

Vocabulary

Vocabulary from the text

- 1** Choose the correct word.
- The astronaut found the exercise very **striking/challenging**.
 - Every day, astronauts need to do various **views/tasks** on the space station.
 - Gravity is the **force/resistance** which causes things to fall when we drop them.
 - It's **vital/natural** for astronauts to stay healthy while they're in space.
 - The chat show **host/trainer** interviewed the astronaut on TV.

- 2** Complete the advert. Use: *vital, station, fit, machines, density, microgravity.*

The Space Museum New Exhibition – Exercise in Space!

Did you know that astronauts on the International Space **1)** exercise for 2½ hours per day? Find out why this is so **2)** in our new exhibition! You'll learn how **3)** affects our muscles and bone **4)** and you'll get the chance to try out the exercise **5)** that astronauts use! See if you're as **6)** as an astronaut!

- 3** Fill in: *float, secure, monitor, lift, weaken, support.*
- If you weights regularly, you will increase your muscle mass.
 - Our muscles and bones our bodies.
 - You should your feet to the pedals before using the stationary bike.
 - Due to microgravity, astronauts can around in space.
 - You can use this machine to your heartbeat while you exercise.
 - Living in microgravity can your body.

Topic vocabulary Sports

- 4** a) Match the words to form sports. Which are: *team sports? individual sports? extreme sports?*

1	table	a	skating
2	high	b	jumping
3	ice	c	biking
4	martial	d	jump
5	bungee	e	racing
6	motor	f	tennis
7	beach	g	arts
8	mountain	h	volleyball



- b) Which sports can you see in the pictures?

- 5** Complete the gaps. Use: *pitch/field, court, track, pool, rink, course.*

- You go ice skating and play ice hockey on a
- People swim and play water polo in a
- During athletics competitions, athletes run around a
- Football, hockey and rugby matches are played on a
- In golf, you can play on a 9- or an 18-hole
- Volleyball, tennis and basketball are played on a

- 6** Complete the gaps. Use: *throw, kick, score, catch, pass, hit.*

- The aim in football is to more goals than the other team.
- If you can't shoot, you should the ball to a teammate.
- In baseball and cricket, players try to the ball when it is in the air.
- Mary is able to a javelin over 40 metres!
- You can use different clubs to the ball in a round of golf.
- You can't the ball in basketball – it's against the rules to use your feet.

- 7** Complete the advert. Use: *member, equipment, classes, changing, instructors, workout, locker.*



Join one of our fitness **1)** and get in shape this year! Our expert **2)** are always available to give you advice during your **3)** and we have all the latest exercise **4)**! Also, each **5)** is given a(n) **6)** to store personal items in the **7)** rooms! Just £30 per month!

Injuries & health problems

8 Match the pictures (1-8) to what the people were doing when the accident happened (A-H). In pairs, discuss what happened.



- | | | | |
|----------------------------|---------------------|----------------------------|----------------------|
| <input type="checkbox"/> A | iron the clothes | <input type="checkbox"/> E | chop vegetables |
| <input type="checkbox"/> B | try to catch a ball | <input type="checkbox"/> F | run around the track |
| <input type="checkbox"/> C | lift a heavy box | <input type="checkbox"/> G | play football |
| <input type="checkbox"/> D | do martial arts | <input type="checkbox"/> H | ride her bicycle |

A: What happened to Sarah?
 B: She's broken her arm.
 A: How awful! How did it happen?
 B: She was riding her bike at the time.

9 Complete the sentences. Use: *healed, recovered, treated, injured, took, tripped*.

- The nurse Alan's sprained wrist by putting a bandage on it.
- The doctor an X-ray of Ted's hand to see if it was broken.
- The deep cut on Jane's knee after a few weeks.
- Philip his back when he tried to lift the table.
- Steve over a toy on the floor and hit his head.
- Bill has completely from his broken arm, so he plans to go hiking again soon.

10 **COLLOCATIONS** Choose the correct word to complete the collocations.

- 1) **have/feel** a sore throat; 2) **feel/have** a stomach ache; 3) **get/take** fit; 4) **have/take** exercise; 5) **feel/get** an earache; 6) **feel/have** a fever; 7) **get/keep** a headache; 8) **have/get** better/worse; 9) **feel/keep** sick/ill/better; 10) **have/feel** a cough

11 **WORDS OFTEN CONFUSED** Fill in: *ill, sick (x2), pain (x2)*.

- Helen isn't at school; she's been off all week.
- The charity helps the mentally
- Ann felt a sudden in her ankle.
- Ken complained about a(n) in his back.
- I ate too much ice cream – I think I'm going to be

Phrasal Verbs: KEEP

12 Choose the correct particle. Check in Appendix I.

- Alan kept **on/up** playing after he sprained his ankle.
- Kate ran so fast that nobody else could keep **up/on** with her!
- The fans were told to keep **in/off** the pitch.
- Congratulations. Keep **on/up** the good work!

Word Formation (forming nouns referring to people)

13 Read the theory box. Then complete the gaps with the correct noun derived from the words in bold.

We can use these suffixes to form nouns referring to people: verb + **-er/-or/-ar/-ee** (paint – painter, create – creator, lie – liar, interview – interviewee); verb + **-ant/-ent** (participate – participant, study – student); noun + **-ian** (music – musician)

- When the coach was ill, his trained the team. (**ASSIST**)
- The stadium holds over 80,000 (**SPECTATE**)
- Steve works as a personal (**TRAIN**)
- The put the books back on the shelves. (**LIBRARY**)
- All must wear uniforms. (**EMPLOY**)
- can use the gym for free. (**RESIDE**)
- A stole David's bike! (**BURGLE**)

Prepositions

14 Complete with: *from, in, on, to, at*. Check in Appendix II.

- Lisa took months to recover her injuries.
- He exercises a daily basis.
- Sue is good playing tennis.
- Eating sweets regularly can be harmful your health.
- Jane competed a cross-country race.

Reported speech



New York City Marathon

The streets of New York came alive yesterday for the annual New York City Marathon. This year over 50,000 people took part with a mixture of amateurs and professionals. "Where's the starting line?" one man **1**) me anxiously. "I just want to reach the finish – running or walking!" he **2**) In the end, the men's winner was Ghirmay Ghebreslassie from Eritrea and the women's winner was Mary Keitany from Kenya. "I feel very proud because I've won the race three years in a row!" Keitany **3**) She also **4**) me that she was already looking forward to the race next year!



▶ see pp. GR18-GR19

- 1** Read the text and fill in: *said, told* or *asked*. Which verb introduces: *a direct speech statement? a reported speech statement? a direct question?*

- 2** Read the table, then answer the questions.

- Which verbs do we use to introduce: direct statements? reported statements?
- How do the tenses change from direct to reported speech?
- How do pronouns and time words change from direct to reported speech?
- When do tenses not change in reported speech?

Reported statements

Direct speech is the exact words someone said. We put the words in quotation marks.

Reported speech is the exact meaning of what someone said but not the exact words. We do not put the words in quotation marks.

Direct Speech	Reported Speech
"I play volleyball every week," said Sue. (present simple)	Sue told me (that) she played volleyball every week.
"I'm taking medicine," said Kelly. (present continuous)	Kelly said (that) she was taking medicine.
"I've joined a gym," said Wendy. (present perfect)	Wendy said (that) she had joined a gym.
"Sue broke her arm yesterday," Alan said to me. (past simple)	Alan told me (that) Sue had broken her arm the day before.
"We were walking in the rain," said Paula. (past continuous)	Paula said (that) they had been walking in the rain.
"I'll go to the gym this evening," said Philip. (future simple)	Philip said (that) he would go to the gym that evening.
"I can buy you some aspirin," she said to me. (modal verb)	She told me (that) she could buy me some aspirin.

NOTE: Tenses do not change in reported speech if the verb that introduces the speech is in the present simple.

Sam says, "I **can't** afford these trainers."

Sam says (that) he **can't** afford these trainers.

▶ see p. GR19

- 3** Complete the gaps. Use: *said* or *told*.

- "We'll see you at the stadium," they to us.
- Keith us he was going to the chemist's.
- "You can join the game," Philip.
- "You should practise harder," the coach
- Ned me he had stopped going to the gym.
- The doctor that my injury wasn't serious.

- 4** Choose the correct item.

- 1** "I don't have time to wash your shorts today," my mum said to me.

My mum told **me/her** that **she/I** didn't have time to wash **her/my** shorts **the following/that** day.

- 2** Henry told us, "I saw your football coach yesterday."

Henry told us that **I/he** had seen **our/their** football coach the **next/previous** day.

- 3** "I'm watching a football match on my smartphone now," Alice said.

Alice said **she/I** was watching a football match on **her/my** smartphone **then/before**.

- 4** "We're going to play against your team tomorrow," Frank told me.

Frank told me that **they/he** were going to play against **his/my** team the **following day/day before**.