

New York State Common Core

English Language Arts Curriculum



GRADE 5 Module 3A

Unit 1

Student Workbook

It's Not Just a Game!

By Lori Calabrese

Whether you run a race, bounce a basketball, or hurl a baseball home, you do it because it's fun. Some scientists claim play is a natural instinct—just like sleep. That might explain why sports are likely to be as old as humanity.

Some claim sports began as a form of survival. Prehistoric man ran, jumped, and climbed for his life. Hunters separated themselves by skill, and competition flourished. Wall paintings dating from 1850 B.C., that depict wrestling, dancing, and acrobatics, were discovered in an Egyptian tomb at Bani Hasan. The Ancient Greeks revolutionized sports by holding the world's first Olympic games at Olympia in 776 B.C. But it wasn't until the early nineteenth century, that sports as we know them came into play. (Pardon the pun!) Modern sports such as cricket, golf, and horse racing began in England and spread to the United States, Western Europe, and the rest of the world. These sports were the models for the games we play today, including baseball and football.

All organized sports, from swimming to ice hockey, are considered serious play. There are rules to obey, skills and positions to learn, and strategies to carry out. But Peter Smith, a psychology professor at Goldsmiths, University of London, and author of *Understanding Children's Worlds: Children and Play* (Wiley, 2009), says, "Sport-like play is usually enjoyable, and done for its own sake."

Different Sports for Different Folks

Sports come in many shapes and sizes. Both team and individual sports have advantages and disadvantages, but most people find that from an early age, they are drawn toward one or the other. In a team sport like soccer, you're part of a group, striving to be a winning team. That means putting the team ahead of your own accomplishments. You must learn to get along with your teammates and share responsibility. In an individual sport like tennis, you're usually only concerned about your own performance. That can make these sports more challenging.

The Ultimate Value of Sports

Whether it's football or golf, there's little doubt about the value of sports. According to the American Academy of Pediatrics (AAP), "play is essential to the cognitive, physical, social, and emotional well-being of children and youth." Play not only exercises our bodies, it also exercises our minds. Sports teach us about ourselves and our world. We learn how to negotiate plans, settle disagreements, and how to monitor our attitude. The skills we learn playing can be applied to school and work. Since organized sports are a hands-on, minds-on learning process, they stimulate our imagination, curiosity, and creativity. The growing science of play is armed with research claims that play, and thus sports, is important to healthy brain development. We use language during play to solve problems, we use thinking when we follow directions to a game, and we use math skills to recognize averages and odds of each sports play.

Sports also raise our energy level and act as antidepressants. Activity increases the brain's level of chemicals called endorphins, which boost mood. When we start moving and having fun, we feel good about ourselves.

Forgetting the Fun

In a perfect world, everyone would have fun playing sports. But that's not always the case. Sports can get aggressive and cause scrapes, bruises, and broken bones. They can also hurt us psychologically. David Elkind, professor emeritus of Child Development at Tufts University and author of *The Power of Play*, says that when young children play self-initiated games such as tag or hide and seek, "misunderstandings and hurt feelings are part of the learning process, and happen in a context of mutual respect. Those that arise in organized team sports, don't have the same supportive network, the sense of competition outweighs the sense of cooperation, and can be hurtful to the child's sense of self and self-esteem." Playing sports is usually fun, but sometimes we can get frustrated. It might be because of the pressure to win, parents who yell and scream from the stands, or coaches who treat us unfairly. Sports are supposed to bring people together, but they can also drive people apart. When sports are separated into skill level, gender, or ethnicity, some players feel isolated, begin to forget the fun in sports, and even want to quit. Sports may not always be a positive experience, but even when they're not, they give us a dose of how to face life's challenges.

Making Sports Work for Us

Playing sports doesn't mean you have to play on a varsity team. And very few people have what it takes to be a professional athlete. But your school basketball coach or gymnastics teacher has found a way to make play their work. And in doing so, they've found the work best suited to who they are. According to Elkind, "Whenever we combine play with work, as in our hobbies, cooking, gardening, sewing, and carpentry, it is the full utilization and integration of all our interests, talents, and abilities. It's an activity that makes us feel whole."

Play is so important to our development that the United Nations High Commission for Human Rights has included it as a right of every child. In other words, it's your birthright to play! And there's no better place to play and learn about the world than on a sports field. So regardless of your sport—from swimming to soccer—play to have fun and you'll automatically win!

Keep Your Eye on the Ball

Are your eyes glued to the TV when LeBron James takes the court or Derek Jeter steps to the plate? While fans fill arenas, even more click their TVs on at home to watch athletes slam a puck into a net or hit a ball with a fat stick. Play is not only something to do, it's something to watch others do.

It's Not Just a Game!
By Lori Calabrese

Sports are a form of entertainment. The joy you and your teammates get by working together is the same joy your family, friends, and other spectators get when they watch. Fans experience the thrill of victory and the agony of defeat, just like the players on the field. Think of all the applauding, shouting, and yelling that happen at sporting events. It's a way for many of us to live vicariously through the players' actions.

Sports are also social events, opportunities for strangers to cheer together and debate outcomes. A Saturday morning game is a great way to spend time with family.

Sports involve learning, too. Fans research players, teams, and the sports themselves. How many fans do you know who are walking encyclopedias of sports trivia?

Why do so many of us watch sports and have a favorite team? Studies show that it fills both emotional and psychological needs. We feel self-confident and experience joy when our favorite team wins. Sports fulfill our human need to belong, and many fans, whether their team wins or loses, enjoy the suspense that allows them to release their emotions. Where we live, our family background, peer pressure, and our own sense of self (identity) all determine which baseball cap we wear and why we root for our team.

So the next time you put your Red Sox cap on and tune in to the game, remember it's not just about the amazing pitchers and batters, but about the way you feel when you watch your team play.

Baseball—From the 1830s to the late 1850s, Americans played a variety of ball and bat games. The first recorded baseball game took place in 1846 in Hoboken, New Jersey.

Football—Derived from rugby, a game played at public schools in England, football began to develop in Canada and the United States in the mid-1800s. The first game of American intercollegiate football, most resembling today's game, was played between Tufts University and Harvard on June 4, 1875, at Jarvis Field in Cambridge, Massachusetts. Tufts won, 1–0.

Basketball—In 1891, physical education instructor Dr. James Naismith invented the game of basketball in Springfield, Massachusetts. Designed as a sport to be played indoors during cold New England winters, basketball was originally played with a soccer ball and two peach baskets. In 1901, open-ended hoops replaced the game's closed baskets and basketball's "thirteen original rules" were created.

Opinion and Evidence Graphic Organizer

Name:

Date:

Author's Opinion:

Supporting Evidence (paraphrased):

Opinion and Evidence Graphic Organizer

Supporting Evidence (paraphrased):

Opinion and Evidence Graphic Organizer

Name:

Date:

Author's Opinion:

Supporting Evidence (paraphrased):

Opinion and Evidence Graphic Organizer

Supporting Evidence (paraphrased):

Two Opinions Word Sort cards

People learn valuable skills from sports.

Sports entertain people.

Mid-Unit 1 Assessment:
Identifying Opinion and Evidence in “Roots of American Sports”

Name:

Date:

Directions:

- Read the article “Roots of American Sports.”
- Read the assessment questions below. These questions tell you what part of the article to focus on.
- Reread the article one paragraph at a time. Think about the answers to the assessment questions.
- Answer the following questions in complete sentences. Cite evidence from the text to support your answers.

1. What, according to the author, helped sports become more popular in America during the 1800s? Support your answer with evidence from the text.

2. PART A: In the sentence, “There are several influences on American sports,” what does the word *influences* mean?

PART B: What text from the article helped you determine the meaning of the word *influences*?

Mid-Unit 1 Assessment:
Identifying Opinion and Evidence in “Roots of American Sports”

3. The author shares the opinion: **Sports are a form of entertainment**. Identify which of the following statements are *evidence* the author uses to support that opinion (circle all that apply):
- a. People around the world go to games.
 - b. People around the world watch sports on television.
 - c. Many athletes who play in college go on to play professional sports.
 - d. Professional sports bring in a large amount of money by selling tickets to games and sports merchandise.
 - e. There are several influences on American sports.

Roots of American Sports

Roots of American Sports

The Olympics provide many sporting events in which several dozen countries compete. The original Olympics date back to 776 B.C.E. to 393 C.E. Present day **sports** like golf and soccer were later introduced to America.

Golf dates back to the 16th century, originating in Scotland. During the 1800's, **sports** became more popular in America with the arrival of baseball and the introduction of football by England, which America calls soccer.

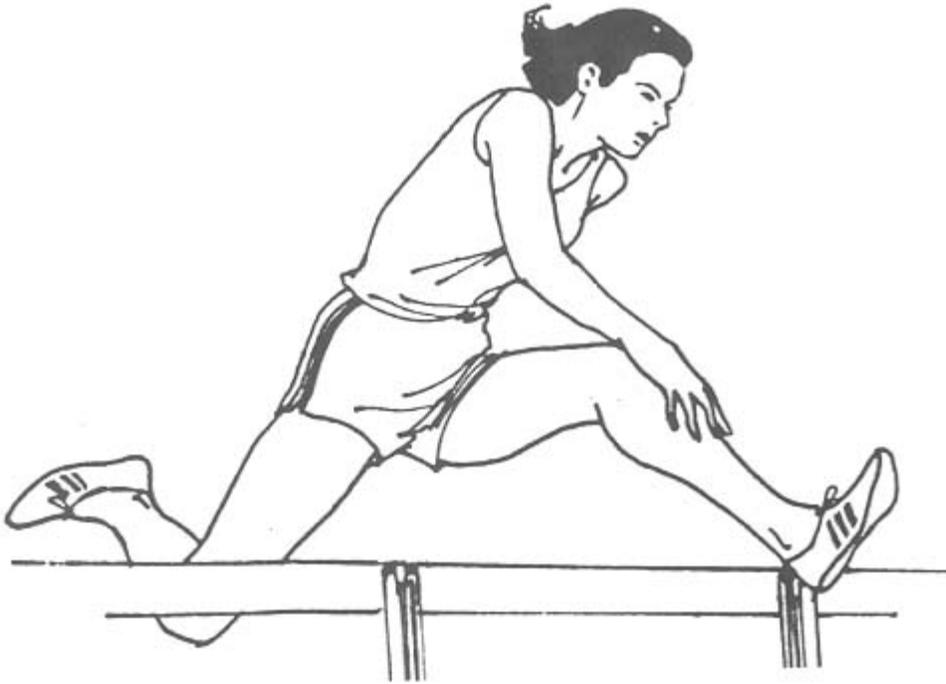
Over the past two hundred or so years, **sports** have become a part of **American** culture. There are several influences on **American sports**. Some of those influences were brought over from the Europeans after colonization, and some have been more recent due to an increase in immigration.

During the 20th century, professional **sports** became popular with many athletes playing in college then going on to play for a professional team. Professional **sports** are a form of entertainment for many people around the world with many going to games or watching them on television. The professional **sports** bring in a large amount of money by selling game tickets, advertising, and merchandising.

Sporting events provide a sense of community for many **Americans**. More time has been made for leisure activities like **sports** due to a decrease in work hours. **Americans** share the same sporting events with other countries such as soccer, gymnastics, and swimming.



The Olympics provide many sporting events in which several dozen countries compete.



*Sporting events provide a sense of community for many **Americans**.*

Mid-Unit 1 Tracking My Progress

Name: _____

Date: _____

Learning target: I can identify the evidence the author uses to support an opinion.

1. Target in my own words:

2. How am I doing? Circle one.

I need more help to learn this.



I understand some of this.



I am on my way!



3. Evidence to support my self-assessment:

Mid-Unit 1 Tracking My Progress

Learning target: I can determine the meaning of new words and phrases from context in an informational article.

1. Target in my own words:

2. How am I doing? Circle one.

I need more help to learn this.



I understand some of this.



I am on my way!



3. Evidence to support my self-assessment:

Opinions from “Sports in America” Sheet

Sports bring American communities together.

Sports play a valuable role in Americans’ lives.

Opinion and Evidence Graphic Organizer (Example)

Name:

Date:

Opinion:	
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Evidence:

Evidence:

Opinion and Evidence Graphic Organizer (Example)

Evidence:

Accordion Graphic Organizer (Example)

Opinion



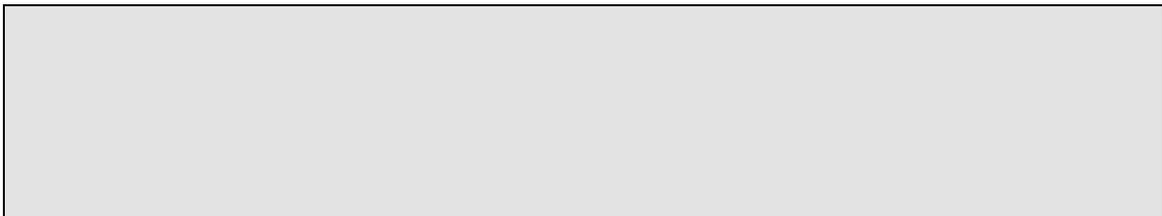
Evidence



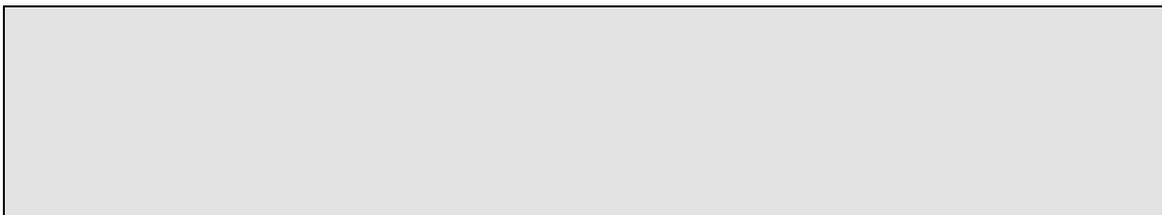
Evidence



Evidence



Evidence



End of Unit 1 Assessment:
Writing an Opinion with Supporting Evidence
about the Importance of Sports in American Culture

Name:

Date:

You are a journalist writing for a new magazine called *Sports in America*. The first issue of the magazine will be released soon, and you have been asked to write a short introductory article for the first page. Your assignment: Write a one-paragraph article titled “Importance of Sports in America.”

After reading a variety of informational texts about sports in American culture, write a paragraph in which you share an opinion about the “Importance of Sports in America.” Include at least five to seven pieces of evidence from all the articles read during this unit to support the opinion. Be sure you include key vocabulary from the texts.

Directions:

1. Refer to the informational articles, your journal, and anchor charts to form an opinion about the importance of sports in American culture.
2. Refer to the informational articles and notes you took on your Opinion and Evidence graphic organizer to identify at least five to seven pieces of evidence to support your opinion.
3. Determine a way to organize your opinion and supporting evidence before writing your paragraph. (Turn in your graphic organizer with your paragraph at the end of the assessment.)
4. Write a paragraph that includes an opinion about the importance of sports in American culture, supporting evidence for the opinion, and key vocabulary.

End of Unit 1 Assessment:
Writing an Opinion with Supporting Evidence
about the Importance of Sports in American Culture

Criteria for Success and Self-Assessment:

- I wrote an opinion that clearly shows what I think about the importance of sports in American culture.
- I provided five to seven pieces of evidence (facts, specific details, information) to support my opinion.
- I used supporting evidence from EACH of the three articles read during this unit: “It’s Not Just a Game!” “Roots of American Sports,” and “Sports in America.”
- I organized my opinion and evidence before writing.
 - * Create an organizer format.
 - * Write the opinion first.
 - * Add supporting paraphrased evidence.

End of Unit 1 Assessment:
Writing an Opinion with Supporting Evidence
about the Importance of Sports in American Culture

Criteria for Success and Self-Assessment:

- Write one, high-quality paragraph that has:
 - * An opinion
 - * Five to seven pieces of evidence to support the opinion
 - * Correct punctuation
 - * Correct grammar
 - * Complete sentences that stay on topic
 - * Key vocabulary used accurately

Tracking My Progress
End of Unit 1

Name:

Date:

Learning target: I can write an opinion about the importance of sports in American culture.

1. Target in my own words is:

2. How am I doing? Circle one.

I need more help to learn this.



I understand some of this.



I am on my way!



3. The evidence to support my self-assessment is:

Learning target: I can identify and organize evidence to support my opinion.

1. Target in my own words is:

2. How am I doing? Circle one.

I need more help to learn this.



I understand some of this.



I am on my way!



3. The evidence to support my self-assessment is:

Learning target: I can write a paragraph with related evidence to support my opinion.

1. Target in my own words is:

2. How am I doing? Circle one.

I need more help to learn this.



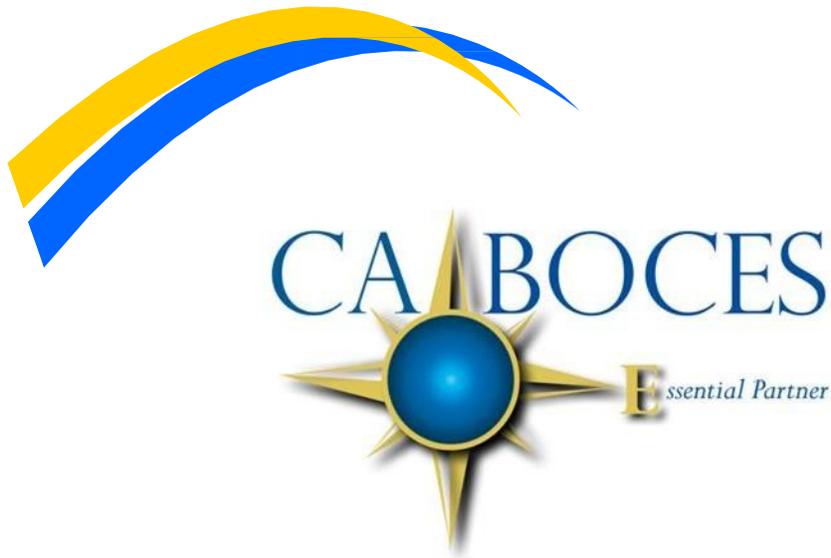
I understand some of this.



I am on my way!



3. The evidence to support my self-assessment is:



Learning Resources
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