



Do

athletics



Do gymnastics



Go cycling



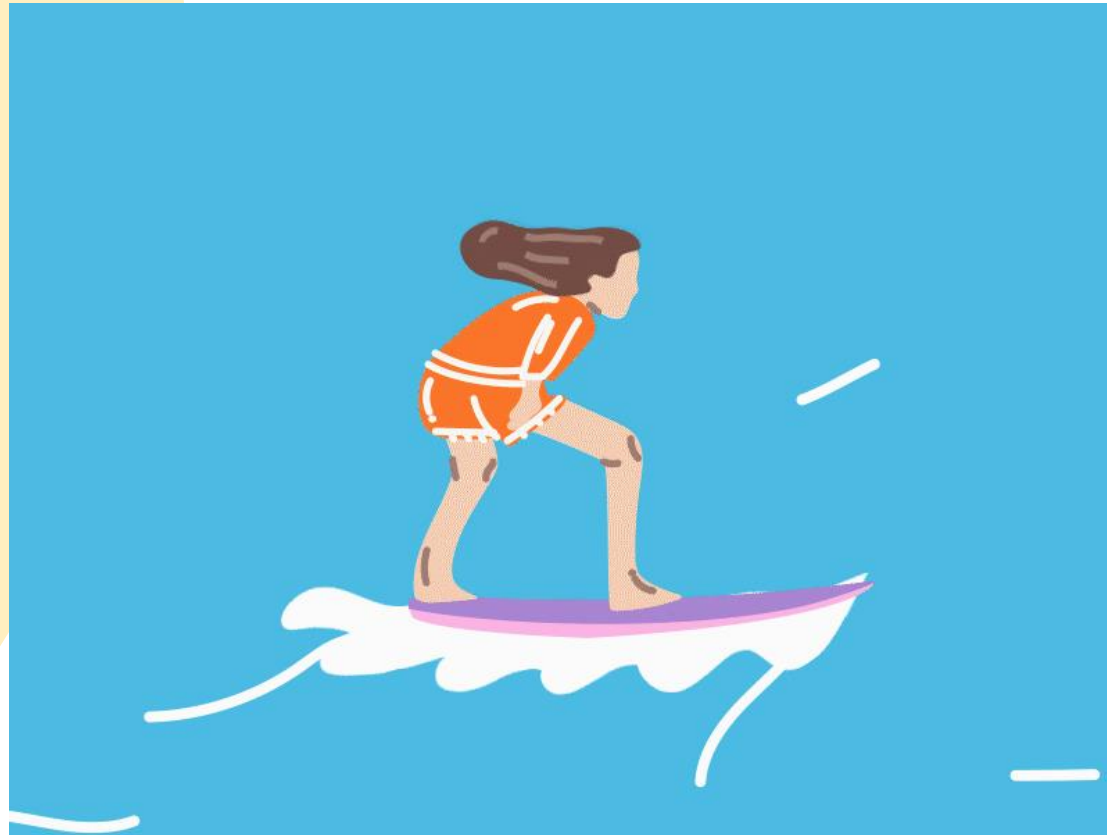
Go sailing



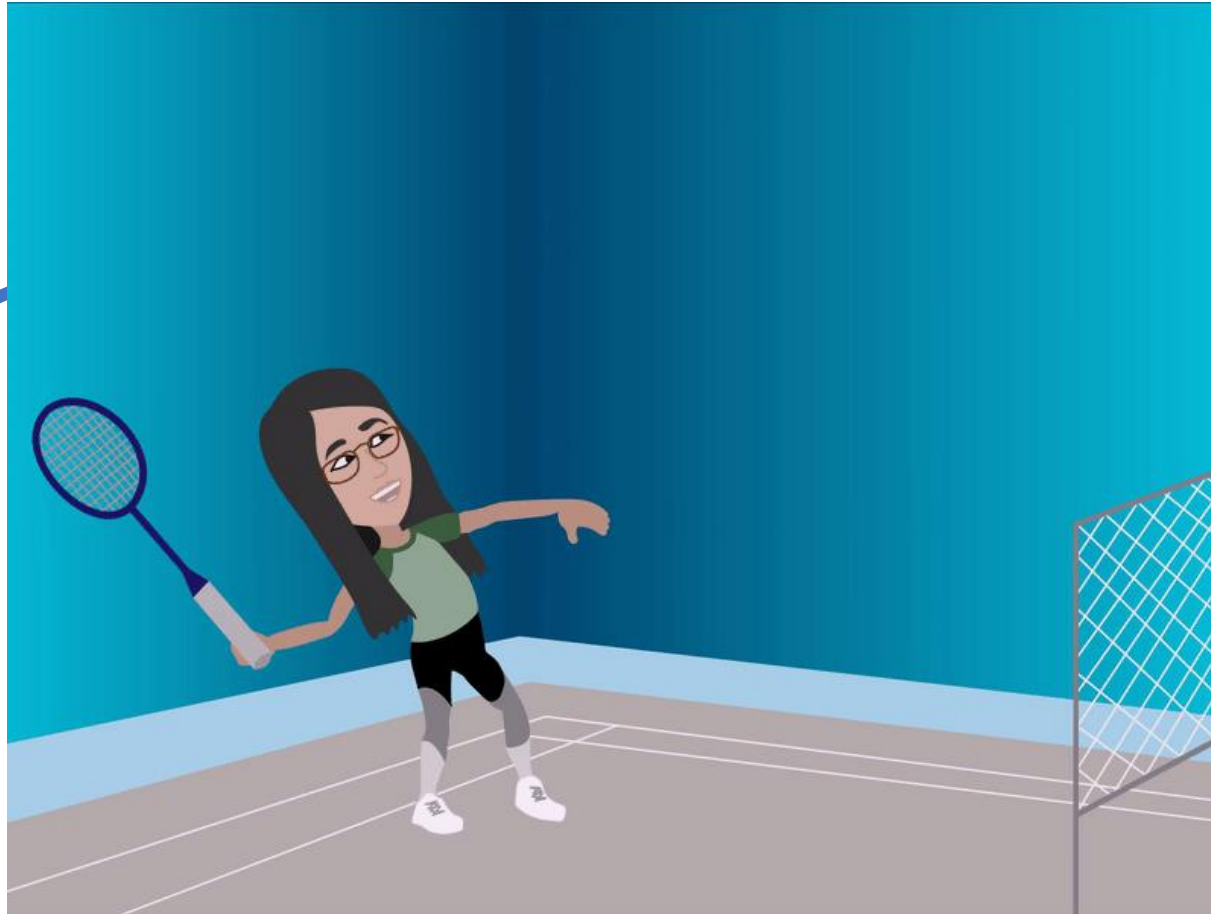
Go skating



Go snowboarding



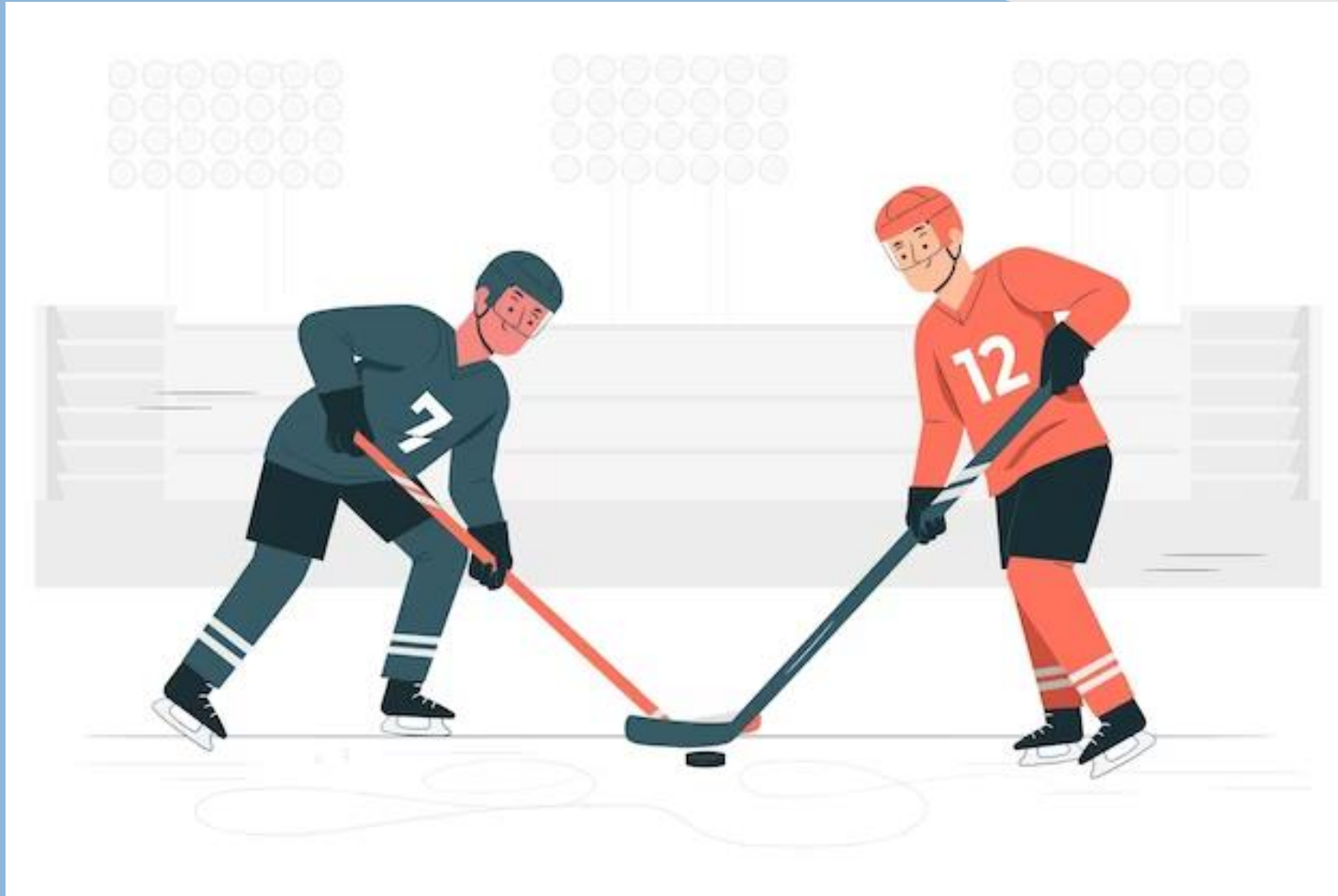
Go surfing



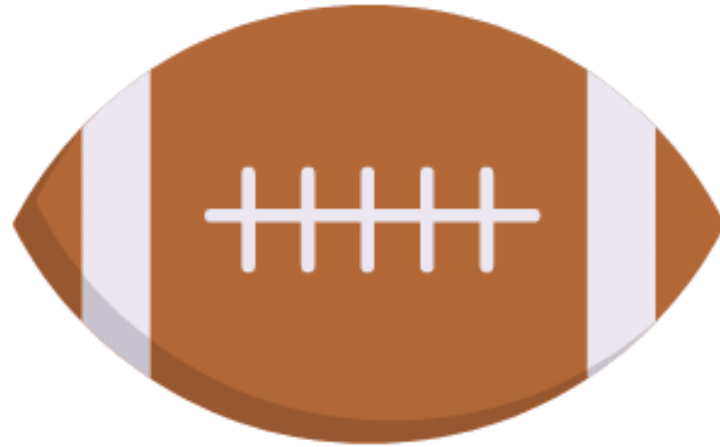
Play badminton



Play baseball



Play hockey



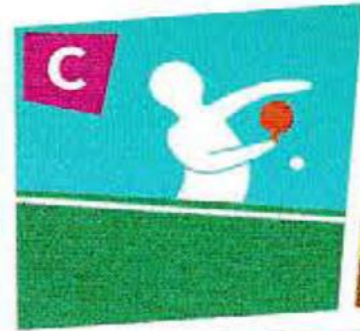
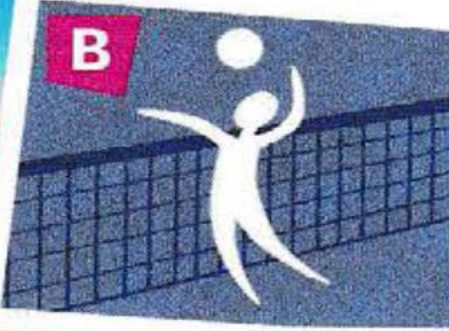
Play rugby



Play table tennis



Play volleyball



NG

PRONUNCIATION

/eɪ/ and /aɪ/

3 Put the words into the correct column.

baseball bike fly play
riding skating

/eɪ/ sailing

/aɪ/ cycling

Baseball
Play
Skating

bike
fly
riding


Read Sophie's and Ben's blogs. Who does their sport every week? Who can't do their sport where they live?



TEENBLOG: SPORT

Post about you and your sport here.

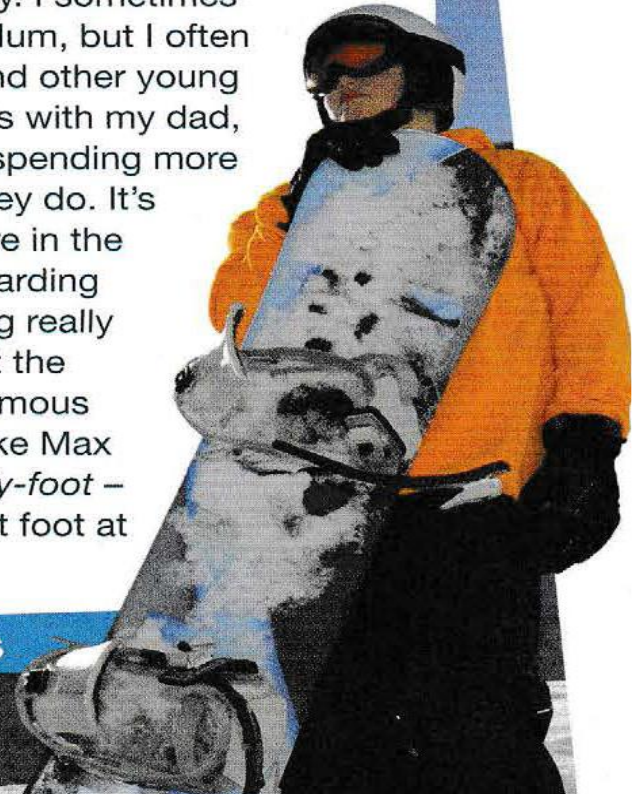
It's fun!



My sport is ... rugby! That's me in the photo. People think that rugby is for boys, but that's not true. More than 18,000 women and girls play rugby in England. My team always plays a match on Saturday or Sunday, and I usually go to practice games three times a week. It's hard work, but it's never boring! I'm 14 and I play for the U15s. That's the team for players under the age of 15. When I'm older, I want to go to the rugby summer camp at Loughborough University. My favourite player, Fran Matthews, went there and now she plays for the England national rugby team.

Posted by **Sophie White**

Goofy-foot or regular?



I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future – I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm *goofy-foot* – that means I put my right foot at the front of the board.

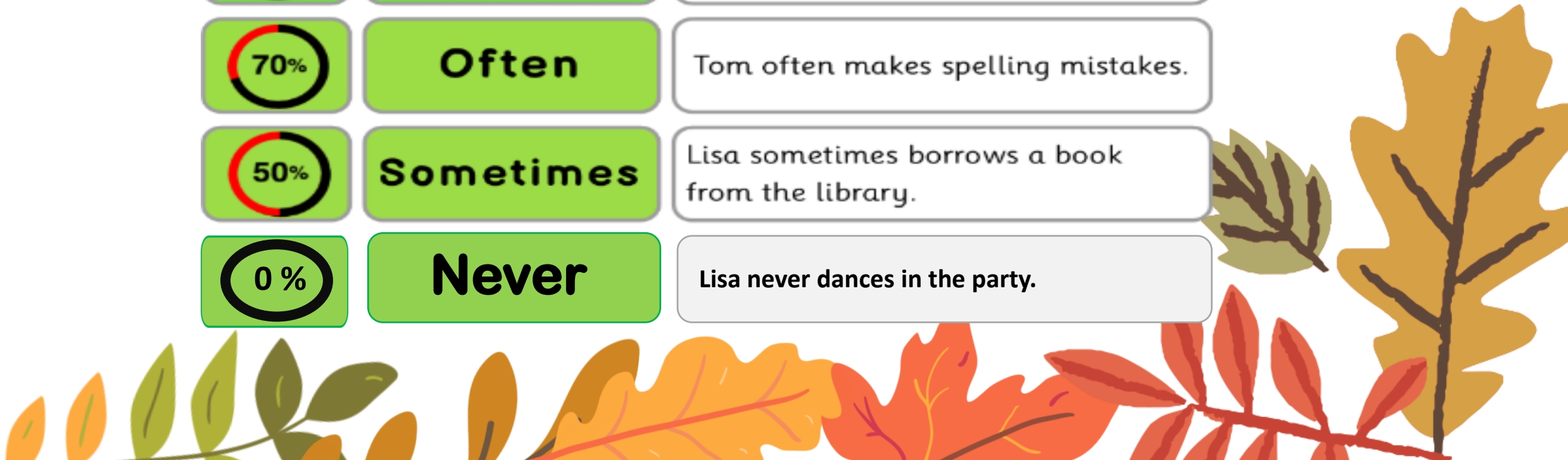
Posted by **Ben James**

5 Read about Sophie and Ben again and answer the questions.

- 1** How many women and girls do Sophie's sport?
- 2** What does Sophie do at the weekend?
- 3** What does Sophie want to do at Loughborough University?
- 4** Where does Ben prefer to be?
- 5** Why does Ben go snowboarding every day?
- 6** Ben says he's 'goofy-foot'. What does 'goofy-foot' mean?

ADVERBS OF FREQUENCY

	Always	Lisa always reads her book.
	Usually	I usually wake up at 6.
	Normally	Emma normally goes swimming on Sunday morning.
	Often	Tom often makes spelling mistakes.
	Sometimes	Lisa sometimes borrows a book from the library.
	Never	Lisa never dances in the party.





GRAMMAR

Adverbs of frequency

We use the present simple to talk about things we do often or every day.

I go snowboarding every day.

The image features a central text area with a light orange background. The text "she often does her homework." is displayed in a sans-serif font, with "often" in red and the rest in grey. The page is decorated with stylized autumn leaves in various colors (yellow, orange, red, green) and shapes, scattered around the central text area.

she **often** does her homework.

she **usually** asks her teacher.





She **sometimes** watches TV or plays video games.



He is **always** for English class.

1 Look at these examples from the blogs.
The adverbs of frequency are in purple.

My team **always** plays a match on Saturday or Sunday. It's **never** boring.

It's **usually** quiet.

I **often** go with my little sister and other young people.

I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.





2 Answer the questions.

- 1 Which sentences in Exercise 1 have a present simple verb?
- 2 Which sentences in Exercise 1 have the verb *be*?

1- My team always plays a match on Saturday or Sunday.

- I often go with my little sister.

- I sometimes go snowboarding with mum.

2- It's never boring.

It's usually quiet.

3 Choose the correct words to complete the rules.

In sentences with the **verb *be***, we put the adverb of frequency *before / after* the **verb**.

In sentences with the **present simple**, we put the adverb of frequency *before / after* the **verb**.

4 Read the examples and choose the correct words to complete the rules.

People don't **always** play sport in teams.
Ben doesn't **usually** go snowboarding with his dad.
Do you **sometimes** play volleyball with friends?
Is rugby **often** dangerous?
Football isn't **always** boring!

In negatives and questions with the **present simple**, we put the adverb of frequency *before / after* the **main verb**.

In negatives and questions with the **verb *be***, we put the adverb of frequency *before / after* the verb *be*.

➤➤ **GRAMMAR REFERENCE AND PRACTICE PAGE 138**

7 How often do you do the sports in Exercise 1 on page 14?

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

8 In pairs, ask and answer the questions.

- 1** What sports do you do?
- 2** How often do you do them?
- 3** Do you play sports at school?
- 4** How often do you watch sports on TV?
- 5** How often do you go to watch sports?
- 6** Who are your favourite sports stars?

A- **How often** do you do athletics?

B- I **never** do athletics.

1



2



3





6



7



8



9



10



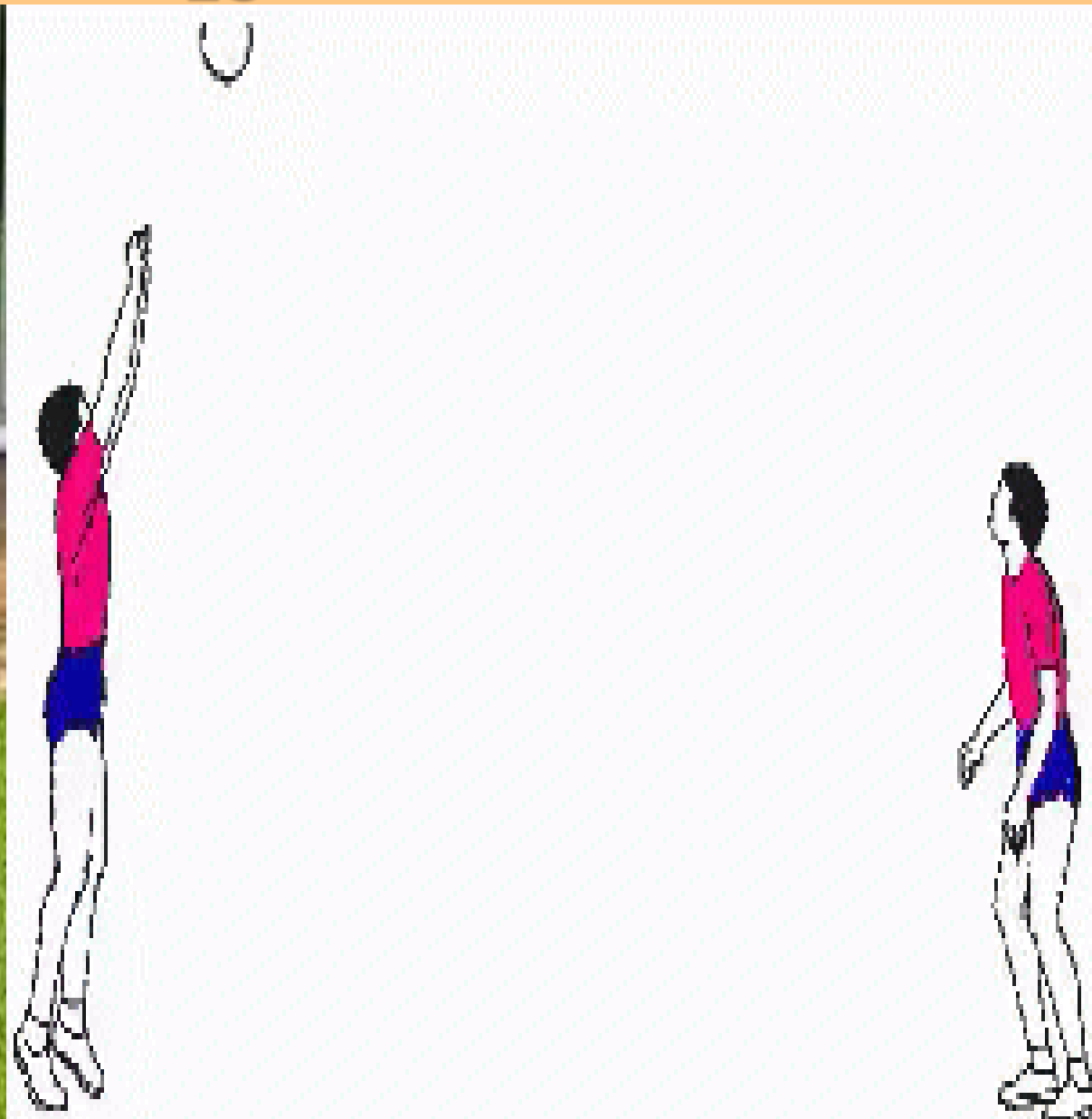
11



12



13



Try these sports!

1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.



② GILLI-DANDA

This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.

3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.



Brake



Heavy

Ancient: Old

Hit: Throw



Flat



Bottom



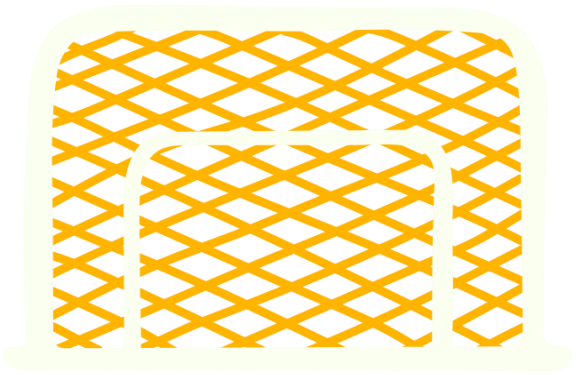
Right or Wrong?

- 1 There are always two players in a cycleball team. X
- 2 The ball in cycleball is small and light. X
- 3 Players in cycleball can't hit the ball with their hands. ✓
- 4 *Gilli-danda* comes from India. ✓
- 5 The stick and the bat in *gilli-danda* are the same size. ✓
- 6 Players use a small ball in *gilli-danda*. X
- 7 People play octopush in teams. ✓
- 8 Players in octopush hit the ball, or puck, with their hands. X
- 9 Players in octopush swim underwater to play their game. ✓

TALKING POINTS

Which of these sports do you want to try?

Do you have any sports like these in your country?



Sports equipment



1 Match the photos A-E to the words in the box.

EP



bat ball board racket stick

2 Complete the table with the sports in the box. Some sports can go in more than one column.

badminton baseball basketball
 cycleball cycling football
 gilli-danda hockey octopush
 rugby running sailing skating
 snowboarding surfing swimming
 table tennis tennis volleyball



Use a stick,
a racket or a bat



Use a ball



Use a board

Badminton
 Baseball
 Gilli-danda
 octopush
 rugby
 Table tennis
 Tennis

basketball
 cycleball
 football
 hockey
 volleyball

snowboarding



TABLE TENNIS

- 1 One racket for each player.
- 2 One small, light ball for the game.

BASEBALL

- 3 One bat for each team.
- 4 One small, hard ball for the game.

BADMINTON

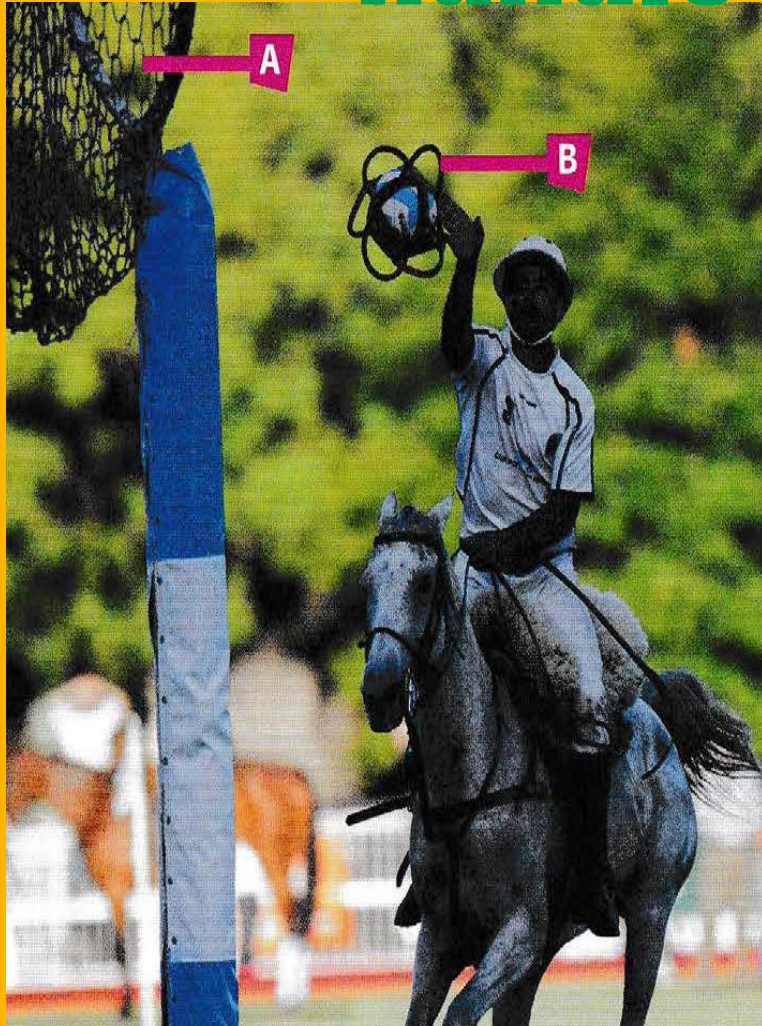
- 5 One racket for each player.

OCTOPUSH

- 6 One small stick for each player.
- 7 One heavy puck, like a flat ball for the game.

bat ball board racket stick

Handle

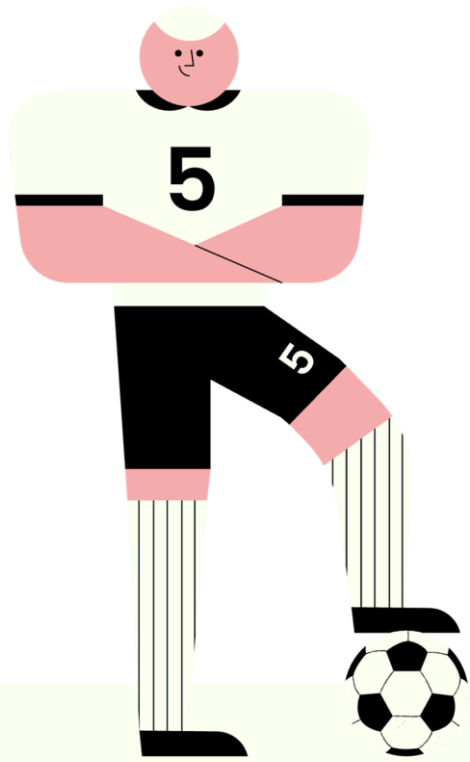


Net

Listen to an interview with a boy about his unusual sport. What's the name of the sport?

Listen again, and choose the correct words.

- 1 There are four / *six* players in each team.
- 2 There are six / *eight* handles on the ball.
- 3 Players *throw* / give the ball to each other.
- 4 Players throw / *put* the ball in the net to score a goal.



1 Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.

- 1** Do people do this sport inside or outside?
- 2** Is the sport on or under water?
- 3** Is this sport on snow?
- 4** What things do people need to do this sport?
- 5** Do people play this sport in your country?
- 6** What do you like about this sport?
- 7** Who are some of the famous players of this sport?

Try and guess the sport.

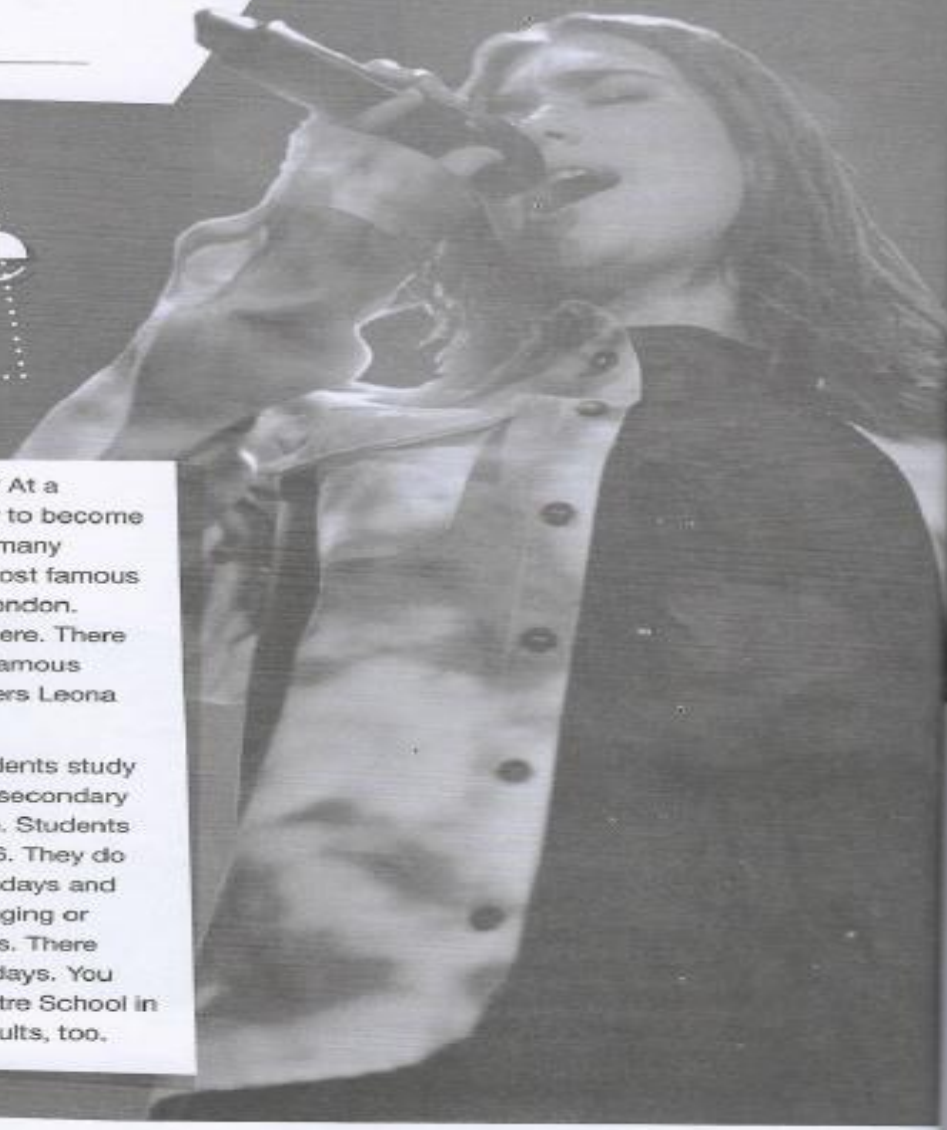
READING

- 1 Read the text about a famous theatre school. What kind of people study at the school?

A famous theatre school

Do you love singing, acting or dancing? At a theatre school, young people learn how to become actors, dancers and singers. There are many theatre schools in the UK. One of the most famous is the Sylvia Young Theatre School in London. Children aged between 10 and 16 go there. There are about 250 students at the school. Famous students from the past include the singers Leona Lewis and Dua Lipa.

At the Sylvia Young Theatre School students study the same subjects as students at other secondary schools, like maths, history and science. Students also take the normal school exams at 16. They do these school lessons on Mondays, Tuesdays and Wednesdays. Then they do dancing, singing or acting classes on Thursdays and Fridays. There aren't any lessons on Saturdays or Sundays. You can also study at the Sylvia Young Theatre School in the holidays, and they do classes for adults, too.



2 Read the text again. Are the sentences right (✓) or wrong (X)?

- 1 There aren't many theatre schools in the UK. _____
- 2 There are 350 students at the Sylvia Young Theatre School. _____
- 3 Twelve-year-old children can study at the Sylvia Young Theatre School. _____
- 4 Students study maths at the Sylvia Young Theatre School. _____
- 5 Students learn how to sing, dance and act on Saturdays. _____

3 Read the text again and answer the questions.

- 1 Where is the Sylvia Young Theatre School?

- 2 Who are some famous students from the school?

- 3 When do students study normal school subjects?

- 4 What do students do on Thursdays and Fridays?
