

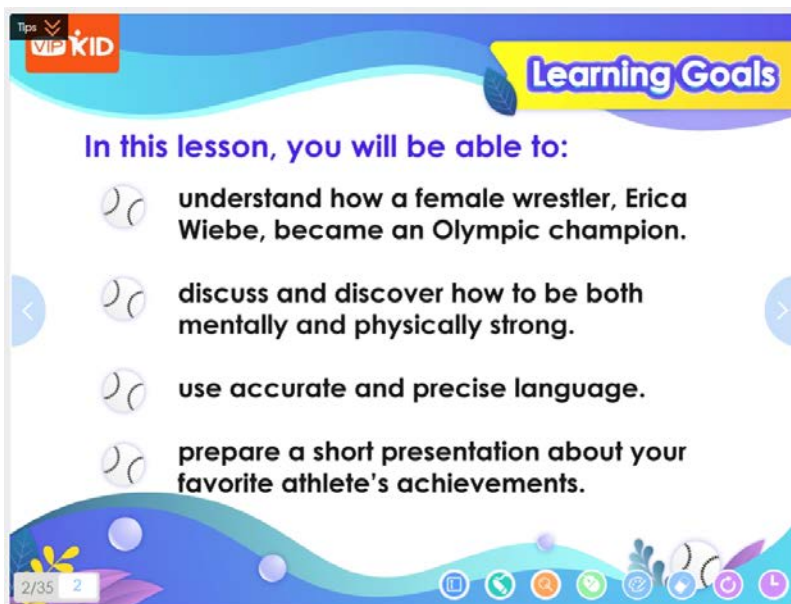
# HPE-L1-U1-LC1-1



The slide features a blue and purple background with decorative elements like a clock and a ribbon. It shows a male instructor in a blue shirt and a female student in a pink top looking at a tablet. The text includes the VIPKID logo, 'Knowledge Up', 'Lesson 1', 'Health and Physical Education', and the title 'Erica Wiebe and the Meaning of Strength'. A progress indicator shows '1/35' and '1'.

Tips

Suggested time: 1 minute  
S looks at the picture and reads the title.




The slide has a blue and purple background with decorative elements. It features the VIPKID logo and the title 'Learning Goals'. The text states: 'In this lesson, you will be able to:' followed by four bullet points, each with a circular icon. The progress indicator shows '2/35' and '2'.

Tips

Suggested time: 0.5 minute  
1. S quickly goes through the goals with T.  
2. S does not need to read the goals aloud.

**Warm Up**

- What do you do to keep healthy and fit?
- How often do you work out?



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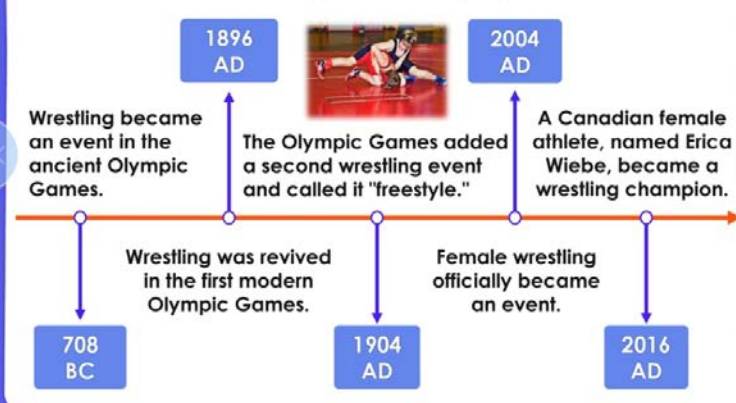
**Tips**

Suggested time: 2 minutes

These are open-ended questions. S reads the questions and talks about his/her answers.

**Introduction**

### Wrestling in the Olympics



The timeline shows the following events:

- 708 BC:** Wrestling became an event in the ancient Olympic Games.
- 1896 AD:** Wrestling was revived in the first modern Olympic Games.
- 1904 AD:** The Olympic Games added a second wrestling event and called it "freestyle."
- 1904 AD:** Female wrestling officially became an event.
- 2004 AD:** A Canadian female athlete, named Erica Wiebe, became a wrestling champion.
- 2016 AD:** (No specific event text provided for this year on the timeline).

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**Tips**

Suggested time: 2 minutes

S tries to know some background knowledge about wrestling in the Olympics with the timeline.

Tips **VIP KID**

## Get Ready to Read

Get Ready to Read

5/35 5

Tips

This is a transitional slide. S will learn the key words/knowledge in the coming slides.

Tips **VIP KID**

## Words to Know

**opponent**

He is a tough **opponent**. It is difficult to win when competing against him.

**Think about it.**

Who is facing an **opponent**?

or

6/35 6

Tips

Suggested time: 1.5 minutes


1. S is introduced to the word and reads the sentences.
2. S focuses on the meaning of the word, inferring the meaning through the use of context clues.
3. S thinks about the question.
4. S looks at the definition and practices pronouncing the word along with T.
5. S answers the question, "What will an opponent do during a wrestling match?" (This is an extension question.)

Tips **VIP KID**

## Words to Know


**technique**

Wrestlers use advanced wrestling **technique** against their opponents.




**Think about it.**

Who has excellent swimming **technique**?



or



7/35 7

Tips

Suggested time: 1.5 minutes


1. S is introduced to the word and reads the sentence.
2. S focuses on the meaning of the word, inferring the meaning through the use of context clues.
3. S thinks about the question.
4. S looks at the definition and practices pronouncing the word along with T.
5. S answers the question, "What kinds of techniques do wrestlers use to defeat opponents?" (This is an extension question.)

Tips **VIP KID**

## Words to Know


**exert**

Athletes have to **exert** a lot of energy when they do strength training.




**Think about it.**

Who is **exerting** more energy?



or



8/35 8

Tips

Suggested time: 1.5 minutes

1. S is introduced to the word and reads the sentence.
2. S focuses on the meaning of the word, inferring the meaning through the use of context clues.
3. S thinks about the question.
4. S looks at the definition and practices pronouncing the word along with T.
5. S answers the question, "What do athletes exert when they do strength training?" (This is an extension question.)



Tips

Vocabulary Challenge

Drag & Drop

1. She defeated her \_\_\_\_\_ by three points.

2. The players need to practice in order to improve their \_\_\_\_\_.

3. He needs to \_\_\_\_\_ himself to try to find an answer.

exert
opponent
technique

9/35 9

Tips

Suggested time: 2 minutes

1. S is encouraged to drag the words to complete the sentences.
2. S reviews the correct answers. (Answers: opponent, technique, exert)

Tips

Vocabulary Challenge

**When and for what did you exert yourself the most?**

10/35 10

Tips

Suggested time: 2 minutes

S answers question in complete sentences or starts a short conversation.

Possible answers:

I always exert a lot of energy in the school sports meeting. I exerted all my strength to complete the 800-meter running.




Weight lifting and swimming are some events that I exerted all my strength to complete. Weight lifting is like a pure muscle sport, where I have to use all my strength to lift the dumbbells up. And it's very easy to get hurt.

Swimming doesn't seem too hard, but actually it requires me to exert all my physical and mental strength to finish a long distance swimming race.

**Key Concept**

What readers already know about a topic affects how well they will learn new information related to the topic. Commonly, what a person already knows about a topic is called his or her **"background knowledge."**

**Three Types of Background Knowledge**

|  |  |   |
|--|--|---|
| <p><b>knowledge of the world</b></p>  | <p><b>vocabulary knowledge</b></p>  | <p><b>subject knowledge</b></p>  |
|--|--|---|

Give an example of your background knowledge about the US.

11/35 11

**Tips**

Suggested time: 2 minutes

S is introduced to the definition of background knowledge by listening to the text and explanation. S completes the task.

**Let's Read**

Get Ready to Read    Let's Read




12/35 12

**Tips**

This is a transitional slide. S will read a text in the coming slides.

Tips **VIP KID**



**Erica Wiebe and the Meaning of Strength**

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Tips

Suggested time: 1 minute

S reads the title. (Optional question: What can you see on the cover?)

Tips **VIP KID**

**Erica Wiebe may not have become a wrestler. A sign for a gym outside her middle school said the wrestling team was looking for both boys and girls to join. She was excited. She later found out that the sign was a mistake and the team was only looking for male athletes to join. But that did not stop Erica from trying to get on the wrestling team. She and some female friends were**



**finally allowed to start wrestling in high school, but her friends quickly dropped out. Being a wrestler was too hard and too challenging. Many said, "It's not a girl's sport."**

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Tips

Suggested time: 3 minutes

1. S reads the text and answers the question, "Why being a wrestler was too hard and challenging?"

2. S should reread the paragraph if struggling to answer the question. S answers further questions to ensure understanding.

Tips **VIP KID**



You see, being a wrestler takes strength. Wrestling is a sport of pure competition where two competitors face each other, and **exert** all their energy to defeat the other.

Wrestlers score points by holding their **opponent** in various ways so that they can't escape. The wrestler who scores the most points wins. Also if the wrestler pins the opponent to the ground with all his or her strength so that the other wrestler can't get up, the match is over and he or she wins immediately. A wrestler must be strong but also careful because one mistake might lead to the loss.

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Tips

Suggested time: 3 minutes


1. S reads the text and answers the question, "How does a wrestler win the game?"
2. S should reread the paragraph if struggling to answer the question. S answers further questions to ensure understanding.

Tips **VIP KID**

It is not just being careful or having physical strength that is required. Wrestling is painful. It hurts, and many wrestlers get injured, often more than once. It takes a love for the sport and mental strength to wrestle over many years like Erica.



When people told her that wrestling was a boy's sport, she did not listen. She knew what she wanted. Other people might dislike her choice, but it was her choice. She chose to train her muscles to become stronger and improve her wrestling **technique**. Finally, she trained herself mentally to never ever quit.



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Tips

Suggested time: 3 minutes

1. S reads the text and answer the question, "What did Erica do to train herself?"
2. S should reread the paragraph if struggling to answer the question. S answers further questions to ensure understanding.



**Stop and Think** **Pick Many**

**What characteristics do wrestlers need to succeed when wrestling?**

- A** A wrestler should be strong.
- B** A wrestler should be tall.
- C** A wrestler should be careful.
- D** A wrestler should love the sport.

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**Tips**

Suggested time: 1 minute

1. S reads the question, goes through the options, and chooses the correct ones.
2. S reviews the correct answers. (Answers: A, C, D)

**In the 2016 Rio Olympics where Erica took home the gold medal for Canada, 75 kg of pure muscle didn't ensure her win. It helped, of course, but the sport was not just about physical strength. What separated her from the silver and bronze medalists wasn't just her ability to exert her muscles, but her ability to exert her mind.**

**Physical strength is nothing without mental strength, and Erica Wiebe proved that on the mat in Rio.**



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**Tips**


Suggested time: 3 minutes

1. S reads the text and answers the question, "What made Erica Wiebe the gold medal winner at the 2016 Rio Olympics?"
2. S should reread the paragraph if struggling to answer the question.
3. S answers further questions to ensure understanding.

Tips **VIP KID**

## Stop and Think

Which one do you think is more important?  
Physical strength or mental strength? Why?



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Tips

Suggested time: 1 minute

These are open-ended questions. S reads the questions and tries to answer them with his/her own words.

Tips **VIP KID**

## Let's Practice

| Get Ready to Read   | Let's Read  | Let's Practice  |
|---|---|---|
|  |  |  |
|  |  |  |

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Tips

This is a transitional slide. S will finish some classroom activities in the coming slides.

**Read and Think**

1. What makes wrestling harder for women to perform compared to men?
2. If someone told you that you were not able to do something, would you listen to them? Why or why not?
3. What other sports might Erica be good at besides wrestling?

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**Tips**

Suggested time: 3 minutes

1. S answers Q1-2 in complete sentences.
2. S has a short conversation about Q3.

**Graphic Organizer** **Drag & Drop**

Physical Strength

Mental Strength

advanced technique

physical strength

be careful

a love for the sport

mental strength

strong mind

never quit
exerting
strong muscles

How can you be both physically and mentally strong?

22/35 22

**Tips**

Suggested time: 2 minutes

1. S looks and completes the mind map.
2. S reviews the possible answers. (Answers: from the left to the right: strong muscles, exerting, never quit)
3. S reads and answers the question. (Possible answer: To be mentally strong, I need strong mind and a love for the thing I'm doing. I must exert all my mind and never quit. To be physically strong, I need to train myself to have strong muscles and advanced technique. Meanwhile, being careful is also very important.)

Tips 

## How English Works

Get Ready to Read    Let's Read    Let's Practice




How English Works

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Tips

This is a transitional slide. S will learn the shades of meaning in the coming slides.

Tips 

## How English Works


Interviewer: Hi, Erica! What do you think of Rio?  
 Erica: **It's good!**  
 Interviewer: What do you mean by "it's good"?  
 Erica: I mean...

What do you think "it's good" means?

In English writing and speaking, it is important to be clear. **Accuracy** and **precision** both help us to be as clear as possible. When we use accurate and precise words, we are more understandable.

➔ "I mean the people in Rio are so *friendly*."

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Tips

Suggested time: 2 minutes

1. S is introduced to the concept of accuracy and precision.
2. S reads the example and answers the question.



**How English Works** Drag & Drop

Choose the correct answer for each sentence to make it more accurate and precise.

1. She never gives up training. She is really \_\_\_\_\_  
( **hardworking** , **good** ).
2. Preparing for the Olympics has taken her \_\_\_\_\_  
( **eleven years** , **a long time** ).
3. Training with the wrong technique could be \_\_\_\_\_  
( **harmful** , **bad** ).

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Tips

Suggested time: 1 minute

1. S chooses the words for accuracy and precision to fill in the blanks.
2. S review the correct answers.  
(Answers: hardworking, eleven years, harmful)

**Get Ready to Present**

|                   |                      |                |
|-------------------|----------------------|----------------|
| Get Ready to Read | Let's Read           | Let's Practice |
| How English Works | Get Ready to Present |                |

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Tips

This is a transitional slide. S will be prepared for the presentation in the coming slides.

**Get Ready to Present**

Now you will prepare for the presentation to give in the next class. Answer the questions below:

1. What is accurate and precise English?
2. Can you make the passage below more accurate and precise? Explain your changes.

When people told her that wrestling was not good for her, she did not listen. She knew what she wanted. Other people may dislike her choice, but it was her choice. She chose to train her muscles to become strong and improve her technique. In the end, she trained herself to be mentally strong.

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**Tips**

Suggested time: 3 minutes


1. S reads the text and makes it better with accuracy and precision.
2. Then, S explains the reasons why he or she changed the passage the way he or she did.

**Get Ready to Present**

Below is what you should prepare for the next lesson. Complete the steps in your review book:

1. Think about how to make your writing accurate and precise.
2. Write down your favorite athlete's main achievements using accurate and precise English.

At eighteen, Wang Xu, who was born in Beijing, became China's first champion in the women's freestyle wrestling competition. She participated in the 2004 Summer Olympics in Athens and won a gold medal in the 72 kg weight class.



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**Tips**

Suggested time: 2 minutes

1. S reads the given sample about a brief introduction of a famous Chinese wrestler.
2. S writes down the answers in 5-7 sentences about his or her favorite athlete in the review book after class to prepare for a short presentation.

Tips **VIP KID**

## Let's Review

Get Ready to Read    Let's Read    Let's Practice

How English Works    Get Ready to Present    Let's Review

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Tips

This is a transitional slide. S will review what they learned in the coming slides.

Tips **VIP KID**

## What I Learned

**exert (verb)**  
to put forth strength or effort

**technique (noun)**  
skill and ability developed through training and practice

**opponent (noun)**  
someone or something you compete against

**Background Knowledge**

What readers already know about a topic affects how well they will learn new information related to the topic. Commonly, what a person already knows about a topic is called his or her "**background knowledge.**"

30/35 30


Tips

Suggested time: 2 minutes

S reviews the target words and the information about background knowledge.

Tips **VIP KID**

### What I Learned



**Being a great wrestler is not easy. You have to spend a long time on training to make your technique better. But even after all your hard work, you may still get injured, especially when wrestling a tough opponent. So, to be a great wrestler, you have to exert your mind as well as your body to succeed.**


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Navigation icons: back, forward, search, refresh, share, print, zoom in, zoom out.

Tips

Suggested time: 2 minutes  
S reviews the main idea of this text.

Tips **VIP KID**



- See you next time, when we will learn what muscular endurance is and how to improve it.
- Prepare for your next presentation.

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Navigation icons: back, forward, search, refresh, share, print, zoom in, zoom out.

Tips

1. S receives praise for their work in the lesson.
2. S gets to know the next lesson's topic and is encouraged to do a presentation in the next lesson.



Tips **VIP KID**

**SEE YOU NEXT TIME**

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Tips

S waves and says goodbye.

Tips **VIP KID**

**Extension**

**How could you improve your mental strength?**

|   |   |   |
|---|---|---|
| <br>read more       | <br>learn something new | <br>challenge yourself |
| <br>socialize more | <br>exercise your mind | <br>self-reflection   |

34/35 34

Tips

S answers the question. S talks about the items to improve mental strength.

## Extension

**Background knowledge** helps readers make predictions about what will happen next in the stories. Read the text below and answer the question.

Erica grew up in the town of Stittsville, Ontario, hoping to become a soccer superstar. Her love for the sport went on throughout elementary school and into high school. As a naturally competitive individual, she took part in a variety of "Canadian" sports until that one fateful day in ninth grade when she signed up for coed wrestling practice...

**What could happen to Erica next?**

S reads the text and answers the question.