

# 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- hockey- Gilli-danda- Hockey-octopush- Table tennis tennis	Baseball- Basketball- Cycleball -football Rugby-table tennis Tennis-volleyball	Snowboarding-surfing
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### 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

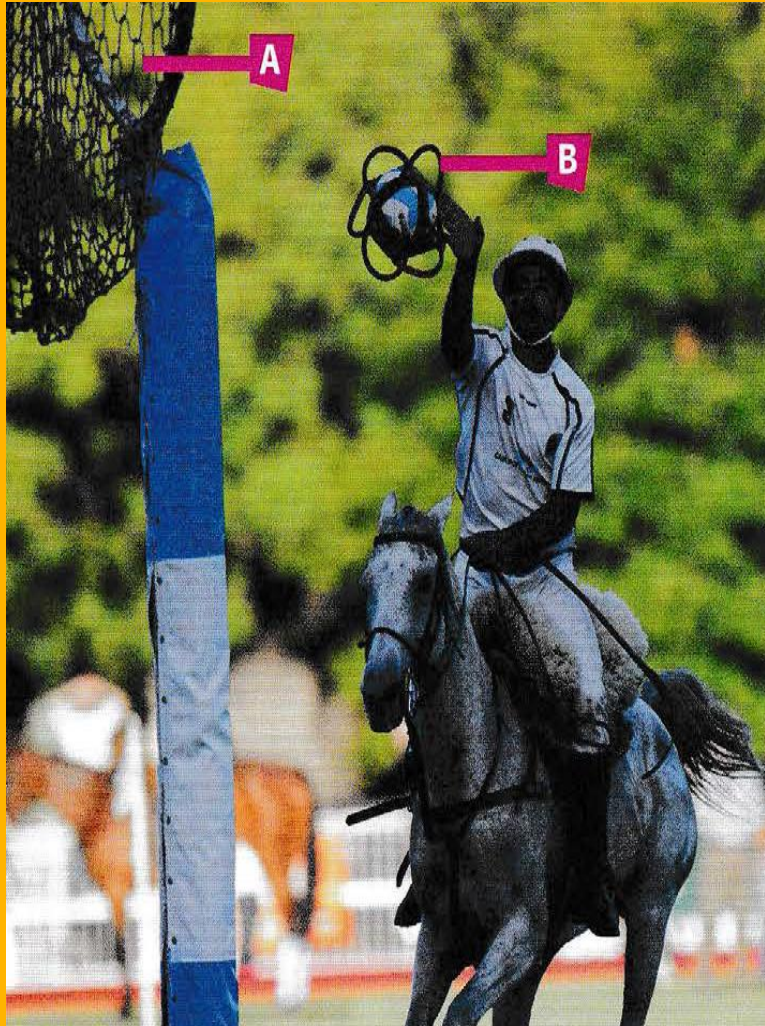
- 6 One small stick for each player.
- 7 One heavy puck, like a flat ball for the game.

bat ball board racket stick



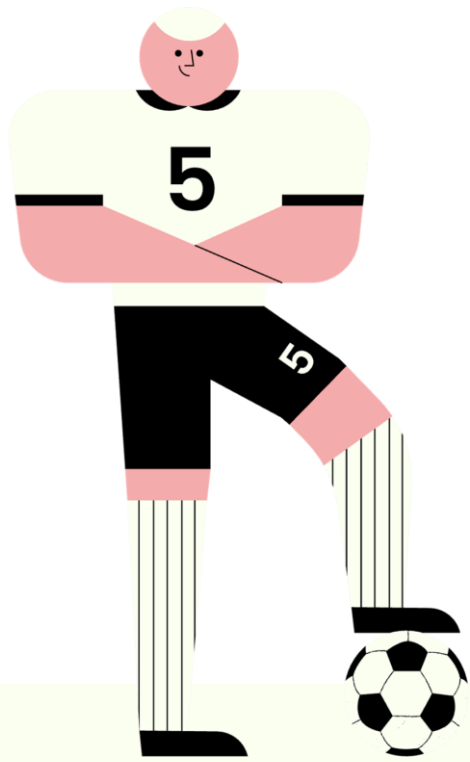
# Handle Net

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.**





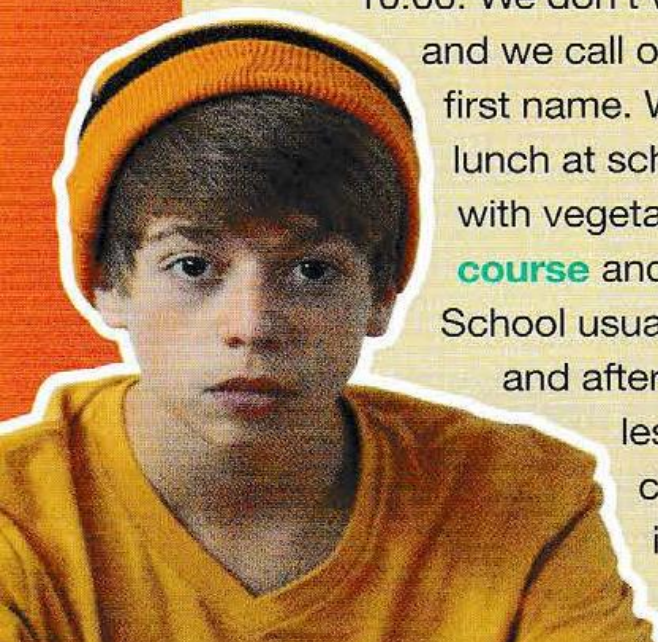


# Tell us about your day...

Three young people from around the world describe a typical school day

## A Onni – Finland

I get up at 8.00 am. For breakfast I have cereal and milk, with orange **juice**. After breakfast, I meet my friend, and we go to school together on the metro. Some days school starts at 9.00 but on other days at 10.00. We don't wear a uniform, and we call our teachers by their first name. We all get a free lunch at school – meat or fish with vegetables for the **main course** and fruit for **dessert**. School usually finishes at 2.45, and after that I go to music lessons or drama club. I have a **snack** in the evening before bed.



## B Diego – Mexico

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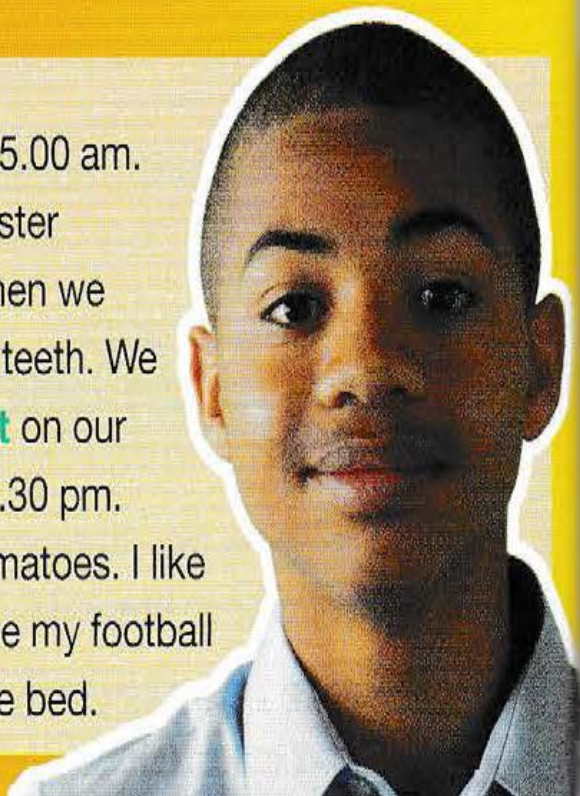
I wake up at 6.00 am, have a shower and put on my uniform. My breakfast is coffee, with bread and cheese or avocado. At 7.00 am, it's time to go to school. Sometimes I walk, but often my mum drives me. Classes begin at 8.00 and finish at 2.30. After that, I have my art class. I have **lunch** at about 3.00, and then I do my homework. I do it till 6.00 or 7.00. After that, I go on the internet, or watch TV with my family. I have **dinner** at about 8.00.





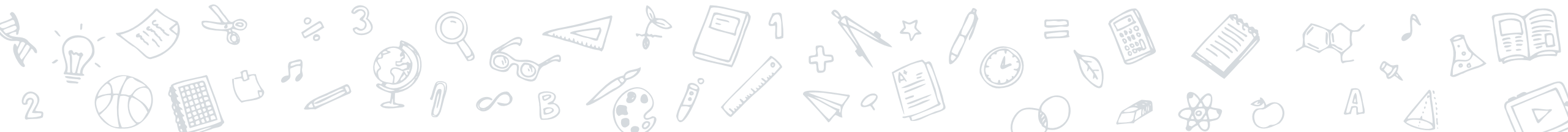
## C Aban – Ghana

My mother wakes me and my sister up at 5.00 am. I water the plants in the garden, and my sister prepares the food for the evening meal. Then we put on our school uniforms and brush our teeth. We leave the house at 6.30 and buy **breakfast** on our way to school. Lessons are from 7.30 to 2.30 pm. Lunch is at school – today, it's rice and tomatoes. I like it, but my sister doesn't! After school I have my football class, and in the evening I watch TV before bed.



## 2 Read the texts again. For each question, write *O* (Onni), *D* (Diego) or *A* (Aban).

- 1 Who says he uses the computer in the evening? *D*
- 2 Who can choose what he wears to school? *O*
- 3 Who doesn't have breakfast at home? *A*
- 4 Who goes to school by car? *D*
- 5 Who doesn't start school at the same time each day? *O*
- 6 Who does sport after school? *A*
- 7 Who has a hot drink in the morning? *A*





# Juice, main course, dessert, Snack Lunch, Dinner, Breakfast

**1** Look at the texts and find these **words**.

- 0** This is the first meal of the day. *breakfast*
- 1** This is sweet and you have it at the end of the meal. **Dessert**
- 2** You have this when you don't need a big meal. **Snack**
- 3** You have this meal in the middle of the day. **Lunch**
- 4** This is a drink made from fruit. **Juice**
- 5** This is the last meal of the day. **Dinner**
- 6** This is the largest or most important part of the meal. **Breakfast**

## 2 Match the photos to the words in the box.

EP

avocado <sup>P</sup> bread <sup>Q</sup> cabbage <sup>I</sup> cereal <sup>K</sup>  
cheese <sup>J</sup> cucumber <sup>L</sup> fish <sup>C</sup> fruit <sup>D</sup> honey <sup>G</sup>  
hot chocolate <sup>N</sup> jam <sup>B</sup> mango <sup>A</sup> pasta <sup>O</sup> toast <sup>F</sup>  
tomatoes <sup>H</sup> rice <sup>M</sup> vegetables <sup>E</sup> yoghurt <sup>R</sup>




Listen and check. Then repeat.



20 UNIT 2





**3** Think of ten more food words. In pairs, compare your words. Then ask and answer these questions.

- 1** What's your favourite food? What don't you like?
- 2** What do you have for breakfast?
- 3** What time do you have dinner? What do you have?
- 4** What snacks do you have every day?



What can you do?!







Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is one tip you do not need.

- |             |       |
|-------------|-------|
| Student 1   | Tip A |
| E Student 2 | Tip B |
| G Student 3 | Tip C |
| D Student 4 | Tip D |
| A Student 5 | Tip E |
| F Student 6 | Tip F |
|             | Tip G |



**3** Listen again and check. Then in small groups, discuss the questions.

- Which of the tips do you think are useful? Which are not useful?
- Can you think of other tips for getting up in the morning?
- Is getting up in the morning easy or difficult for you?



# 7 tips to help you feel great in the morning!

**A** have a cold shower



**B** tidy your room



**C** let in the sun



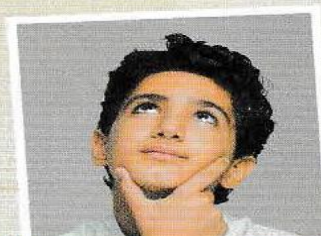
**D** drink fruit juice



**E** move!



**F** use your brain!



**G** don't keep your alarm by your bed





**GET READY** Read the three texts in Exercise 1 on page 20 again and find all the examples of *and*, *but* and *or*.

Choose the correct words to complete the sentences.

- 1 We don't get chocolate or crisps *or / but* at school.
- 2 I walk to school ..... my brother *but / or* gets the bus.
- 3 I eat lots of fruit ..... drink lots *and / or* of water.
- 4 I like staying up late ..... I can't *but / and* do that during the week.
- 5 I don't like carrots ..... tomatoes. *or / but*













# CULTURE

## THE PARALYMPIC GAMES

- 1** In pairs, discuss the questions with your partner.
  - 1** Do you like doing sports? What sports do you do?
  - 2** Do you like watching sports on TV? What sports do you watch?
  - 3** Do you usually watch the Olympic Games and the Paralympic Games?



2 Read the text in boxes 1-6 and match them to the sports in the photos. Write *SV* (sitting volleyball) or *WR* (wheelchair rugby).





Opening ceremony





Closing ceremony

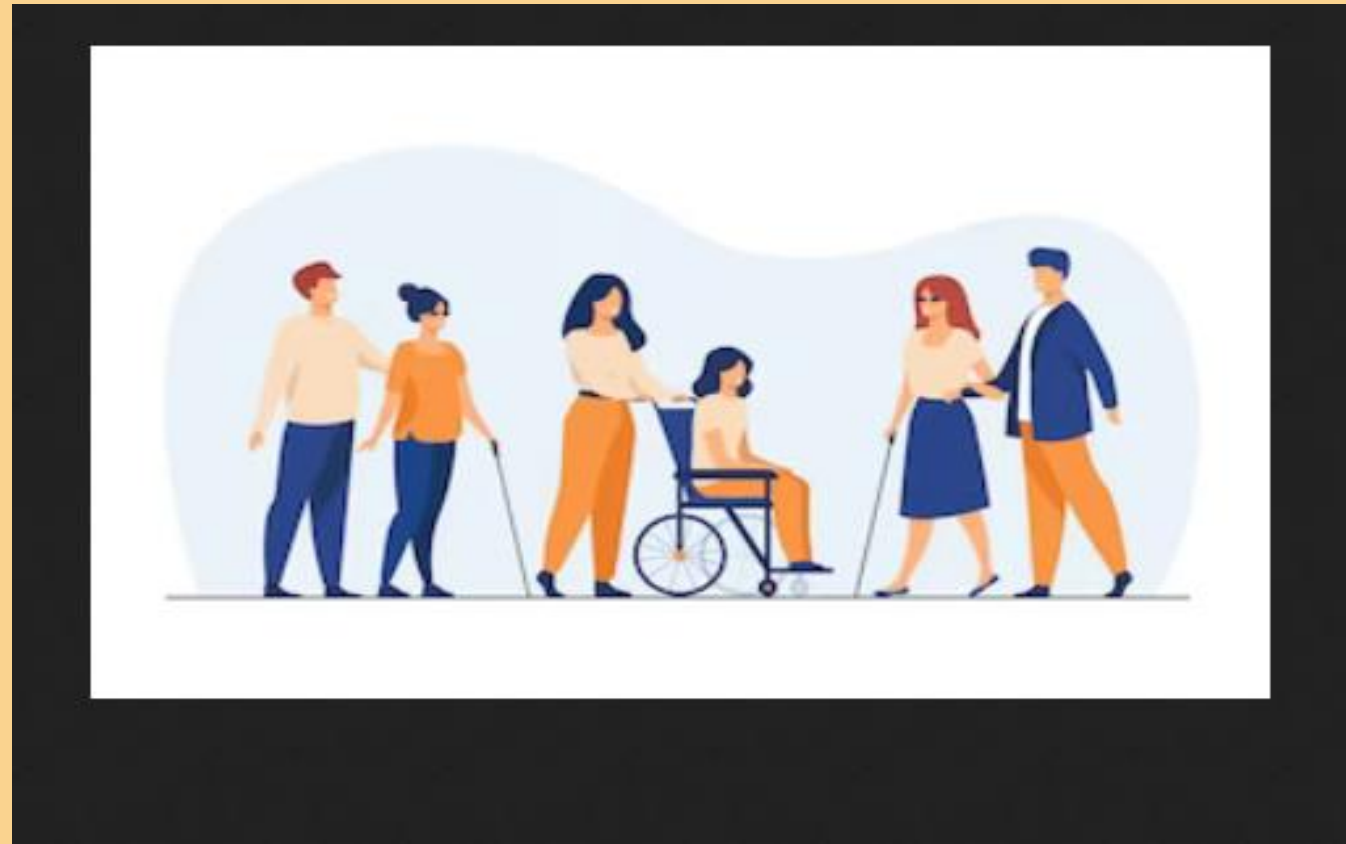


It took place in Iraq.





This birthday party **held** at home.



**Physical disabilities**



# Competition

vector illustration





popular





Indoor court



carry



## FACTFILE

# The Paralympic Games

The **International Paralympic Committee** website ([www.paralympic.org](http://www.paralympic.org)) tells us these facts:

**First official Paralympic Games:** 1960. They were held in Rome, Italy and there was a special opening and closing ceremony.

**Number of sports:** Around 25

**Celebrated:** Every two years. There are summer Games and winter Games.



*Paralympic*  
**SPORTS**





# Paralympic SPORTS

The Paralympic Games take place every two years. There are winter Games and summer Games.

Athletes with physical disabilities from different countries compete for gold, silver and bronze medals.

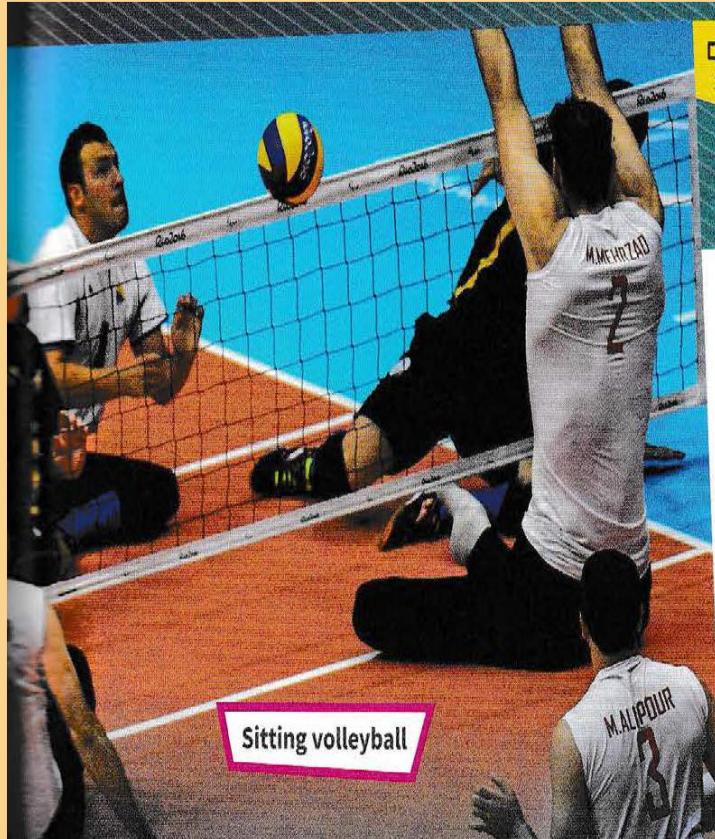
The Paralympic Games have a lot of different competitions for a lot of different sports. There are 22 sports in the summer Games and five sports in the winter Games.

Here's a description of two popular sports played in the Paralympic Games.



Wheelchair rugby





Sitting volleyball



1

WR You play this sport on an indoor court. **Players** are in **wheelchairs**. They need a ball. They pass the ball from one person to another.

SV You play this sport on a court inside. Players sit on the floor. They need a net and a ball. Teams need to hit the ball over the net in three turns using their arms.

2

3

SV Each team has six players on the **court**. Each team is on a different side of the net.



WR There are 12 players on a team, but there are only four players on the court for each team at one time. For a goal, the team carries the ball over the opposite team's line and two wheels need to cross the line.

4

5

SV The net is lower than in the Olympic version. In the Olympic version, the players stand.

WR The indoor court is smaller than in the game played outside. It is the same size as a basketball court. The **goal lines** are at the far ends of the court.

6



### TALKING POINTS

Which sport do you like best – sitting volleyball or wheelchair rugby. Why?







**5**

Listen to an interview with Martha Dirksen about a Paralympic sport. What sport does she do?



Wheelchair  
basketball

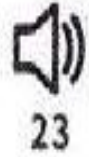


Wheelchair  
tennis



Wheelchair  
rugby





6

Listen again and answer the questions.

- 1 How old is Martha? **Martha is eleven.**
- 2 Where is the court? **It is near her school.**
- 3 What does she want to be in one day? **she wants to be in paralympic games**
- 4 What has her sports hero got? **Wheelchair tennis**
- 5 Where is David Wagner from? **He is from united states.**
- 6 Does Martha play tennis on Tuesdays? **No, she doesn't**
- 7 Does Martha rest at weekends? **No , she doesn't**





# PROJECT

## *An interview*

Imagine you work for a radio station. In pairs, write interview questions to ask a Paralympic athlete.

- Find out:
  - Their name.
  - What sport they do.
  - Where they are from.
  - How many medals they have.
- Write three questions you can ask the athlete.
- Find information on a Paralympic athlete. Answer the questions.
- Tell the class what you found out.

