

**ELIXIR**

Learning Community for  
English Teachers  
2019-21

AT THE LEXICON



**P K M COLLEGE OF EDUCATION MADAMPAM**



# ATHLEXICON

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## PREFACE

Sports play a vital role in modern contemporary society. It is an integral part of life essential for the physical and mental well-being of individuals. Not only it is a physical activity but also an area where people socially interact. For the most people, sports play a fundamental role whether as passive spectators or active participants. Generally, sports had been praised for its numerous benefits which include: bridging the cultural and ethnic divides, improving on health and fitness, contributing to the cross cultural dialogue and ensuring peaceful- coexistence.

Sport includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants and in some cases, entertainment for spectators. A number of competitive, but non- physical, activities claim recognition as mind sports.

The role of a teacher is not confined to classroom teaching. Along with academics it is the duty of a teacher to promote the physical development of each and every student. Physical health is essential for every student. Beyond the classroom learning students must get an awareness about physical fitness. For that, the schools should provide such facilities for them. From that, the children should acquire more learning from outside the classroom. Both their mental and physical growth will happen through sports.

This publication titled 'Athlexicon' is the fifth attempt by Elixir, the learning community for English teachers of PKM College of Education to create and impart sports awareness in children through English Language teaching. The publication includes Phrases, Specific vocabularies, Etymology, Sports idioms and so on. The editorial board expresses its immense gratitude to Dr. Rekha K.R for her guidance and all the student teachers who contributed to this publication.

Associate Editor— Jofia José

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## SPORTS IDIOM

### 1. Across the board

Origin: cards

Meaning: equal for everyone

### 2. Bark up the wrong tree

Origin: hunting

Meaning: you have got the wrong idea or person

### 3. Blind-sided

Origin: American football

Meaning: to not see something coming

### 4. Call the shots

Origin: billiards

Meaning: make the decisions

### 5. Carry the ball

Origin: American football, rugby

Meaning: to take charge, to assume responsibility

### 6. Come out of swing

Origin: football

Meaning: respond to something very aggressively

### 7. Down to the wire

Origin: horse racing

Meaning: right at the end

### 8. Get a head start

Origin: horse racing

Meaning: start before all others

### 9. Get into the full swing

Origin: tennis

Meaning: be comfortable doing something after some time

### 10. Get the ball rolling

Origin: ball games

Meaning: start something



## Sports vocabulary from textbook

**Athlete:** a person who competes in one or more sports.

**Ball:** any object in the shape of a sphere.

**Bat:** to have a turn hitting the ball in sports such as football.

**Bowl:** to throw the ball in the direction of the person with the bat.

**Bowler:** the player who throws in the direction of the person with the bat.

**Championship:** a competition or series of competitions to find the best player or team in a sports or game.

**Cheer:** encourage somebody who is taking part in a sports or game.

**Chess:** a game for two people that is played on a board with 64 black and white squares.

**Coach:** a person who trains people to compete in any sports.

**Cricket:** a game played with bat and ball on a large area of grass by two teams of eleven players.

**Cricketer:** a person who plays cricket.

**Fielding:** to choose a team for a game of football, cricket etc.

**Football:** a game played by two teams of eleven players/ a large round ball that is used in the game of football.

**Game:** a form of sports or play with rules.

**Goal:** the area between two posts into which the ball must be hit, kicked for points.

**Lined up:** a group of people that has been brought together to form a team or take part in an event.

**Loser:** a person who is defeated in an event  
protect their legs.

**Matches:** a organized game or sports event

**Practise:** to do an activity or train regularly to become very good at something.

**Pad:** the protective guard used by batsman and the wicket keeper to

**Race:** a competition between two people, car or animal to see which is the fastest or to see which can achieve something fast.



## MALAYALAM SPORTS RELATED VOCABULARY

### VALLAMKALI

1. **Thuzhakkaran**- Yachtsman- a person who owns or sails a yacht.
2. **Thuzha** - Oar - a pole with a flat blade, used to row or steer a boat through the water.
3. **Vanji** - Canoe - a canoe is a light weight narrow vessel, typically pointed at both ends and open on top.
4. **Amarakkaran**- Helmsman- a person who steers a ship or boat.



## The etymological of origin of certain modern terms in sports

Starting with the word **Olympic**, from Greek *Ολυμπιακός* (olimpiakos), meaning 'from Olympia or Olympus', the word Olympic made it into the English language in the late 16th century through Latin. Olympia is a town in Illeia, the birth-place of the Olympic Games. You may be aware that the Olympic flame starts its journey from Olympia and travels all around the world to make it to its final destination: the hosting country, which for this year's Olympics was Brazil.

And what would the Olympic Games be without the **athletes**? The word comes from the Greek *αθλητής* (athletes) and *ἀθλείν* (athlin), meaning 'to exercise' and *ἄθλος* (athlos) for 'achievement' or 'contest', hence the sports: **decathlon** and **heptathlon**.

**Decathlon** is a compound word consisting of two smaller Greek words: *δέκα* (Theka) — the *th* here is pronounced like the *th* from *then* as opposed to the *th* from *theology* — and *ἄθλος*, altogether meaning 'ten achievements'. In this sport, athletes compete in ten events: 100 metres sprint, long jump, shot-put, high jump, 400 metres, 110 metres hurdles, discus, pole vault, javelin, and 1,500 metres. The word made it into the English language in the early 20th century directly from Greek.

Both decathlon and heptathlon must require tremendous training and focus. It must be really difficult competing on Olympic level in one sport. Can you imagine what it takes to be good at ten different types of them? In my opinion, however, **Marathon** is king.

The word comes from *Μαραθώνας* (Marathonas) a town in Greece. You may have associated the name of this town with the Battle of Marathon which took place in 490 BC. During that historic battle, Miltiadis's army defeated Datis's. It was Darius's first attempt to subjugate Greece, which failed, making him realise that invading Greece wasn't as easy as he thought it would be.

According to Herodotus, the Athenian runner Pheidippides run from Athens to Sparta to ask for help before the battle. He ran more than 140 miles, arriving in Sparta a day later. Another version of the story says that the Athenian runner, ran to Sparta to announce the victory after the battle and that's when he shouted the very famous *νενικήκαμεν* (nenikikamen) 'we have won' and immediately after, he fell on the ground and he exhaled his last breath.

Following the battle, the Athenian army marched 25 miles back to Athens at a very high pace in order to stop the Persian navy from approaching Athens from sea. They arrived back in Athens late in the afternoon, just in time to see the Persian ships turn away from Athens, completing this way the Athenian victory.



word	example sentence	meaning
<b>Field</b>	Some athletes prefer track events while others prefer the field events.	an area of open land; events in athletics that involve throwing, jumping and vaulting
<b>Foul</b>	If a long jumper's foot goes over the takeoff board, the jump will be called a foul.	an unfair or illegal act, e.g. foul throw, foul jump
<b>Hammer</b>	Most athletes who compete in the hammer throw are big and very strong.	a 16-pound metal ball attached to a wire for throwing in an athletic contest; the sport of throwing the hammer
<b>Heptathlon</b>	Women who compete in the heptathlon have to spend a lot of time training for all the different events.	a women's athletic competition combining 7 track and field events
<b>High jump</b>	Most athletes who compete in the high jump are very tall and slim.	sport in which competitors jump over a bar that is raised until only one competitor can jump over it
<b>Hurdles</b>	The hurdles used in women's races are 10 cm lower than those used in the men's events.	upright frames, normally placed in a series, that athletes jump over; a race over such frames
<b>Javelin</b>	Officials must be sure that javelin throwers have plenty of room in which to compete.	a lightweight, spear-like object; the sport of throwing the javelin



word	example sentence	meaning
<b>No-look pass</b>	Crowds love the no-look pass, but coaches warn players not to use it just to show off.	a pass thrown without looking towards the receiver
<b>Overhead pass</b>	An overhead pass can get the ball to a teammate who's behind some opponents.	a pass thrown from over the head, to clear a defender or for added power
<b>Overtime</b>	We won the game by outscoring our opponents in overtime.	a five-minute extra period that is played when the game is tied after four quarters
<b>Personal foul</b>	Younger players often get over-excited and too aggressive and commit many personal fouls.	a foul that involves illegal physical contact such as blocking, charging, elbowing or holding
<b>Possession</b>	The team whose player commits a violation loses possession of the ball.	to be holding, or be in control of, the ball
<b>Rebound</b>	A lot of goals are scored from rebounds after an opponent's shot misses.	get control of a ball that has come off the rim or backboard after a failed shot attempt
<b>Referees</b>	How many referees are usually on court during a game of basketball?	officials who call violations and fouls, give penalties, signal field goals, and stop and start play



YOU ARE  
NEVER  
A LOSER  
UNTIL  
YOU QUIT  
TRYING

400  
4 x 100