

ਮੱਤੀ ਵਾਲਿਆਂ ਦਾ IELTS ਸੈਂਟਰ

HIMANSHU EDUCATIONAL HUB

Near Kabir Ashram, Budhlada-151502 Distt. Mansa (Pb)

Mob. : - 92591-00009, 98095-60009

5. Describe a sports person / athlete that you admire
you should say:-

- Who is the person?
- What he is like in real life?
- What is his / her achievement?
- Why do you admire him?

Milkha Singh
known as
flying Sikh

Sports person
athlete

Pitas fielder
field sprinter
Hardworking

Gold at the
Asian Games
and Commonwealth
Games

First Indian
athletics
superhero
admired because
of outstanding
achievement

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Vocabulary words

1. Diligent + Industrious, Hardworking.
2. Burning desire - Keen interest
3. Proficient - competent or skilled in doing something
4. Famous - Eminent, Prominent, renowned
5. Kind Hearted - Tender Hearted, A Gentle person
6. Ambitious - Having a strong desire for success or achievement.
7. Adversity - difficult situation.
8. Gratitude + Greatfulness, acknowledgement
9. Aptitude + a natural ability to do something.

Idioms

1. Burnt mid night oil - Hardworking
2. Every cloud has a silver line - sign of Hope
3. Not born with silver spoon - not born Rich
4. Rags to riches - Poverty to wealth
5. Thick and Thin - difficult time.

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SAMPLE

well, the importance of sports can not be ignored as it creates a sense of national pride and unity. At the same time, athletes inspire us in several ways to achieve our goals. There are so many athletes in this world who are globally admired but for me there's one particular athlete who has given me goosebumps with his speed.

He is none other than renowned athlete Milkha Singh also known as the flying Sikh, he was an Indian track and field sprinter who was introduced to the sport while serving in the Indian army.

I know about him because when I was a student I got a chance to meet him in person after talking to him I was curious to know more about his larger than life personality. I saw the movie "Bhag Milkha Bhag", read his autobiography "The Race of My Life". In short I have done everything I could do to find how he became one of the most decorated Indian athletes. He is not only renowned for his achievement but also for his life struggles. He had great achievements during his lifetime. Milkha Singh is the only athlete to win gold at 400 meters race at the Asian Games as well as the Commonwealth games. He represented India in the summer olympic in Melbourne, Rome

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and Tokyo. Despite this he set a national record that stood for 40 years and he was not born with a silver spoon, his family was killed during the partition in front of his eyes. He burnt mid night oil in order to become an eminent athlete simply put he was the first Indian athletics superhero He is a huge motivation for younger generation. I am really inspired from his journey of rags to riches.

Ultimately, Milkha Singh is an athlete whom I deeply admire from the core of my heart, not only for his outstanding achievements in athletics but also for his determination, ability to rise above adversity.

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Follow ups

1. Should student have Physical education and do sports at school?

Ans. Absolutely, Physical education and sports at school are important for students. Overall development and well-being. It helps them stay active, learn teamwork and maintain a healthy lifestyle. Moreover, it is a great way to have fun and make new friends.

2. What qualities should an athlete have?

Ans. Well, an athlete should have qualities like discipline, determination, perseverance, and a strong work ethic. They should also be passionate, dedicated, and have good sportsmanship. Being physically fit, having good coordination, and being able to handle pressure are important too.

3. Is talent important in sports?

Ans. Absolutely, Talent plays a significant role in sports. It's a natural ability or aptitude that gives athletes an advantage in their chosen sport. However, talent alone isn't enough. Hardwork, dedication and consistent practice are equally important for success in sports. So, while talent can give a head start, it's the combination of talent and effort that truly makes a difference.

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4. What is the most popular sports in your country?

Ans In India, cricket is by far the most popular sport. It is like a religion here. The passion and excitement for cricket can be felt across the country.

5. What kind of exercises do Indian people like?

Ans well, Indian people enjoy a variety of exercises to stay fit and healthy. Some popular forms of exercise in India include yoga, walking, jogging, cycling and playing sports like cricket, badminton and Kabaddi. It is great to see people embracing different forms of Physical activity.

6. Do teenagers like exercising in your country?

Ans Absolutely, many teenagers in India enjoy exercising and staying active. It is fantastic to see young people embracing a healthy lifestyle and engaging in various Physical activities. Whether it is playing sports, going to the gym, dancing, or even practicing yoga, there are plenty of ways for teenagers to get moving and have fun while staying fit.