

# Explained: Athleisure (Netflix Series)



## 1. Fill in the gaps with the words from the box.

Restrictive   Inspiration   Campaigned   Scandalous   Segregated   Barriers

1. Gyms were private spaces ..... by gender.
2. Clothing considered ..... in the past is now widely adopted as gym wear.
3. Women ..... to make comfortable styles acceptable.
4. High fashion looks to streetwear for .....
5. Women's clothes were extremely ..... in the past.
6. People used to wear clothes to feel accepted; now, they are breaking ..... to re-define what is fashionable.

## 2. Watch the video and answer these questions:

A. What trends led to the widespread adoption of comfortable clothing styles?

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 .....  
 .....



B. What is a synthetic fiber and give an example.

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C. How did Spandex revolutionize the world?

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 .....  
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## 3. Textiles were previously made from animals or plants. Fill-in the natural fibers that are made from these sources:

Source of Textile ↓	Worms	Sheep	Goats	Flax Plants	Cotton Shrubs
Natural Fibers					

4. Provide reasons for or against the following statements. Please explain in 3 - 4 sentences.

1. “Lululemon invent the idea to use a gusset to make yoga pants more flexible”

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2. “There was an increasing number of partnerships between clothing lines and hip-hop artists.”

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3. “The evolution from formal wear to casual wear was a slow process in North America.”

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4. “The names *sportswear*, *activewear*, and *streetwear* refer to the same but different parts of the evolution of *athleisure*. ”

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5. “Clothing is a battleground” Watch the video segment from 2:00 - 0:00. Research on a few recent fashion controversies and complete the table below. You may use point form.

Event	Potential causes/ Symbolism	Consequences to Society
Women’s soccer team wears jerseys inside out (US, March 2020)	•	•

Event	Explanation of the event/ Potential causes	Consequences to Society
People in hoodies associated with crime	•	•
Banning of women from wearing burkinis (Nice, France 2016)	•	•
Tennis icon, Serena Williams, banned from certain outfits during tennis matches. (2002, 2018)	•	•
Schools enforcing rules around covering your leggings.	•	•

6. Watch the video from 5:00 - 0:00. Some sentences below are used in the video. Decide what the phrases in bold mean and circle the correct answer.

A. The adoption of sportswear was **mediated by** fashion magazines, movies, and TV shows.

Influenced by OR hindered by

B. Hip-hop artists **helped democratize** brands that were previously associated with country clubs and exclusivity.

Tightly control OR Make accessible to everyone





C. Hip-hop artists wore clothes to change who had **access to status** and how it is defined.

Have rights and freedoms honoured OR Become a celebrity

D. People historically **marginalized from** markers of success started to become influential.

Lacking in self-motivation OR Treated as insignificant

E. Hip-hop started in New York City and moved out to **mainstream** Americans.

High-status individuals OR the mass audience

F. Sportswear upsets the **hierarchy** of status and facilitates how styles define people.

The rankings of society OR The prestige of the upper-class

**7. Essay/ Discussion Questions: Write a thesis statement for each of the following topics. Choose the topic that you are most interested in and develop your thesis into a paper.**

1. How did hip-hop influence sportswear and fashion styles around the globe?

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2. What role did women play in the development of athleisure?

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3. Compare and contrast the advantages and disadvantages of synthetic and natural fibers.

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4. How did the development of sportswear, activewear, streetwear, and athleisure lead to the rise of celebrities and sports stars?

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5. How are current trends in fashion redefining the identities of North Americans?

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