

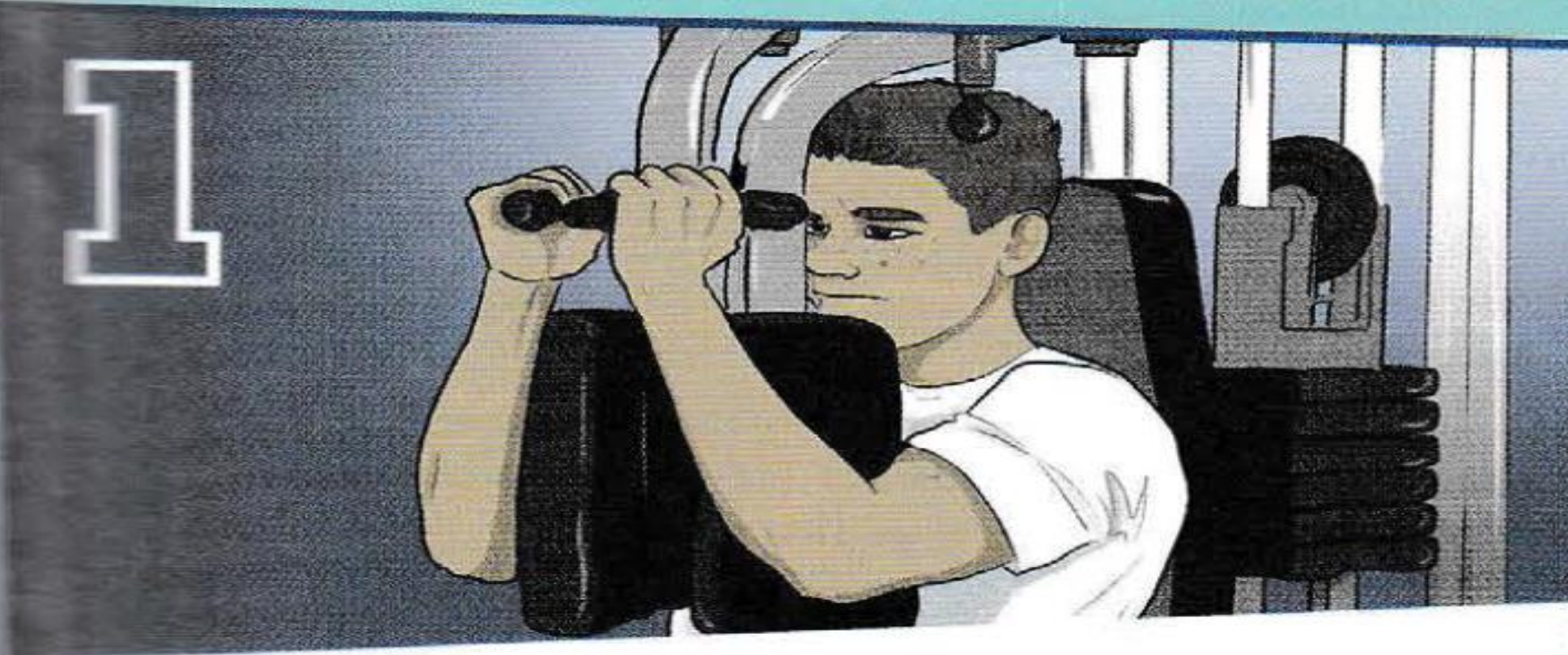
Hello

# 4 WAYS TO KEEP FIT

Scientists say that people should do one hour of physical activity every day. It can be sports, exercise or everyday activities, such as walking. In the USA, only 25% of teenagers do enough physical activity, and that's a problem. In addition, teens need three types of training to keep fit: weight, aerobic and flexibility training. They also need to train well for specific sports. Good coaches understand athletes' needs and help them to train properly.



# 1



**Weight training** gives you stronger, healthier muscles. If you **lift** big weights, your muscles get larger. You can also use smaller weights and lift them more times. This trains your body to exercise for a longer time. At the gym, some people use weight machines, but other people prefer free weights. In both cases, they must lift the weights carefully to **prevent** accidents.



**Aerobic training** is good for you because it makes your heart work harder. You can do light exercise for a longer time, such as cycling slowly for an hour. This gives you **stamina** so you can exercise longer. You can also cycle hard for five minutes and then rest for a minute. Then you cycle for another five minutes and rest again. This is interval training and it helps you become faster.

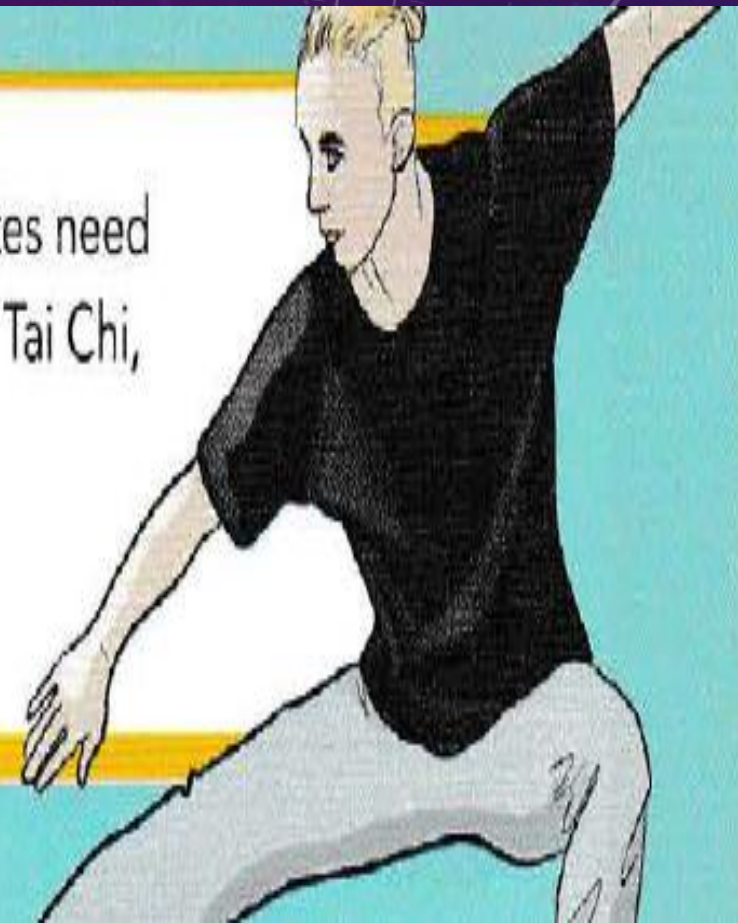
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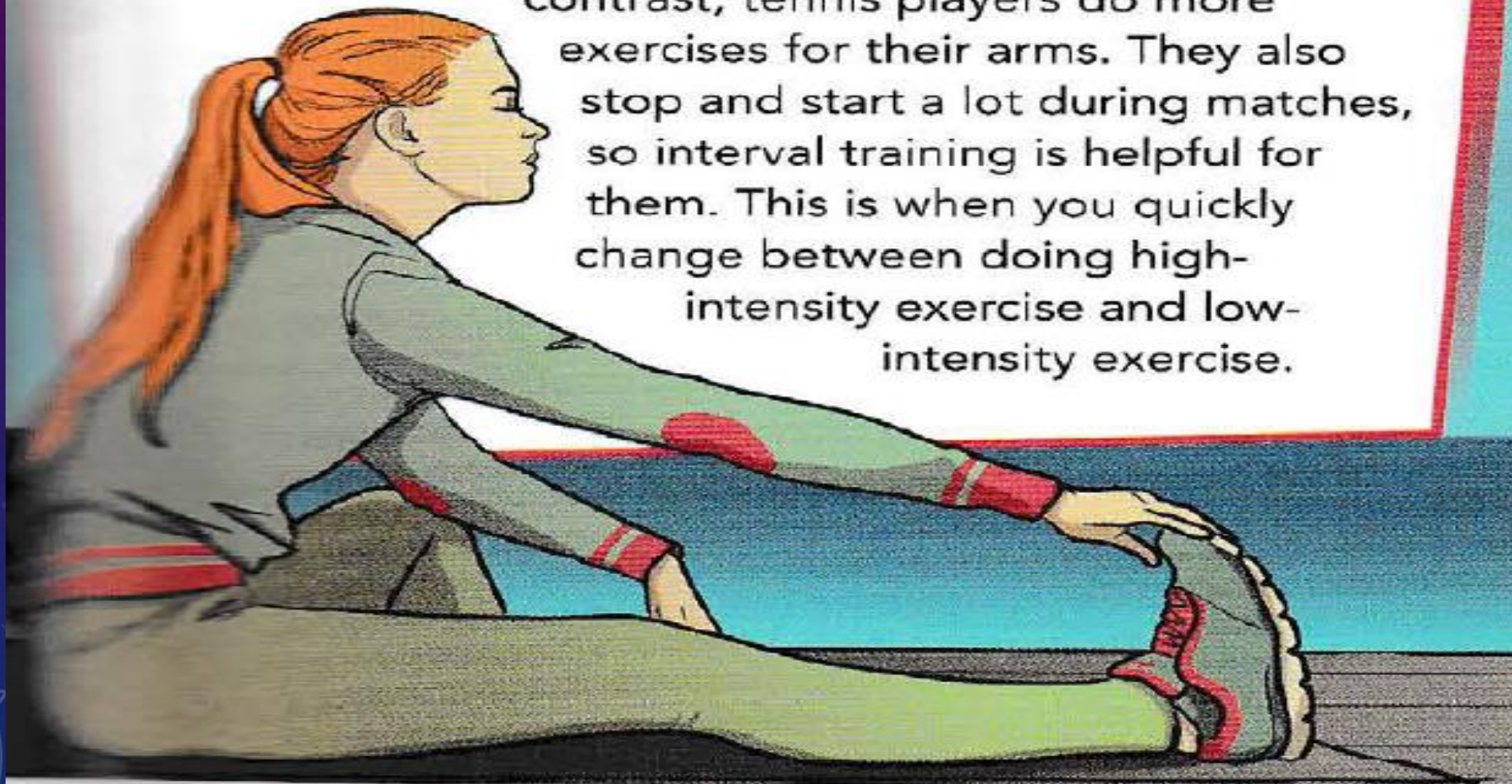
**Flexibility training** is also important for fitness. For example, athletes need to warm up and **stretch** their muscles before they exercise. Martial arts, such as Tai Chi, are great for flexibility training. People also need balance for these activities so they don't fall down. In flexibility training, it's best to go slowly and be careful. You don't want to hurt yourself!





# 4

**Sport-specific training** is a special exercise routine that helps athletes play one sport better. For example, professional football players run a lot and do extra weight training for their legs. In contrast, tennis players do more exercises for their arms. They also stop and start a lot during matches, so interval training is helpful for them. This is when you quickly change between doing high-intensity exercise and low-intensity exercise.





# PROJECT

## *An exercise plan*

**Make a plan for doing exercise in your free time. Think about the questions and make notes.**

- What sports can you do after school?
- What other exercise can you do on school days?
- What activities do you usually do at the weekend?
- What sports or exercise can you do with friends?
- What other activities can help you to keep fit?

**Present your exercise plan to the class.**

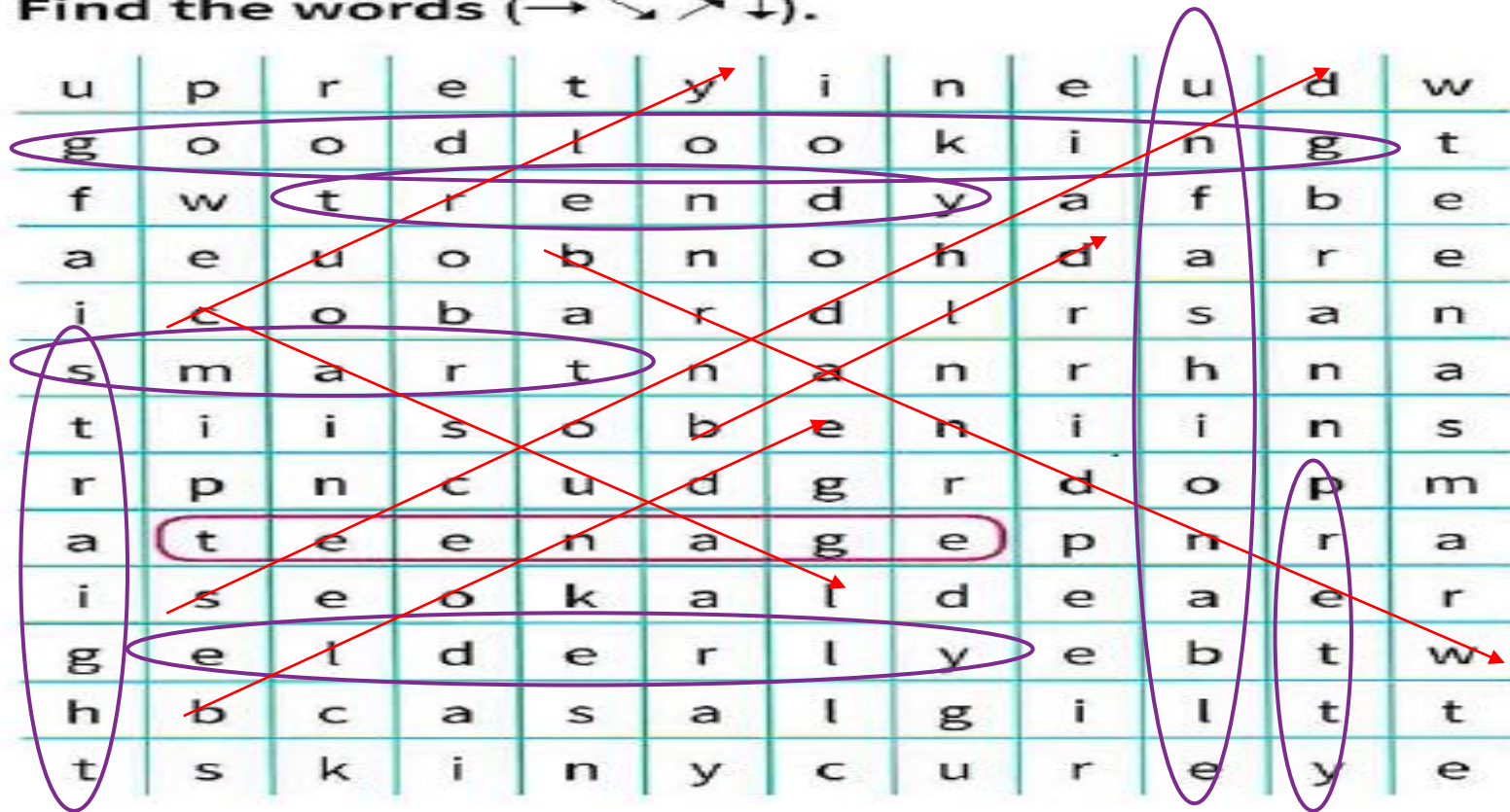


**1 Write the opposite adjectives.**

- 1 What's wrong? You look **miserable**. You're usually very **cheerful**..... on Fridays.
- 2 Diana's very **polite**. She's never **rude**.....
- 3 'Is Jacob **confident**?' 'No, he's quite **shy**.....'
- 4 It was **careless** of you to lose your phone again. You need to be more **comfortable** with your things.
- 5 Marcus is really **friendly** today. He can sometimes be quite **unfriendly**.....!



**2** Find the words (→ ↘ ↗ ↓).



Find words to describe someone's:

**age**

**1** t eenage

**2** e \_\_\_\_\_

**looks**

**3** p \_\_\_\_\_

**4** g \_\_\_\_\_ -l \_\_\_\_\_

**hair**

**5** b \_\_\_\_\_

**6** c \_\_\_\_\_

**7** s \_\_\_\_\_

**8** b \_\_\_\_\_

**clothes**

**9** c \_\_\_\_\_

**10** s \_\_\_\_\_

**11** u \_\_\_\_\_

**12** t \_\_\_\_\_

**13** s \_\_\_\_\_ -h \_\_\_\_\_

**14** b \_\_\_\_\_ n \_\_\_\_\_



3

Choose two correct options for each verb.

- 1 play volleyball boxing rugby ice skating
- 2 do surfing gymnastics athletics cycling
- 3 go table tennis climbing squash jogging
- 4 leave home school to university married
- 5 get born married university a degree
- 6 have children home confident long hair
- 7 get school a child a job a driving licence



4



Read the text opposite and choose the correct word for each space. For each question, choose A, B, C or D.

- |   |          |              |           |            |
|---|----------|--------------|-----------|------------|
| 1 | A be     | B get        | C take    | D have     |
| 2 | A tiny   | B few        | C little  | D narrow   |
| 3 | A teams  | B coaches    | C members | D teachers |
| 4 | A finish | B miss       | C stop    | D retire   |
| 5 | A method | B road       | C kind    | D way      |
| 6 | A degree | B university | C grade   | D practice |



**1** Complete the conversations. Use the present simple or continuous, or the past simple or continuous form of the verbs.

**1 A:** I \_\_\_\_\_ (spend) a lot of time on homework at the moment.

**B:** Me too. It's unbelievable! Last term, we \_\_\_\_\_ (not have) as much work.

**2 A:** Why \_\_\_\_\_ you \_\_\_\_\_ (stop) having guitar lessons?

**B:** I \_\_\_\_\_ (not make) any progress and I didn't like the teacher.

**3 A:** Why \_\_\_\_\_ Tom \_\_\_\_\_ (be) so unfriendly at the moment?

**B:** I \_\_\_\_\_ (not know). He usually \_\_\_\_\_ (say) hello in the mornings.

**4 A:** \_\_\_\_\_ (you / go) cycling next Saturday?

**B:** No. I \_\_\_\_\_ (usually / go) cycling on Saturdays, but I \_\_\_\_\_ (lose) my helmet yesterday.

**5 A:** How old \_\_\_\_\_ (be) you when you \_\_\_\_\_ (get) your driving licence?

**B:** Eighteen. But I \_\_\_\_\_ (not own) a car until I was 25.

**6 A:** I \_\_\_\_\_ (send) you loads of messages last night but you \_\_\_\_\_ (not read) any of them.

**B:** No, sorry. I \_\_\_\_\_ (train) for a swimming competition. It's on Sunday. \_\_\_\_\_ you \_\_\_\_\_ (come) to watch?

1. Am spending

Didn't have

2. Did you stop

Didn't make

3. Is Tom being

Don't know/says

4. Are you going

Usually go/lost

5. Were you when you got

Didn't own

6. sent/didn't read

Was training

Are you coming



# GAME OVER

## LIFE AFTER THE OLYMPICS



For athletes, the Olympic Games is often considered the most important event of their career. It is the chance to compete with the best sportsmen and women from around the world. But what happens to athletes when they are too old to <sup>1</sup> \_\_\_\_\_ part at this level? At this point many athletes are still young: often between 25 and 35 years old.

This can be a difficult time for many athletes. Only a <sup>2</sup> \_\_\_\_\_ number of them are as famous as Usain Bolt and can earn a lot of money as a celebrity. Others are lucky enough to start a career connected with their sport, for instance as <sup>3</sup> \_\_\_\_\_ for the next generation of Olympians. But for most athletes, when they <sup>4</sup> \_\_\_\_\_ from being a professional sportsman, their whole <sup>5</sup> \_\_\_\_\_ of life changes.

They often start studying again and go to university. In fact, nowadays many athletes study for a <sup>6</sup> \_\_\_\_\_ while they are training. This means they are better prepared for the time when their sports careers are over.



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

1 Your room is messier than mine.

2 I'm not as good at climbing as you.

3 I don't own a warmer jacket than you.

4 My old boots aren't as comfortable as yours.

5 My hair isn't as curly as yours.

6 You're more patient than I am.

7 There isn't a player on the team better than you.

8 My brother and I are the same height.

**As messy as**

**Better**

**The warmest**

**More comfortable than**

**Curlier than**

**Not as patient**

**The worst**

**As tall**

My room isn't ..... yours.

My dad is ..... at climbing than me.

This is ..... jacket I own.

These boots are ..... my old ones.

My sister's hair is ..... mine.

I'm ..... as you.

I'm ..... player on the team.

I'm ..... as my brother.

**3 Choose the correct words.**



1 Tonight she *meet* / *'s meeting* some friends at the cinema.

2 Thank you for the gift you *sent* / *send* me recently.

3 She got the *better* / *best* mark in the class.

4 I was looking online because I *needed* / *was needing* some new clothes.

**4 Correct the mistake in each sentence.**



1 We are having fun when we are together.

2 I didn't heard my phone so I missed your call.

3 Our new home is more near the school.

4 My dad wasn't going to university.

**we have fun**

**I didn't hear**

**Nearer**

**Didn't go**