

# **We make the podcast working team**





**presenter:** welcome to park rat podcast. Today's guest is philipe chester, a snowboarding rider. we will talk about snowboarding, an incredible winter sport!

**guest:** hello, thank you for inviting me.



PRESENTER: What can you tell us about snowboarding?

GUEST: WELL. This sport comes from skateboarding, surfing and skiing, and it became a winter olympic sport in 1998. Riders go down a slope covered with snow. They stand on a board attached to their feet.





PRESANTER: SUCH A BEAUTIFUL SPORT! HOW MANY MODALITIES ARE THERE?

..

GUEST: SNOWBOARDING COMPETITIONS CAN BE FREESTYLE, URBAN, HALFPIPE OR RACING. YOU CAN ALSO PRACTICE THIS SPORT FREE RIDING DOWN THE SKI TRACKS.



PRESENTER: What are snowboarding  
RULES?

GUEST: There are some basic safety  
RULES: STOP SAFELY, RESPONSIBILITY FOR  
YOU, RESPONSIBILITY FOR OTHERS. I  
didn't win my last snowboarding  
competition because another rider  
crashed into me! Oh, well. Next time!



Presenter: Oh, wow. How unfortunate!  
What's the equipment? ..

Guest: That's true! The most important  
equipment for snowboarding are  
clothes to protect you from the cold  
(for example. jackets and gloves), a  
board, a pair of boots and a helmet to  
protect your head.





**~~PRESENTER~~**: What are your healthy habits?

**~~GUEST~~**: Snowboarding needs lots of energy and concentration. You have to keep a good diet, work out hard at the gym and sleep well.

**~~PRESENTER~~**: That's good! Well, thank you everyone for listening! It is time to say goodbye to our guest! Good luck in your next competition.

**~~GUEST~~**: Thank you, bye everyone!

**~~PRESENTER~~**: I hope you liked this episode! We will be back. Bye bye!



**Presenter:** WELCOME TO BIRDIE PODCAST.  
TODAY'S GUEST IS LEXI HENDERSON, A GOLF  
CHAMPION. WE WILL TALK ABOUT GOLF, A  
REALLY FUN AND SKILLED SPORT.

**Guest:** HELLO, THANK YOU FOR INVITING ME.





**PRESENTER:** What can you tell us about  
GOLF?

**GUEST:** YOU CAN PLAY GOLF BY YOURSELF OR  
IN A GROUP. THE MAIN GOAL IS TO GET YOUR  
BALL INTO A HOLE IN THE GROUND IN AS  
FEW SHOTS AS POSSIBLE. OH, AND IT IS AN  
OLYMPIC SPORT!



**PRESENTER:** SUCH A BEAUTIFUL SPORT! HOW MANY MODALITIES ARE THERE?

**GUEST:** WELL. THERE ARE MANY, BUT THIS SPORT HAS MANY DIFFERENT LEVELS. YOU CAN PLAY AT ANY AGE, BY YOURSELF, IN COUPLES OR IN A GROUP.



PRESENTER: What ARE GOLF RULES?

GUEST: The MAIN RULE in GOLF is to PLAY fair. YOU MUST PLAY the GOLF BALL where it LIES. YOU MUST NEVER MOVE the BALL! MY FRIEND had to LEAVE the COMPETITION because she MOVED the BALL.





presenter: Oh, wow! It sounds bad!  
What's the equipment?

Guest: The most important equipment  
are the drivers, the balls, gloves and a  
bag. Maybe some sunglasses too. But if  
you want to play professionally you  
will need a lot more!



**presenter**: That's true! What are your healthy habits?

**guest**: Golf needs a lot of flexibility, concentration and good sight. I usually stretch and meditate, and I try to avoid mobile phones and TV.

**presenter**: That's good! Well, thank you everyone for listening! It is time to say goodbye to our guest! Good luck in your next competition.

**guest**: Thank you, bye everyone!

**presenter**: I hope you liked this episode! We will be back. Bye bye!



**PRESENTER:** WELCOME TO THE BISCUIT PODCAST. TODAY'S GUEST IS ALICIA AYMAR, A GRASS HOCKEY CHAMPION. WE WILL TALK ABOUT HOCKEY, A REALLY FUN TEAM SPORT.

**GUEST:** HELLO, THANK YOU FOR INVITING ME.







**Presenter:** What can you tell us about grass hockey?



**Guest:** Grass hockey is a team sport of the hockey family. Each team has ten players and a goalkeeper. You have to push the ball with a stick and get the ball into the goal. It's really fun and it is an Olympic sport!





PRESENTER: SUCH A BEAUTIFUL SPORT! HOW MANY MODALITIES ARE THERE?

GUEST: WELL. THERE ARE MANY. YOU CAN PLAY INDOOR HOCKEY, GRASS HOCKEY, ICE HOCKEY AND ALSO ROLLER HOCKEY WITH ROLLER SKATES!



**PRESENTER:** What are hockey rules?

**GUEST:** The main rule to win is to score more goals than the other team. You usually play during three periods of twenty minutes. Oh, and very important. In hockey you must not hit the ball, only push it, unless you are near the goal.





**Presenter:** Oh, wow! That's interesting!  
What's the equipment?

**Guest:** The hockey stick and the ball  
are the most important equipment.  
Also, you can use equipment like  
helmet, gloves, shoes, shin guards and  
goggles to protect your eyes.



**PRESENTER:** HOW IMPORTANT? WHAT ARE YOUR HEALTHY HABITS?

**GUEST:** HOCKEY NEEDS SPEED AND GOOD REFLEXES. I USUALLY EAT VERY HEALTHY, TRAIN AND READ A LOT.

**PRESENTER:** THAT'S GOOD! WELL, THANK YOU EVERYONE FOR LISTENING! IT IS TIME TO SAY GOODBYE TO OUR GUEST! GOOD LUCK IN YOUR NEXT COMPETITION.

**GUEST:** THANK YOU, BYE EVERYONE!

**PRESENTER:** I HOPE YOU LIKED THIS EPISODE! WE WILL BE BACK. BYE BYE!





**Presenter:** Welcome to The Kata Podcast. Today's guest is Rafael Ojeda, a Spanish Judo champion. We will talk about Judo, a really incredible self-defense sport.

**Guest:** Hello, thank you for inviting me.







PRESENTER: What can you tell us about Judo?

GUEST: It is a martial art and it is an Olympic sport! It is a very competitive sport. You have to beat the opponent.



**PRESENTER**: SUCH AN EXCITING SPORT? HOW MANY MODALITIES ARE THERE? ..

**GUEST**: WELL. JUDO IS A DISCIPLINE. BUT THERE ARE SOME VARIATIONS LIKE KOSEN JUDO OR HAPKIDO. ALSO, THERE IS A RANKING SYSTEM FOR JUDOKAS, FROM BASIC LEVEL (THE WHITE BELT) TO EXPERT LEVEL (THE BLACK BELT).



Presenter: What are Judo Rules?

Guest: The main rule to win is to score more points to beat your opponent. Judo matches last five minutes or until there is an immediate victory or ippon. An ippon is the best move!





PRESENTER: Oh, wow! That's interesting!  
What's the equipment?

...

GUEST: Judo takes place on square mats.  
The most important equipment are the  
JudoKas' uniform and the belt. Also,  
they need a mouthguard and elbow pads.  
JudoKas never wear shoes.





**PRESENTER:** That's important! What are your healthy habits?

**GUEST:** Judo needs a lot of mental and physical strength. I usually meditate two hours a day and there are a lot of vegetables and nuts in my diet.

**PRESENTER:** That's good! Well, thank you everyone for listening! It is time to say goodbye to our guest! Good luck in your next competition.

**GUEST:** Thank you, bye everyone!

**PRESENTER:** I hope you liked this episode! We will be back. Bye bye!



**presenter**: welcome to The ACE Podcast.  
Today's guest is Simona Williams, a top  
tennis player. We will talk about  
tennis, the most famous racket sport.

**Guest**: Hello, thank you for inviting me.





PRESENTER: What can you tell us about tennis?

GUEST: Tennis is an Olympic sport. The objective is to hit the ball with a racket so the opponent can not return it. There are four main tennis tournaments: Australia open, US open, Wimbledon and Roland Garros.



PRESENTER: SUCH A GOOD SPORT! HOW MANY MODALITIES ARE THERE?

GUEST: WELL. YOU CAN PLAY TENNIS ON GRASS, CLAY OR HARD COURTS. THE TWO MODALITIES ARE FOUR-PLAYER TENNIS AND TWO-PLAYER TENNIS. FOUR-PLAYER TENNIS IS CALLED DOUBLES, AND TWO-PLAYER TENNIS IS CALLED SINGLES.



~~PRESENTER~~: What are tennis rules?

GUEST: A tennis match has 3 or 5 sets. A set has 6 games. And a game usually has 4 points (15, 30, 40, game). If the ball touches the ground out of the white lines, they are missed points.





PRESENTER: Oh, wow! That's interesting!  
What's the equipment?

GUEST: You play tennis on a rectangular court with a net in the middle. Tennis players need trainers, a ball, a racket and wristbands.



**precont#or:** That's important! What are your healthy habits?

**guest:** Tennis is usually a lonely sport. You need a healthy mind and a lot of physical practice in tennis. I always read a lot about tennis, train every day and spend time with my family.

**precont#or:** That's good! Well, thank you everyone for listening! It is time to say goodbye to our guest! Good luck in your next competition.

**guest:** Thank you, bye everyone!

**precont#or:** I hope you liked this episode! We will be back. Bye bye!



**UNIÓN EUROPEA**  
Fondos Europeo de Desarrollo Regional



**Junta  
de Andalucía**

Consejería de Educación  
y Deporte