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The Standard 英文虎報

小小
英語樂

Goodies

Rainy
21-24°C

Keep it up

THIS little plastic object has four feathers on its body. People play with it by kicking it with their feet. It is a shuttlecock! It is also called 'jianzi'. The sport has recently been added as a sport in the upcoming 2019 Asian Games.

Papa is teaching Bobby how to play the game in the park. Turn the page to learn how to play this sport.



Editor's Note

Recently, I had dinner with someone who was eating, talking and burping at the same time! It made me lose my appetite. Always remember to eat slowly and close your mouth when chewing to prevent burping. On G04 is a story about a boy who burps a lot. When I think of Barcelona I think of their great football team and tiki taka style. But it also has unique buildings and good food. Turn to G08 to learn more.



Simon

Vocabulary Builder

sport



Goodies Learning Card

Another word for field sports is 'athletics':

• *She is going to participate in her school **athletics** team.*

You can say 'game' too:

• *Some call football a gentlemen's **game**.*



Agatha

Hold the shuttlecock **vertically** in your hand. Keep one foot on the ground and kick the shuttlecock with the inner ankle of your other foot. Or you can **extend** your leg forward and use your toe to kick the shuttlecock. Wear flat shoes when you play too.

Shuttlecock styles

Shuttlecock has been played in China for over 2,000 years. It **originates** from the Han Dynasty. It is still a popular game and there are at least three different ways to play.

• Circle Kick

Three or more players, form a circle and they use only upward kicks to pass the shuttlecock to one another without letting it touch the ground.



• Freestyle Kick

The shuttlecock is more colourful, and players perform various kicks, delays and other skills without touching the shuttlecock with their hands.



Sometimes, it is used in dancing too.

• Competitive Games

This is like a badminton game.

Players kick the shuttlecock over a net and the opposition has to return it before it touches the ground.



How should I kick a shuttlecock?



Shuttlecock champs

Lo Wai-ming and Tang Cheuk-yiu are shuttlecock experts. Read their tips on their training and how you can take up the sport.

You can practise shuttlecock at home. But it is great fun to play circle kicks in the park with a group of friends! I hope I will be able to participate in the 2019 Asian Games, so I will practise very hard over the next five years. I believe the sport will become even more popular by then!



Lo Wai-ming

Do not worry if your body is **stiff**. I was very stiff at first too, but I do stretches three times a week for half an hour each time. Now my body is more flexible. Nervousness is a big problem when I play shuttlecock. Sometimes, background noises **distract** me. I have been learning to calm myself down and concentrate on the competition.



Tang Cheuk-yiu

Game

What is a shuttlecock made of?

- A. feathers
- B. metal
- C. clay

Answers on G12

