

2.1

VOCABULARY

Sport • phrasal verbs
• collocations • people in sport

SHOW WHAT YOU KNOW

1 Complete the dialogues with the correct form of the words in brackets.

- John: Quick! Catch the ball!
Roger: Ouch! Sorry, I'm a hopeless basketball player (PLAY).
- 1 Graham: It's a beautiful day. Let's go to the pool.
Harry: I'm not a very good _____ (SWIM), I'm afraid.
- 2 Claire: Did I see your brother riding a bike on TV yesterday, Sam?
Sam: Possibly. He's a professional _____ (CYCLE) doing the Tour de France.
- 3 Paulo: Wow. You've got a lot of medals. Running, jumping, throwing the javelin ...
Tess: Yes, I used to be a good _____ (ATHLETICS) when I was younger.
- 4 Karl: Who's that guy in the picture?
Jan: You are joking! That's Lionel Messi – the best _____ (FOOTBALL) in the world!
- 5 Aman: Look! It's snowing! Let's go skiing this weekend!
Rafaele: Oh, no – you're not a _____ (SKI), are you? I hate all winter sports.

2 Choose the correct words.



SPORTS FOR ALL!



At Abbeydale sports club we offer a wide range of sports and activities. In the main sports hall, club members can ¹do / play basketball or volleyball on our indoor ²courts / pitches. Outdoors, you can ³do / play hockey, cricket, football and rugby on full-size ⁴pitches / courses. In our fantastic new building we offer the chance to ⁵do / go judo, karate and aerobics as well as ⁶do / play tennis or table tennis. Plus, we have a brand new badminton ⁷court / course and indoor ⁸ring / rink for ice-skating too! In the summer, you can ⁹do / go athletics on the main field or run around our running ¹⁰ring / track and members can also ¹¹do / go canoeing and sailing on our beautiful lake. We are currently building a pool, so very soon you will be able to ¹²do / go swimming at the club too.

Contact us at abbeydale_sc@hitmail.com

REMEMBER BETTER

To help you remember sets of words, categorise them in different ways. Write the words on individual pieces of paper and then group and regroup them according to different categories. Examples of categories for sports include: team vs individual sports, indoor vs outdoor sports, everyday vs extreme sports, sports which use a ball, etc.

WORD STORE 2A | Phrasal verbs

3 Complete the sentences with the correct prepositions.

- How could Jane let us down like that? She's the best player on the team and she didn't arrive for the match.
- Adam's hurt his arm, so he has to drop _____ of the tennis competition this weekend.
 - Williams has to take _____ last year's champion in the final game of the season.
 - Uma is an excellent sailor. She got _____ it when her dad first took her sailing at the age of six.
 - My mum's running in the marathon this Sunday. Do you want to come and cheer her _____ with me?
 - I've decided to go _____ for a karate tournament. Do you think I can win it?
 - How many calories do you think 45 minutes of yoga burns _____?

WORD STORE 2B | Collocations

4 Choose the correct words.



Welcome to "Sports Thoughts" on Radio Sport. This week we will ask marathon runner, Jeremy Bradshaw, what it was like to ¹come / win / score first in the London Marathon. We'll talk to Pat Goodhill who ²kept / beat / lost the national speed-climbing champion and ³scored / won / broke a world record at last week's UK climbing championships. Skier Daisy Leader will tell us how she ⁴loses / scores / keeps in shape during the summer and give us some expert advice on ⁵beating / keeping / coming fit during the winter season. We'll also ask footballer, Alastair Madson, what he feels is more important for his career: ⁶scoring / breaking / winning goals or ⁷beating / winning / breaking matches. Finally, you'll have the chance to ⁸win / score / keep a prize in our weekly phone-in competition.

Now, this news has just come in – US basketball player Dick Boyd amazed fans and teammates earlier this evening when he ⁹scored / kept / won more than 100 points in a single game. And we have heard that AFC Woolwich's Donny Wellard says he might quit professional football after he managed to ¹⁰miss / lost / broke a goal in Saturday's World Cup final from just one metre ...'

- 5 Look at the sports results and complete the gaps with the correct names.

FOOTBALL: United 2 - City 1

United won the game.

- 1 ^a _____ defeated ^b _____ .
 2 _____ scored one goal.
 3 _____ lost the match.

TENNIS: WILLIAMS 3 - WOZNIACKI 6

- 4 _____ won the game.
 5 ^a _____ beat ^b _____ .
 6 _____ lost the match.

WORD STORE 2C | People in sport

- 6 Use the words in the box to label people in sport. There are two extra words.

(opponent referee supporter
 spectator teammate)



1 _____ me 2 _____ 3 _____

- 7 Complete the dialogue with the names of people in sport. The first letters are given.

Reporter: Here we are live from the National Stadium with Zoe Striker of Team UK, the new women's 100m sprint champion. Zoe, you are finally the champion of the world. How does it feel?

Zoe: Wonderful! I've been training hard with the help of my ¹c_____, and the other athletes in the UK team – my fantastic ²t_____. I couldn't have done it without them or all of the ³s_____ that were watching and cheering me on here in the stadium. I've got the best ⁴f_____ in the world!

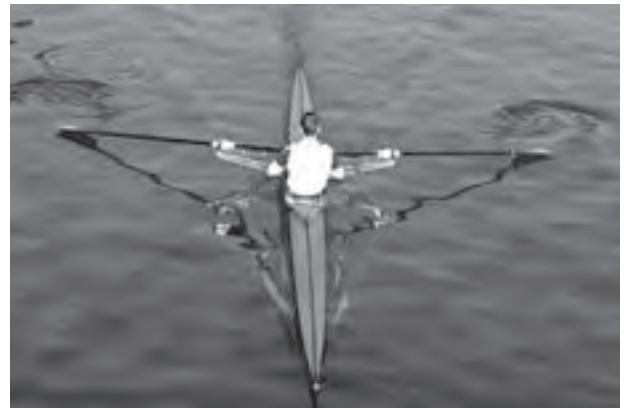
Reporter: And how about the ⁵r_____ ?
 For a moment I thought he was going to stop the race.

Zoe: That was a little worrying, yes. But I've been practising all week with my ⁶t_____ and I was prepared for any of my ⁷o_____ trying to stop me winning.

Reporter: Thank you Zoe. The UK is proud of you and your thousands of ⁸s_____ around the world can't wait for your next competition.

SHOW WHAT YOU'VE LEARNT

- 8 Complete each pair of sentences with the same word A-C.



- 1 How old were you when you first ___ into rowing?
 Don't worry – I've ___ a pair of skates I can lend you.
 A been B got C had
- 2 I feel that my team really ___ me down after they failed to win the cup.
 James ___ me borrow his tennis racket, so we can play tomorrow.
 A put B took C let
- 3 Swimmer Simon Davies said his main aim this year is to ___ his own world record.
 You look exhausted, Mike. Let's have a ___ at this café.
 A break B rest C keep
- 4 The best way to lose weight is to keep ___ and watch what you eat.
 The jacket really suited Rachel, but unfortunately it was the wrong size and didn't ___ her.
 A shape B fit C healthy
- 5 My sports ___ told me I need to lose some weight if I want to win the trophy.
 I think we'll take the ___ to the stadium. There shouldn't be too much traffic.
 A trainer B fan C coach

- 9 Complete the sentences with the correct form of the words from the box. There are two extra words.

(beat come goal point referee
 spectator teammate win)

My teammates threw me into the river after we won the boat race.

- 1 I know I can't run very fast but I didn't think I'd _____ last in the race.
 2 With two minutes of the match left, the fans were screaming at the _____ to blow the whistle.
 3 The _____ had paid £275 each for tickets to watch the game from the VIP area.
 4 Mai Lee _____ the favourite Jinjing Ho to become this year's women's table tennis champion in our county.
 5 If Barlow scores the next _____, he'll win the match and be the new table tennis champion.

SHOW WHAT YOU KNOW

1 Put the story in the correct order.

Ray didn't finish the race.

- ☐ She tried to help him get up.
- ☐ When the ambulance arrived, Lisa and Ray were chatting and laughing.
- ☒ He had only run three miles when he fell over and hurt his foot.
- ☐ When Ray's leg was better, he asked Lisa on a date.
- ☐ But he couldn't stand because he had hurt his ankle.
- ☐ Lisa was watching the race when Ray fell over.
- Six months later they got married.

2 ★ Complete the sentences with the correct form of the verbs in brackets.

The official fired the gun and the race began (begin).

- 1 It was raining heavily when Ferguson _____ (crash) his Ferrari.
- 2 When I reached the 10 km sign, the fastest runners _____ (already/cross) the finishing line.
- 3 The race began at 16:00 and the last cyclist _____ (finish) at exactly 17:08.
- 4 Diane was already at the gym when she realised she _____ (forget) her towel.
- 5 Fyfe and Scott _____ (climb) Everest when the accident happened.

3 ★★ Choose the correct verb forms.

- 1 R: Right, Jones! It's a yellow card for you.
J: Oh Ref! What ^adid I do / had I done / was I doing?
R: I ^balready blew / had already blown / was already blowing the whistle three times Jones, but you carried on playing!
- 2 F: Did you see the ice hockey last night, Ben?
Great goal by Grabic, huh?
B: Well, I ^awatched / had watched / was watching the game when the doorbell rang. I went to answer it; it was some sales person, and when I got back I ^bmissed / had missed / was missing the goal!
- 3 TV J: Arthur, at 76 years of age you're the oldest competitor to finish the marathon today.
Why ^adid you decide / had you decided / were you deciding to run?
A: Oh, well, last year my grandson and I were watching the race on TV when he ^basked / had asked / was asking: 'Grandad, have you ever done that?' I told him that I hadn't run a marathon and he said: 'Maybe you should try'. So, I ^cdid / have done / have been doing it for my grandson, Timmy.

4 ★★★ Look at the signs and complete the sentences and questions with the correct form of the verbs in brackets.

BIKE RACE

9 a.m. – 10 a.m.



At 8 a.m. the race hadn't started (start).

- 1 It _____ (begin) at 9 a.m.
- 2 At 9:30 a.m. the competitors _____ (cycle).
- 3 A: _____ the race _____ (finish) at 10:30 a.m.?
B: Yes, it had.

SKI JUMPING
COMPETITION
11 a.m. – 1 p.m.

- 4 When I arrived at 11:30 a.m., the competition _____ (begin).
- 5 A: _____ it _____ (snow) when you got there?
B: Yes, it was.
- 6 At exactly 12:45 the last competitor _____ (jump).
- 7 By 2 p.m. the crowd _____ (leave).

SHOW WHAT YOU'VE LEARNT

5 Find and correct the mistakes.

- I played rugby when I broke my arm. was playing
- 1 We went to the Alps in April, but we couldn't ski because the snow already melted. _____
- 2 I watched the race when Hope won the gold medal and broke the world record. _____
- 3 Were City beating Arsenal in last night's game? _____
- 4 The referee didn't concentrate when Burton touched the ball with his hand. _____
- 5 In yesterday's Brazilian Grand Prix, Lewis was finishing in second place. _____
- 6 Boxer Joe Foster was fighting over 100 opponents when he retired in 1994. _____

1 Look at the recording extract. Put questions 1–4 in gaps A–D.

So, why did you take up windsurfing?

- 1 What other water sports did you do?
- 2 Are your mum and your cousin still your role models?
- 3 Was your cousin a good windsurfer?
- 4 Who inspired you?

Extract from Student's Book recording 1.24

- P: First of all, congratulations Jackie. Last month you became the world under eighteen windsurfing champion!
- J: Yes, that's right. Thank you.
- P: *So, why did you take up windsurfing?* A _____
- J: Two people really: my mum and my cousin, Rachel. I first ¹ _____ windsurfing with my mum. We lived near the sea, and we spent every summer on the beach. My mum had entered windsurfing competitions when she was a teenager. She ² _____ anything, but she really enjoyed it. She started to ³ _____ me how to windsurf as soon as I could swim [...]. I was only about 7 years old. My cousin Rachel was there too. She and her family lived near us. My mum gave us both lessons together. Rachel's two years older than me and I've always looked up to her. I still do.
- P: B _____
- J: Yes, but she was good at a wide range of sports. [...] She was a really good example for me – I wanted to be sporty like her. [...]
- P: So you grew up near the sea. C _____
- J: All sorts. At first, windsurfing wasn't my favourite thing. I liked other water sports like swimming and sailing. Rachel talked me into ⁴ _____ the children's sailing club. We ⁵ _____ all our weekends there, even in winter. We did lots of sailing, and then Rachel thought we should try out rowing. I wasn't sure about rowing at first, [...] but my mum thought it was a good idea. Now I'm glad I did it because it made my arms strong, and that helped my windsurfing. [...]
- P: D _____
- J: Yes, definitely. I think I take after my mum – I hope I have some of the same qualities anyway. And Rachel is like a big sister to me.

2 Complete gaps 1–5 in the interview with Jackie in Exercise 1 with the verbs from the box. Change the forms if necessary. There are two extra verbs.

(become do go join
not win play spend teach)

3 Choose the combination which is not possible in each group.

- 1 spend sports ... / hours ... / the weekend ...
- 2 win a competition / a goal / a race
- 3 teach a subject / someone the rules / first place
- 4 go surfing / aerobics / running
- 5 join the gym / a club / athletics

4 Complete the sentences with verbs from Exercise 3. Change the verb forms if necessary.

If you want a body like a fitness instructor, you'll have to spend hours in the gym every week.

- 1 After Greg finishes studying Sports Science at university, he wants to _____ Physical Education at a secondary school.
- 2 Sarah didn't buy that snowboard. She _____ a competition and that was the first prize.
- 3 Hey, can I play too? Will you _____ me the rules?
- 4 Now that you've spent so much money on trainers and equipment, don't you think you should actually _____ running?
- 5 Most students _____ several clubs during their first few weeks at university. It's a good way to meet new people.
- 6 Finally it has snowed and we are going to _____ the weekend in the mountains. I can't wait!

REMEMBER BETTER

When you learn a new verb or review one you already know, use a dictionary and find nouns that often go with it. Write sentences about yourself or people you know to help you remember these collocations.

Write sentences with the verbs and nouns from Exercise 3.

SPEND hours

My brother spends hours playing online games.

WORD STORE 2D | Phrasal verbs

5 Choose the correct words.

- 1 I really look up / over / across to Ronaldo. He's a true professional athlete.
- 2 My sister takes up / on / after my mum – they're both excellent skiers.
- 3 How did you ever talk me in / into / to climbing? I'm terrified of heights.
- 4 Karen was put off / on / out snowboarding after I told her how I broke my leg last winter.
- 5 A true champion would never give over / down / up after losing one match.
- 6 Rob's always wanted to try out / on / in canoeing, so let's invite him too.
- 7 Sarah had trouble picking on / up / at how to play badminton at first, but she's good now.

- A high school hero • collocations
• rituals and routines
• word families

1 Read the text quickly and choose the best title for it.

- 1 Autistic boy's dream job as school basketball team manager ☐
- 2 Autistic boy joins national basketball team ☐
- 3 Autistic boy's basketball dream becomes a reality ☐

It sounds like fantasy: an autistic schoolboy is brought onto the basketball court as a last minute substitute*, scores 20 points in four minutes and becomes a national hero. However, in February 2006 that is exactly what happened to 17-year-old Jason McElwain, from Rochester, New York.

Jason has autism, a condition that makes communicating, socialising and reading other people's feelings difficult.

1_____. Before that, apart from a couple of minutes in a junior game in 2004, Jason's autism had always stopped him from actually playing for the team. But on the evening of the annual 'Senior Night' game, which was held in the students' final year of high school, the team's coach gave J-Mac, as he is called, a shirt with the number 52 on the back, and told him he would let him play in the all-important game at some point.

In the final few minutes, Jason was sent onto the court. When his teammates passed him the ball, Jason calmly aimed* and scored seven baskets* from 13 shots, scoring five points a minute and breaking school records. Athena beat their opponents Spencerport 79-43. 2_____. His teammate Rickey Wallace said: 'I knew he could shoot, but I didn't know he could score 20 points.'



Jason's father, David McElwain, 51, said: 'He was really happy on the way home. He didn't sleep a lot that night.' Jason's sporting achievement was filmed, and by the evening, a video of him in action had already gone viral*. Eventually, the video reached the television sports channel ESPN and Jason quickly became famous around the country. 3_____.

Jason even met the American President at the time, George W Bush, who presented him with a special award.

Since 2006, Jason has graduated from high school and found part-time work with a well-known food store. 4_____.

He is also involved in public speaking, and is a talented runner. In September 2012, he completed his first marathon in 15th place, in only 3 hours, 1 minute and 41 seconds. With all the activity that is going on in his life, Jason admits that he hasn't been playing as much basketball, but says: 'Occasionally, I'll go and shoot baskets.'

GLOSSARY

substitute (n) – in team sports: a player who is sent onto the pitch/court to replace another player who is tired, injured or playing poorly

aim (v) – in sports: to look carefully and choose the place you want to throw or kick a ball, or shoot a weapon

basket (n) – in basketball: the rings at either end of the court; also, the point which is scored when you throw the ball successfully into one of those rings

go viral – if a picture, video, joke, etc. goes viral, it spreads widely, especially on the Internet

2 Read the text. Complete gaps 1–4 with sentences A–F. There are two extra sentences.

- A When that happened the coach couldn't believe the team's good luck.
B He wrote a book, *The Game of My Life*, which was published in 2008 and now travels across the United States raising money for autism charities.
C However, that did not prevent coach Jim Johnson from making him 'manager' of Greece Athena High School's basketball team.
D What is more, because of this condition, he often found it difficult to do any sports activities.
E He received offers from celebrities, such as basketball hero Earvin 'Magic' Johnson and TV star Oprah Winfrey, as well as film companies and publishers keen to tell his story.
F At the end of the game, spectators carried Jason off the court on their shoulders.

3 Read the text again and answer the questions.

- 1 What is autism?

2 Who gave Jason the opportunity to play in the 'Senior Night' game?

3 At what point did Jason join the game?

4 Which team won the game?

5 Who described Jason's feelings after the game?

6 What did certain celebrities, film companies and publishers want to do?

7 Where does Jason do his charity work?

8 Which of Jason's other sporting achievements is mentioned in the text?

4 Complete the collocations with the verbs from the box. Use the text to help you. There are two extra verbs.

(beat bring complete go pass
play present raise score)

play for a team

- 1 _____ someone on as a substitute
2 _____ the ball
3 _____ a basket
4 _____ someone with an award
5 _____ money for charity
6 _____ a marathon (or any other race)

REMEMBER BETTER

When you learn a new verb-noun collocation, you can extend your vocabulary knowledge by looking up alternative verbs that go with that noun in a dictionary. Write them as a word web in your notebook with the noun in the centre.

VOCABULARY PRACTICE | Rituals and routines

5 Look at the vocabulary in lesson 2.4 in the Student's Book. Complete the sentences with a phrase from the box. You may need to change part of the phrase.

a decisive moment break from sb's routine
do the same thing over give sb peace of mind
repeat a sequence the first step
the last phase the point of no return

As soon as we go around the next bend, we will go past *the point of no return*. The water moves so fast that we will only be able to move in one direction – down the river towards the sea!

- 1 As a _____ I chose to run around the hill rather than over it. It's good to do something different once in a while.
2 The referee sent off our best player for cheating. That was _____ in the game. What a joke!
3 The _____ in becoming a professional athlete is to decide which specialisation to focus on.
4 You can beat this boxer. He always _____ of punches after he moves back two steps. Watch! Left, left, right, left, right. It's the same every time!
5 It might be boring _____ but every successful tennis player knows it's the only way to hit the ball perfectly with your racket.
6 The fact that winning or losing isn't important can really _____ and help you see the bigger picture. It's simply a game and we're playing for fun – so just enjoy it!
7 This is _____ of our yoga class this morning and then you can all go home. Take a deep breath, touch your toes and hold the position for three minutes.

WORD STORE 2E | Word families

6 Complete the sentences with the correct form of the words in brackets.

I'm quite lazy, so I prefer less *active* (ACT) sports like darts or snooker.

- 1 Plenty of sportspeople are _____ (SUPER). For example, Michael Jordan used to wear his college shorts under his official NBA sports kit.
2 Why can't I be more _____ (DECIDE)? I just don't know which team I want to play for the most.
3 You need pretty _____ (POWER) legs to be a professional long jumper.
4 Don't you find playing chess rather _____ (REPEAT)? You do the same moves over and over again.
5 Athletes need a lot of _____ (RESILIENT) if they are to return after a serious injury and compete at the highest level again.

SHOW WHAT YOU KNOW

1 Match verb patterns A-E to the sentences.

- A verb + to infinitive
 B verb + object + to infinitive
 C verb + -ing
 D modal verb + infinitive without to
 E verb + object + infinitive without to

- I want to drive a Formula 1 car one day. ☒ A
 1 We might go for a swim later. ☐
 2 The coach makes us run 3 kilometres before the training starts. ☐
 3 Please remind me to put a clean towel in my gym bag. ☐
 4 Karen fancies watching basketball on TV at home. ☐
 5 We arranged to meet at the top of the ski lift at 4 o'clock. ☐

2 ★ Cross out to where it is not necessary.

Welcome to the Singapore F1 Grand Prix, where today's race should ~~to~~ be very exciting.

- We'd like to remind to our viewers that this is a very important race for Sebastian Vettel.
- Vettel is attempting to win his third race in a row here in Singapore.
- If the other drivers let him to win again, he'll almost certainly become this year's champion.
- It is raining, so the teams have all decided to start the race with wet-weather tyres.
- Remember, Vettel only just avoided to crashing during this year's wet Monaco Grand Prix.
- Vettel's manager has warned him not to drive too fast in these difficult conditions.
- Keep to watching after the race for more exciting motor racing action here on Turbo Channel. !

3 ★★ Complete the texts with the correct form of the verb in capitals.

1 RUN

Shelly tries to run every day. She doesn't mind ^a _____ when the weather is good but she refuses ^b _____ when it's cold and wet.

2 EAT

Nick's mum makes him ^a _____ cabbage even though he hates it. She forces him ^b _____ bananas, which he doesn't like, and even though he can't stand ^c _____ seafood, she cooks fish every Friday.

3 BUY

Irene could ^a _____ the trainers if she had more money, but she can't afford ^b _____ them at the moment. The sales assistant in the shop advised her ^c _____ them next month because they will probably be cheaper then.

4 ★★★ Use the words in capitals to complete sentences with a similar meaning.

Would you like to play one more game?

FANCY

Do you fancy playing one more game?

- 1 Our PE teacher forces us to run round the hockey field three times before the game.

MAKE

Our PE teacher _____ round the hockey field three times before the game.

- 2 Gavin said he would pick us up after the game tomorrow.

OFFER

Gavin _____ after the game tomorrow.

- 3 We don't go to judo classes anymore.

STOP

We've _____ to judo classes.

- 4 Alan really doesn't like losing at badminton.

CAN'T STAND

Alan _____ at badminton.

SHOW WHAT YOU'VE LEARNT

5 Complete the sentences with the correct forms of the verbs in brackets.

Sunny Gym Personal Trainers

Are you attempting to get (get) fit but not having much success? Are you wasting time ¹ _____ (do) exercises that don't work? You could ² _____ (benefit) from the help of a personal trainer. Our trainers will teach you ³ _____ (exercise) efficiently and effectively, and help you to avoid ⁴ _____ (injure) yourself when you work out. Training should ⁵ _____ (be) fun, not frustrating. Let our trainers ⁶ _____ (show) you the fastest route to success.

Contact Becky in Reception for details and bookings.



1 ★ Choose the correct answers A–C.

- 1 **Chiara:** Luther and Alex are training for the mini-marathon.
Jules: Really, ___!
 A so do I B so am I C so are they
- 2 **Lior:** I hope we can win the game today.
Felicia: Yeah, ___, but I'm feeling a little nervous, I have to say.
 A so we can B so have I C so do I
- 3 **Laurie:** Eddy can run 100 metres in under 14 seconds!
Harriet: Well, ___!
 A Mark can too B so does Mark too C so does Mark
- 4 **Aileen:** Lucy is going to do a course in judo.
Sherrie: ___ Judith. Maybe they'll be in the same class.
 A So does B So is C So will
- 5 **Eddie:** I want to meet United in the next round of the cup.
Ryan: Yeah, ___.
 A us too B you too C me too

2 ★ Choose the correct answers A–C.

- 1 Sammy had never visited such a big stadium before and ___.
 A neither have I B neither had I C nor me
- 2 None of the other runners want to re-start the race and ___.
 A nor us B nor we C nor do we
- 3 James says he shouldn't have to take a blood test, so ___.
 A neither should I B nor should he C neither should he
- 4 Lewis can't play tennis this Sunday and ___.
 A I can't either B either can I C neither can't I
- 5 We hadn't seen the results immediately after the game and ___.
 A neither they too B neither had they C nor them

3 ★★ Choose the correct forms.

- 1 **Agnes:** Alberto would never go climbing. It's too dangerous for him.
Mel: Really? *He would / I would / We are!* It looks like such fun, don't you think?
- 2 **Sheila:** My parents haven't been jogging for weeks.
Freddy: Ha, *nor do they / nor have mine / so have yours.* And we're lazy teenagers!?
- 3 **Jasmin:** I can't say I like playing basketball very much.
Tanya: Oh, *I can / I like / I did.* In fact, I think it's the best sport ever!
- 4 **Fran:** I'm planning to go swimming this afternoon.
Liza: Really? *So am I / So do I / So will I.* We can go together if you like.
- 5 **Lexie:** Marcelle had never been ice-skating before yesterday.
Denise: And *nor has / so hadn't / neither had* Jane. They were quite good though, weren't they?

4 ★★ Choose the correct answers A–C.

MyBlog.com

I've just ¹ a conversation with my sports coach and I have to say I'm a bit disappointed. He thinks I'm not ready to run in the mini-marathon next month. Really? Well, ² . I wouldn't say I wanted to do it if I didn't feel ready. What does he know? But maybe he doesn't understand – I don't actually care about winning and neither ³ he. What I really care about is getting more racing experience. I believe that's more important – and my parents ⁴ . Which is why I'm going to enter the marathon with or without the support of my running coach. What do you think? Do you think I'm making a big mistake? I ⁵ . I'm sure it is a good idea! And ⁶ my friend Sophie, who thinks I might even come in the top 100.

- 1 A have B had C done
 2 A I do B I don't C he doesn't
 3 A should B would C could
 4 A are too B do too C have too
 5 A don't B haven't C didn't
 6 A either does B too does C so is

5 ★★ Complete the sentences with phrases showing similarities (+) or differences (–) in situations. Sometimes more than one answer is possible.

- Rico:** I can't swim very well, I'm afraid.
Noah: Really, neither / nor can I (+)
- 1 **Pauline:** I'm going to the cup final on Sunday.
Lucas: Oh, _____ (+) actually. We can go together.
- 2 **Alba:** I have never played volleyball.
Rosie: Don't worry, Jamie and George _____ (+).
- 3 **Krysta:** Oh, no. I didn't bring any tennis balls with me.
Johanna: What? _____ (+). Can we buy some here?
- 4 **Ayleen:** Heather loves watching Kyle play football.
Lynn: _____ (+). I think he's wonderful.
- 5 **Keren:** I'll never win a sports competition.
Ossie: Really? _____ (–). I'm quite sporty, I think.

6 ★★ Complete the sentences with the words in brackets. You may need to add words. Use at least three words.

- James is going on an adventure holiday in June and so are we (we).
- 1 I've had my hair cut short for the race and _____ (Angelica).
- 2 Stacy's parents didn't go horse racing and _____ (my).
- 3 Those little children are running very fast and our _____ (too).
- 4 Evelyn won't wear the new uniform and _____ (I).
- 5 My school doesn't have a football pitch and _____ (your).

1 Match the opening sentences 1–3 with techniques a–c.

- 1 My dream of going on safari finally came true last year, but it almost turned into a nightmare! ☐
- 2 How high is a mountain? ☐
- 3 What's the worst thing your best friend has ever said to you? ☐

- a Asking a rhetorical question
b Referring to personal experience
c Speaking directly to the reader

2 Complete the advice for writing a story with the words from the box. There are two extra words.

adjectives character conclusion
ending opening problem scene
speech tenses title

- 1 Give your story a catchy **title**.
2 Use direct _____ to make the story come alive.
3 Give your story a memorable _____.
4 Set the _____ by saying where and when the story is set and who is involved.
5 Include a _____ or introduce an exciting situation.
6 Use a range of narrative _____ to tell your story.
7 Write a strong _____ sentence to engage the reader.
8 Include a variety of adverbs and _____ to make the language interesting.

3 Read the story *An African Thriller* and match the underlined sentences and phrases with the advice in Exercise 2.

- 1 ☒ a 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐



^aAn African Thriller

^bMy dream of an African safari finally came true last year, but it almost turned into a nightmare! ^cIt was our third night in Africa and my sister Jenny and I were getting ready for bed in our log cabin. It **had been** (be) an amazing day and we were completely exhausted but we couldn't stop talking about the incredible animals we ^d_____ (saw) that morning. ^eTen minutes later we had just put out the light when Jenny screamed.

Earlier that day, our guide ²_____ (tell) us stories about dangerous African animals.

^{One man} ³_____ (work) outside when a rhinoceros ⁴_____ (begin) to run after him.

^eAnd two girls spent the night in a tree after a crocodile had tried to eat them. The guide warned us to check under our beds before going to sleep. Of course we thought he ⁵_____ (joke).

I ⁶_____ (look) where Jenny ⁷_____ (point) and then I saw it. A huge snake was lying under the table right next to the door. I was **absolutely terrified**. ^gQuick! Get in the cupboard! I shouted. As we were running for safety, I grabbed my phone. After we ⁸_____ (shut) the cupboard door, I ⁹_____ (ring) our guide.

He quickly arrived to help. While he ¹⁰_____ (shine) his torch under the table, Jenny and I ¹¹_____ (realise) our mistake.

^hIt wasn't a snake after all, just some rolled up clothes. I ¹²_____ (never/be) so embarrassed in all my life.

- 4 Complete the story in Exercise 3 with the correct form of the verbs in brackets. Where possible, use the Past Perfect or the Past Continuous.
- 5 Read the story *A Mistake on the Mountain*. Choose the correct linkers.

A Mistake on the Mountain

How high is a mountain? I've reached many peaks, but on this trip everything possible went wrong.

My best friend Joe and I arranged to meet early one morning in summer. We both know mountains are dangerous, but it was also really **hot** / _____ so ¹after that / before we left we had agreed to pack a map, some water and just a few snacks.

²After a couple of hours / By the end of the journey, the path started to get very difficult. We had intended to reach a small lake ³by lunch time / the following afternoon but we couldn't find it. We kept looking at the map but we didn't want to waste time arguing, so we just kept walking. ⁴Later / At first, we saw it. But strangely, it looked different to what we had expected.

⁵By the end of the afternoon / On the first morning we had finished all our food and water and were feeling extremely **tired** / _____. We weren't walking anymore either, we were climbing. I was quite **scared** / _____.

Suddenly Joe shouted excitedly. 'I can see the top!' ⁶Finally / Later, we had arrived. We felt really **good** / _____. While we were looking at the view, we clearly saw the mountain we had planned to climb. We were on the wrong mountain! Luckily, we found an easier path down.

⁷After that / Eventually we got back home. Everyone was very impressed with our amazing achievement, so we decided not to mention our big mistake!

6 Replace the adjectives in bold in the story in Exercise 5 with stronger adjectives from the box. There are two extra words.

angry awesome awful
boiling exhausted terrified

- 7 Read the task below. Then read the story *The Extra Special Surprise* and write the verbs in the correct form.

Your school is holding a competition for the best short story about a surprising turn of events. Write your story and include and develop these points:

- Begin your story by setting the scene and introducing a problem or interesting situation.
- Describe what happened using a range of tenses.
- Use direct speech and different words and phrases to make the story interesting for the reader.
- Give your story an exciting, funny or unexpected ending.

The Extra Special Surprise

What's the worst thing your best friend can ^asay / to say / saying to you? 'I won a volleyball scholarship in Australia and I'm moving away'. Zara ¹_____ (always / be) sporty. While she ²_____ (win) prizes, I was cheering her on or coming last! I was very upset but I intended ^bdo / to do / doing something special before she left.

Zara loves surprises, so I wanted ^corganise / organising / to organise a surprise leaving party. I told a few friends but warned ^dthem not to tell / not to tell them / them not telling anyone.

First I arranged the food. Zara's favourite café promised to deliver cakes on the day. Next I spent time ^eto make / make / making a playlist with our favourite songs. By that evening I ³_____ (make) decorations too – photos of Zara scoring goals and beating opponents. While I ⁴_____ (look) at the photos, I ⁵_____ (feel) sad again.

Finally, after I ⁶_____ (prepare) everything, I couldn't avoid ^ftell / telling / to tell people any longer. Everyone ⁷_____ (be) excited.

We ⁸_____ (hide) when Zara ⁹_____ (arrive). 'Surprise!' we shouted. 'We're so sad you're leaving that we decided ^gto have / have / having a party', I ¹⁰_____ (say), to explain. Zara looked shocked, then gave a huge smile.

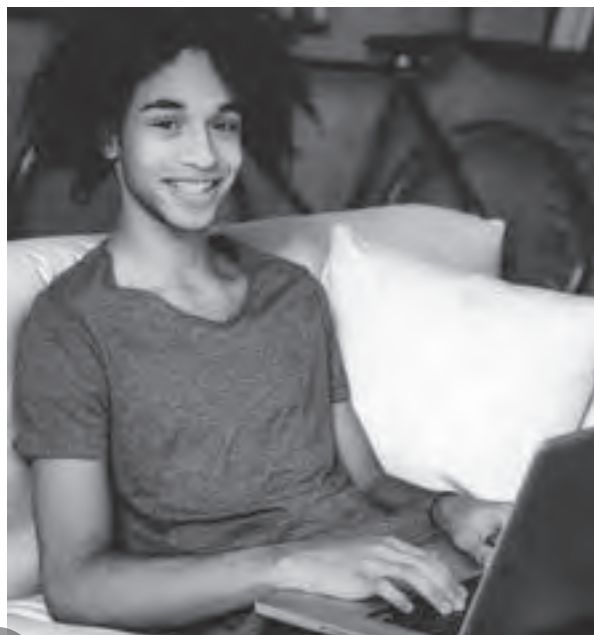
'I have a surprise for you, too' she said. 'I'm not leaving after all! I got into our national team, so I can ^hto train / training / train at home!'

- 8 Read the story again and choose the correct verb forms a–h.

SHOW WHAT YOU'VE LEARNT

- 9 You have decided to write a short story for your class magazine. The theme of the next edition is 'Pushing your limits.' Include and develop these points:

- Begin your story by setting the scene and introducing a problem or interesting situation.
- Describe what happened using a range of tenses.
- Use direct speech and different words and phrases to make the story interesting for the reader.
- Give your story an exciting, funny or unexpected ending.



SHOW THAT YOU'VE CHECKED

Finished? Always check your writing.
Can you tick ✓ everything on this list?

In my story:

- | | |
|---|--------------------------|
| • I have given my story an interesting title. | <input type="checkbox"/> |
| • I have started my story by setting the scene and introducing a problem or interesting situation, e.g. <i>It was the last thing we were expecting, Just when we thought we were safe, Jack and I realised our mistake.</i> | <input type="checkbox"/> |
| • I have described what happened using a range of tenses, e.g. <i>We were both feeling quite nervous, We'd booked lessons before we arrived.</i> | <input type="checkbox"/> |
| • I have used different words and phrases to make the story interesting for the reader, e.g. <i>We were completely exhausted, Eventually ...</i> | <input type="checkbox"/> |
| • I have included direct speech to make the story come alive, e.g. <i>'What are you doing?'</i> | <input type="checkbox"/> |
| • I have given my story an exciting, funny or unexpected ending. | <input type="checkbox"/> |
| • I have divided my story into paragraphs. | <input type="checkbox"/> |
| • I have checked my spelling and punctuation. | <input type="checkbox"/> |
| • My text is neat and clear. | <input type="checkbox"/> |

Asking for and giving an opinion
• agreeing and disagreeing

1 Translate the phrases into your own language.

SPEAKING BANK

Asking for someone's opinion

What do you think about ...? _____

Giving an opinion

I think ... _____

I (just) don't think ... _____

If you ask me ... _____

The thing is ... _____

To be honest ... _____

Agreeing with an opinion

I agree. _____

That's true. _____

Absolutely! _____

Half agreeing with an opinion

I'm not so sure about that. _____

I'm not convinced. _____

Disagreeing

That's not true. _____

I'm sorry, I don't agree with you. _____

Disagreeing strongly

No way! (informal) _____

Are you kidding? (informal) _____

I'm afraid I completely disagree. _____

Not having strong opinions

Personally, I don't feel strongly one way or the other. _____

2 Choose the appropriate response.

1 **Tim:** What do you think about the fact that professional footballers are paid so much money?

Tom: *To be honest / No way, I think it's ridiculous.*

2 **Jane:** Do you think we will win the next World Cup?

Jean: *Are you kidding? / That's true.* With our current team we don't have a chance.

3 **Paul:** Aerobics is only for women.

Paula: *That's not true / I agree.* There are several men in my class.

4 **Sarah:** Oh come on, referee! That was clearly a foul. Don't you think, Sam?

Sam: *I'm not convinced / Absolutely.* It looked OK to me.

5 **Matt:** I just don't think we do enough sport at school.

Mary: *The thing is / I agree* I don't really enjoy sport, so I don't mind.

6 **Neil:** Helen thinks motor-racing is too dangerous and should be banned.

Noel: *Well, I agree / If you ask me* the drivers have a choice, don't they? They don't have to take part.

7 **Jack:** I'm glad they have decided to let girls play in the school football team, aren't you?

Jackie: *Personally, I don't feel strongly one way or the other / Absolutely.* I suppose it's good for the girls who are into football. I'd prefer to go to the gym.

3 Complete the dialogue between Scott and Owen. The first letters are given.

Scott: Did you see that there's going to be a big boxing match at the new stadium next month? Do you fancy going?

Owen: Boxing? No thanks. In my opinion, boxing isn't even a sport. I think it's horrible.

Scott: Really? Well, I'm ¹s_____, I don't a_____ w_____ y_____. I think it's really exciting to watch. Boxers are skilled athletes.

Owen: ²A_____ you k_____? Watching grown men try and kill each other is not what I call exciting. Personally, I don't find violence entertaining.

Scott: I'm ³n_____ c_____. People have been playing and watching violent sports for thousands of years.

Owen: ⁴T_____ t_____, but that doesn't make it right. People have been fighting wars for thousands of years. Do you think war is exciting too?

Scott: Of course not, but ⁵I d_____ t_____ you can compare boxing to war. For a start, the boxers have a choice. They don't have to fight.

Owen: Well, if you ⁶a_____ m_____, there's always a choice whether it's boxing or war.

Scott: Well, perhaps. Hey, how about this – maybe instead of fighting wars, we could put world leaders in the boxing ring. I bet you'd watch that.



Student A, look below. Student B, go to page 135.

1 In pairs, ask and answer the questions.

Talk about looks and personality.

- 1 How do you find out about clothes that are in fashion and out of fashion?
- 2 Do you think it's important to have a break from your routine sometimes? Why?/Why not?
- 3 Do you think you come across as friendly when you first meet someone? Why?/Why not?
- 4 Have you ever lost touch with a friend? What happened?
- 5 When was the last time you wore brightly-coloured clothes? Why?

2 Discuss this question together. 'Is winning more important than taking part in a sport?' What do you think?

For taking part:

Taking part in a sport ...

- is fun and thrilling! It doesn't matter who wins!
- is a great experience that helps you learn about yourself and other people.
- is great exercise for your body and mind (without the pressure to win!).
- is good preparation for life. You don't always win but you can learn a lot by fighting hard along the way!

3 Look at the two photos showing people at sporting events. What can you see in the photos? Which activity would you prefer to do? Why?

A



B



4 Read the instructions on your card and role-play the conversation.

Student A:

You and your friend (Student B) are discussing a suggestion that sports should be removed from the curriculum.

- Greet Student B and ask his/her opinion on the subject.
- Half agree with Student B's opinion, but give your own opinion too: say that doing a sport is important for general health and fitness.
- Disagree with Student B's opinion. Explain that students don't have a lot of free time, so it's hard to organise sports.
- Say that you'll have to agree to disagree on the subject.

VOCABULARY AND GRAMMAR

- 1 Complete the sentences with the words from the box. Change the form if necessary. There are two extra words.

fan goal lose pick phase
power teammate win

The team's fans ran onto the basketball court to celebrate with the players at the end of the game.

- I think we've _____ this game. I haven't got any good cards to play. And you?
- I hurt my arm when my _____ dropped me on the court while we were celebrating. How embarrassing, eh?
- Badminton isn't too hard to play if you play tennis and I'm sure you'll _____ it up quickly.
- Congratulations on a good result, but this is only the first _____ of the competition. There's still a long way to go!
- Ryan scored the fastest _____ ever by a player in our team – 12 seconds after the match had started!

/5

- 2 Complete the sentences. The first and last letters are given.

My brother's a referee for the local football league and he loves giving players yellow cards.

- My athletics t _____ r says I'm good enough to be a professional one day.
- My great grandad is 78 but he still k _____ s in shape by going Nordic walking.
- Celia is s _____ s and always wears the same socks when she's competing in a race.
- Sebastian isn't a very a _____ e person. In fact, I don't think I've ever seen him do any sports or other physical exercise.
- To get a body like Arnold Schwarzenegger you have to do lots of r _____ e lifting of heavy weights. It must be quite boring, really.

/5

- 3 Choose the correct option.

I didn't know your little brother played chess. When did he _____ into that?

A get B came C broke

- What a terrible match! Our team _____ and I injured my foot.
A defeated B lost C beat
- We are all hoping that the Austrian ski jumper won't _____ up because of his bad performance at the Winter Olympics.
A break B hang C give
- LeBron James _____ 34 points for Los Angeles in last night's big game against Miami.
A won B scored C threw
- Of course, the most important thing is taking part in a sports event, but I really like to beat my _____ too.
A opponent B teammate C supporter
- We decided to have a break from our _____ of waking up early to go jogging. Instead we slept late and had a lazy breakfast in a local café.
A custom B routine C practice

/5

- 4 Choose the correct words.

Unfortunately, we weren't watching when Bolt won / had won / was winning the 200-metre race.

- Chloe finally beat her personal best time because she trained / had trained / was training so hard.
- Dan tried snowboarding when he went / had gone / was going to the French Alps.
- The marathon finally ended / had ended / was ending when the last runner crossed the finishing line after almost 6 hours.
- Andrew was prepared for the freezing temperatures because he surfed / had surfed / was surfing in winter before.
- Naomi wasn't actually skating when she hurt / had hurt / was hurting her foot. She was trying to take her skate off!

/5

- 5 Complete the sentences with the correct forms of the verbs in brackets.

If our team manages to win (win) the European Championships, I will buy everyone dinner.

- I remind my players _____ (not/get angry) with the referee. Shouting and complaining doesn't help.
- Do you really enjoy _____ (jog) when the temperatures are so high?
- I think I might _____ (join) the gym again. I've put on so much weight recently.
- Our PE teacher made the boys _____ (do) aerobics after they said it was easy and only for girls. They were exhausted afterwards.
- Jenny misses _____ (play) badminton with her sister now that she's gone to university.

/5

- 6 Choose the correct answers A–C.

Adzo Kpossi from Togo, Africa, B the youngest athlete at the Olympic Games in 2012. When she ¹ _____ into the water in London to compete in the women's 50 metres freestyle event, she was just 13 years old. In the qualifying race, she ² _____ second to Nafissatou Moussa Adamou, a 14-year-old from Niger, but beat her own personal best time. Before she arrived in London to represent her country, she ³ _____ lots of training at a hotel in Sarakawa, which was the only place in her part of the country with a swimming pool. Although she failed ⁴ _____ any medals, Kpossi was later asked ⁵ _____ the flag for Togo at both the opening and closing ceremony of the 2016 summer Olympics and hopes to be present at the 2020 games in Tokyo.

- | | | | |
|---|-------------|--------------|-------------|
| | A had been | <u>B</u> was | C was being |
| 1 | A dived | B was diving | C had dived |
| 2 | A got | B came | C lost |
| 3 | A was doing | B has done | C had done |
| 4 | A to win | B win | C winning |
| 5 | A to carry | B carry | C carrying |

/5

Total /30

USE OF ENGLISH

7 Complete each pair of sentences with the same answer A–C.

Would you ___ if I closed the window? It's pretty cold in here.

Regular yoga and meditation can give you real peace of ___.

A mind **B** like **C** think

1 When you reach the ___ of no return, you can never go back!

We need one more ___ to win the match. Come on The Blues!

A score **B** point **C** goal

2 How did you ___ Antonio into going jogging with you at 6 a.m.?

Mr Brown wants to ___ to me about missing too many training sessions.

A speak **B** talk **C** chat

3 My grandfather was a great athlete and I really ___ up to him and his achievements in sport.

Oh, ___! Isn't that Boris Becker, the ex-Wimbledon champion?

A see **B** watch **C** look

4 Barry has always wanted to ___ out bowling, so he's looking forward to tonight's game.

Where can I ___ on this tracksuit to see if it fits me?

A try **B** go **C** put

5 Henrikson has had to ___ out of the race after pulling a muscle in his leg.

Please, be careful with that expensive trophy.

Don't ___ it!

A fall **B** break **C** drop

/5

8 Complete the sentences with the correct form of the words in brackets.

Footballers Lionel Messi and Cristiano Ronaldo share the same superstition (SUPER) – they must both be the last players onto the pitch.

1 Boxers need a lot of _____ (RESILIENT), because they have to pick themselves up every time they get knocked down.

2 I find the best way to _____ (ACTION) myself in the mornings is to do fifteen minutes of yoga.

3 My manager has been very _____ (SUPPORT) of my decision to quit the national team.

4 King Kong and Godzilla are probably some of the most _____ (POWER) creatures created by the film industry before the dinosaurs in *Jurassic Park*.

5 At the last minute, I noticed that my passport was out-of-date. That was a _____ (DECIDE) moment.

/5

9 Complete the sentences using the prompts in brackets. Change the forms or add new words where necessary. Use up to six words in each gap.

The manager forced us to train (force / we / train) despite the bad weather.

1 Javier _____ (not / stand / lose) and gets very upset whenever he doesn't win.

2 Janice, could you _____ (teach / swim)? I really trust you and you're always patient with me.

3 When I was a kid, my parents _____ (not / allow / do) karate, but I've always wanted to try it.

4 Mum _____ (warn / not / climb) the tree in our garden – but then, of course, I did and I fell out and broke my arm.

5 While the coach _____ (tell / the team / believe) that they really could get to the final, one of the footballers started to laugh.

/5

10 Complete the text with one word in each gap.

THE CHAMPION OF CHEESE

It's one of the most unusual competitions in the UK, but every spring thousands of spectators gather at Cooper's

Hill in Gloucester to cheer ¹ _____ participants in the annual cheese rolling race. It's a dangerous way to burn calories ² _____ because the event basically involves throwing a large 'wheel' of cheese down a hill, and then throwing yourself down after it. The first person to the bottom of the hill wins the ³ _____ – a large 'wheel' of Gloucester cheese!

Chris Anderson, 29, from nearby Brockworth is the current champion and has now equalled the record of 20 wins held by one person. Chris first ⁴ _____ in for the competition at the age of 16 and won his first race one year later. Next year he hopes to break the record and become the first person to win 21 races.

If you fancy ⁵ _____ Chris on at cheese rolling, you'd better be quick – he is thinking of retiring soon. Plus, you should also know that Cooper's Hill has an angle of 70 degrees and the cheeses travel downhill at over 110 kilometres per hour!

/5

Total /20