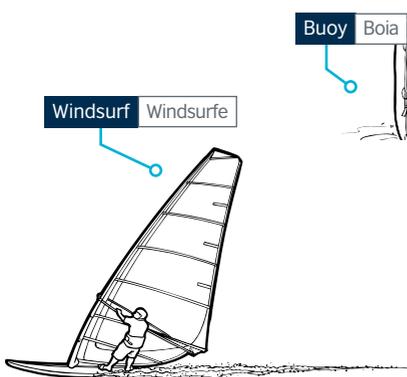
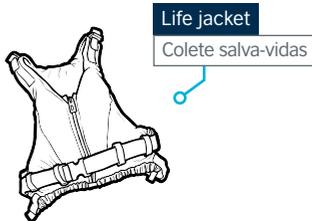
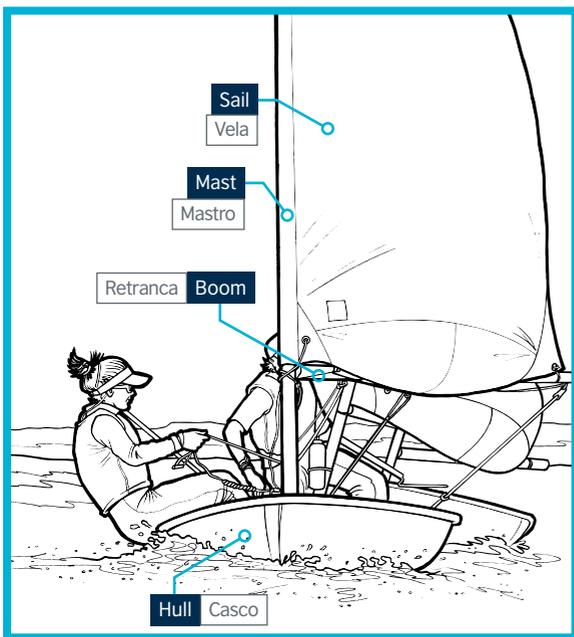


**Visitor handbook**  
Olympic sports/  
Esportes olímpicos

# Sailing/Vela

**Sailing requires skill and nerve to respond to the ever-changing conditions on open water.** These qualities will be on view at the Sailing events in the beautiful Baía de Guanabara.

*A vela requer habilidade e força para responder às condições irregulares do mar aberto. Estas qualidades serão visíveis nas competições de vela que acontecerão na linda Baía de Guanabara.*



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. hull</b> casco	<b>B. windsurfer</b> windsurfe	<b>C. keel</b> quilha	<b>D. boom</b> retranca
<b>E. sail</b> vela	<b>F. dinghy</b> bote	<b>G. tiller</b> cana do leme	<b>H. mast</b> mastro

- A surfboard with a sail on it.
- A long thin object fixed on the bottom of a boat.
- The name for a small sailing boat.
- A vertical pole that carries the sails.
- Sailors use this to make the boat turn left or right.
- A large piece of strong cloth attached to the mast, used for catching wind to move the boat.
- The horizontal bar attached to the sail.
- The body of a boat.

## WORDSEARCH – CAÇA-PALAVRA

M	L	B	Y	V	L	Q	K	N	W
A	J	W	Q	L	L	L	Z	H	B
S	J	J	U	I	M	R	L	X	O
T	P	H	A	T	P	K	C	R	O
T	T	S	V	C	I	K	N	G	M
B	X	B	P	Y	M	L	E	W	L
K	D	I	N	G	H	Y	L	E	D
M	T	L	L	J	W	N	H	E	L
W	I	N	D	S	U	R	F	E	R
D	L	T	K	M	N	M	L	N	W

Find these words  
in the grid

Encontre estas palavras  
no quadro

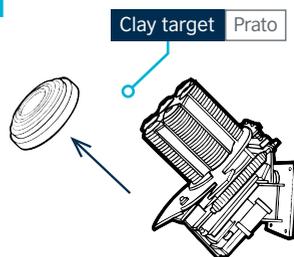
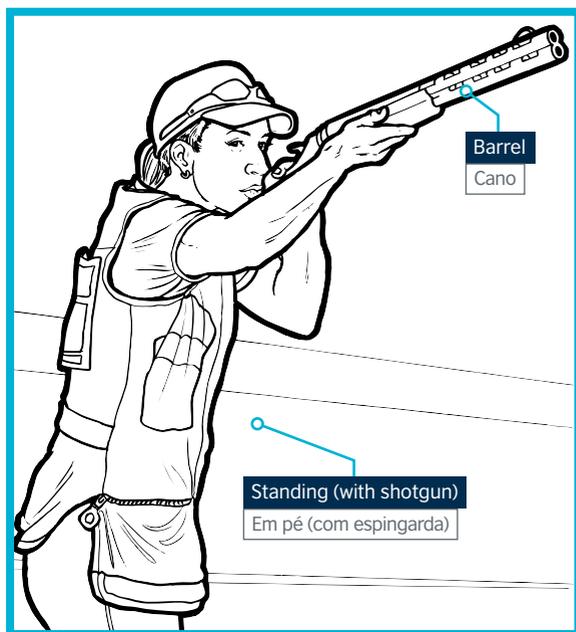
boom  
dinghy  
hull  
keel  
mast  
sail  
tiller  
windsurfer

Find the answers on p109  
Encontre as respostas na página 109

# Shooting/Tiro esportivo

Shooting has been practised competitively for centuries and is now popular all over the world. At the last Olympic Games, marksmen and women from more than 100 countries took part in the competition.

*O tiro vem sendo praticado em competições há séculos e atualmente é popular em todo o mundo. Nos últimos Jogos Olímpicos, homens e mulheres de mais de cem países participaram da competição.*



Standing (with pistol) Em pé (com pistola)



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. target</b> <i>alvo</i>	<b>B. clay target</b> <i>prato lançado</i>	<b>C. limited time</b> <i>tempo estipulado</i>	<b>D. pistol</b> <i>pistola</i>
<b>E. prone</b> <i>deitado</i>	<b>F. trap</b> <i>máquina eletromecânica</i>	<b>G. rifle</b> <i>carabina</i>	

1. A fixed period, like 'one minute'.
2. A firearm you hold in one hand.
3. A machine that throws clay targets into the air.
4. A position where an athlete lies on the ground.
5. When athletes fire a rifle or pistol, they aim at this.
6. When athletes fire a shotgun, they aim at this moving target.
7. A long firearm that you fire from your shoulder.

## WORDSEARCH – CAÇA-PALAVRA

Z	N	H	M	J	G	R	R	H	T	F
P	T	L	Q	M	L	J	K	E	L	J
R	I	F	L	E	T	H	G	F	R	W
O	C	Q	P	Y	R	R	L	C	L	X
N	F	T	P	I	A	B	Q	L	H	T
E	Q	A	G	T	S	P	F	B	X	F
M	R	L	Y	K	T	T	R	L	M	T
T	N	A	N	T	C	W	O	M	K	W
Y	L	K	Z	G	M	Q	K	L	Z	Z
C	L	M	R	T	J	L	R	V	M	N
L	I	M	I	T	E	D	T	I	M	E

Find these words in the grid

Encontre estas palavras no quadro

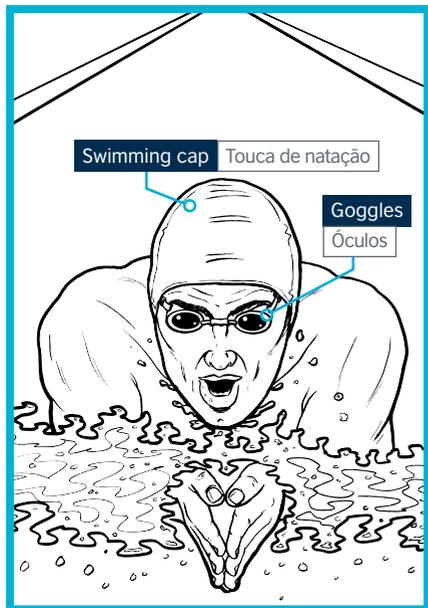
clay target  
limited time  
pistol  
prone  
rifle  
trap

Find the answers on p109  
Encontre as respostas na página 109

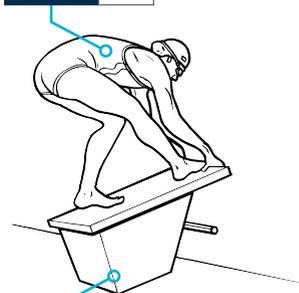
# Swimming/Natação

**Evidence of people swimming for sport dates all the way back to Ancient Egyptian and Ancient Greek times.** Swimming has featured at every modern Games and remains one of the most popular sports.

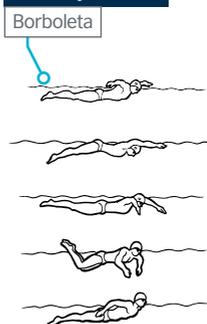
*Há evidências de pessoas que nadavam por esporte desde os tempos do Egito Antigo e da Grécia Antiga. A natação aparece em todos os jogos modernos e continua sendo um dos esportes mais populares.*



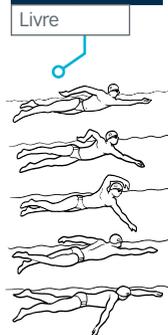
Swimsuit Maiô



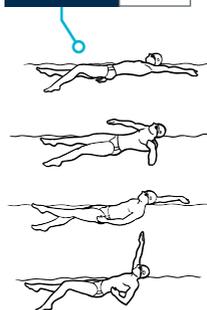
Butterfly (stroke) Borboleta



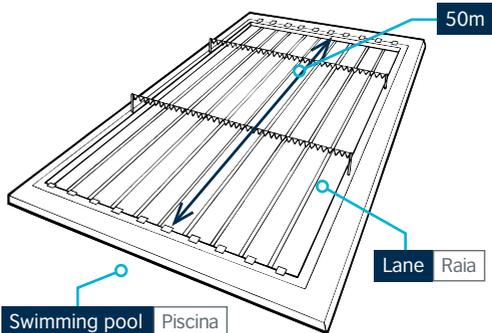
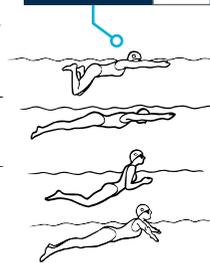
Freestyle/crawl Livre



Backstroke Costas



Breaststroke Peito



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. starting block</b> <i>bloco de partida</i>	<b>B. medley</b> <i>medley</i>	<b>C. relay</b> <i>medley em equipe</i>	<b>D. lane line</b> <i>corda de raia</i>
<b>E. tumble turn</b> <i>virada</i>	<b>F. touch pad</b> <i>sensor</i>	<b>G. lap card</b> <i>cartão de contagem de voltas</i>	<b>H. lane</b> <i>raia</i>

- Swimmers use four different strokes in this event.
- This is a team swimming event.
- Backstroke and freestyle swimmers use this turn.
- Swimmers must swim only in this part of the pool.
- An electronic device which records a swimmer's time when he or she touches it.
- The swimmers dive off these at the start of the race.
- This card shows the swimmers how many laps they have to swim before they finish.
- This floating line divides the lanes in the pool.

## WORDSEARCH – CAÇA-PALAVRA

R	L	R	E	L	A	Y	M	L	T
N	Y	A	D	C	W	K	G	A	U
X	T	R	N	N	D	Y	N	P	M
D	N	W	E	E	E	V	P	C	B
L	C	N	Z	L	L	Y	W	A	L
Q	A	L	D	Y	P	I	X	R	E
L	H	E	K	V	H	Z	N	D	T
K	M	C	N	J	Z	G	R	E	U
T	O	U	C	H	P	A	D	T	R
J	T	Z	L	W	K	M	F	B	N

Find these words in the grid

Encontre estas palavras no quadro

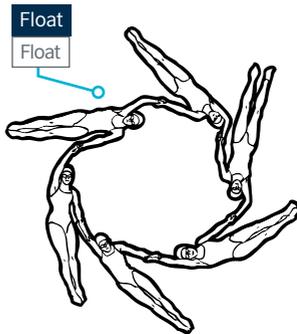
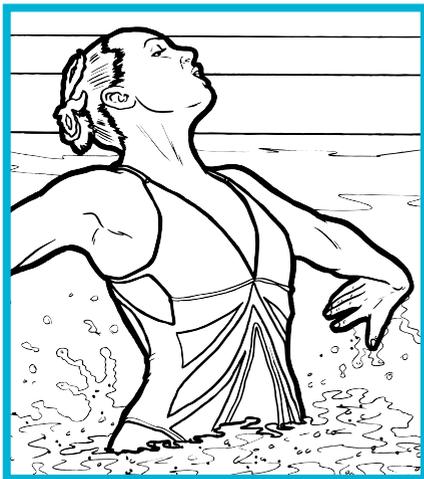
lane  
lane line  
lap card  
medley  
relay  
touch pad  
tumble turn

Find the answers on p109  
Encontre as respostas na página 109

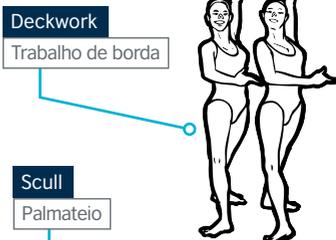
# Synchronised Swimming

## Nado sincronizado

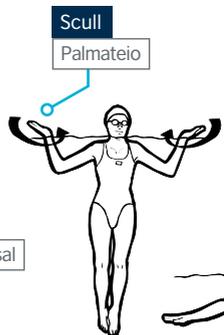
Synchronised Swimming started out as a type of water based dance – water ballets – of the late 19th and early 20th centuries. The first competitions were held in the 1930s, some fifty years before the sport made its Olympic debut in 1984. *O nado sincronizado começou como um tipo de dança na água – balé aquático – no final do século XIX e início do século XX. As primeiras competições aconteceram nos anos 30, cinquenta anos antes de o esporte debutar nas Olimpíadas de 1984.*



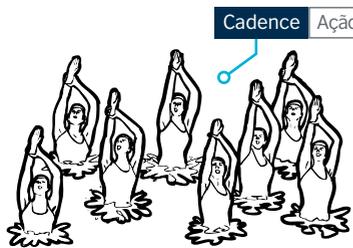
Float  
Float



Deckwork  
Trabalho de borda



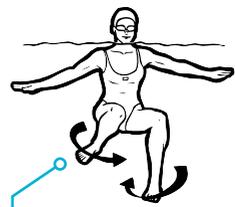
Scull  
Palmateio



Cadence  
Ação em cadência



Nose clip  
Protetor nasal



Eggbeater  
Pernada alternada



Lift  
Alçada

## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. routine</b> <i>rotina</i>	<b>B. nose clip</b> <i>protetor nasal</i>	<b>C. cadence action</b> <i>ação em cadência</i>	<b>D. deckwork</b> <i>trabalho de borda</i>
<b>E. lift</b> <i>alçada</i>	<b>F. boost</b> <i>impulso</i>	<b>G. float</b> <i>float</i>	<b>H. eggbeater</b> <i>pernada alternada</i>

- When an athlete rises very quickly out of the water.
- A surface formation where between two and eight swimmers are connected together.
- The movements performed by swimmers after the music starts but before they get into the water.
- The official name for the entire performance.
- A piece of plastic that stops water entering the nose.
- A series of identical movements done by swimmers in quick succession.
- When swimmers hold another swimmer out of the water.
- A leg movement that lets swimmers stay afloat while they move their arms.

## WORDSEARCH – CAÇA-PALAVRA

J	N	O	S	E	C	L	I	P	E
B	W	N	Z	L	W	Q	G	T	G
C	A	D	E	N	C	E	F	T	G
L	L	E	Q	V	K	I	S	M	B
H	J	C	F	N	L	O	H	Z	E
F	L	K	L	L	O	L	F	Z	A
D	Y	W	R	B	O	L	W	G	T
T	M	O	T	D	C	A	L	Y	E
D	M	R	L	K	P	X	T	L	R
F	R	K	Q	W	N	N	C	B	W

Find these words in the grid

Encontre estas palavras no quadro

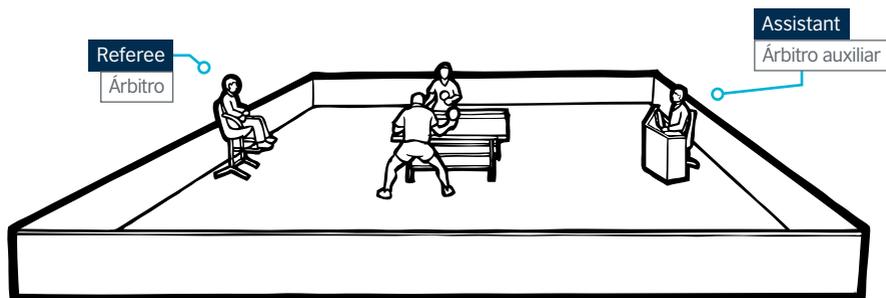
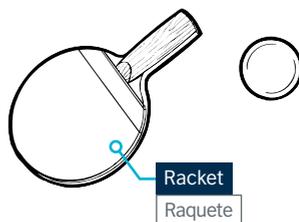
**boost**  
**cadence**  
**deckwork**  
**eggbeater**  
**float**  
**lift**  
**noseclip**

Find the answers on p109  
Encontre as respostas na página 109

# Table Tennis/Tênis de mesa

**Table Tennis is a breathtaking sport that blends power, speed and skill.** It has come a long way from its origins in the late 19th century as an after-dinner game played by upper-class English families.

*O tênis de mesa é um esporte empolgante que mistura força, velocidade e habilidade. Sua origem data do final do século XIX como um jogo realizado após o jantar pelas famílias inglesas de classe alta.*



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. racket</b> <i>raquete</i>	<b>B. court</b> <i>zona de serviço</i>	<b>C. spin</b> <i>topspin</i>	<b>D. net</b> <i>rede</i>
<b>E. referee</b> <i>árbitro</i>	<b>F. centre line</b> <i>linha de serviço</i>	<b>G. service</b> <i>serviço</i>	<b>H. let</b> <i>let</i>

- Where a player throws the ball upwards and strikes it as it is falling, so that it touches first his or her court and then the receiver's court.
- A player uses this to hit the ball.
- The official responsible for making sure the rules are obeyed.
- A rally which results in no score.
- Making the ball turn around quickly so it is difficult to hit it back.
- One half of the table.
- This is in the middle of the table dividing it into two courts.
- This white line divides the courts into half-courts.

## WORDSEARCH – CAÇA-PALAVRA

C	E	N	T	R	E	L	I	N	E
J	N	F	G	D	C	O	U	R	T
M	L	C	Y	H	T	J	N	N	K
V	S	S	X	K	R	E	E	Y	T
M	W	P	E	R	E	Z	T	T	L
N	M	C	I	R	K	T	E	G	T
L	R	F	E	N	V	K	L	X	A
M	R	F	L	T	C	I	F	N	B
M	E	M	D	A	T	K	C	W	L
R	J	R	R	T	D	K	L	E	E

Find these words  
in the grid

*Encontre estas palavras  
no quadro*

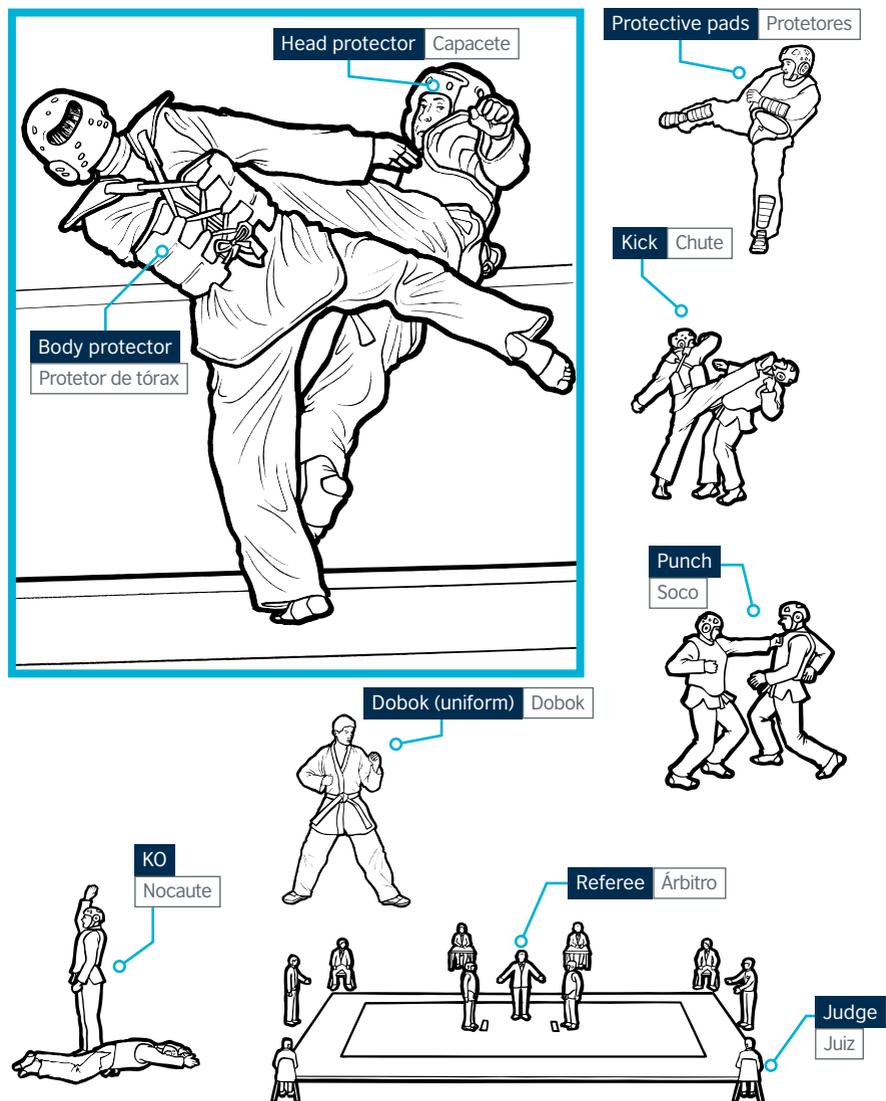
centre line  
court  
net  
racket  
referee  
service  
spin  
table

Find the answers on p109  
*Encontre as respostas na página 109*

# Taekwondo/Taekwondo

The word 'Taekwondo' translates into English as 'the way of foot and fist' – an accurate description of the principles behind this Korean martial art. It offers tension, drama and plenty of action.

A palavra "taekwondo" é traduzida em português como "o caminho dos pés e das mãos", uma descrição exata dos princípios por trás dessa arte marcial coreana. Ela traz tensão, drama e muita ação.



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. dobok</b> <i>dobok</i>	<b>B. fist</b> <i>punho</i>	<b>C. foul play</b> <i>antidesportivo</i>	<b>D. kick</b> <i>chute</i>
<b>E. martial art</b> <i>arte marcial</i>	<b>F. punch</b> <i>soco</i>	<b>G. sudden death</b> <i>morte súbita</i>	<b>H. turning kick</b> <i>chute circular</i>

1. A closed hand.
2. A kick after briefly showing your opponent your back.
3. A uniform worn by Taekwondo competitors.
4. Breaking the rules of the sport.
5. Sporting form of fighting.
6. The next point decides the winner.
7. To hit something or someone with your fist.
8. To hit something or someone with your foot.

## WORDSEARCH – CAÇA-PALAVRA

Y	U	T	W	V	B	E	I	J	V
U	H	L	M	N	J	K	I	C	K
S	P	A	R	R	I	N	G	M	F
S	D	J	A	R	R	O	U	N	D
E	J	P	C	B	Y	T	Q	J	J
N	N	O	S	U	O	R	F	P	U
S	Y	I	Q	Y	W	U	J	J	D
O	V	N	L	D	Q	M	T	O	G
R	H	T	F	D	R	A	W	L	E
I	U	A	A	P	P	U	N	C	H

Find these words in the grid

Encontre estas palavras no quadro

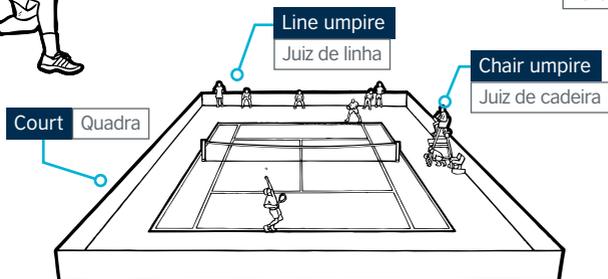
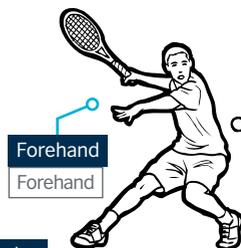
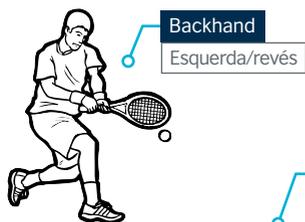
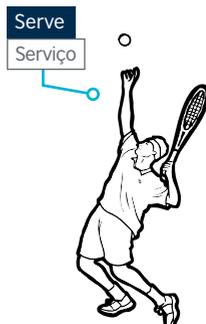
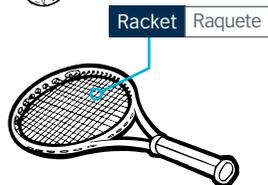
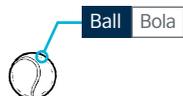
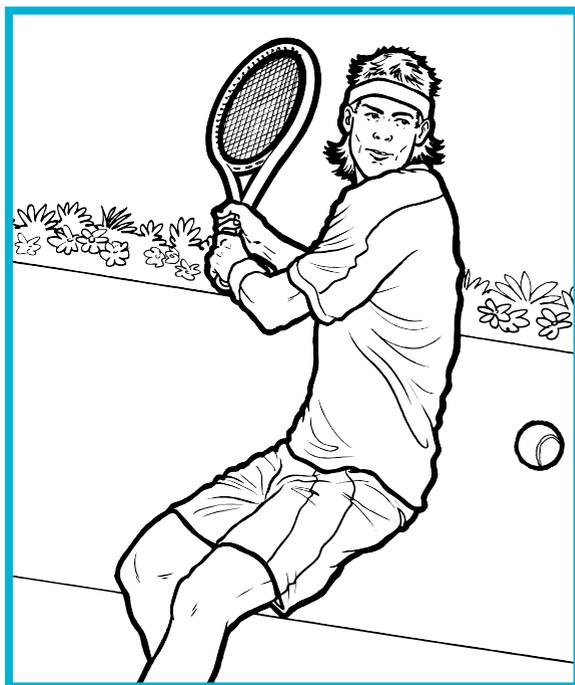
sparring  
sensor  
point  
punch  
kick  
judge  
bout  
round  
draw

Find the answers on p109  
Encontre as respostas na página 109

# Tennis/Tênis

Every four years, the Olympic Tennis tournament attracts the world's top stars. Great players will try to get Andy Murray's Olympic title.

A cada quatro anos, o torneio de tênis nos Jogos Olímpicos atrai as maiores estrelas do mundo. Grandes tenistas tentarão tirar o título Olímpico de Andy Murray.



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. net</b> <i>rede</i>	<b>B. court</b> <i>quadra</i>	<b>C. racket</b> <i>raquete</i>	<b>D. chair umpire</b> <i>juiz de cadeira</i>	<b>E. line umpires</b> <i>juiz de linha</i>
<b>F. singles</b> <i>dois oponentes</i>	<b>G. doubles</b> <i>duas duplas de oponentes</i>	<b>H. serve</b> <i>serviço</i>	<b>I. backhand</b> <i>esquerda/revés</i>	<b>J. forehand</b> <i>forehand</i>

- A way to return a shot with the back of your hand facing the ball.
- The place where you play tennis.
- Hit the ball first and put it into play.
- Four players are on the court, two on each side.
- A way to return the ball with the front of your hand facing the ball.
- Two players are on the court, one on each side.
- This is in the middle of the court and players hit the ball over it.
- This person keeps the score.
- These people decide if a ball landed 'in' or 'out' of the court.
- You use this to hit the tennis ball.

## WORDSEARCH – CAÇA-PALAVRA

P	B	A	C	K	H	A	N	D	J
L	I	N	E	U	M	P	I	R	E
F	O	R	E	H	A	N	D	N	K
R	M	T	S	C	O	U	R	T	D
U	A	R	P	I	T	N	E	G	O
M	M	C	Z	N	N	V	L	T	U
P	F	L	K	Z	R	G	E	L	B
I	Q	X	P	E	T	N	L	H	L
R	K	K	S	X	T	P	M	E	E
E	D	V	M	T	M	B	B	L	S

Find these words in the grid

Encontre estas palavras no quadro

backhand  
court  
doubles  
forehand  
line umpire  
net  
racket  
serve  
singles

Find the answers on p109  
Encontre as respostas na página 109

# Triathlon/Triatlo

Some say that Triathlon began in France between the wars, others that it really developed in the United States during the late 1970s. Whatever the true history, Triathlon is now one of the fastest-growing sports in the world.

Alguns dizem que o triatlo começou na França, no período entreguerras, outros que ele foi desenvolvido nos Estados Unidos durante o final dos anos 70. Qualquer que seja a história real, o triatlo, hoje em dia, é um dos esportes que cresce mais rapidamente no mundo.



Transition Transição



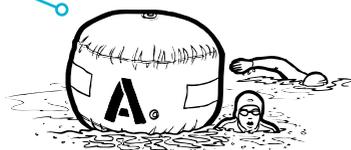
Running Corrida



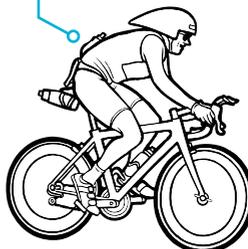
Electronic chip Chip eletrônico



Buoy Boia



Cycling Ciclismo



**ACTIVITY – ATIVIDADE**

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. dismount</b> <i>desmonte</i>	<b>B. transitions</b> <i>transições</i>	<b>C. transition area</b> <i>área de transição</i>
<b>D. triathlon</b> <i>triatlo</i>	<b>E. electronic chip</b> <i>chip eletrônico</i>	<b>F. break</b> <i>intervalo</i>

1. A race with three separate parts.
2. Competitors wear this around their ankle to measure their times.
3. The changes between different parts of the race.
4. To get off the bike.
5. Competitors don't get one of these during a race.
6. Where transitions take place.

**WORDSEARCH – CAÇA-PALAVRA**

T	R	A	N	S	I	T	I	O	N
R	Q	S	W	I	M	M	I	N	G
C	Q	X	H	Y	D	Q	P	N	E
Y	M	H	C	S	T	A	G	E	B
C	Y	M	V	H	A	X	M	T	R
L	C	Q	H	F	I	T	Z	M	N
I	J	L	K	E	R	P	G	C	I
N	K	R	U	N	N	I	N	G	Q
G	E	N	D	U	R	A	N	C	E
M	O	U	N	T	I	T	F	F	I

Find these words in the grid

Encontre estas palavras no quadro

swimming  
cycling  
running  
endurance  
transition  
chip  
stage  
mount

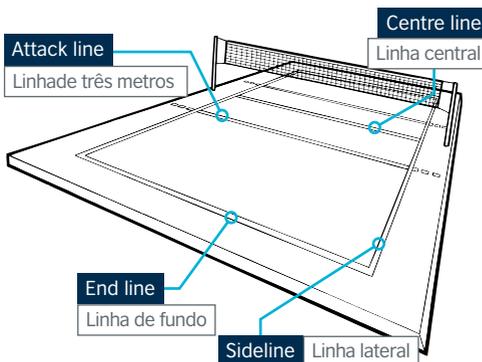
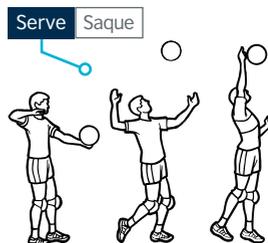
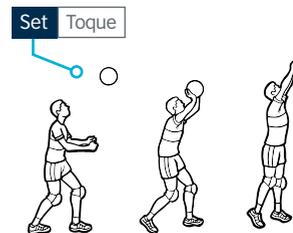
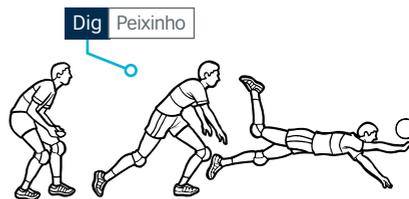
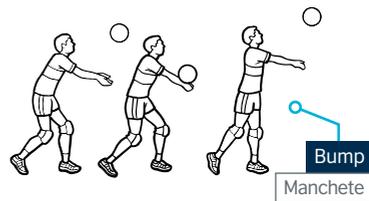
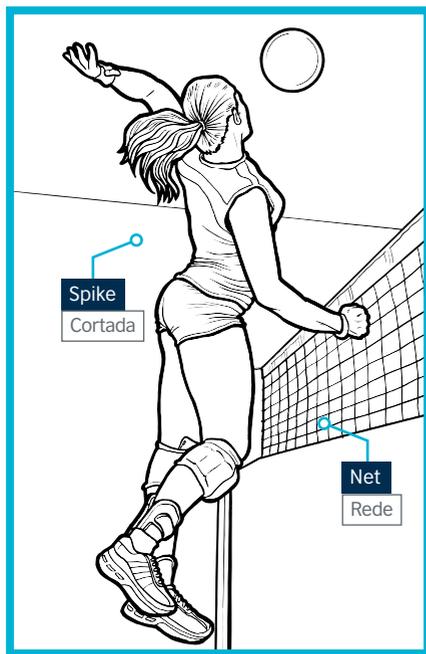
Find the answers on p109  
Encontre as respostas na página 109

# Volleyball/Beach Volleyball

## Voleibol/Vôlei de praia

In 1895, William G Morgan devised a game he called ‘mintonette’, as a gentle alternative to basketball. The first Beach Volleyball World Championships were held in the state of California in 1976.

Em 1895, William G. Morgan inventou um jogo chamado “mintonette” como alternativa ao basquete. Os primeiros campeonatos de vôlei de praia aconteceram no estado da Califórnia em 1976.



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. net</b> <i>rede</i>	<b>B. end line</b> <i>linha de fundo</i>	<b>C. set</b> <i>set</i>	<b>D. match</b> <i>jogo</i>	<b>E. rotate</b> <i>rodízio</i>
<b>F. pass</b> <i>toque</i>	<b>G. outdoors</b> <i>exterior</i>	<b>H. out of bounds</b> <i>bola fora</i>	<b>I. fault</b> <i>falta</i>	<b>J. lead</b> <i>vantagem</i>

- Outside of a building.
- Win two or three of these to win a match.
- One team has more points than the other team.
- A violation of the rules.
- Hitting the ball.
- A line at each end of the court.
- A competition with several sets.
- When the ball falls outside of the court area.
- A device that separates the two teams.
- Players changing positions.

## WORDSEARCH – CAÇA-PALAVRA

O	E	N	D	L	I	N	E	D	T	F
U	L	E	A	D	H	Z	F	E	K	T
T	L	O	T	Y	T	S	N	H	X	N
O	C	R	U	L	Q	R	E	L	P	P
F	F	M	U	T	P	N	E	T	L	C
B	K	A	K	Y	D	T	P	A	S	S
O	F	T	P	B	A	O	K	N	C	V
U	Q	C	D	T	Y	X	O	J	F	V
N	T	H	O	T	N	M	T	R	B	K
D	W	R	Z	T	N	X	V	P	S	K
S	X	R	R	K	F	Q	B	J	F	B

Find these words in the grid

Encontre estas palavras no quadro

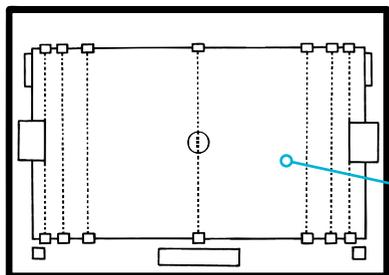
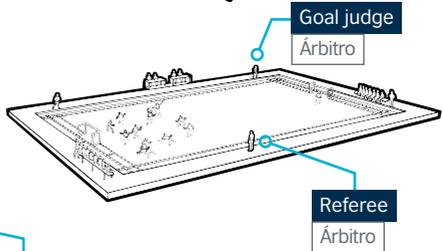
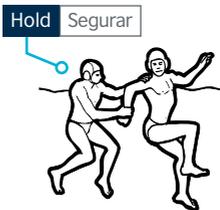
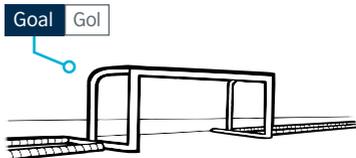
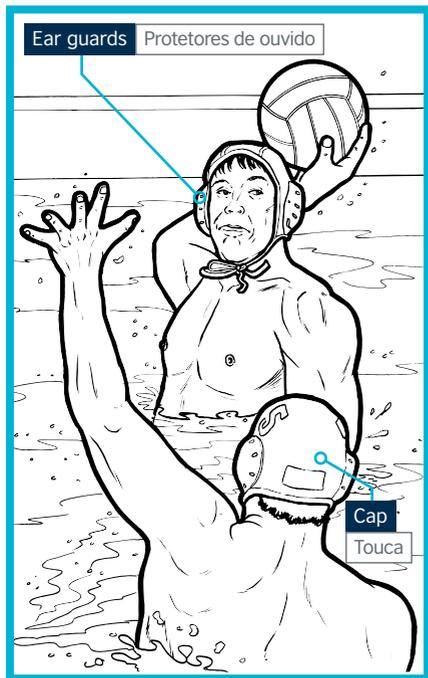
end line  
fault  
lead  
match  
net  
outdoors  
out of bounds  
pass  
rotate

Find the answers on p109  
Encontre as respostas na página 109

# Water Polo/Polo aquático

**Water Polo developed during the 19th century as an aquatic version of rugby, played informally in rivers and lakes.** The version of the game that survives today is closer to Handball: a fast, tough and demanding sport.

*O polo aquático surgiu durante o século XIX como uma versão aquática do rúgbi, jogado informalmente em rios e lagos. A versão do jogo atualmente conhecida está mais próxima do handebol: um esporte rápido, robusto e exigente.*



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. hold</b> <i>segurar</i>	<b>B. kicking</b> <i>chute</i>	<b>C. foul punch</b> <i>falta por soco</i>	<b>D. ear guards</b> <i>protetores de ouvido</i>	<b>E. cap</b> <i>touca</i>
<b>F. pitch</b> <i>piscina</i>	<b>G. goal judge</b> <i>árbitro</i>	<b>H. goal</b> <i>gol</i>	<b>I. referee</b> <i>arbitro</i>	

- This covers the athlete's head.
- If athletes get the ball into here they score.
- When an athlete grabs another player to stop him moving.
- These protect an athlete's ears.
- This person decides if the ball went into the goal or not.
- The place where water polo is played.
- An athlete can be sent out for this.
- A person who is in charge of the game and makes sure everyone follows the rules.
- When an athlete hits the ball instead of throwing it.

## WORDSEARCH – CAÇA-PALAVRA

F	G	P	N	Z	B	H	R	X	V
O	O	Q	K	M	C	G	K	L	Z
U	A	N	C	T	W	R	O	E	L
L	L	L	I	A	D	R	E	A	J
P	J	P	W	L	P	R	V	Z	L
U	U	N	O	M	E	W	X	N	K
N	D	H	K	F	R	G	R	J	Y
C	G	N	E	F	L	Y	T	W	K
H	E	R	K	I	C	K	I	N	G
B	E	A	R	G	U	A	R	D	S

Find these words in the grid

Encontre estas palavras no quadro

hold  
kicking  
foul punch  
ear guards  
cap  
pitch  
goal judge  
goal  
referee

Find the answers on p109  
Encontre as respostas na página 109

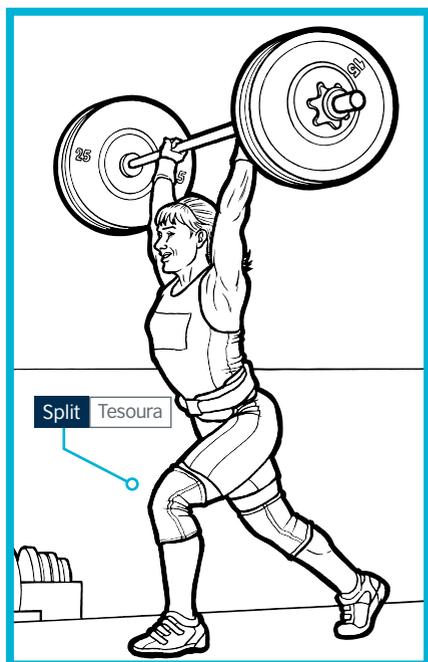
# Weightlifting / Levantamento de peso

The aim of Weightlifting is simple: to lift more weight than anyone else.

The result is pure sporting theatre of the most dramatic kind, and a real spectator favourite.

*O objetivo do levantamento de peso é simples: levantar mais peso do que qualquer um.*

*O resultado é um teatro puramente esportivo do tipo mais dramático e o favorito do público.*



Split Tesoura

Weightlifting knee support Joelheira



Clean and jerk 1 to 5  
Arremesso



Squat Squat



Weightlifting belt Cinto



Snatch 1 Arranco 1



Snatch 2 Arranco 2



Snatch 3 Arranco 3



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. snatch</b> <i>arranco</i>	<b>B. clean and jerk</b> <i>arremesso</i>	<b>C. barbell</b> <i>barra</i>	<b>D. discs</b> <i>discos</i>
<b>E. split</b> <i>tesoura</i>	<b>F. belt</b> <i>cinto</i>	<b>G. squat</b> <i>squat</i>	

- In this move, the athlete lifts the weight straight up above their head.
- The name for the bar that athletes lift.
- In this technique, the athlete lifts the weight in two movements.
- A weightlifter wears this around their waist.
- This is a movement in the clean and jerk with one foot forward and one straight back.
- When a weightlifter's bottom is very close to the floor and his or her legs are together.
- These are the circular weights on the end of the bar.

## WORDSEARCH – CAÇA-PALAVRA

S	R	R	B	R	C	B	E	L	T
M	Q	P	T	A	K	C	L	N	Z
W	L	U	V	N	R	T	H	T	L
L	W	L	A	L	K	Y	I	R	K
Y	W	K	Z	T	P	L	H	N	C
R	Y	D	W	K	P	C	G	C	Z
Z	M	I	G	S	T	Z	X	G	V
G	M	S	B	A	R	B	E	L	L
F	J	C	N	N	K	R	D	V	X
R	M	S	W	T	H	C	N	C	N

Find these words in the grid

Encontre estas palavras no quadro

bar  
barbell  
belt  
discs  
snatch  
split  
squat

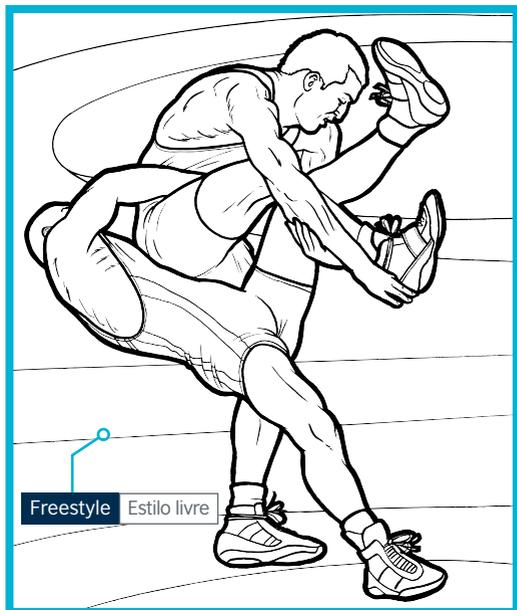
Find the answers on p109  
Encontre as respostas na página 109

# Wrestling / Luta estilo livre

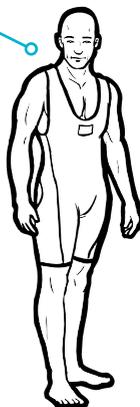
Wrestling was first held at the ancient Olympics in 708 BC, and was included at the Athens 1896 Games, the first of the modern era.

Played out on a circular mat, the sport is a battle of nerves, strength and skill.

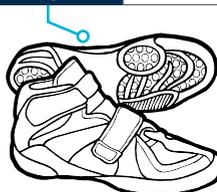
A luta estilo livre apareceu pela primeira vez nas Olimpíadas de 708 d.C. e foi incluída nos jogos de Atenas em 1896, o primeiro da era moderna. A luta acontece em um tatame circular e o esporte é uma batalha de nervos, força e habilidade.



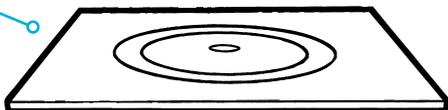
Wrestling suit Malha



Wrestling boots Botas de luta



Mat Tatame



## ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

<b>A. freestyle (wrestling)</b> <i>estilo livre</i>	<b>B. boots</b> <i>botas</i>	<b>C. wrestling suit</b> <i>malha</i>	<b>D. bout</b> <i>luta</i>
<b>E. pin</b> <i>queda</i>	<b>F. wrestling mat</b> <i>tatame</i>	<b>G. greco-roman (wrestling)</b> <i>Greco-romana</i>	<b>H. referee</b> <i>árbitro</i>

- This person makes sure the wrestlers do not break the rules.
- Forcing an opponent's shoulders to the mat to win the bout.
- Wrestlers wear these on their feet.
- In this kind of wrestling, competitors can only use their arms and upper body.
- Wrestlers wear this on their bodies.
- An individual wrestling match.
- Where the wrestling bout takes place.
- In this style of wrestling wrestlers can use any part of their body.

## WORDSEARCH – CAÇA-PALAVRA

L	F	M	S	N	D	L	R	E	B	R
L	D	G	C	U	J	D	L	J	O	H
N	M	W	X	M	I	Y	K	V	U	V
P	R	X	T	R	T	T	M	W	T	J
L	E	M	V	S	T	R	B	C	M	Q
V	F	F	E	V	R	R	N	L	K	T
M	E	E	V	J	K	B	O	O	T	S
G	R	E	C	O	R	O	M	A	N	E
F	E	X	P	R	X	M	N	V	N	P
Q	E	V	Z	H	K	N	V	I	Y	Q
G	N	N	M	A	T	T	P	L	Y	T

Find these words in the grid

Encontre estas palavras no quadro

boots  
bout  
freestyle  
greco-roman  
mat  
pin  
referee  
suit

Find the answers on p109  
Encontre as respostas na página 109

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### **Sailing** (page 70)

**Answers** 1. B; 2. C; 3. F; 4. H; 5. G;  
6. E; 7. D; 8. A

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### **Shooting** (page 72)

**Answers** 1. C; 2. D; 3. F; 4. E; 5. A; 6. B; 7. G

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### **Swimming** (page 74)

**Answers** 1. B; 2. C; 3. E; 4. H; 5. F; 6. A;  
7. G; 8. D

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### **Synchronised Swimming** (page 76)

**Answers** 1. F; 2. G; 3. D; 4. A; 5. B; 6. C;  
7. E; 8. H

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### **Table Tennis** (page 78)

**Answers** 1. G; 2. A; 3. E; 4. H; 5. C; 6. B;  
7. D; 8. F

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### **Taekwondo** (page 80)

**Answers** 1. B; 2. H; 3. A; 4. C; 5. E; 6. G;  
7. F; 8. D

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### **Tennis** (page 82)

**Answers** 1. I; 2. B; 3. H; 4. G; 5. J; 6. F;  
7. A; 8. D; 9. E; 10. C

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### **Triathlon** (page 84)

**Answers** 1. D; 2. E; 3. B; 4. A; 5. F; 6. C

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### **Volleyball/Beach Volleyball** (page 86)

**Answers** 1. G; 2. C; 3. J; 4. I; 5. F; 6. B;  
7. D; 8. H; 9. A; 10. E

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### **Water Polo** (page 88)

**Answers** 1. E; 2. H; 3. A; 4. D; 5. G; 6. F;  
7. B; 8. I; 9. C

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### **Weightlifting** (page 90)

**Answers** 1. A; 2. C; 3. B; 4. F; 5. E; 6. G; 7. D

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### **Wrestling** (page 92)

**Answers** 1. H; 2. E; 3. B; 4. G; 5. C; 6. D;  
7. F; 8. A

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