

One Activity

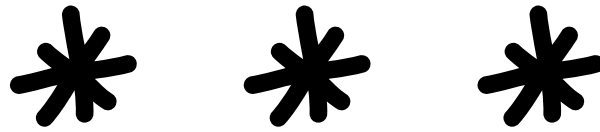


Every Goal

A comprehensive speech therapy activity for 6-12 grade students.

Sumo Wrestling

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Directions



1. Make several copies of the article and each worksheet and paperclip each worksheet together.
2. Read the article with all of your students.
3. Pass out worksheets according to each student's goals.
4. Rotate through students and provide support and assist as needed.
5. Be creative with how you can use each worksheet. Fluency students can complete narratives. Social students can work together to complete a portion of the unit!
6. Email me with questions!
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SUMO WRESTLING

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- (1) Sumo is a sport that **originated** in Japan. This sport is **similar** to wrestling. A Sumo match is won if one wrestler pushes the other out of a circular ring, or if a wrestler touches the ground with any part of their body besides their foot.
- (2) The sport has many traditions. Sumo wrestlers have very strict rules they have to follow. These rules come from centuries of tradition. Sumo wrestlers live in a **communal** house; they are required to live in the house together to make sure they follow the rules. Some of the rules they have to follow include: growing their hair and wearing it in a bun, wearing certain clothes, and eating certain foods. Their life is very **regimented** from the time they wake up until the time they go to bed. If a Sumo wrestler breaks a rule, they can get fined or suspended from the sport. The person in charge of the wrestlers, known as the stablemaster, can also get in trouble if a wrestler breaks a rule.
- (3) Wrestlers who are better or who have more **seniority** get to be more comfortable than the junior wrestlers. The lowest ranking wrestlers only get to wear a thin cotton robe and wooden sandals, even in the winter. Junior wrestlers have to get up early in the morning to train and do chores. They cook, clean, and even hold towels for the higher-ranking men. Higher-ranking wrestlers get to wear silk robes. Senior wrestlers also get to shower first and eat first. Life is hard for newly **recruited** wrestlers. They often get the worst jobs and have to serve the higher-ranking men. Many new recruits drop out of Sumo wrestling.
- (4) Sumo wrestlers have a routine for eating and sleeping. After they wake up, they do not eat breakfast. They train until lunch, which is their first meal of the day. They eat traditional food of stew cooked with meat, fish, and vegetables served with rice. After their large lunch, they take a siesta, or nap. The nap after lunch helps the Sumo wrestlers gain weight. After the nap, the junior wrestlers train more, go to school, and do chores. Senior Sumo wrestlers get to relax or write letters to their fans.
- (5) The diet and lifestyle of Sumo wrestlers can be very **detrimental** for their health. Sumo wrestlers drink a lot of alcohol and work hard to gain weight. Many wrestlers get diabetes or liver disease. A Sumo wrestler has a shorter **life expectancy** than an average Japanese man. The life expectancy of the wrestler is between 60 and 65, which is 10 years less than an average man from Japan.

Sequencing

1. Describe an average day of a junior ranking Sumo wrestler in the order that each activity occurs.

1.

2.

3.

4.

5.

2. How is the day of a senior Sumo wrestler different from a junior Sumo wrestler?

Main Idea

1. What is the main idea of this article?

2. What is the main idea of paragraph #2?

3. What is the main idea of paragraph #3?

4. What is the main idea of paragraph #5?

5. If you were going to add another paragraph to this article, what topic could you choose for paragraph #6?

Details

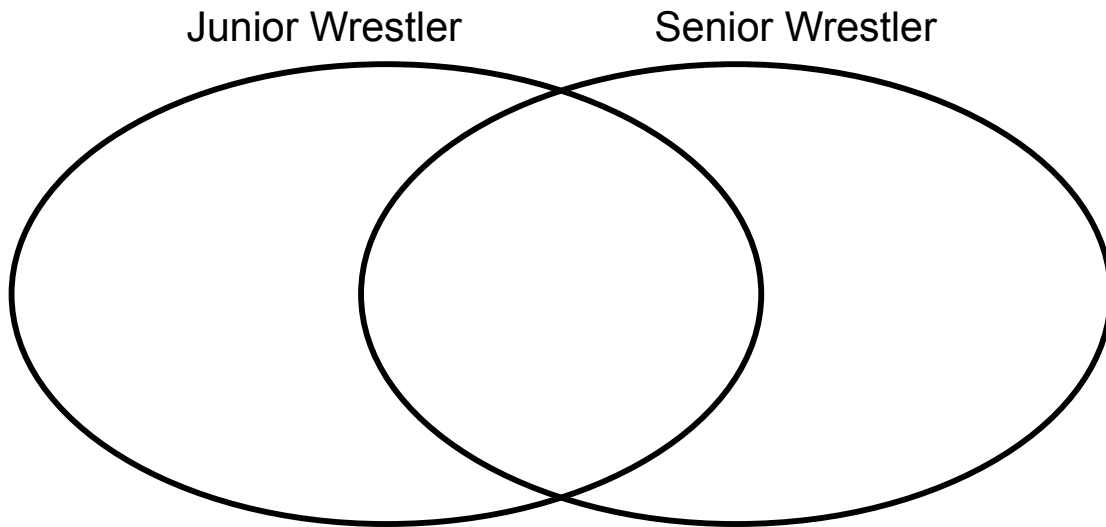
1. How do you win a Sumo wrestling match (2 ways)?
2. What are two rules that a Sumo wrestler must follow?
3. What kind of outfit does a new Sumo wrestler have to wear?
4. What is in the stew that Sumo wrestlers eat?
5. What are two diseases a Sumo wrestler can get due to bad eating/drinking habits?

Critical Reasoning

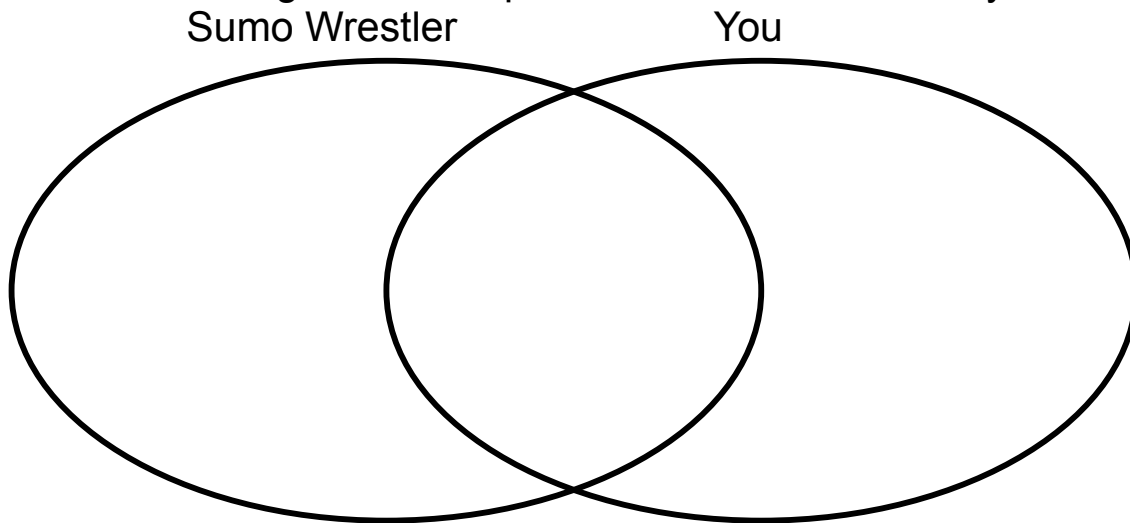
1. Why do you think a lot of recruits drop out of the Sumo wrestling program?
2. Why do you think it is important for a Sumo wrestler to be fat?
3. Do you think Sumo wrestling is a popular sport in Japan? Why?
4. About how long does an average Japanese man live?

Compare and Contrast

1. Fill out the Venn diagram to compare a junior Sumo wrestler and a senior Sumo wrestler. (At least 2 items in each area)



2. Fill out the Venn diagram to compare a Sumo wrestler and you.



3. Choose your diagram for either #1 or #2 and write a paragraph to explain the similarities and differences between the subjects.

Narrative

Tell a story about a young boy who dreams of becoming a famous Sumo wrestler. Use the graphic organizer to collect your thoughts, and then write your story below and on the back of this page.

Story Organizer

Setting: (place, time, characters)

Conflict: (what is the problem)

Rising action: What are some things that will happen to your wrestler leading to the climax?

Climax: (the most dramatic and suspenseful part of the story)

Resolution: (how will the story's conflicts be resolved?)

A lot of new Sumo wrestlers drop out of the program because they have very few privileges and have to do a lot of hard work.

1. Think about something that you are having trouble accomplishing. Why do you think you struggle with this? What are two things you can do get better? What would happen if you quit working toward your goal? What are some positive consequences of working toward your goal?

2. What do these figures of speech mean?

Bite the bullet

Hang in there

Tough as nails

Shape up or ship out

Now write a short story about a Sumo wrestler and use at least two of the above phrases.

3. Pragmatics (continued)

Identify 3 personality traits (characteristics) that would make a good Sumo wrestler and explain why these traits are important.

1.

2.

3.

4. List two pros and two cons of becoming a Sumo wrestler.

Pro #1

Pro #2

Con # 1

Con #2

Change the word in parentheses to best complete the sentences.

1. Last week the Sumo wrestlers _____ (win) all of their matches.
2. Yesterday, the coaches _____ (fight) with the referees over a bad call.
3. Every day last month, the new recruit _____ (sweep) the floors in the communal house.
4. Last year, a junior Sumo wrestler got in trouble because he _____ (drive) a car.
5. Last year, our speech therapist _____ (teach) us a lot about Sumo wrestlers.
6. The Sumo match was over when the wrestler _____ (fall) out of the ring.
7. The wrestler _____ (drink) too much water at dinner..

Fill in the blank with: *has, have, or had*.

7. Tomorrow, the Sumo wrestlers will _____ to eat a lot of food.
8. Yesterday, we _____ to buy very expensive tickets.
9. The newest wrestler _____ to make lunch for the team right now.
10. The wrestler's house _____ a really bad smell before he cleaned it!
11. They _____ to wake up at 3 in the morning tomorrow to feed the chickens.
12. The 3 boys _____ a dream of becoming professional Sumo wrestlers.
14. After practice, the Sumo wrestlers will _____ to take a shower.

Grammar (continued)

Combine the sentences using “, and” “, but” “, or” to make a compound sentence.

1. We went to the sumo match. We had fun.

2. He wanted to be a Sumo wrestler. He didn't like to do chores.

3. The wrestler broke his foot. He had to quit wrestling.

4. He could eat fish. He could eat beef.

5. They bought tickets to the Sumo match. The car broke down so they didn't go.

6. The Sumo wrestlers could train more. They could take a nap.

7. He decided to become a wrestler. He bought a plane ticket to Japan.

8. The new recruit wanted to be a wrestler. He couldn't gain weight so he had to quit.

Vocabulary (page 1)

Use your context clues to guess what each **bold** word means.

1. Sumo is a sport that **originated** in Japan.
2. This sport is **similar** to wrestling.
3. Sumo wrestlers live in a **communal** house; they are required to live in the house together to make sure they follow the rules.
4. Their life is very **regimented** from the time they wake up until the time they go to bed.
5. Wrestlers who are better or who have more **seniority** get to be more comfortable than the junior wrestlers.
6. Life is hard for newly **recruited** wrestlers.
7. The diet and lifestyle of Sumo wrestlers can be very **detrimental** for their health. Sumo wrestlers drink a lot of alcohol and work hard to gain weight.
8. A Sumo wrestler has a shorter **life expectancy** than an average Japanese man.

Vocabulary (page 2)

Match these words to the definitions

- | | |
|-------------------------|--|
| 1. _____originate | a. damaging; harmful |
| 2. _____similar | b. a new member of a group or organization |
| 3. _____regimented | c. having a likeness or resemblance |
| 4. _____seniority | d. to measure or treat in a uniform manner; subject to strict discipline |
| 5. _____recruit | e. used or shared in common by |
| 6. _____detrimental | f. begin; start; arise |
| 7. _____life expectancy | g. the probable number of years remaining in the life of an individual or class of people determined statistically |
| 8. _____communal | h. priority, precedence, or status obtained as the result of a person's length of service, as in a profession, trade, or company |

Indicate if each pair of words are synonyms or antonyms

- | | | |
|-----------------------------|----------|----------|
| 1. Originated—Created | synonyms | antonyms |
| 2. Similar—Different | synonyms | antonyms |
| 3. Regimented-Regulated | synonyms | antonyms |
| 4. Recruit—Rookie | synonyms | antonyms |
| 5. Senior—Freshman | synonyms | antonyms |
| 6. Detrimental—Healthy | synonyms | antonyms |
| 7. Life expectancy—Lifespan | synonyms | antonyms |
| 8. Communal—Individual | synonyms | antonyms |

Vocabulary (page 3)

Write the vocabulary word that each sentence is describing.

originate

similar

regimented

seniority

recruit

detrimental

life expectancy

communal

_____ An average cougar lives for 15 years.

_____ When you're in the army, you have something you're supposed to do from the time you wake up until you go to bed.

_____ The lady who has worked at the office the longest got the promotion, even though she didn't deserve it.

_____ Her decision to buy four new flat screens on her credit card was not good for her bank account.

_____ We needed more people to play volleyball so we asked other people who were at the pool to play with us.

_____ The girls weren't twins, but they looked a lot alike!

_____ Even though the frogs live in this pond, they came from the pet store down the street.

_____ The hippies loved living on a farm where they all worked together to grow food to share with each other.

Use each vocabulary word in a sentence. Make sure your sentence is at

least _____ words!

originate

similar

Vocabulary (page 4)

regimented

seniority

recruit

detrimental

life expectancy

communal

Vocabulary Post Test

originate

similar

regimented

seniority

recruit

detrimental

life expectancy

communal

1. We told her many times that smoking was _____ to her health, but apparently loved to destroy her lungs one cigarette at a time.
2. The researchers could not determine if the human skull _____ in Africa or Southern Europe.
3. We learned in science that the _____ of a person could be calculated by knowing their occupation, physical condition, and lifestyle.
4. The new _____ looked around the football stadium; he wasn't sure he was good enough to play football at this school, even if the coach said he was the best kicker in the state.
5. The kids ate out of a _____ bowl of chips; it's no surprise they all got a cold after Tommy sneezed in the bowl.
6. To make sure she got all of her work done, she had a _____ study schedule that she followed every night.
7. The twins were not identical, but they still looked _____.
8. The club elected the new leader based on _____, not performance.

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Reference:

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title=Sumo&oldid=645734106](http://en.wikipedia.org/w/index.php?title=Sumo&oldid=645734106)

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