

## Women and Sport



### Introduction

Sport and physical activity were more often associated to men than to women in the past. Nowadays, more and more women practise sport, not just professionally, but also during their leisure time.

The role of women in the history of sport in Spain has gone through different stages: at the beginning of the 20<sup>th</sup> Century, young girls accompanied their fathers or husbands, the real protagonists of the event, as some kind of ornament. There are some cases, though, as a group of female swimmers from Catalonia, who created the *Fémina Natación Club* in 1912, the first female team.

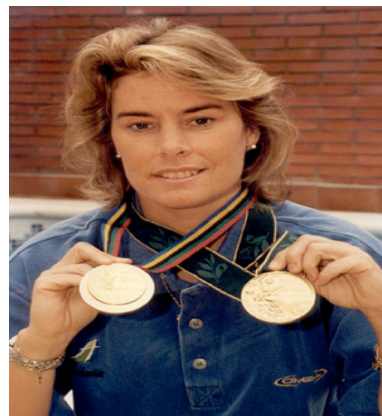
At this time, French and English women were organized publicly in the practice of sport. They were very criticized because only moderate physical activity was considered to be moral and accepted as useful to improve the roles of mother and wife.

The first women who took part in the Summer Olympic Games in Paris (1924) and in the Winter Games (1936) were Rosa Torres and Lili Álvarez (tennis) and Margarita Moles (ski).

From that moment on, things started to change, but most women are still *invisible* and we have to know their names, their efforts and achievements as we know the names and merits of sportmen.

### Activities

Our society is going through big changes, gender equality and the important role of the subject area of PE at schools, are widening the opportunities for women who want to devote their lives to sport.



**1. READING AND WRITING.** Use the internet to answer these questions.

Where and when was Theresa Zabell born?

Where did she live when she was a child?

What sport did she start practising when she was 10?

When did she win her first Gold Medal?

How many World Competitions has she won?

In 1999 Theresa was elected to be a.....in Brussels.

What is her job now?

**To know more:** Watch the interview to Theresa Zabell.

**You tube Theresa Zabell 01**

**2.** What sports do these women practise? What aims have they achieved?

Edurne Pasabán

Almudena Cid

Blanca Manchón

Gemma Mengual

**3. SPEAKING.**

- Name three professional male footballers who are playing for Málaga CF at the moment.
- Club Atlético Málaga is also in the female Premier League. Can you name three female players who belong to this team?
- Think about it. Look for information about the last match they played. Do they appear in daily or weekly newspapers?
- Do you think male and female football players in Málaga have the same opportunities?

#### 4. READING AND LISTENING.

An excellent method to acquire vocabulary is music. There are very famous songs which

are usually played during basketball matches: *We are the champions, We'll rock you, etc*

But there are also lyrics sung by women which contain metaphors that identify **love**

**and sport.**

Read this extract from the song “*Love is a contact sport*”by Whitney Houston, then

listen to it and learn the correct pronunciation.

[Http://www.azlyrics.com/lyrics/whitneyhouston](http://www.azlyrics.com/lyrics/whitneyhouston)

*Love is a contact sport  
You gotta move in tight  
If you wanna do it right, here I am  
Love is a contact sport  
You gotta act untamed  
If you wanna play the game  
So grab my hand and.....slam!*