

Unit 4 – EASY Reading

THE HISTORY OF TRAINERS

Plimsolls

Over 100 years ago, the first sports shoes were called “plimsolls”. They were very simple – the left foot and the right foot were the same!

Sports shoes from Germany

In 1924, Adi and Rudolf Dassler, two German brothers, started a sports shoe company in a small village in Germany. They called the company Adidas. Their shoes were for athletes. They were the best sports shoes in the world and they were soon famous.

Trainers and fashion

Then in the 1950s a famous, young American actor, James Dean, wore trainers, jeans and a T-shirt in a film. Trainers were now “in” – and cheap. Soon, young people everywhere wore trainers (and jeans) too.

Hi-tech trainers

In the 1960s and 70s, Nike, Adidas and other companies started making hi-tech trainers. These shoes were very comfortable – but sometimes also very expensive. Today, the price of a pair of trainers can be over \$100.



Read the text and tick true (T), false (F) or not in the text (N).

	T	F	N
1. The first sport shoes were called “plimsolls”.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. They were very cheap.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In 1924, two American brothers started a sports shoe company.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. They called the company Nike.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. James Dean was 20 years old.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. James Dean made trainers famous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. In the 1970s companies started making very simple trainers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Hi-tech trainers can be very expensive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>