



From Physical Education to Sports: What a Name Can Change

Read the passage and answer the questions. (CEFR B1–B2)

Class _____ No. _____ Name _____

- 1 When Japan created Health and Sports Day in 1966, the Japanese name used the word taiiku, which is usually translated as physical education. The word carries a long history. In 1885, Mori Arinori, Japan's first Minister of Education, encouraged group exercises in schools, and sports meets became a public display of discipline and teamwork. For many people, taiiku still suggests lessons, rules, and a teacher with a whistle.
- 2 The English word sport has a very different background. It comes from disport, an old word meaning to amuse yourself, and it goes back to a Latin idea of carrying your mind away from work. When the holiday was renamed Sports Day in 2020, its official purpose was also rewritten. The law now speaks of enjoying sports and building a spirit of respect for others, rather than simply strengthening the body.
- 3 Some critics say a new name changes nothing if school sports remain strict and competitive. Others argue that words shape expectations, and that a holiday about joy and respect could slowly change how people think about exercise. Either way, the debate shows that even a holiday name can carry a whole philosophy of the body.



Comprehension

1. What is the main idea of the passage?

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| (A) Japan's first Minister of Education invented sports meets. | (B) The holiday was renamed because the Olympics were delayed. |
| (C) Most people in Japan dislike physical education classes. | (D) The change from taiiku to sports reflects a different idea of the body, and people disagree about how much a name can change. |

2. Who encouraged group exercises in schools in 1885?

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| (A) Mori Arinori | (B) A teacher with a whistle |
| (C) The critics of school sports | (D) The writers of the 2020 law |

3. According to the passage, what does the law now focus on?

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| (A) Training soldiers and building discipline | (B) Enjoying sports and building respect for others |
| (C) Winning more medals at the Olympics | (D) Making PE classes longer |

4. What can be inferred about the critics mentioned in paragraph 3?

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| (A) They want to bring back the name Health and Sports Day. | (B) They think the word sport is too difficult for children. |
| (C) They believe real change must happen in how school sports are taught, not only in the name. | (D) They think the holiday should be canceled. |

5. In paragraph 1, the word "discipline" is closest in meaning to

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| (A) a subject at a university | (B) a punishment for breaking a rule |
| (C) a kind of sports game | (D) the practice of following rules and controlling your behavior |

6. Why does the writer explain where the English word sport comes from?

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| (A) To show that English is older than Japanese. | (B) To contrast the idea of fun and amusement in sport with the idea of training in taiiku. |
| (C) To prove that the Japanese name was translated incorrectly. | (D) To explain why the holiday is in October. |



Vocabulary, Paraphrase & Summary

Match the words with the definitions. Then rewrite and summarize.

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| 1. translate | a. a belief about what will happen or what someone should do |
| 2. encourage | b. a set of basic ideas about how to live or how something should be done |
| 3. discipline | c. to change words from one language into another |
| 4. amuse | d. to support someone or something so that it happens more |
| 5. critic | e. the practice of following rules and controlling your own behavior |
| 6. competitive | f. to make someone enjoy their time or laugh |
| 7. expectation | g. a person who says what is wrong with something |
| 8. philosophy | h. focused on trying to win or be better than others |

Paraphrase — say it in your own words

1. “For many people, taiiku still suggests lessons, rules, and a teacher with a whistle.”

Hint: Start with "When many people hear the word taiiku" and use "think of".

2. “The law now speaks of enjoying sports and building a spirit of respect for others, rather than simply strengthening the body.”

Hint: Use "is not only about" and "but also about".

3. “Others argue that words shape expectations, and that a holiday about joy and respect could slowly change how people think about exercise.”

Hint: Start with "Other people believe" and use "over time".

Summary

Summarize the passage in about 50 words.



Debate & Opinion Essay

Prepare for a debate. Then write your opinion (100–150 words).

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Motion: Renaming Health and Sports Day as Sports Day was a meaningful change, not just a new label.

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- The law itself was rewritten. It now speaks of enjoying sports and respecting others, so the change was more than a name.
- Words shape expectations. Children who hear sports instead of physical education may see exercise as fun, not as a duty.
- The national sports festival was also renamed in 2024, which shows that the new idea is spreading to other events.

Add your own reason:

AGAINST 反対

- If school sports stay strict and competitive, a new name changes nothing in real life.
- Most people just enjoy a three-day weekend and do not think about the meaning of the name.
- The word sports is a loanword, and some people feel it is less clear than the Japanese word it replaced.

Add your own reason:

Opinion	<i>I believe / I think that ...</i>
Reason 1	<i>First, ... For example, ...</i>
Reason 2	<i>Second, ... In fact, ...</i>
Counter	<i>Some people say ... However, ...</i>
Conclusion	<i>In conclusion, ...</i>