

'It's like scoring a hat-trick': how sport is aiming to drive sustainability

Level 1: Elementary / Pre-Intermediate

1 Warmer

a. Here are some ways of helping the Earth by reducing the amount of carbon you produce. Which three of these do you think are the most important?

- Use public transport.
- Don't fly.
- Become a vegan.
- Don't buy new clothes.
- Don't buy products packaged in plastic.
- Turn off the lights when you leave a room.
- Take a shower instead of having a bath.
- Buy a bicycle.

Key words

a. Fill the gaps in the sentences using these key words from the text.

2

award kit obesity reuse wardrobe

1. _____ is the clothes and equipment you need for a sport.
2. A _____ is a large piece of furniture where you can hang your clothes.
3. _____ is a condition in which someone is too fat in a way that is dangerous for their health.
4. If you _____ something, you use it again.
5. An _____ is a prize you get for doing something well.

drought fertilizer install intense renewable

6. A _____ is a long period when there is little or no rain.
7. _____ heat is very, very hot.
8. _____ energy comes from natural resources that do not cause pollution.
9. _____ is a natural or chemical substance you add to soil to help plants grow.
10. If you _____ a piece of equipment, you put it in the correct place and make it ready to use.

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- 1 Steffan Rees, a karate instructor in south Wales, realized that lots of children were unable to come to his classes because the kit was too expensive. At the same time, others had unused kit in their wardrobes. He suggested a sportswear and equipment recycling scheme and Natasha Burnell started Play It Again Sport.
- 2 Burnell loves her job. Play It Again Sport is based in the Rhondda Valley, an ex-mining community with high levels of obesity and unemployment. "We accept anything to do with sport," she says. "The only condition is that it is we can reuse it. We've had skis, lacrosse sticks, football boots. We sell it in a recycling shop."
- 3 With the money from the shop, Play It Again Sport organizes sporting activities for the local community, a running group, sport in schools, walking rugby. It tries to offer a little bit of something for everyone.
- 4 Play It Again Sport won an award at the British Association for Sustainable Sport (BASIS). The chief executive of BASIS, Russell Seymour, says "Sport has been impacted by climate change and people are realizing it." The impact has been everywhere, especially the global south. There has been flooding in the UK, drought in South Africa, a lack of water and air pollution in India. Hurricanes interrupt sports while intense heat is dangerous for athletes and spectators, especially children.
- 5 Seymour stresses the power of sport as a way of communicating about the climate crisis. This has been the experience of Shoreham FC, winners of BASIS's Club Strategy award. The club began with the simple things: replacing lights with LEDs, changing to a renewable energy supplier and no longer using fertilizer.
- 6 The club installed a bike park, then reduced the cost of tickets for fans who cycle to the ground or can prove they arrived on public transport or by electric car. Fans have mainly been positive. Forty supporters have changed their energy supplier, while others come to help with the recycling. The club also has a part-vegan menu and three of the players have changed to a vegan diet.
- 7 Shoreham FC's energy bills have reduced by 30% and it is now planning to invest £50,000 in LED floodlights, which should reduce costs by 70%. At the same time, it will reduce the club's carbon footprint even more.

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3 Comprehension check

a. Answer these questions about the text.

1. What is Steffan Rees's sport?
2. Why are some children unable to come to his classes?
3. What does Play It Again Sport recycle?
4. What are two of the main problems in the Rhondda Valley?
5. What sporting activities does Play It Again Sport offer?
6. What climate problems have there been in the UK, South Africa, and India?
7. Who can get a cheaper ticket at Shoreham FC?
8. How many supporters have changed their energy supplier?
9. By how much have the club's energy bills reduced?
10. How much will it cost the club to install LED floodlights?

4 Key language

a. Match the words in the left-hand column with the words in the right-hand column to make expressions from the text.

- | | |
|----------------|--------------|
| 1. local | a. change |
| 2. sustainable | b. footprint |
| 3. climate | c. energy |
| 4. air | d. transport |
| 5. renewable | e. community |
| 6. public | f. diet |
| 7. carbon | g. pollution |
| 8. vegan | h. sport |

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5 Discussion

a. Answer this question.

- Do you agree with the idea of recycling sports kit and equipment? Why? Why not?

6 In your own words

a. Open an internet search engine and type 'renewable energy' into the web browser. Find as many different forms of renewable energy as you can.