the floor is the best gymnastics routine. Tell the others three reasons why. Tell them what is wrong with their routines. Also, tell the others which is the worst of these (and why): vault, trampoline or beam.

Role C – Trampoline

You think the trampoline is the best gymnastics routine. Tell the others three reasons why. Tell them what is wrong with their routines. Also, tell the others which is the worst of these (and why): floor, vault or beam.

Role D – Beam

You think the beam is the best gymnastics routine. Tell the others three reasons why. Tell them what is wrong with their routines. Also, tell the others which is the worst of these (and why): floor, trampoline or vault.

Speaking – Gymnastics

Rank these with your partner. Put the best gymnastics routines at the top. Change partners often and share your rankings.

- | | |
|------------|-----------------|
| • vault | • trampoline |
| • beam | • parallel bars |
| • floor | • horse |
| • rhythmic | • uneven bars |

Answers – True False

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| a | F | b | T | c | T | d | T | e | T | f | F | g | F | h | F |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Answers to Phrase Match and Spelling are in the text.