

*Even the greatest was once a beginner. Don't  
be afraid to take that first step  
Muhammad Ali*

An individual sport

A team sport

Advantage



Disadvantage



## *Essential vocabulary*

| <u><i>Nouns</i></u>                               | <u><i>Verbs</i></u>                                | <u><i>Adjectives</i></u>                                | <u><i>Phrasal verbs</i></u>                                |
|---|--|---|--|
| Award (n)<br>treadmill (n)<br>workout (n)         | to require (n)<br>to defend (v)<br>to practice (v) | tiring (adj)<br>competitive (adj)<br>recreational (adj) | to be out of condition<br>to work out<br>to get into shape |
| <u><i>Phrases related to sport activities</i></u> |  |   |  |
| To keep fit                                       |  | To drop the ball  |  |
| To go in for sport                                |  | At this stage in the game                               |  |
| To be good at                                     |  | To be on target   |  |

|                            |   |
|----------------------------|---|
| 1. award                   | a) <u>engaging</u> in physical activities for the purpose of improving health and fitness, often involving exercises or routines. |
| 2. treadmill               | b) To take action to protect someone or something against criticism or attack.  |
| 3. workout                 | c) to <u>train</u> or develop skills in a particular field or activity through repeated exercise or performance.                  |
| 4. to require              | d) to become sporty   |
| 5. to defend               | e) To demand or need something as essential or vital.   |
| 6. to practice             | f) To become physically fit or healthy through exercise   |
| 7. tiring                  | g) Relating to activities done for enjoyment  |
| 8. competitive             | h) To be not in good physical condition, lacking fitness or health.   |
| 9. recreational            | i) A machine with a moving part which simulates walking or running, staying in the same place, used typically for exercise.       |
| 10. to work out            | j) involving competition  |
| 11. to get into shape      | k) A prize or a recognition given in honor of an achievement.   |
| 12. to be out of condition | l) <u>causing</u> one to feel a need for rest or sleep.   |

1. After months of hard work, Sarah finally received the \_\_\_\_\_ for Employee of the Year.
2. After the long hike up the mountain, they were \_\_\_\_\_ but happy.
3. After years of neglecting exercise, he realized he was \_\_\_\_\_ and decided to join a fitness class.
4. He started cycling and eating healthily to \_\_\_\_\_ for the summer.
5. He starts his morning routine with a 30-minute run on the \_\_\_\_\_.
6. Her daily \_\_\_\_\_ includes yoga, strength training, and a brisk walk.
7. She likes to \_\_\_\_\_ at the gym every evening to relieve stress.
8. The job market in this industry is highly \_\_\_\_\_.
9. The lawyer prepared diligently to \_\_\_\_\_ his client in court.
10. They bought a kayak for \_\_\_\_\_ use on the weekends.
11. This recipe \_\_\_\_\_ fresh herbs to enhance the flavor.
12. To master the piano, he needs to \_\_\_\_\_ for at least an hour every day.



## Reading

### 3. Read and translate the text.

#### Sport in Our Life

Sport is probably as old as the humanity itself. It is very important in our life. It's popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions. The others like sports too, but they only watch sport competitions, listen to sports news. They prefer reading interesting articles about sportsmen and sport events, but they don't go in for sports. There are sports grounds and stadiums near institutes and universities. A lot of different competitions are held there, a great number of students take part in them. All participants try to get good results and become winners.

There are summer and winter kinds of sports. The summer kinds of sports are: swimming, athletics, football, volleyball, basketball and others. The winter kinds of sport are figure skating, skiing, ice hockey etc.

We all need to do exercises. Regular exercises give you more energy and make you feel and look better. The best exercise is one, which is involved, in repeated movements: walking, jogging, swimming. Bending and stretching will add flexibility and feeling of lightness. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

- 1) Sport is probably as young as the humanity itself.
- 2) Many people don't do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.
- 3) The spring kinds of sports are: swimming, athletics, football, volleyball, basketball and others.
- 4) The autumn kinds of sport are figure skating, skiing, ice hockey etc.

5) Regular exercises give you more energy and make you feel and look better.

*5. Answer the questions after the text.*

- 1) Why is sport important? Give reasons.
- 2) What are the most popular summer kinds of sport?
- 3) What are the most popular summer kinds of sport?
- 4) Why are regular exercises usefull?
- 5) What are the most common places for going in for sport?

*6. Complete the chart as shown.*

| Noun         | Verb      | Adjective    |
|--------------|-----------|--------------|
|              | to defend |              |
|              |           | recreational |
|              |           | dangerous    |
| education    |           |              |
| presentation |           |              |

***8. Think about your answers to these questions.***

- 1) What do you think is the most popular sport in the world?***
- 2) What is the most dangerous sport?***
- 3) What is the most expensive sport?***
- 4) What is the most popular sport in your country?***
- 5) What do you do to keep fit?***



*9. Describe a game or sport you enjoy playing. You should say:*

*what kind of game or sports it is;*

*who you play it with;*

*where you play it;*

*and explain why you enjoy playing it.*

# Check 5 Comparative structures

## 1 Circle the correct answer.

- 1 Those trainers are *too / so* expensive for me to buy.
- 2 The university is *so / such* big that I always get lost!
- 3 Mike's got *such / such a* terrible cold that he's not coming with us.
- 4 Ellie's sister's really nice, but she isn't as *pretty / prettier* as Ellie.
- 5 These clothes aren't *as smart / smart enough* for a job interview.

/ 5

## 2 Complete the second sentence so that it means the same as the first. Use no more than three words.

- 6 Mary's birthday party was better than mine. My birthday party wasn't ..... Mary's.
- 7 My living room was crowded and we couldn't dance. My living room was ..... that we couldn't dance.
- 8 The music at Mary's party was louder than the music at my party. The music at my party wasn't ..... the music at Mary's party.
- 9 Mary's birthday cake was very big and we had two pieces each! Mary's birthday cake was big ..... for us to have two pieces each!
- 10 We had a very good time and nobody wanted to leave. We had ..... good time that nobody wanted to leave.

/ 5

## 3 Choose the correct answer.

Last week I went for a walk in the mountains with my friends. It was (11) ..... a beautiful day that we walked a long way, talking and laughing. A few hours later, we were (12) ..... tired to walk any more, so we had lunch by a lake. It was (13) ..... hot that we went for a swim, but the water was (14) ..... cold as ice. We sat on some rocks until we were dry (15) ..... to put our clothes on. On the way back, we walked so slowly (16) ..... it started to get dark and soon it wasn't light (17) ..... to see the path. Suddenly, we saw a fox, but it was (18) ..... frightened as we were and it ran away. That night I was (19) ..... tired, so I went to bed early, but I was (20) ..... exhausted to sleep.

- |             |          |          |          |
|-------------|----------|----------|----------|
| 11 A so     | B such   | C too    | D enough |
| 12 A very   | B enough | C too    | D as     |
| 13 A so     | B too    | C enough | D as     |
| 14 A too    | B so     | C as     | D enough |
| 15 A enough | B so     | C very   | D as     |
| 16 A than   | B as     | C enough | D that   |
| 17 A as     | B such   | C very   | D enough |
| 18 A such   | B as     | C enough | D such   |
| 19 A very   | B enough | C such   | D as     |
| 20 A very   | B too    | C so     | D such   |

/ 10

Total: / 20

## Getting Ready

What do you do to keep fit? Match each goal on the left with the correct suggestion on the right. Compare your answers with a partner.

1 have a healthier diet .....

2 tighten stomach muscles .....

3 put on weight .....

4 swim regularly .....

5 get some outdoor exercise .....

a do lots of sit-ups

b join a health club with a pool

c eat less meat and more vegetables

d lift weights every other day

e take up jogging

## Listening 1

People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.



1 a do more exercise

b put on weight

2 a learn to swim

b give up smoking

3 a do more walking

b take up jogging

4 a join a gym

b put on weight

5 a eat less meat

b lose some weight

6 a take up jogging

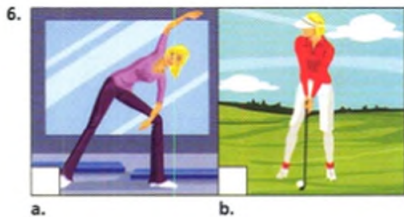
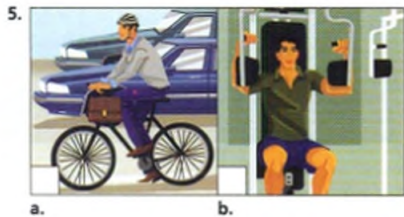
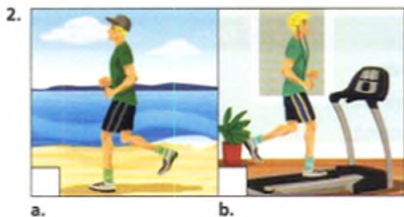
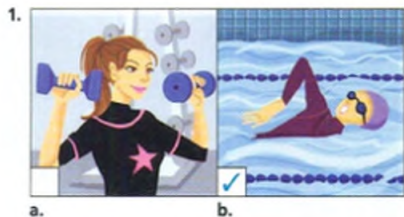
b start doing sit-ups



# Listening 2

## Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.





## Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.



1 a It's not fun.

b It's a good place to meet people.

2 a He does it indoors.

b He listens to the ocean as he does it.

3 a It's fun.

b It's not easy to find a place to play.

4 a It's easy to do it.

b She can do it almost anywhere.

5 a It look a short time to learn.

b He doesn't usually ride it on busy streets.

6 a It's cheap to do.

b It's not as easy as it looks.

## Listening 3

### Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.



|                  | Does                     | Doesn't do               |
|------------------|--------------------------|--------------------------|
| <b>1 Brandon</b> |                          |                          |
| a swimming       | <input type="checkbox"/> | <input type="checkbox"/> |
| b jogging        | <input type="checkbox"/> | <input type="checkbox"/> |
| c bicycling      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2 Alicia</b>  |                          |                          |
| a jogging        | <input type="checkbox"/> | <input type="checkbox"/> |
| b aerobics       | <input type="checkbox"/> | <input type="checkbox"/> |
| c weightlifting  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3 Ian</b>     |                          |                          |
| a tennis         | <input type="checkbox"/> | <input type="checkbox"/> |
| b golf           | <input type="checkbox"/> | <input type="checkbox"/> |
| c weightlifting  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4 Katie</b>   |                          |                          |
| a weightlifting  | <input type="checkbox"/> | <input type="checkbox"/> |
| b swimming       | <input type="checkbox"/> | <input type="checkbox"/> |
| c jogging        | <input type="checkbox"/> | <input type="checkbox"/> |

## Task 2

Listen again. What sport does each person want to try? Write the correct letter.



1 Brandon .....

a swimming

2 Alicia .....

b tennis

3 Ian .....

c biking

4 Katie .....

d golf

## Task 1

Listen to the conversation. Write the missing words.



**A:** What did you do in the past that you don't do now?

**B:** Well, I didn't ..... work out very much.

**A:** So what do you do now?

**B:** Now, I run every day in the park. I used to ....., but now I love it!

**A:** I ..... weights and use the machines at the gym.

**B:** And now?

**A:** Now I ride my bike a lot. I didn't ..... outdoors, but now I really enjoy it.