

Unit 12 How fast can you run?

Learning how to describe movements, speed, distance, and height.

Unit Aims

The theme of this unit is how fast people and animals can run or swim, and how high they can jump. It is a chance for children to work with units of time, speed, distance, and height in English. Interesting information such as how fast people can swim, the speed of fast running animals and others are included in the unit. The task has children measure and record their own running and jumping, so they can compare their records with world class records.

Vocabulary

running swimming skating minute second per hour

Classroom English

What's he doing?

How fast can a giraffe run?

A giraffe can run at fifty kilometers per hour.

What's the world record for the 100 meter sprint?

Step of Activities

- (1) Learning how to use minutes and seconds by talking about the three athletic events and the records on the page. P.53
- (2) Guessing the records of the animals for their speed of running, lengths of jumps, and heights of jumps. P.54-P.55
- (3) Guessing the world records of the 100 meter sprint, long jump, and high jump. P.55
- (4) Measuring their own records for the 100 meter sprint, long jump, and

high jump. P.56

Other Possible Activities

1. Children can find out the world records of various athletic events. For example, they can look up the world records for the long jump and the high jump and actually measure the lengths in the school gym to observe the actual length of the jumps.

What's the world record for the long jump?

Please measure 8.95 meters.

Look how far he jumped!

2. Children compare the speed of various vehicles and modes of transportation. For example, the speed of the super express *Nozomi*, an F-1 race car, a linear motor car, a jumbo jet, and others.

How fast can the *Nozomi* go? Can it go at 200 km per hour?

Can it go at 300 km per hour? How about an F-1 race car?

Which can go faster, the *Nozomi* or an F-1 race car?

Ex. : *Nozomi* : 300 km per hour

F-1 race car : 350 km per hour

linear motor car : 550 km per hour

jumbo jet : 900 km per hour