

Forget what you know about sports.

You watch a football game. 22 players run after a ball. People shout. That is the game you see. But there is another game. You cannot see it.

Tennis

A tennis player waits. The ball comes **fast**. Her **brain** works very fast. It thinks: Where is the ball going? Then her body moves. She runs. She hits the ball. Good shot!

Running

A runner is very fast. He does not think about **winning**. He only feels his **breath**. He feels his feet on the ground. He wants to be faster. He runs to be better than before.

Basketball

In basketball, players do not need words. A player passes the ball. He does not pass to where his friend is. He passes to where his friend will be. **Five players work like one person**. The best part is not the big jump. The best part is the small passes before it.

Gymnastics

A gymnast walks on a long, thin board. She fights **fear**. She thinks: "What if I fall?" Her heart beats fast. But she stays calm. That is hard to do.

The Real Game

The scoreboard shows who wins. But the real game is **inside** the player. Next time you watch sports, look closely. Do not just see the **goal**. See all the small **choices** to make the goal.

### Target vocabulary of the lesson:

- inside

Example: The real game is inside the player.

- brain

Example: Her brain works very fast.

- fast

Example: The ball comes fast.

- fear

Example: She stays calm.

- breath

Example: He only feels his breath.

- choice

Example: See all the small choices.

- winning

Example: He does not think about winning.

- together

Example: Five players work like one person.

- goal

Example: Do not just see the goal. See the small choices.