**Actuele lesbrief Engels – Heads Up!**

**Voor de docent**

In Schotland, Engeland en Noord-Ierland mogen kinderen onder de 12 jaar bij trainingen geen ballen meer koppen. Dat is besloten omdat uit onderzoek blijkt dat koppen slecht kan zijn voor je hersenen.

**ERK-niveau**

Lezen B1 – *Lezen om informatie op te doen: Kan relevante informatie vinden en begrijpen in brochures en korte officiële documenten op internet of in andere media (LEB1-2a)*

*Instructies lezen: Kan helder geschreven, ondubbelzinnige instructies begrijpen. (LEB1-4a)*

Leesstrategieën - *Kan de betekenis van zo nu en dan voorkomende onbekende woorden afleiden uit de context en de betekenis van zinnen herleiden, op voorwaarde dat het besproken onderwerp bekend is.*

**Intro**

If the wrong part of your head hits a ball, then you could get a concussion. In the UK, there are new rules for kids in football training.

Assignment 1

Read the assignment and write down the answers in English. You may use English-language Internet sources to help you.

a Make a list of ten or more types of sport. Write down the English words you already know. Look up any words you know in Dutch but not in English.

b Name your favourite sport. Write or tell in 2 or 3 sentences why you like this sport so much. It doesn’t have to be a sport you are active in yourself!

**Heads Up!**

Because of concerns about concussions, children younger than 12 in the United Kingdom will no longer be allowed to head the ball during football practices. So what is a concussion?

Read [this fact sheet](https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages14-18-a.pdf) to learn more.

Assignment 2

Read the text. Connect the words and expressions that have the same meaning in the text.

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| --- | --- |
| 1. athletes | *a.* a person who teaches and trains an athlete or performer |
| 1. concussion | *b.* a sudden, rough movement |
| 1. skull | *c.* annoyed; feeling uncomfortable or unpleasant |
| 1. healthcare provider | *d.* to be so sick that the food that you have eaten comes out through your mouth |
| 1. coach | *e.* to become healthy or well again |
| 1. to heal | *f.* causing death |
| 1. recovery | *g.* damage to the brain that is caused by something hitting the head very hard |
| 1. fatal | *h.* to help or give someone advice to do something |
| 1. a jolt | *i.* moving slowly or lazily |
| 1. sluggish | *j.* people who are trained in or good at sports and games |
| 1. foggy | *k.* person who takes care of your health, like a doctor or nurse |
| 1. bothered | *l.* the bones that form the head and face of a person or animal |
| 1. to vomit | *m.* the process of becoming healthy after an illness or injury |
| 1. stomach | *n.* the soft front part of your body just below the chest |
| 1. to encourage | *o.* vague or confused |

Assignment 3

a True or false?

1 A headache can be a symptom of a concussion.

2 It is okay to keep on playing with a concussion.

3 It takes time for your brain to heal.

4 Only you can tell if you have a concussion.

5 You can get a concussion when you fall on your head.

6 You may have a concussion when you are bothered by light or noise.

b What should you do if you think that you have a concussion? Choose all the correct answers.

1 First finish the training.

2 Get checked out.

3 Give your brain time to heal.

4 Play and practice as much as you can.

5 Report It.

c “It’s up to you to report your symptoms”. This means:

1 Do not report any concussion symptoms until after an important game.

2 It is your duty to tell people if you think you have a concussion.

3 Real team players don’t bother other people with their concussion symptoms.

4 You don’t have to report anything, just do as you like.

d “It’s better to miss one game than the whole season.”   
Explain in your own words what this means.