

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 8

#40 Emotional pain worse than physical: Sarah Lee

Skills/ Objectives: Reading

PART 1: Before you read...

Preparatory questions

1. Do you know who Sarah Lee is? What have you heard about her?

Vocabulary

1. Keirin (noun): a cycling race in which people ride around a track inside a building multiple times
2. Sprint (noun): a very fast and short race
3. Podium (noun): an area where an athlete receives a prize in a sports competition
4. Launch (verb): to send something out
5. Jersey (noun): a shirt that is worn by members of a sports team

PART 2: Article

In this article, Sarah Lee, a Hong Kong cyclist revealed how she overcame her emotional pain from an accident in the 2016 Olympic game.

Emotional pain worse than physical: Sarah Lee *(click the read the article)*

<http://gbcode.rthk.org.hk/TuniS/news.rthk.hk/rthk/en/component/k2/1279580-20160817.htm>

(Source: RTHK)

PART 3: Let's discuss!

1. What have you learnt from Sarah Lee about overcoming emotional distress from an accident?
2. How can we overcome our negative emotions when we face failures in life?

PART 4: Learn further

1. **Teary Sarah Lee is crowned Hong Kong's best athlete for record fourth time**

Sarah Lee was recognised as Hong Kong's best athlete the fourth time at the annual Sports Stars Award.

<https://www.scmp.com/sport/hong-kong/article/2080927/teary-sarah-lee-crowned-hong-kongs-best-athlete-record-fourth-time>

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