1 Look at the pictures. What can you see?

2 Listen and read. 🔴 30

The Olympic Games

The Early Games

The first Olympic Games were held at a place called Olympia in Greece in 776 BC. At first, there was only one race. It was a 170-metre running race called the 'stade'. In the race, local athletes ran across a piece of ground and the whole event was finished in one morning. However, it was very popular, and athletes spent weeks practising and training for the event. Soon, more races and competitions were introduced, and people began to travel from other countries to take part in them. Then, in AD 393, the new Roman Emperor decided to stop the Games completely. Gradually, earthquakes and floods buried the site of the ancient festival.

Olympia

The First Modern Games

Baron de Coubertin

For hundreds of years, the Games were forgotten. Then, in 1894, a French academic called Baron de Coubertin decided to bring them back. He believed that sport was an important part of peoples' education and that it made them better people. He studied the history of the ancient Games and decided to organize an international event with many of the traditions from the original Games. In 1896, the first modern Olympic Games took place in Athens and 14 countries took part. Their motto was 'Citius, Altius, Fortius', which is a Latin expression meaning 'Faster, Higher, Stronger.' Baron de Coubertin believed the Games would be a great way to bring people from lots of different countries together to compete against each other and work to be the best sportspeople that they could be.

The Olympic Rings

The Olympic flag was first flown at the 1920 Olympics. The five rings represent five world continents. The flag has a white background and each ring is a different colour: blue, yellow, black, green and red. These colours were chosen because every country had one of these colours in its national flag. It is a symbol of the way that all the countries come together to take part in an international sporting competition.

The Olympic Medals

Olympic medals are designed for each Olympic Games. So, every year, the medals are completely different. There is a medal ceremony after each Olympic event. They raise the flags of each winning athlete's country and play the national anthem of the gold medallist. Then they give the three winning athletes their medals: bronze, silver and gold.

The Paralympic Games

There have been many changes to the Olympic Games over the years. One of the most important is the introduction of the Paralympic Games. In 1948, Sir Ludwig Guttmann organized a sports competition for people with disabilities at a hospital in England. Four years later, competitors from Holland joined them. Then, in 1960, Olympic-style games for athletes with physical and visual disabilities were organized for the first time in Rome. Today, the Paralympic Games are a world-famous sporting event. They take place after the Olympic Games have finished, in the same city.

3 **Read again and answer the questions.**

1 Where did the first Olympics take place?

2 When was the first modern Olympics?

3 Who can take part in the Paralympic Games?

4 What was the opening ceremony at London 2012 named?

4 **Discuss**

1 Do you think the Olympics is a good sporting event? Why (not)?

2 Do you like taking part in sporting events? Why (not)?

London 2012

In 2012, the Olympic and Paralympic Games took place in London for the third time in history. There are many traditions at the Olympics and one of these is the opening ceremony. There are always fantastic displays of music, singing and fireworks, and people dancing in traditional costumes. There is a procession of athletes in their teams and the Olympic flag is raised. Finally, the Olympic torch is brought into the stadium and the Olympic flame is lit. Then the Games can begin.

London's opening ceremony was given the title *Isles of Wonder*, inspired by Shakespeare's play *The Tempest.* The show represented Britain's history and culture. It lasted for four hours and was watched around the world by more than 900 million people. There was some great music, including songs by Paul McCartney from the Beatles, Arctic Monkeys and a performance by the London Philharmonic Orchestra. There were some funny moments, too, such as when the Queen appeared with James Bond.

Breaking Records

London 2012 saw some fascinating firsts. Here are some of them:

Usain Bolt: Jamaican sprinter

He made history by being the first to achieve a 'double double' by winning the 100m and 200m titles at two consecutive Olympics. He and his teammates also set the world record for the 4x100m relay.

Michael Phelps: American swimmer

He won four gold and two silver medals, making him the most successful athlete for the third consecutive Olympics. He also became the Olympian with the most gold medals. In total, he has 18 gold, two silver and two bronze medals.

Nicola Adams: British boxer

She became the first female boxer to win an Olympic gold medal.

Sarah Attar: Saudi Arabian runner

She became the first woman from Saudi Arabia to compete in an Olympic athletics event, when she ran in a heat of the 800m.

Sarah Storey: British cyclist

She broke the record for the women's road race in the Paralympic Games when she finished seven minutes ahead of the silver medallist.

1 Look at the pictures. What do you think the story is about?

2 Listen and read. 🎧 31

3 Read again and answer the questions.

    1 Who painted the portrait of Dorian?   **2** What did Dorian wish for?

    3 Where did he keep the portrait?   **4** How did the portrait look after Dorian died?

The Picture of Dorian Gray

Many years ago, there lived a young man called Dorian Gray. He was a handsome and pleasant young man, and he was always very kind to people. Dorian Gray loved art and beautiful things, and he wanted a picture of himself. So, one day, he visited a friend of his, called Basil Hallward. Basil was a talented artist and Dorian asked him to paint his portrait. Basil agreed and, every day, Dorian went to his art studio and sat while Basil painted him.

One day, when Dorian was at the studio, he met one of Basil's friends. The friend's name was Henry Wotton. While Basil painted, Henry talked to Dorian. He told him about beauty and youth. He said that these qualities were the most important things in the world. He said that they were more important than kindness, intelligence, gentleness and patience. Dorian listened very carefully and, soon, he started to believe that this was true.

At last, the portrait was finished. It was a wonderful painting and one of Basil's best works of art. Dorian stared at the picture for a long time. At first, he felt very happy. He saw a handsome young man with a kind and intelligent face. But, after a while, Dorian started to feel sad. He remembered Henry's words and he knew that, one day, he wouldn't be handsome and he wouldn't be young. One day, he would be old and grey.

"I wish," said Dorian suddenly, "I wish that I could always stay young and that the picture would get old."

Henry laughed when he heard this, but Basil was very angry.

"Don't talk like that," said Basil. "That's a terrible thing to say. Many things are more important than youth and beauty."

Dorian didn't believe Basil. He just felt sad because he was going to be old one day.

Dorian took his portrait home, but now his life was different. He didn't see Basil for a long time. He met Henry and his friends instead. They talked and went out to theatres and to

4 Discuss.

1 Did you enjoy the story? Why (not)?

2 Do you think Henry Wotton was a bad man? Why (not)?

3 How did Dorian Gray change?

restaurants. Slowly, Dorian started to change. He became hard and cruel. He didn't think about other people's feelings. He only thought about himself.

One day, he looked at his portrait and thought there was something different about it. What was it? He looked more closely. The face had changed. The mouth looked unkind. It was strange. Dorian picked up a mirror and looked at his own face. Then he looked back at the portrait. It was true. The portrait was different.

Suddenly, Dorian remembered that he had wished to stay young while the picture grew old. It seemed impossible, but his wish had come true. Dorian covered the picture. He didn't want to think about this terrible thing.

One day, Basil visited him at home. They talked for a while and then Basil said, "I want to borrow your portrait. I want to put it in an exhibition in an art gallery."

Dorian thought about the painting and how it had changed.

"I'm sorry, Basil," Dorian said quickly and quietly. "But I can't give it to you."

Basil looked at him strangely.

"You've changed, Dorian. You used to be a kind man. Now you are cold and selfish."

When Basil had gone, Dorian took the portrait and put it in a small room. He locked the door and put the key in his pocket.

"No one can ever see this portrait," he said to himself.

And so the years passed, and Dorian still looked young and handsome. He enjoyed his life, but he didn't care about anyone but himself. Behind the locked door of the little room, the picture of Dorian Gray grew older and uglier. The face showed the truth about Dorian's bad life. Sometimes, Dorian went and looked at the picture, and he thought how terrible he had become. He hated the picture and he hated his life.

At last, Dorian decided to be good again. He thought that, if he was good, the picture would change back again. But it was too late for Dorian Gray to change. He died and, when he died, he became old and ugly, and his portrait suddenly changed back to look as handsome and young as it was at the beginning.

Based on a story by Oscar Wilde