

Aonad 3.4

Process and produce a variety of information about sports and pastimes.

An Saoghal Spòrs

Cànan:

Using Bu/B' —

a bu dorra

a bu chunnartaiche

b' e *The Ridge* a' bhidio a b' ainmeile

Passive voice —

bha daoine air am beò-ghlacadh

bha mi air mo leagail

chaidh mòran dhaoine a leòn

chaidh a cur far na pàirce

Impersonal forms of verbs—

chithear, rugadh, thogadh, gheibhear,

feumar, canar...

Gnàthasan-cainnt—

's mathaid

leig e dheth a dhreuchd

làmh-an-uachdair

bha i gam rothaigeadh

tha an caothach orm

thug e deagh sgoiladh orm

thug an rèitire truisèadh oirre

fhuair mi mo mhì-shealbh

tha mi air mo lathadh

bha mi air mo mhaslachadh

Seanfhaclan—

Ruigidh each mall muileann.

Chan ann leis a' chiad bhuille a thuiteas a' chraobh.

An neach nach cuir air latha fuar, cha bhuain e air latha teth.



Leugh



Coimhead



Smaoinich



Sgrìobh



Bruidhinn



Èist



Faigh a-mach



Rannsachadh



Chan ann leis a' chiad bhuille a thuiteas a' chraobh



1a. Faclan mu Spòrs

- Thoir sùil air na faclan agus abairtean gu h-iseal.
- Tha iad uile co-cheangailte ri cuspair an aonaid — Spòrs.
- Sgrìobh an fheadhainn nach b' aithne dhut agus lorg a' Bheurla air an son.

Take a look at the words and phrases below. You will come across all of them in this unit. They are all connected to the topic of sport. Some you will have seen before and others will be new. Make a note of any you weren't already familiar with and find out what they mean.

dùbhlán cunnartach misneachd a' brosnachadh sgioba buannachdan

ùine shaor eacarsaich iongantach fallain leòn moiteil a' leasachadh sgilean

rothaireachd cliù dibhearsain cothroman neach-spòrs cleasan sgilean

co-fharpais cnap-starra a' buannachadh obair chruaidh tlachd slàinte-bodhaig

camanachd nam ban rèitire trèanadh dèan do dhìcheall coidse slàinte-inntinn

1b. Cluinn am facal, glèidh am facal!

- Obraich còmhla ri caraid.
- Dèan cairtean beaga leis na facail bho Eacarsaich 1a. Cuir a' Ghàidhlig air aon taobh agus a' Bheurla air an taobh eile.
- Ma chanas do charaid facal Gàidhlig, feumaidh tusa a' Bheurla innse — agus an rathad eile.
- Cumaibh a' dol gus am bi sibh eòlach air na faclan.

Work with a partner. Make a set of word cards with the words from Exercise 1a. Put the Gaelic on one side of the cards and the English on the other. Test each other with the cards. Keep taking turns until you both feel you are familiar with the words.





1c. Sgrìobh am facal, glèidh am facal!

- Cleachd na faclan a bu dorra dhut bhon bhogsa gu h-àrd agus sgrìobh seantans leis gach fear dhiubh.

Use some of the words you found most tricky from Exercise 1a and create some sentences using them. You should underline the new words you have used.

Mar eisimpleir:

Bidh mi a' cluich ann an sgioba ball-coise na sgoile agus bidh mi a' dol gu trèanadh a h-uile Dimàirt.

I play in the school football team and I go to training every Tuesday.

"Dèan do dhìcheall!" thuirt an coidse.

"Do your best!" said the coach.



1d. Cur-seachadan

- Cluichibh an gèam Cur-seachadan.
- Cluichibh ann an sgioba.

Play the game **Cur-seachadan** in a group. Compete against other groups to see which group can name the most hobbies in Gaelic within a set amount of time. The hobbies need not be limited to sports! You will get a point for each hobby you can name and an extra point for each correct spelling. Your teacher will collate all answers on the whiteboard. Make a note of any words that your group didn't get or that you had spelled incorrectly.



Dè na cur-seachadan as aithne dhuibh anns a' Ghàidhlig?

Marcaachd

Cluich na pioba

Lùth-chleasan

Leughadh



2. Spòrs na Seachdain

- Èist ris a' chrìo-maig bhon phrògram rèidio *Spòrs na Seachdain*. (Earrann 1)
- Leugh na ceistean mus èist thu ris an earrainn.
- Freagair na ceistean.

Listen to this clip from the radio program *Spòrs na Seachdain*. (Earrann 1) Read the questions before you listen. Answer the questions. You may listen to the extract as many times as you wish.

LISTENING TIP!

By reading the questions before you listen, you will be better prepared for what the dialogue is about and more attuned to the bits of information you should be looking out for.



Fàilte gu Spòrs na Seachdain.



Ceistean

1. Name the presenters.
2. How long will the program *Spòrs na Seachdain* last for?
3. What is the first competition that is mentioned?
4. What will the program also focus on with regards shinty?
5. What event is taking place in Stornoway?
6. a) Summarise, in as much detail as you can, the football match being reported on. You should include:
 - teams
 - location
 - score
 - details of any goalsb) Why might it not be easy for the losing team to get the upperhand in the second half?
7. What does the presenter say is coming up next after the weather report? Give as much detail as you can.

Faclan

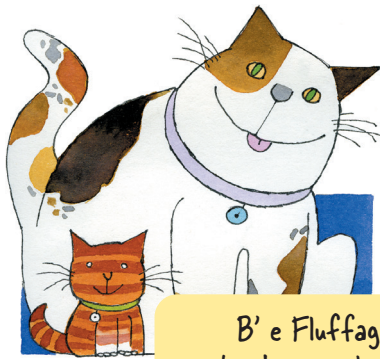
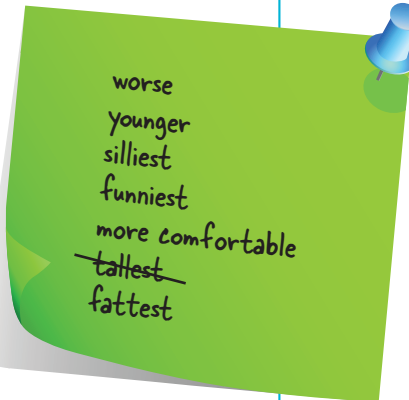
seusan	season	leth-ùine	half time
luchd-leantainn	supporters/fans	's mathaid	perhaps/probably
tadhail	goal	dèan a' chùis!	succeed/manage!
làmh-an-uachdair	the upper hand	prìomh liog	premier league
breab-peanais	penalty kick	gu ruige seo	up to now



3a. B' e Calum am balach a b' àirde

- Èist ris an earrainn. (Earrann 2)
- An aithnich thu na buadhairean a tha anns gach eisimpleir?
- Tagh am buadhair ceart bhon liosta gu h-ìseal airson gach eisimpleir (a-g) agus cuir am facal anns a' cholbh cheart.
- Chaidh a' chiad fhear a dhèanamh dhut.

Listen to the sentences (a-g) in **Earrann 2**. Each example contains an adjective in its comparative or superlative form. Choose the correct adjective from the list below for each of the examples and place it in the correct column. The first one has been done for you.



B' e Fluffag an cat a bu reamhre a chunnaic mi a-riamh!

	comparative adjective	superlative adjective
a		tallest
b		
c		
d		
e		
f		
g		

ceum cànan: language step

B' ann bu mhiosa a chaidh gnothaichean!

You already know that **Is / 'S** becomes **Bu** or **B'** in the past or conditional tenses.

Mar eisimpleir:

'S fheàrr leam tì.

I prefer tea.

B' fheàrr leam tì.

I preferred/would prefer tea.

'S toigh leam cofaidh.

I like coffee.

Bu toigh leam cofaidh.

I would like coffee.

Notice also that **b'** and **bu** are used when you are making comparisons using adjectives (Eg: words like *better, best, bigger, smallest* etc) in the past and conditional tenses.

For a reminder of comparatives and superlatives look back to **Ceumannan 4 p429**.

Mar eisimpleir:

'S e Calum am balach as àirde.

Calum is the tallest boy.

B' e Calum am balach a b' àirde.

Calum was the tallest boy.

Tha Raonaid a' faireachdainn nas miosa.

Rachel is feeling worse.

Bha Raonaid a' faireachdainn na bu mhiosa.

Rachel was feeling worse.

Notice that aspiration usually happens after **bu**.

Mar eisimpleir:

na bu chunnartaiche

more dangerous

a bu shlaodaiche

slowest

na b' fhallaine

healthier

a bu chudromaiche

most important

Look out for **bu** and **b'** in this unit.



3b. B' e dùbhlán a bh' ann dhaibh

- Leugh na seantansan.
- Eadar-theangaich iad.

Read and translate the sentences below.

- B' e Daibhidh Beckham an neach-spòrs a b' ainmeile anns a' bhliadhna dà mhìle.
- B' ann sa bhliadhna 2013 a bhuannaich an t-Albannach Andy Murray aig Wimbledon.
- B' e na cleasan baidhsagail a rinn Danaidh MacAsgaill an fheadhainn a bu chunnartaiche a chunnaic mi riamh.
- Bhuannaich Obar Dheathain an aghaidh Hibs ach b' e dùbhlán a bh' ann dhaibh.
- B' e manaidsear ball-coise uabhasach math a bh' ann an Ailig Fearghasdan.
- B' e Baile Ùr an t-Slèibhe an sgioba iomain a b' fheàrr ann an dà mhìle 's a h-ochd-deug.
- Nuair a bha Danaidh MacAsgaill na b' òige, b' e meacanaig a bh' ann.



3c. Seantansan

- Ath-sgrìobh na seantansan (a-d) gu h-iseal, a' cur crìoch orra leis na faclan agad fhèin.
- Freagair na ceistean (e-h) ann an Gàidhlig.

Copy and complete the sentences (a-d) with your own choice of word(s). Translate your sentences once you have completed them. Answer questions (e-h) in Gaelic. Your answers need not be true!

- B' e _____ am film a b' eagalaiiche a chunnaic mi a-riamh.
- B' e _____ an cluicheadair _____ a b' fheàrr an-uiridh.
- B' e _____ an deuchainn a bu dorra a shuidh mi an-uiridh.
- B' e _____ an t-àite a bu bhrèagha air an do thadhail mi.
- Dè an leabhar a b' fheàrr a leugh thu riamh?
- Dè an gèam a bu mhiosa a chunnaic thu riamh?
- Cò an neach a b' ainmeile ris an do thachair thu?
- Dè an rud a b' iongantaiiche a chunnaic thu riamh?





4a. Danaidh MacAsgaill

- Leugh am fiosrachadh mu Dhanaidh MacAsgaill.
- Dèan an obair a leanas.

Read the article about stunt cyclist Danny MacAskill and answer the questions.

Chan eil mòran dhaoine nach cuala mu dheidhinn Danaidh MacAsgaill — fear-spòrs às an Eilean Sgitheanach a tha ainmeil air feadh an t-saoghail airson nan cleasan iongantach a bhios e a’ dèanamh air baidhsagal. Rugadh agus thogadh Danaidh ann an Dùn Bheagan, baile beag air taobh an iar thuath an Eilein Sgitheanaich. Bhon a bha e na bhalach òg, bhiodh Danaidh ri fhaicinn timcheall Dhùn Bheagan air a’ bhaidhsagal aige — shuas air ballachan àrda, a’ leum bho mhullach sheadaichean agus thobhtaichean agus fiù a’ rothaireachd air mullach feansa stèisean poilis a’ bhaile!

cleasan iongantach amazing stunts
rothaireachd cycling

1. Describe in detail where Danny MacAskill is from.
2. What do you think is the most daring thing Danny used to do when he was a young lad?



An uair a dh’fhàg Danaidh Àrd-sgoil Phort Rìgh, fhuair e obair mar mheacanaig bhaidhsagail anns an Aghaidh Mhòir, far an robh e airson trì bliadhna. An dèidh sin, chuir e seachad trì bliadhna eile ann an Dùn Èideann. Mu dheireadh, chaidh e a dh’obair ann an Glaschu — far a bheil e a’ fuireach fhathast. Tro na bliadhnaichean, san ùine shaor aige, tha Danaidh air cumail air leis na cleasan baidhsagail aige air feadh sràidean nam bailtean mòra. Aon latha, rinn caraid dha bhidio dheth agus nochd seo air *YouTube*. Bha daoine air am beò-ghlacadh cho mòr leis na sgilean iongantach aige gun deach e na rionnag air feadh an t-saoghail sa bhad.

air cumail air ...has kept up/continued
nochd appeared
bha daoine air am beò-ghlacadh people were captivated
san ùine shaor aige in his free time

3. a) Where did Danny go when he left school?
b) What job did he do there?
4. Danny became a star almost overnight. How did this happen?



Nuair a bha Danaidh 24, leig e dheth a dhreuchd agus chuir e roimhe rothaireachd a dhèanamh gu proifeiseanta. Thòisich e a' dèanamh barrachd bhidiothan de na cleasan aige agus bidh na milleanan a-nis ga choimhead air-loidhne. Tha *Way Back Home*, *Danny MacAskill's Wee Day Out* agus *Imagine* am measg nam bhidiothan as ainmeile a rinn e, ach 's e *The Ridge* an tè as ainmeile buileach. Tha còrr is seasgad 's a còig millean neach air coimhead air *The Ridge* air-loidhne. Anns a' bhidio seo, chaidh Danaidh suas agus sìos beanntan àrda A' Chuiltheann anns an Eilean Sgitheanach air a' bhaidhsagal. Shreap e (gun ròp) gu mullach na creig ainmeil ris an canar 'Am Binnean Do-ruigsinneach' agus am baidhsagal aige air a dhruim! Tha mòran den bheachd gur e *The Ridge* an rud a bu dàna agus a bu chunnartaiche a rinn Danaidh riamh, ach do Dhanaidh, mar as cunnartaiche 's ann as fheàrr! Tha fios aig Danaidh cho cunnartach 's a tha an obair aige, ach tha e a' faighinn crac math às an dùbhlán.



5. What did Danny decide to do when he was 24?
6. According to the article, how many people have watched *The Ridge* online?
7. Translate the underlined section of the passage above.

leig e dheth
chuir e roimhe

he gave up
he decided

Am Binnean Do-ruigsinneach

The Inaccessible Pinnacle

TRANSLATION TIP!

Always check that your translation makes sense in English. If it does not, then it will be incorrect. Try again!



Tha Danaidh a' tuigsinn glè mhath gu bheil cunnart an lùib na tha e a' dèanamh. Tha tubaistean gu leòr agus iomadach cnàimh briste air a bhith aige thairis air na bliadhnaichean. Ach cha chuir sin stad air! Tha e cho dàna 's gu bheil e an-còmhnaidh a' coimhead airson chleasan ùra ann an àitean iongantach. Gu mì-fhortanach, bidh mòran dhaoine a tha an sàs anns an t-seòrsa obair seo air an leòn gu dona agus an uair sin gun chomas gluasad. Thachair an dearbh rud do Mhàrtainn Ashton, fear de na caraidean aig Danaidh. Bha Màrtainn ag obair air a' bhidio *Road Bike Party 2* nuair a bhris e a dhruim. Tha e a-nis ann an sèithear-cuibhle airson a' chòrr de bheatha. Dh'farr Màrtainn air Danaidh a' bhidio aige a chrìochnachadh. Bha aige ri car a' mhuiltein a dhèanamh leis a bhaidhsagal am broinn tiùb mhòr choncrat. Thuir Danaidh gur e seo aon de na rudan a bu dorra a rinn e riamh oir bha fhios aige cho cudromach 's a bha a' bhidio do Mhàrtainn.

chaidh mòran ... a leòn
an sàs
gun chomas gluasad
am broinn

many ... were injured
 involved
 paralysed
 inside/within

8. What is Danny's attitude to the high risk involved in what he does? Explain your answer with reference to the text.
9. Find three pieces of information in the passage about Martin Ashton.
10. a) Why did Danny get involved in the video *Road Bike Party 2*? Give a detailed answer.
 b) Danny said *Road Bike Party 2* was one of the most difficult things he's ever done. Why?

Bidh Danaidh a' faighinn cothrom siubhal air feadh an t-saoghail agus tha e air bhidiothan a dhèanamh ann an iomadh àite inntinneach mar an Ostair, Slobhinia, na h-Eileanan Canarach agus an Eadailt. Ach bidh mòran ag aontachadh gum b' e Epecuèn ann an Argentina aon de na h-àitean a b' inntinniche agus a b' annasaiche anns an do rinn e bhidio. Anns a' bhidio *Epecuèn*, rinn Danaidh na cleasan baidhsagal aige ann am baile tràigte a bha air a bhith fon uisge airson còrr is trithead bliadhna!

Chithear na bhidiothan uile aig Danaidh air-loidhne. Gu ruige seo, tha còrr is dà cheud agus caogad millean neach air coimhead air na bhidiothan aige agus tha an àireamh a' sìor fhàs. Tha iartras mòr air na sgilean aige air feadh an t-saoghail agus tha e air a bhith an sàs ann an sanasachd còmhla ri cuid de na companaidhean as ainmeile air an t-saoghail mar Volkswagen, Gillette agus Red Bull. Tha e cuideachd air nochdadh ann am bhidiothan airson còmhlan-ciùil. Ann an 2016 sgrìobh Danaidh leabhar fèin-eachdraidh aige fhèin: *At the Edge — Riding for My Life*.

baile tràigte

an abandoned town

iartras mòr

high demand

11. Danny has had the opportunity to travel all over the world.
 a) Name places abroad where he has made videos.
 b) What do most agree about, regards *Epecuèn*? Why?
12. What evidence do we have that tells us how famous Danny is today?
13. Now consider the article as a whole:
 What do you think are the factors the author highlights that have contributed to Danny's status today? Give details from the text to justify your answer.



Bruidhinn



Sgrìobh

4b. Bhidiothan

- Coimhead air a' bhidio *The Ridge* agus air tè de na bhidiothan eile le Danaidh.
- Chithear na bhidiothan air-loidhne.
- Dèan coimeas eatarra. Cò an tè a b' fheàrr leat?
- Saoil cò an tè a bu dorra agus a bu chunnartaiche a dhèanamh?
- Sgrìobh na beachdan agad.
- Bruidhinnibh mar chlas air seo.

Watch *The Ridge* and one other Danny MacAskill video of your choice. You will find *The Ridge* on the Ceumannan site. All of Danny's other videos can be found on-line. Compare the videos. Which one did you prefer? Which one do you think might have been the more challenging and dangerous to make? Why? Write your own opinion and share your thoughts with your class. Here is an example of how you might structure your answer:



Choimhead mi air na bhidiothan
 B' e ... a' bhidio a b' fheàrr leam.
 Chòrd an tè sin na b' fheàrr rium oir...
 B' e am pàirt a b' fheàrr leam nuair a...
 Saoilidh mi gum b' e ... an tè a bu dorra
 agus a bu chunnartaiche a dhèanamh oir...

ceum cànan:
language step

Passive voice

The passive voice is used to say that something has been or will be done but without necessarily saying by whom it was/will be done. You will see a few examples of the passive voice in this unit.

Mar eisimpleir:

bha daoine air am bèò-ghlacadh
 bidh mòran dhaoine air an leòn
 bha mi air mo leagail
 chaidh a cur far na pàirce

people were captivated
 many people will be injured
 I was knocked down
 she was sent off the pitch



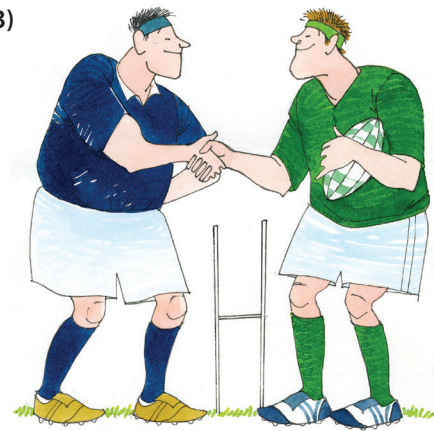
5a. Chaidh cluicheadair rugbaidh a leòn

- Èist ris an fhiosrachadh mu ghèam rugbaidh. (Earrann 3)
- Lìon na beàrnan.

Listen to the information about a rugby game in **Earrann 3**.
Use the information to fill in the blanks in the sentences below.

A rugby player was _____ in a game at Murrayfield yesterday. He was _____ by another player. His leg was _____. The other player was _____. The game was _____.

sent off broken cancelled badly injured knocked down



ceum cànan:
language step

Different ways with The Passive

1. Using *Rach* with nouns

Generally, one of the most common forms of the passive voice can be made using the following structure:

a form of the verb **Rach** + **noun** + **infinitive**

Mar eisimpleir:

An deach gèam a chluich?	Was a game played?
chaidh gèam a chluich	a game was played
thèid gèam a chluich	a game will be played

Try making up your own examples using this very simple rule. Your teacher will be able to show you more examples.

2. Using possessive articles (my/your/his/her/our...)

When there is no noun in the sentence, a possessive article is used in its place. Here is a reminder of the possessive articles:

mo	my	ar	our	do	your	
ur	your	a	his/its	an/am*	their	(* before bfmp)
a	her/its					

For a reminder of possessive articles and the effect they can have on words that follow them, look back to **Ceumannan 3** pp 228 and **Ceumannan 4** pp 416—417.

Mar eisimpleir:

chaidh mo ghoirteachadh	I was hurt	chaidh ar goirteachadh	we were hurt
chaidh do ghoirteachadh	you were hurt	chaidh ur goirteachadh	you were hurt
chaidh a ghoirteachadh	he was hurt	chaidh an goirteachadh	they were hurt
chaidh a goirteachadh	she was hurt		

3. Using *Bi* and *air*

Instead of using **Rach**, the verb **Bi** can be used in conjunction with **air** to form the passive. Again you will need to use possessive articles with the verb in the sentence. Look at the examples below.

Mar eisimpleir:

bha mi air mo ghoirteachadh	I was hurt	bha sinn air ar goirteachadh	we were hurt
bha thu air do ghoirteachadh	you were hurt	bha sibh air ur goirteachadh	you were hurt
bha e air a ghoirteachadh	he was hurt	bha iad air an goirteachadh	they were hurt
bha i air a goirteachadh	she was hurt		



5b. Eadar-theangachadh

- Sgrìobh ann am Beurla.

Translate the sentences into English.

1. Chaidh an doras fhosgladh.
2. Thèid litir a chur gu pàrantan.
3. An deach am boireannach fhaighinn ciontach? Chaidh. Thèid a cur dhan phrìosan airson bliadhna.
4. An deach an consairt a chumail anns an talla a-raoir? Cha deach. Chaidh a chur dheth chun an-ath-sheachdain.
5. An robh Tòmas air a mhurt?
6. A bheil Sara agus Donnchadh air an leòn?
7. Cha bhi dad air a dhèanamh mu dheidhinn.
8. Tha a' chèic cho blasta! Cha shaoileadh tu gun robh i air a dèanamh gun shiùcar.
9. Bidh na duaisean air an toirt seachad a-màireach.
10. Cuiribh ad-grèine oirbh no bidh sibh air ur losgadh.



5c. Thèid an sgoil a dhùnadh.

- Èist ri Earrann 4.
- Chaidh sgoilearan ann an Àrd-sgoil na Locha a ghairm còmhla. Tha naidheachd aig a' cheannard dhaibh.
- Cuir crìoch air a' gheàrr-chunntas.

On Monday afternoon pupils in Loch High School are called to an assembly. Their Headteacher has an announcement to make. Listen to the announcement in **Earrann 4**. Fill in the blanks in the summary passage using your own words. You need not translate word for word from the listening passage. As long as your summary demonstrates you have understood the main points of information, this will be sufficient.



The school will be _____ because _____.

This has caused damage to _____
_____ lessons will be _____.

If pupils are caught in out of bounds areas they will _____.

After school clubs _____.

Parents will be _____.



5c. Beagan gràmair

- Coimhead air na h-eisimpleirean gu h-ìseal den ghuth fhuilangach.
- Cuir crìoch air na h-eisimpleirean.

Look at the examples below of passive voice. Complete each example for each possessive article. The first one has been laid out for you.



Chaidh mo thoirt
dhachaigh ann
an tagsaidh.

1. chaidh mo thoirt dhachaigh

chaidh do _____

chaidh a _____

chaidh a _____

I was taken home
you were taken home
he was taken home
she was taken home
we were taken home
you were taken home
they were taken home

2. bidh mi air mo mhaslachadh

bidh thu air do _____

bidh e air a _____

bidh i air a _____

bidh sinn _____

bidh sibh _____

bidh iad _____

I'll be mortified
you will be mortified

3. Chaidh mo chur dheth

I was put off

4. Cha robh mi air mo leòn

I wasn't injured



5d. Chaidh an gèam a chur dheth

- Leugh na seantansan.
- Eadar-theangaich iad.

Read and translate the sentences below.

- Chaidh duais shònraichte a thoirt dhan neach-spòrs a b' fheàrr anns an sgoil.
- Chaidh an gèam a chur dheth air sàillibh na droch shìde.
- Chaidh an cluicheadair a leagail ach cha deach a leòn.
- Cha b' urrainn do dh'Iain cluich an-diugh. Tha e air a ghàirdean a bhristeadh.
- Bha Sine air a droch ghoirteachadh nuair a bha i a' cluich iomain an-dè.



5e. Seantansan eile

- Sgrìobh na seantansan ann an Gàidhlig.

Translate the following sentences into Gaelic. Look back over the sentences in the previous exercise to help you with this.

- A cup was awarded to the best team.
- Despite the bad weather, the game wasn't cancelled.
- Rachel couldn't play today. She has broken her leg.
- Colin was badly injured when he fell off his bike.



6a. Calum MacIIEathain — An snàmhadair fiadhaich

- Leugh an earrann mu Chalum MacIIEathain.
- Dèan an obair.

Read the article about Calum Maclean and complete the following work.



Calum Maclean

Tha Calum MacIIEathain ainmeil ann an Alba mar shnàmhadair fiadhaich. Tha sreath phrògraman air BBC Alba — *Dhan Uisge* — mu Chalum agus an cur-seachad annasach aige. Anns gach prògram, bidh Calum a' tadhal air àite eadar-dhealaichte agus a' snàmh air a' bhlàr a-muigh an sin.

Chithear Calum a' snàmh anns a' mhùir, ann an lochan reòite, agus ann an glumagan iomallach shuas sna beanntan. Samhradh no geamhradh, cha chuir e dragh air Calum dè an t-àm den bhliadhna a th'ann no dè cho fuar 's a tha an t-uisge!

Chan e Calum a-mhàin a thig gu uisge fuar airson beagan dibhearsain ge-tà.

Tha an cur-seachad seo a' tòiseachadh air fàs nas bitheanta am measg dhaoine agus a-nis tha mu sheasgad club snàmh fiadhaich air feadh Bhreatainn.

Carson a tha daoine ga dhèanamh? Thathar ag ràdh gu bheil snàmh air a' bhàr a-muigh math dhan spiorad agus dhan t-slàinte-inntinn. Bidh cuid a dhaoine ag ràdh gu bheil e na dhòigh math air diochuimhneachadh mu uallaichean nam beatha làitheil agus a bhith nas fhaisg' air nàdar.

Ged a tha an àireamh de dhaoine a tha ris an spòrs seo air a dhol am meud ann am Breatainn o chionn ghoirid, chan e cur-seachad buileach ùr a tha seo idir.

Tha cultaran ann far a bheil snàmh mar seo air a bhith cumanta fad linn-tean agus tha e fiù 's mar phàirt den chreideamh aca. Ann an Iapan, tha seann chleachdadh *Shinto* ann a tha a' moladh a bhith air do bhogadh ann an uisge fuar bho eas.

'S e *Misogi* a chanas iad ris a seo. Bidh luchd-leanntainn *Shinto* a' creidsinn gu bheil *Misogi* a' glanadh agus ag ùrachadh d'anam.

A. Faclan

Copy the words from the passage and write the English for them.

Gaelic	English
annasach	
eadar-dhealaichte	
reòite	
iomallach	
beagan dibhearsain	
bitheanta	
slàinte-inntinn	
diochuimhneachadh	
uallaichean	
beatha làitheil	
buileach	
linn-tean	
bogadh	
eas	
anam	

B. Ceistean

1. What statement is made about Calum in the opening sentence of the passage? Give a detailed answer.
2. According to the passage, what is the series *Dhan Uisge* about?
3. Describe the typical format of each program.
4. What, according to the article, doesn't bother Calum?
5. Other than swimming in the sea, where else can Calum be seen swimming?
6. Wild swimming is becoming popular these days. What evidence does the writer give to back up this fact?
7. A number of reasons are given for why people indulge in this activity. Give at least three of them.
8. Explain in your own words what the practice of *Misogi* involves.
9. What do followers of *Shinto* believe *Misogi* does?
10. Translate the underlined text from the passage.

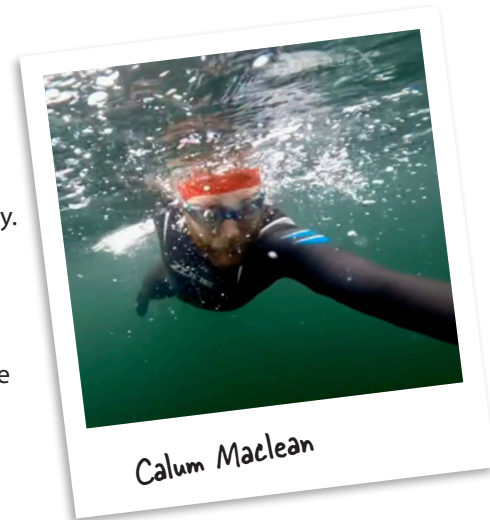


6b. Dhan Uisge!

- Còimhead air a' bhidio le Calum MacIIEathain. (Earrann Bhidio 1)
- Èist ris na chanas e mu shnàmh air a' bhlàr a-muigh.
- Freagair na ceistean.
- Tha e cudromach gun leugh thu na ceistean mus èist thu ris an earrainn.

Watch the short video of Calum MacLean in **Earrann Bhidio 1**. Listen to him talk about his hobby, wild swimming. Answer the questions.

1. When did Calum start swimming in the outdoors?
2. Calum says he swims for a number of reasons. Mention at least two reasons he gives.
3. Calum has swum in lots of places all over the country. What place did he most enjoy?
4. Give some details of the scariest or most dangerous place Calum has been wild swimming.
5. Has Calum ever been injured whilst swimming in the outdoors? If so, give details.
6. What advice would Calum give to young people wanting to try out wild swimming?



ceum càinain: language step

Impersonal forms of verbs

Impersonal forms of verbs are passive in their nature. You learned the impersonal forms of some verbs in **Ceumannan 5 Aonad 2**. In this unit you will come across some more.

Mar eisimpleir:

rugadh thogadh chithear nithear cha dèanar gheibhear

rugadh agus thogadh e ann an Dùn Bheagan he was born and brought up in Dunvegan

chithear na bhidiothan air-loidhne the videos can be viewed on-line

ris an canar which is called/which is known as

nithear a h-uile oidhirp every effort will be made

cha dèanar buidhnean a rèir aois groups will not be comprised according to age

gheibhear buannachdan pearsanta agus sòisealta personal and social benefits can be gained



Rugadh agus thogadh Danaidh MacAsgail ann an Dùn Bheagan.



7a. Foghlam air a' bhlàr a-muigh

- Leugh an litir a fhuair sgoilearan mu Fhoghlam air a' Bhlàr A-muigh.
- Freagair na ceistean.
- Sgrìobh faclan agus abairtean a tha ùr.

Read the letter pupils received from school about Outdoor Education.
Answer the questions. Copy any new vocabulary in your jotter.

Facal ùr
foghlam air a' bhlàr a-muigh
outdoor education



ÀRD-SGOIL MHCIAIN

Àrd-sgoil MhicIain
Rathad an Iar-thuath
An Aghaidh Mhòr
20 Lùnastal

A Phàrant Chòir,

Mar phàirt den phrògram ùr Foghlam air a' Bhlàr A-muigh, bidh sinn a' tabhann chothroman air leth dhan a h-uile sgoilear air an Dihaoine mu dheireadh de gach mìos tro gach teirm. Tha Foghlam Air a' Bhlàr A-muigh na phàirt cudromach den churraicealam agus gheibhear buannachdan foghlaim agus buannachdan pearsanta agus sòisealta às. Bidh Foghlam air a' Bhlàr A-muigh:

- gar n-oideachadh mun t-saoghal a tha timcheall oirnn.
- a' brosnachadh ionnsachadh gnìomhach.
- a' brosnachadh ionnsachadh tàr-churraicealaim.
- a' neartachadh fèin-mhisneachd agus fèin-spèis.
- a' neartachadh chàirdeasan am measg sgoilearan agus eadar sgoilearan agus tidsearan.
- ag ionnsachadh urram dhuinn airson ar n-àrainneachd nàdarra.
- a' toirt dhùbhlain fhreagarrach do gach neach.
- na bhuannachd dhar slàinte-bodhaig agus slàinte-inntinn.

An cois na litreach, gheibhear liosta de na cur-seachadan rim faotainn agus foirm-cead. Bu chòir do gach sgoilear cur-seachad eadar-dhealaichte a thaghadh gach teirm (4 uile-gu-lèir). Bidh na seiseanan seo riatanach agus cha dèanar buidhnean a rèir aois, gnè no comais. Feumar am foirm seo a thilleadh dhan sgoil ro 27 Lùnastal. Tòisichidh na seiseanan air a' bhlàr a-muigh Dihaoine 3 an Sultain.

Leis gach deagh dhùrachd,

A. NicIomhair

A. NicIomhair

(Iar-Cheannard Foghlam Fad Beatha)

Tagh seisean diofraichte airson **gach** teirm. Nithear a h-uile oidhirp a' chiad taghadh aig sgoilearan a choileanadh.

Comas-coille	Sligheadaireachd	Boghadaireachd	Snàmh fiadhaich	Gàirneilearachd	Bòrd seasaimh
Rothaireachd-beinne	Claiseachd	Croitearachd	Duais Diùc Dhùn Èideann		Absèileadh
Coiseachd-monaidh	Marcachd	Duais Iain Muir	Sgitheadh (teirm 3 a-mhàin)		

Foirm cead Foghlam air a' Bhlàr A-muigh

Ainm: _____ Clas: _____

	Teirm 1 Foghar	Teirm 2 Geamhradh	Teirm 3 Earrach	Teirm 4 Samhradh
a' chiad taghadh				
an dàrna taghadh				

Ainm pàrant/neach-cùraim: _____ Ceann-là: _____

Ceistean

1. When will pupils be doing Outdoor Education activities? Give a detailed answer.
2. **a)** According to the letter, Outdoor Education is beneficial in many ways. Give details of four benefits listed.
b) Of the benefits listed, which one do you consider to be the most important? Give a reason for your answer.
3. What stipulation is made about choosing activities?
4. What is said about sessions?
5. How will pupils be grouped?
6. **a)** Who is the letter from?
b) What is this person's job?
7. What stipulation has been made about skiing?

Obair cànanain

1. Find the Gaelic equivalent in the text for the following:

fantastic opportunities
active learning
self esteem
mental health
consent form

encouraging
strengthening
suitable challenges
activities on offer
compulsory

2. Consider the following verbs used in the letter:

nithear cha dèanar gheibhear feumar.

What do you notice about them? Can you identify what tense/form they are in? In what kind of writing might you expect to find such verb forms?





7b. Dè thaghadh tu fhèin?

- Leig ort gu bheil thusa ann an Àrd-sgoil Mhiclain.
- Lìon am foirm cead bho Eacarsaich 7a.
- Bi deiseil airson ceistean a fhreagairt mu na thagh thu.

Imagine you are a pupil in Johnson High and you have a chance to participate in the Outdoor Education activities. Fill in the activity choice form. The teacher will ask the class questions about their choices.



Jennifer, dè an rud a thaghadh tu anns a' chiad teirm?

Zahid, dè an dàrna rud a bu toigh leat a dhèanamh anns an earrach?

Cò thagh claiseachd?

Cia mheud agaibh a thagh rothaireachd-beinne?

Cò thagh absèileadh anns an dàrna teirm?

Cò nach eil airson snàmh fiadhaich a dhèanamh? Carson?

Dè a' chiad taghadh agad airson a' gheamhraidh, a Sheumais?



7c. Dè fon ghrèin a th' ann an claiseachd?

- Èist ris a' chòmhradh eadar Marsaili agus Niall Iain. (Earrann 5)
- Tha iad a' bruidhinn mu Fhoghlam air a' Bhlàr A-muigh.
- Freagair na ceistean.

Listen to Marjory and Neil John discussing the upcoming Outdoor Education opportunities at school (**Earrann 5**). Marjory is looking forward to it all but Neil John isn't quite so enthusiastic! Answer the questions.



Faclan is abairtean

tha fadachd orm
airson an fhirinn innse
seach
ma chuireas tu mar sin e
losgadh air rudan
chan fhuing mi eich
thu fhèin 's do chuid gearan

I can't wait
to tell the truth
rather than
if you put it like that
shooting things
I can't stand horses
you and all your complaining

1. What would Neil John say he'd rather be doing instead of outdoor activities?
2. Marjory says that anything would be better than what?
3. Marjory explains to Neil John what **claiseachd** involves. She mentions three things. State two of them.
4. Why does Marjory think Neil John might enjoy archery?
5. Neil John has an excuse for not liking each of the activities Marjory suggests. What reasons does he give? Complete the following:

Neil John doesn't want to do:	Reason:
gorge scrambling	
skiing	
crofting	
mountain biking	
wild swimming	
horseriding	

6. How does Marjory explain what a **bòrd seasaimh** is?
7. Translate the last piece of the conversation:
"Ceart, tha mise a' falbh. Dèan na thogras tu ach tha mise air mo bhodhradh ag èisteachd riut fhèin is do chuid gearan!"



7d. Bha sinn air ar lathadh!

- Tha sgoilearan air falbh air turas foghlaim air a' bhlàr a-muigh.
- Leugh na teachdaireachdan a tha iad a' cur dhachaigh.
- Dèan an obair.

Pupils are away on an outdoor education trip for a few days. Read the messages they have sent home. Complete the tasks.

Hi Dad. Shnàmh sinn san loch an-diugh. Bha sneachd ann 🌨️. Bha sinn air ar lathadh! 🌨️ Tòrr spòrs ge-ta! 😄 Osdail & biadh math & deagh chrac! Chòrdadh e rium a bhith an seo seachdain eile. Chì mi Dihaoine sibh. Can hallò ri Mam. Cailean xx

Is beag orm a bhith a' bhlàr a-muigh! 😞 Fuar, sgèth agus goirt. An rud a bu mhiosa buileach — chaidh ar fònaichean a thoirt air falbh nuair a ràinig sinn! Chan fhaigh sinn iad ach airson leth-uair gach oidhche! 😡 Feumaidh mi falbh a-nis no bidh mi a' faighinn mo mhì-shealbh 😞 Fadachd orm tighinn dhachaigh. Dùghlas



1. Make a list of all the activities mentioned. Write the English for these too.
2. Who seems to be most enjoying the trip? Justify your answer with reference to the text.
3. **a.** Who isn't enjoying the trip?
b. What does this person say is the worst thing about the trip? Give a detailed answer.
4. Why is one pupil being taken home tomorrow? Give a detailed answer.
5. Of the four pupils, with whom do you think you most identify? Why?
6. Find the Gaelic for the following words and phrases in the messages:
 - looking forward to
 - much easier than I expected
 - my goodness
 - we are only allowed
 - missing you
 - whatever that is
 - say hello to
 - weird
 - we were frozen
 - I hate
 - I can't wait
 - I wish you were here
7. Choose one of the messages and translate it.

Hi Eilidh! Dè tha dol aig an sgoil? Turas sgoinneil. Dh'fheuch mi boghadaireachd an-diugh. Bhuail mi meadhan na targaid trè tursan! Cha b' urrainn dhomh a chreidsinn. Fada na b' fhasa na bha mi 'n dùil! Gheibh sinn cothrom claiseachd fheuchainn a-màireach — ge b' e dè tha sin?! 😞 B' fheàrr leam gun robh thu an seo. Gad ionndrainn. Tòrr gaoil, Catrìona xox

Hi a Mham! Turas a' dol gu math. Absèileadh agus boghadaireachd an-dè. Rothaireachd-beinne an-diugh. Bha e math ach thuit Raonaid agus tha i air a h-adhbrann a bhristeadh 🐼🐼 Bidh i air a toirt dhachaigh a-màireach 😞 Snàmh fiadhaich san loch a-màireach! 🌨️ Mo chreach! Chan fhaod sinn ach leth-uair fhaighinn gach oidhche air na fònaichean (annasach ach chan eil mi ga ionndrainn 🐼) Tha e glè mhath rudan ùra fheuchainn ach tha mi a' coimhead air adhart ri tilleadh dhachaigh dhan bhaile mhòr. 😞 Ealasaid x



7e. Foirm cead

- Tha cothrom agad falbh air turas Foghlam air a' Bhlàr A-muigh.
- Leugh am foirm cead agus lion e leis an fhiosrachadh agad fhèin.
- Freagar na ceistean.

You have the opportunity to go on an Outdoor Education trip. Read the consent form and fill it in with your information. Answer the questions that follow.

Turas Foghlaim air a' Bhlàr a-muigh 31 An Cèitean – 3 An t-Ògmhios An Aghaidh Mhòr			
Ainm			
Là-breith			
Sgoil			
A bheil feumalachdan-bidh sònraichte agaibh? Me: Bheàganach, ailleirdsidhean bidh*	Tha/Chan eil	Fiosrachadh:	
A bheil ciorram(an) sam bith oirbh?	Tha/Chan eil	Fiosrachadh:	
Meud bròig (airson bòtannan-sgithidh)			
Meud bodhaig (airson deiseachan-fluich)	Beag	Meadhanach	Mòr
Cur-seachadan: Tagh cur-seachad diofraichte airson gach seisean. Chithear liosta de na cur-seachadan rim faotainn aig bonn na duilleig.			
Latha	Madainn	Feasgar	
31/5	SIUBHAL		
1/6			
2/6			
3/6		SIUBHAL	
Feumar ainm agus àireamh dà neach a thoirt seachad a ghabhas cleachdadh ann an suidheachadh èiginn.			
	neach 1	neach 1	
Ainm			
Càirdeas			
Àireamh-fòn			

*Feumar innse mu ailleirdsidhean bidh. (Tha seo riatanach)

Comas-coille	Snàmh fiadhaich	Rothaireachd-beinne	Absèileadh
Sligheadaireachd	Sgitheadh	Claiseachd	Marcachd
Boghadaireachd	Bòrd seasaimh	Croitearachd	Coiseachd-monaidh

Ceistean

- Where is the trip to be held?
 - When will the trip start and finish?
- What stipulation is made regards dietary requirements? Give a detailed answer.
- What instructions are given regards choosing activities? Give a detailed answer.
- What stipulation is made regarding emergency contacts?



7f. Chòrdadh e rium comas-coille fheuchainn

- Coimhead air an fhoirm ann an Eacarsaich 7b.
- Dè na cur-seachadan a bhiodh tusa ag iarraidh a dhèanamh gach teirm?
- Dè an fheadhainn nach bitheadh tu a' taghadh?
- Carson?
- Sgrìobh earrann leis an fhiosrachadh agad. Bidh thu feumach air an tràth chumhach anns an sgrìobhadh agad.

Look again at the choices you made in Exercise 7b. Write a short passage about the choices you would/wouldn't make each term and give reasons for them. You will need to use the conditional tense in some of your passage. Below is a reminder of some useful phrases.



Abairtean feumail

bu toigh/cha bu toigh leam
bu toigh/cha bu toigh leam ... fheuchainn
bhithinn/cha bhithinn a' taghadh
nam faighinn an cothrom
chòrdadh/cha chòrdadh ... rium
chòrdadh X rium na b' fheàrr na Y
bhiodh/cha bhiodh e math ... a dhèanamh
saoilidh mi gum biodh e...
b' fheàrr leam X a dhèanamh seach Y
tha eagal orm ro ...
chuireadh ... eagal mo bheatha orm
bhiodh X na b' inntinniche na Y
na bu dorra
na bu spòrsaile
na b' eagalaiche
na b' fhasa
na bu chunnartaiche

I would/wouldn't like
I would like/wouldn't like to try ...
I would/wouldn't choose
if I got the opportunity
I would/wouldn't enjoy ...
I would enjoy X more than Y
It would/wouldn't be good to do ...
I think it would be...
I'd prefer to do X rather than Y
I'm afraid of ...
... would terrify me
X would be more interesting than Y
more difficult
more fun
scarier
easier
more dangerous



Bruithinn



Sgrìobh



Èist



Coimhead

7g. Cur-seachadan air a' bhlàr a-muigh

- Dèanaibh suas sgeidse/còmhradh còmhla ri caraidean stèidhichte air a' bhlàr a-muigh.

Make up a sketch or a conversation with a partner or group based on outdoor activities. Perform your sketch/conversation and record it.



8a. Camanachd nam Ban

- Coimhead air a' bhidio. (Earrann Bhidio 2)
- Èist ri Sarah a' bruidhinn mu iomain.
- Freagair na ceistean.

Watch the video (**Earrann Bhidio 2**). Listen to Sarah talking about her experience of women's shinty. Answer the questions.



Pàirt A

1. a) When did Sarah start playing shinty?
b) Why did she start playing?
2. She mentions that her Headteacher and coach had an influence on her shinty career. What did they do to enhance the team's experience? State 2 things.
3. What two things does Sarah say she likes about shinty?
4. When was the first women's team established?
5. Sarah says women's camanachd has grown considerably over time. What evidence does she give to illustrate this fact?

Pàirt B

6. What is Sarah's job?
7. What does she encourage girls to do?
8. Sarah talks about the importance of sport and the valuable skills that can be learned from taking part. State two things she says you learn from participating in sport.
9. What advice would Sarah give to young girls? Choose any number of the following:
 - always attend practices
 - don't think you're not as able as boys
 - believe in yourself
 - do your best in everything you do
 - keep trying and you'll get there in the end
 - watch and learn from men's teams
10. Sarah completes her advice with a proverb —

"Chan ann leis a' chiad bhuille a thuiteas a' chraobh."

Translate the proverb. What do you think she means by this?



Bruidhinn



Sgrìobh



Leugh

8b. Air sàillibh iomain...

- Leugh na builgeanan-cainnt.
- Tha ban-chluicheadairean iomain ag innse mu na buannachdan a tha iad a' faighinn bho bhith ga chluich.
- Nad bheachd fhèin, dè an fheadhainn as cudromaiche? Tagh trì no ceithir dhiubh.
- Inns carson a tha iad sin cho cudromach, nad bheachd-sa. Faodaidh tu do fhreagairt innse no sgrìobhadh.

Read the speech bubbles below. Shinty players are saying what skills/benefits have they gained from playing the game. Make sure you understand each of the ten statements. Choose 3 or 4 of the benefits below that you consider to be the most important and state why you think they are so important. You may either answer verbally or on paper.



1. Tha mi nas fhallaine agus nas làidire nam spiorad agus nam bhodhaig.

2. Tha mi a' sealltainn do nigheanan eile gu bheil sinn a cheart cho math ri balaich san spòrs seo.

3. Tha mi air ionnsachadh gu bheil mi nas comasaiche na bha mi 'n dùil. Tha barrachd misneachd agam annam fhìn a-nis.

4. Tha mi a' faireachdainn math mu mo dheidhinn fhèin.

5. Tha mi nam bhall de sgioba làidir.

10. Tha an cothrom agam siubhal air feadh na dùthcha.

9. Tha mi air ionnsachadh gum feum thu obrachadh gu cruaidh ma tha thu airson adhartas a dhèanamh.

8. Tha mi air ionnsachadh mi fhèin a phutadh.

7. Tha mi fhìn agus an teaghlach moiteil asam.

6. Tha mi air deagh charaidean a dhèanamh.



8c. Air sàillibh...

- Dè an cur-seachad a bhios tu a' dèanamh nad ùine shaor?
- Dè tha thu fhèin a' faighinn às le bhith ga dhèanamh?
- Dè na buannachdan/sgilean pearsanta a tha agad air sàillibh an spòrs/cur-seachad seo.
- Dè na cur-seachadan ùra a bu toigh leat fheuchainn?
- Carson a chòrdadh e/iad riut?

What activity do you do in your spare time? What do you get out of it? Write about the benefits and skills you have gained because of this. You might want to re-read the benefits listed in Exercise 8b above. You may want to write about more than one activity. You should also give an example of one or two new activities you would like to try in the future. Why do you think you might enjoy them?



WRITING TIP!

Try and use a variety of tenses and structures and make sure you include all the information that the question asks for.



9a. B' e siud an gèam a b' fheàrr a bh' ann riamh!

- Leugh cunntas Anna mun latha a bhuannaich an sgioba aice.
- Eadar-theangaich a' chiad paragraf.
- Dèan geàrr chunntas nad fhaclan fhèin air a' gheam.

Read Anna's account of the day her team won. Translate the first paragraph and then summarise briefly the events of the game.

Nuair a dhùisg mi madainn Disathairne, bha mo stamag a' dèanamh car a' mhuiltein. B' e seo an latha a bu chudromaiche. Bha sinn gu bhith a' cluich anns a' chuairt dheireannaich ann am farpais ball-coise nam ban. Tron bhliadhna, bha sinn air cluich an aghaidh àrd-sgoiltean eile bho air feadh na dùthcha agus a-nis cha robh air fhàgail anns an fharpais ach dà sgioba — sinn fhèin à Àrd-sgoil an Òbain, agus sgioba eile à Àrd-sgoil Naomh Bhrianain anns na Crìochan. Ràinig sinn pàirc Naomh Bhrianain mu uair a thìde ron ghèam agus rinn sinn eacarsaichean gus ar blàthachadh. Nuair a thàinig an sgioba eile air a' phàirc, cha robh mi a' faireachdainn ro dhòchasach idir. Bha iad a' coimhead gu math nas sine na sinne. Ciamar a b' urrainn dhuinn an gnothach a dhèanamh orrasan?



**car a' mhuiltein
a' chuairt dheireannach
gus ar blàthachadh**

somersaults
the final
to warm us up

Thòisich an gèam agus an ceann còig mionaidean bha tadhal aig an sgioba eile. Abair briseadh-dùil dhuinn, ach chùm sinn oirnn agus cha d'fhuair iad an còrr thadhail tron leth sin den ghèam. Cha robh ann ach aon gu neoni aig leth-ùine. Bhruidhinn an coidse rinn aig leth-ùine agus bha i gar brosnachadh gu bhith làidir. Thuirt i gun robh sinn comasach air buannachadh agus chuir sin spionnadh annainn.

**abair briseadh-dùil
gar brosnachadh
comasach
chuir sin spionnadh annainn**

what a disappointment
encouraging us
capable
that gave us a boost

Gu h-iongantach, fhuair mise tadhal anns a' chiad mhionaid den dàrna leth. Bha mi cho moiteil asam fhìn. Bha sinn a-nis co-ionann. An uair sin, fhuair mo charaid Catriona tadhal eile. Sgoinneil! Bha làmh-an-uachdair againn a-nis. Feumaidh gun do chuir seo an sgioba eile ceàrr oir bha iad fada na bu laige anns an dàrna leth. Chùm sinn a' strì gu cruaidh. Gu mì-fhortanach ge-tà, fhuair an sgioba eile tadhal eile. Mo chreach! Bha sinn co-ionann a-rithist (dà thadhail an urra) le còig mionaidean air fhàgail. An ath rud, thuit mi agus dh'fhairich mi pian uabhasach nam chois. Bha cluicheadair bhon sgioba eile air mo leagail. Thug an rèitire triseadh oirre, ach ghabh i an caothach ris! Fhuair i cairt dhearg agus chaidh a cur far na pàirce. Air sgàth seo, fhuair sinne breab-peanais. B' e seo ar cothrom. Ghabh Ciorstaidh-Anna e.

Bha m'anail nam uchd. Rinn i deiseil... Chuir mi mo làmhan air mo shùilean. Cha b'urrainn dhomh coimhead agus rinn mi ùrnaigh bheag nam cheann... Chuala mi èigh mhòr. Dh'fhosgail mi mo shùilean agus chunnaic mi an sgioba againne a' dol às an ciall a' ruith 's a' leum agus a' sadail an gàirdeanan timcheall air a chèile. Bha sinn air a' chùis a dhèanamh! Bha sinn air buannachadh. Cha b'urrainn dhomh a chreidsinn. Bha an gèam seachad agus b'e sinne an sgioba a b'fheàrr ann an Alba a-nis. B'fhiach a h-uile seisean treànaidh air làithean fliuch, fuar a' gheamraidh airson an latha seo. Mar a chanas m'athair — *An neach nach cuir air latha fuar, cha bhuaib e air latha teth.* Nach e a bha ceart!

Thug an coidse sinn a-mach gu dinnear mhòr an oidhche ud agus bha sinn a' seinn agus a' gàireachdainn is ri fealla-dhà fad na tìde air an t-slighe dhachaigh air a' mheanbh-bhus. 'S mathaid gur e seo an latha a b'fheàrr a bh'agam riamh nam bheatha.



moiteil asam fhìn
fada na bu laige
air mo leagail
thug an rèitire truisèadh oirre
ghabh i an caothach ris
bha m'anail nam uchd
ri fealla-dhà

proud of myself
much weaker
knocked me over
the ref gave her a right dressing down
she lost her temper with him
my heart was in my mouth
larking about

Bha an caothach orm!

Sport can be emotive and at times tempers can fray! The following phrases may be applicable in such situations.

bha iad a' trod	they were arguing
bha an caothach orm	I was raging
bha i gam rothaigeadh	she was winding me up
thug an rèitire truisèadh oirre	the referee gave her a right dressing down
thug e deagh sgoiladh orm	he tore a strip off me/wiped the floor with me
fhuair mi mo mhì-shealbh	I got what for/a right telling off
thug mi dha a mhì-shealbh	I gave him what for/an almighty row
bha i a' speuradh rium	she swore at me
thug e sgleog dha	he gave him a clout
bha tuasaid ann	there was a scuffle
dh'fhàs an gèam rudeigin tuasaideach	the game got a bit heated/tense/riotous





9b. An latha a b' fheàrr a bh' ann riamh

- Sgrìobh mu ghèam no farpais sgoinneil anns an robh thu fhèin a' cluich no a chunnaic thu.
- Sgrìobh dè thachair AGUS mar a bha thu a' faireachdainn.
- Feuch gun cleachd thu cànan ùr an aonaid.
- Bu chòir dhut eadar 200-250 facal a sgrìobhadh.

Write an account of a fantastic game or competition you were involved in or one that you watched. Write about what happened AND how you felt throughout. Try to use some of the new language from this unit. You should aim to write around 200-250 words.



10a. Seanfhaclan

- Leugh na seanfhaclan.
- Eadar-theangaich iad.
- Mìnich dè tha iad a' ciallachadh.

Three proverbs appear throughout this unit. You will see them below. Translate each one and explain what you think they mean. Can you think of equivalent expressions/sayings in English that mean the same sort of thing?



“Chan ann leis a' chiad bhuille a thuiteas a' chraobh.”

“Ruigidh each mall muileann.”



“An neach nach cuir air latha fuar, cha bhwin e air latha teth.”



Bruidhinn

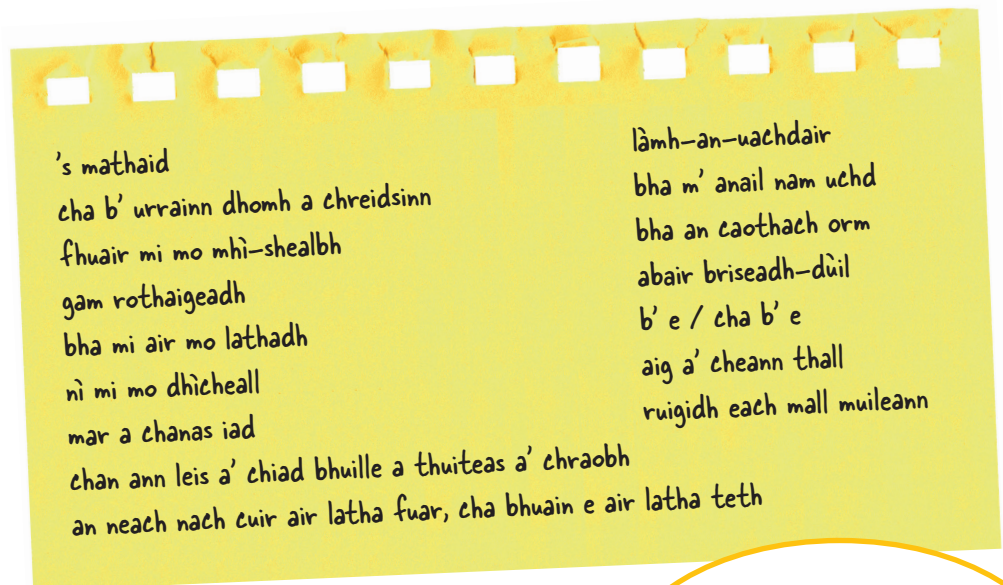


Sgrìobh

10b. Cleachd an abairt, glèidh an abairt!

- Obraich còmhla ri caraid.
- Anns a' bhogsa gu h-ìseal, chì sibh corra fhacal agus abairt a tha air nochdadh anns an aonad gu ruige seo.
- Sgrìobhaibh sgeidse no còmhradh còmhla agus feuchaibh gun cleachd sibh cuid de na faclan agus na h-abairtean seo ann.
- Faodaidh sibh faclan/abairtean eile à faclair an aonaid a chleachdadh cuideachd.
- Leughaibh an còmhradh/sgeidse agus clàraibh e cuideachd.

The box below contains some words and phrases that have appeared in this unit. Write a sketch or conversation with a partner and try to incorporate some of the language from the box below. You can change the tenses of phrases and alter them in other ways to fit your needs. Read out and record your conversation/sketch and listen back to it.



Cha b' urrainn dhomh a chreidsinn! Bha an caothach orm! Ò, gheibh e a mhì-shealbh nuair a chì mise e!



11. An cur-seachad as fheàrr leam

- Dèan deiseil airson còmhradh còmhla ris an tidsear agad mu na cur-seachadan agad.
- Faodaidh tu bruidhinn air cur-seachad sam bith. Chan fheum thu bruidhinn mu spòrs.
- Smaoinich air na ceistean gu h-ìseal.
- Dèan plana de na tha thu ag iarraidh a ràdh. Bidh na sgrìobh thu ann an Eacarsaich 8c na chuideachadh dhut.
- Dèan liosta de na faclan agus abairtean a tha a dhìth ort airson do chòmhradh.
- Clàr an còmhradh mas urrainn dhut agus èist ris a-rithist.

Prepare to have a conversation with your teacher about your hobby/hobbies. Make a plan of what you would like to say. Make a list of words and phrases that you want to use. Record your conversation and listen back to it. Below is a collection of questions that could be asked. Remember that a conversation works both ways; it is not a monologue, you should ask some questions too!

Dè bhios tu a' dèanamh nad ùine shaor?
Dè an cur-seachad as fheàrr leat?



Dè tha a' còrdadh riut mu X?
Dè an rud as fheàrr leat mu X?
Carson a tha X a' còrdadh riut?



A bheil cur-seachadan eile agad?
Nam biodh an cothrom agad, a bheil cur-seachad sam bith eile ann a bu thoght leat fheuchainn?
Carson?



Cuin a thòisich thu ri X?
Cuin a bhios tu ri X?
Càit am bi thu ri X?



Dè tha X a' dèanamh dhut?

A bheil thu air buannachdan/sgilean pearsanta sam bith fhaighinn air sàillibh X?



Am moladh tu X do dhaoine eile?
Carson?





12. Sgeulachd beatha

- Sgrìobh pìos mu dheidhinn rionnag spòrs as toigh leat.
- Dè na rudan inntinneach a tha e/i fhèin air a dhèanamh na b(h)eatha?
- Inns mu na rudan sònraichte a tha a' còrdadh riut fhèin mun rionnaig seo.
- 'S dòcha gum biodh e feumail coimhead air cuid de na leabhraichean beaga *Beatha le Buaidh* www.storlann.co.uk/beatha-le-buaidh/

Write a short biography about a famous sports person you admire. Include information about the interesting things s/he has done and his/her significant achievements. You may find it useful to look at the short biographies in the Stòrlann series *Beatha le Buaidh*.

www.storlann.co.uk/beatha-le-buaidh/



13. Agallamh

- Tha cothrom agad agallamh a dhèanamh còmhla ri rionnag spòrs as toigh leat.
- Dè na ceistean a bu toigh leat a chur orra?

You have the chance to interview a famous sporting star. Who would you choose? Make a list of the questions you would ask.





14. Aiste bheachdail

- Sgrìobh eadar 200—250 facal anns a’ Ghàidhlig a’ toirt do bheachd air fear de na cuspairean gu h-ìseal.
- Bu chòir dhut adhbharan a thoirt airson do bheachdan agus co-dhùnadh(aidhean) iomchaidh a sgrìobhadh.
- Airson taic, coimhead air na duilleagan **Faclan feumail airson aiste bheachdail fo Aonad 4** air làrach Ceumannan 5

Write 200–250 words in Gaelic to express your views and opinions on one of the following topics. Give reasons for your opinions and draw any appropriate conclusions. For help with vocabulary, look at the document **Faclan Feumail airson aiste bheachdail** for **Aonad 4** on the **Ceumannan 5** website.

- » Tha tòrr a bharrachd ann an spòrs na buannachadh.
- » 'S e Spòrs an aon chuspair a bu chòir a bhith riatanach eadar S1 agus S6.
- » Bu chòir cur-seachad a bhith aig a h-uile duine.
- » Tha buaidh mhòr aig spòrs air cuid a dhaoine. Uaireannan 'e rud math no rud dona a tha seo. Dè do bheachd?
- » Co-ionannachd gnè ann an spòrs? Chan eil a leithid a rud ann!



15. Spòrs Gàidhealach

- Coimhead air ais gu Ceumannan 2. d119–123
- Leugh am fiosrachadh mu gheamannan Gàidhealach agus iomain.

Take a look back to **Ceumannan 2 pp119–123**. Read the information about Highland games and shinty.

Geamaichean Gàidhealach



USCAMANACHD



Facdan is abairtean

a bu chunnartaiche	most dangerous
a bu dorra	most difficult
abair briseadh-dùil	what a disappointment
absèileadh	abseiling
aig a' cheann thall	ultimately/at the end of the day
air a' bhlàr a-muigh	outdoor(s)
air mo leagail	knocked (me) over
air sàillibh	because (of)
air thoiseach	ahead/in the lead
airidh air	worthy of
am broinn	inside/within
anam, an t-anam (m), anman	soul, the soul, souls
an cois na litreach	along with/attached to this letter
an neach nach cuir air latha fuar, cha bhuain e air latha teth	he who doesn't sow on a cold day, will not reap on a warm day (ie. effort will be rewarded)
an saoghal a tha timcheall oirnn	the world around us
an sàs	involved
Àrd-sgoil Mhiclain	Johnson High School
ar n-àrainneachd nàdarra	our natural environment
b' e ... a b' ainmeile	... was the most famous
baile tràighe	an abandoned town
Baile Ùr an t-Slèibhe	Newtonmore
ball-coise nam ban	women's football
bha an caothach orm	I was raging
bha an coltas orra	they appeared/looked
bha daoine air am beò-ghlacadh	people were captivated
bha i a' speuradh rium	she was swearing at me
bha i gam rothaigeadh	she was winding me up
bha iad a' trod	they were arguing
bha m' anail nam uchd	my heart was in my mouth
bha mi air mo lathadh	I was frozen
bha i air a lathadh	she was frozen
bha tuasaid ann	there was a scuffle
bhithinn fada nur comain	I would be much obliged
bitheanta	often/frequent
boghadaireachd	archery
bòrd seasaimh	paddle board
breab-peanais, am breab-peanais (m), breab, am breab (m), breaban	penalty kick, the penalty kick kick, the kick, kicks
breaban-peanais	penalty kicks
a' brosnachadh	encouraging/promoting
a' buannachadh	winning
buannachd, a' bhuanachd (f), buannachdan	advantage, the advantage, advantages
càirdeas, an càirdeas (m), càirdeasan	relationship, the relationship, relationships

camanachd nam ban	women's shinty
car a' mhuiltein	somersaults
ceann na pàirce	the end of the pitch
cha dèanar	will not be done/made
chaidh a cur	she was sent/she was put
chaidh mòran a leòn	many were injured
chan ann leis a' chiad bhuille	The tree will not be felled by the first cut
a thuiteas a' chraobh	(ie. achievement takes continued effort)
chithear	can be seen
A' Chuiltheann	The Cuillins
chuir e roimhe	he decided
claiseachd	gorge scrambling
cleasan iongantach	amazing stunts/feats
cleasan	stunts/feats/activities
cliù	reputation/prestige/acclaim
cnapan-starra	obstacles
cnap-starra, an cnap-starra (m),	obstacle, the obstacle
coidse, a' choidse (f) coidsichean	coach, the coach, coaches
comas-coille	bushcraft
cuairt dheireannach, a' chuairt dheireannach (f)	final, the final
cuimhneachain, na cuimhneachain	memories, the memories
curraicealam, an curraicealam (m)	curriculum, the curriculum
Dèan a' chùis!	Succeed!/manage!
Dèan do dhìcheall!	Do your best!
Dèan na thogras tu!	Do what you want!
a' dèanamh a' chùis	managing/succeeding/winning
dh'fhairich mi	I felt
dh'fhàs an gèam rudeigin tuasaideach	the game got a bit heated/tense/riotous
a dhìon	to protect/defend
dìochuimhneachadh	(act of) forgetting
dìbhersain	fun/entertainment/diversion
dlùth	close/tight/close-knit
Duais Diùc Dhùn Èideann	Duke of Edinburgh Award
dùbhlain, an dùbhlain (m), dùbhlain	challenge, the challenge, challenges
eas, an t-eas (m), easan	waterfall, the waterfall, waterfalls
fada na bu laige	much weaker
a' faighinn làmh-an-uachdair orra	getting the better of them
fealla-dhà, am fealla-dhà (m)	joke/jest, the joke/jest
fèin-mhisneachd	self confidence
fèin-spèis	self esteem
feumaidh gun do chuir seo	this must have put
fhuair i a mì-shealbh	she got an almighty row
fhuair mi mo mhì-shealbh	I got what for/an almighty row
foghlam air a' bhlàr a-muigh	outdoor education
gar brosnachadh	encouraging us
gar cur air adhart	putting us forward

gar n-oideachadh	educating us
gheibh e a mhi-shealbh	he'll get what for/he'll get a right telling off
gheibhear	will be had/got
glumag, a' ghlumag (f), glumagan	pool, the pool, pools
gnè, a' ghnè (f)	gender, the gender
gun chomas gluasad	paralysed
gus ar blàthachadh	to warm us up
iarrtas mòr	high demand
iarrtas, an t-iarrtas (m)	request/application, the request/application
iarrtasan	requests/applications
iomadach	many/various
iongantach	amazing
ionnsachadh gnìomhach	active learning
ionnsachadh tar-churraicealaim	cross curricular learning
làmh-an-uachdair	the upper hand
a' leasachadh sgilean	developing skills
a' leasachadh	developing
leig e dheth a dhreuchd	he gave up his job
leis gach deagh dhùrachd	with every good wish
a' leòn	injuring/wounding
Leòn!	Injure!/Wound!
leòn, an leòn (m), leòntan	injury/wound, the injury/wound, injuries
	wounds
leth-ùine	half time
luachmhor	valuable
luchd-leantainn	supporters/fans
mar a chanas iad	as they say
meòrachadh	meditating/meditation
misneachd, a' mhisneachd (f)	confidence, the confidence
moiteil asam fhìn	proud of myself
moiteil	proud
neach-spòrs	sports person
a' neartachadh	strengthening
nì mi mo dhìcheall	I will do my best
nithear a h-uile oidhirp	every effort will be made
nithear	will be done/made
nochd	appeared
nuair a chluicreas tu	when you play
obraiche-òigridh, an t-obraiche-òigridh (m)	youth worker, the youth worker
oidhirp, an oidhirp (f), oidhirpean	effort, the effort, efforts
pearsanta	personal
prìomh lìog	premier league
reìtire, an reìtire (m), reìtirean	referee, the referee, referees
reòite	frozen
ri fealla-dhà	larking about/clowning around/having a laugh

riatanach
rothaireachd
rothaireachd-beinne
ruigidh each mall muileann

's mathaid
seusan, an seusan (m), seusain
sgeulachdan-beatha
sgeulachd-beatha, an sgeulachd-beatha (f)
sgil, an sgil (m), sgilean
sgilean pearsanta
sgilean sòisealta
slàinte-bodhaig
sligheadaireachd
snàmh fiadhaich
a' tabhann
tadhal, an tadhal (m), tadhalan
tha e/i na b(h)uannachd
thug an rèitire truisheadh oirre
thug e deagh sgoladh orm
thug e sgleog dha
thug mi dha a mhi-shealbh
tlachd, an tlachd (m)
a' toirt sùil air...
uallaichean, na h-uallaichean
ùine shaor, an ùine shaor (f)
ùrnaigh, an ùrnaigh (f), ùrnaighean
urram, an t-urram (m)

compulsory
cycling
mountain biking
a slow horse will reach the mill (slow and steady wins the race)
perhaps/probably
season, the season, seasons
life stories
life story, the life story
skill, the skill, skills
personal skills
social skills
physical health
orienteeing
wild swimming
offering
goal, the goal, goals
it is beneficial
the referee gave her a right dressing down
he tore a strip off me/wiped the floor with me
he gave him a clout
I gave him what for/a right telling off
pleasure/enjoyment, the pleasure/enjoyment
taking a look at...
worries, the worries
free time, the free time
prayer, the prayer, prayers
respect/honour, the respect/honour