

4

CHAMPIONS

VOCABULARY

Sports

1 Find 12 sports words in the word square (→ ↓ ↘).

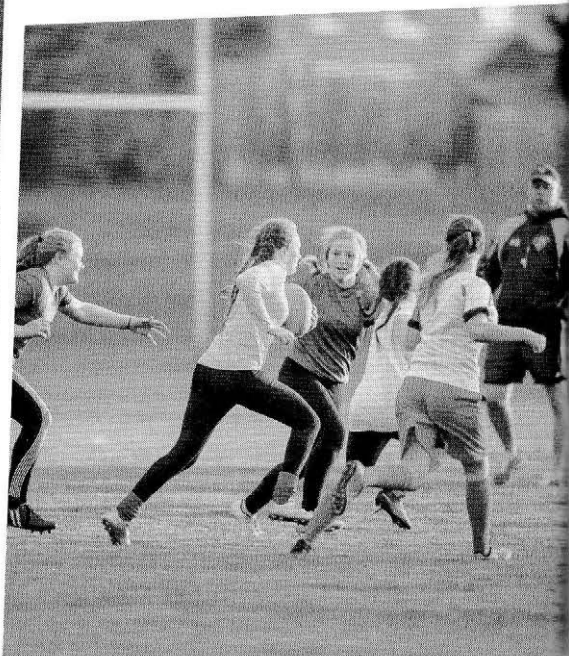
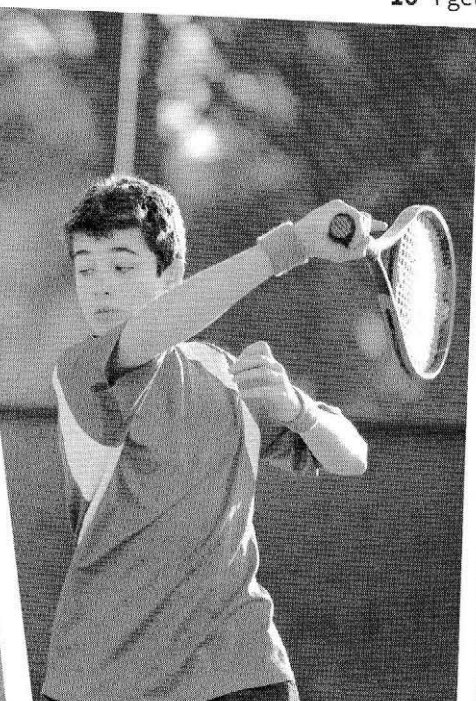
x	v	o	l	l	e	y	b	a	l	l
w	m	a	t	h	l	e	t	i	c	s
d	h	s	u	r	f	i	n	g	s	g
w	i	n	d	s	u	r	f	i	n	g
u	s	w	i	m	m	i	n	g	r	a
r	c	l	i	m	b	i	n	g	u	b
j	o	g	g	i	n	g	m	k	g	o
i	t	e	n	n	i	s	i	q	b	x
f	t	e	l	h	n	w	u	a	y	i
g	y	m	n	a	s	t	i	c	s	n
w	p	t	e	c	y	c	l	i	n	g

2 Complete the table with the sports from Exercise 1. Some may go into more than one category.

In/on water	Usually indoors	Usually outdoors

3 Complete the sentences with the correct form of the verb: *go, play or do*.

- Let's _____ snowboarding in the mountains at the weekend!
- My little sister _____ gymnastics every Saturday morning – she's getting really good!
- I can't wait to _____ surfing at the weekend.
- Elise wants to _____ ice skating with us.
- My dad loves watching his favourite team _____ rugby.
- My older brother _____ climbing in his free time.
- I want to be a professional, so I _____ tennis as much as I can.
- Do you want to _____ basketball after school?
- I might _____ swimming on Saturday. Do you want to come?
- John _____ jogging around the park for an hour a day.
- My friend _____ ice hockey at the sports centre on Wednesdays.
- Would you like to _____ table tennis with us?
- It rained, and so we didn't _____ athletics.
- We _____ volleyball in the sports hall at school.
- When the weather is nice, I often _____ windsurfing on the lake.
- I get really fit when I _____ squash.



READING

1 You are going to read an article about the benefits of snowboarding. Read the article quickly and tick (✓) the best title.

- 1 How to stay healthy in your teens
- 2 Snowboarding has great benefits for teens
- 3 Snowboarding help teens stay out of trouble

The amazing health benefits of snowboarding

Snowboarding is an exciting outdoor activity and is becoming very popular among teenagers. Here, we find out how it can help you to become more healthy and enjoy life more.

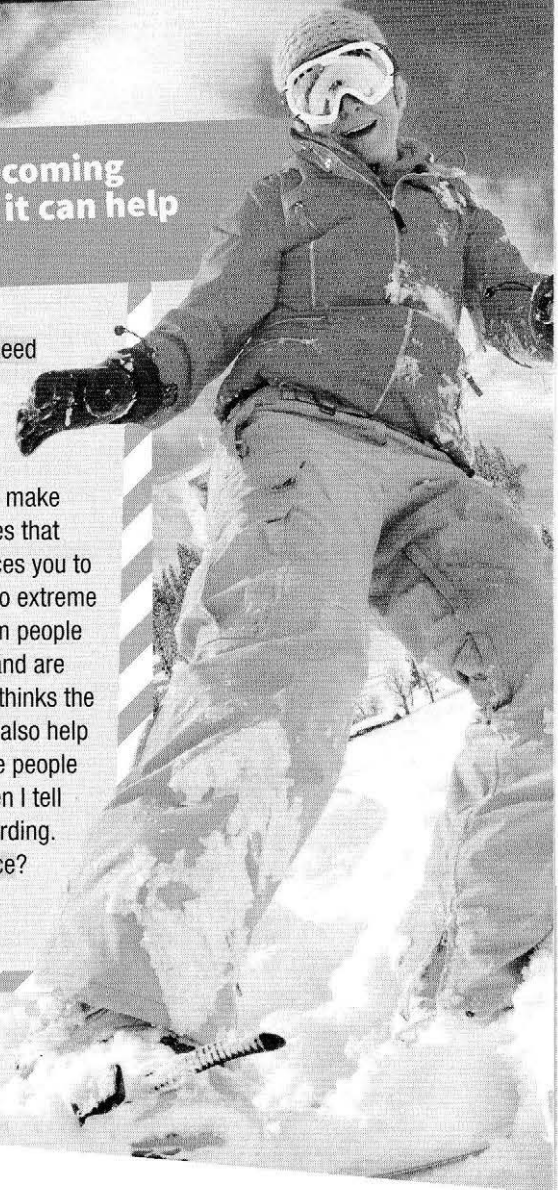
Taking chances is a great way to help you to have confidence in yourself – even if you don't get it right the first time. That's why snowboarding is a fantastic way to learn and develop a new interest. I met Kathy Champion, 15, on Mont Blanc, where she explained why snowboarding is a great benefit for teens.

Kathy started snowboarding at a young age. At only nine years old, she was snowboarding with her dad in Scotland and she continues to love it to this day. (1) _____ 'Being in the mountains for hours every day made me feel so healthy and alive,' she says. It helped her to understand how her body works because she learned techniques to help her to ride the snowboard properly. (2) _____ 'Snowboarding taught me to believe in myself, even when I was worried about hurting myself.' Did she get hurt? 'Yes, once or twice, nothing serious,' she says.

(3) _____ It made me want to succeed even more and get to the bottom of the mountain!

(4) _____ 'It keeps you very fit, very positive, but it also helps you to make new friends,' she says. Kathy believes that doing an extreme sport also introduces you to a new and positive community. 'To do extreme sports you need to have support from people who understand what you're doing and are there to help you improve.' And she thinks the feel-good part of snowboarding can also help teenagers keep out of trouble. 'Some people I know from school laugh at me when I tell them how great I feel after snowboarding.

(5) _____ So, what is Kathy's advice? 'Get a snowboard, get healthy – and enjoy life!'



2 Five sentences have been removed from the article. Choose from sentences A–H the one which fills each gap (1–5). There are three extra sentences which you do not need to use.

- A But it didn't make me stop.
- B And she believes that every teen needs to experience the health benefits of going snowboarding.
- C Kathy believes that doing an extreme sport also introduces you to a new and positive community.
- D She knew she was going to love snowboarding for a long time.
- E She already understood how to ride a snowboard.
- F It also made her feel that she could do something very well.
- G They think that hanging out on the street and doing stupid things is fun – I don't see how!
- H She feels teenagers think it is too dangerous to try snowboarding.

3 Match the highlighted words in the text to their meanings.

- 1 achieve something you want to do
- 2 something someone tells you to help you
- 3 ways of doing something well
- 4 feel pain because of an accident
- 5 an advantage from doing something

4 Complete the sentences with the highlighted words from the text.

- 1 You have to work very hard to _____.
- 2 I never fall off my bike and _____.
- 3 The _____ of doing a new sport is that you learn new skills.
- 4 I surf every day and have learned the best _____.
- 5 My _____ to you is – start snowboarding now!

1 Complete the sentences with *was*, *were*, *wasn't* or *weren't*.

- 1 The man _____ walking to work because it was a lovely day.
- 2 What _____ you doing last night when I tried to call you?
- 3 I _____ studying really hard last night.
- 4 The boys _____ playing tennis – it was volleyball!
- 5 _____ you watching TV at 8 pm last night?
- 6 What _____ your sister doing at lunchtime?
- 7 I _____ playing on your computer yesterday. I was out on my bike.
- 8 We _____ listening to you – can you say it again please?

2 Write the words in the correct order to make sentences.

- 1 when / computer / was / games / rang / phone / Chris / the / playing
- 2 you / visiting / texted / Were / I / grandparents / you? / your / when
- 3 arms / cat / I / when / from / it / jumped / the / carrying / my / was
- 4 bedroom / found / I / cleaning / diary / was / my / when / old / my / I
- 5 hockey / We / rained / going / match / were / the / but / to / it / watch
- 6 exams / music / while / listening / revising / to / for / They / their / were
- 7 talking / Were / Peter / maths / the / you / about / to / test?
- 8 was / you / thinking / called / you / when / I / about / just

3 Choose the correct sentence in each pair.

- 1 a On her way home, she saw a deer that is standing beside the road eating grass.
b On her way home, she saw a deer that was standing beside the road eating grass.
- 2 a I was planning to have a picnic on Saturday.
b I was planning to have a picnic on Saturday.
- 3 a He was playing basketball alone.
b He was play basketball alone.
- 4 a I first met him at primary school, while we was playing football.
b I first met him at primary school, while we were playing football.
- 5 a I was studying at her school until last year, but then I moved.
b I was studing at her school until last year, but then I moved.

4 Complete the sentences with the correct form of the verbs in brackets.

- 1 John _____ in the sea when he saw a dolphin. (swim)
- 2 I _____ a film when my sister arrived. (watch)
- 3 _____ to the sports centre when I saw you yesterday? (go)
- 4 We _____ to make you feel bad! (not try)
- 5 When I went into the classroom, the teacher _____ for me. (wait)
- 6 The DJ _____ some great music at the party. (play)
- 7 Everybody _____ during the comedy show. (laugh)
- 8 Dave _____ in New Zealand when he passed his driving test. (live)
- 9 My brother _____ his homework when Mum phoned. (do)
- 10 Helen _____ for a big tennis competition yesterday. (prepare)

VOCABULARY

Words with different meanings

1 Complete the sentences with the correct form of the words in the box. Use each word twice.

coach	exercise	fit	match
point	train	trainer	work out

- 0 The _____ *coach* talked to the team for an hour, and then we got on the _____ *coach* and travelled to the stadium.
- 1 After you've finished your English _____, you should go outside and do some _____.
- 2 I love the colour of these _____, and the athletics club _____ said they are the best ones.
- 3 We have our big _____ next week – so we have to buy _____ shorts and tops.
- 4 Simon _____ to the clock – the game's finished! And we won by one _____!
- 5 This sweatshirt _____ me well, doesn't it? Now I need to do some exercise to get _____!
- 6 We have to _____ how the other team is going to play. _____ more will also help us to win.
- 7 After _____ we can catch the _____ home.

2 Complete the sentences with the correct form of the words from Exercise 1.

- 1 That skirt doesn't _____ - it's too big!
- 2 Our team won by three _____ - 29-26. Hurray!
- 3 Next week it's the final football _____ of this year.
- 4 Our tennis _____ wants us to practise for two hours every day.
- 5 What size are your _____?
- 6 These science _____ our teacher gave us for homework are so hard!

2 Listen to the radio podcast. Tick (✓) the information the interviewer asks about.

- 1 what makes the Bank Sports Centre different
- 2 more information about new sports
- 3 if there are team sports
- 4 sports that use a ball
- 5 summer activities
- 6 the open day
- 7 opening times

3 Listen again. Are these sentences true (T) or false (F)?

- 1 There's a gym at the sports centre. _____
- 2 The room for hot yoga is 44 °C. _____
- 3 There is a type of yoga you can do in the air. _____
- 4 In the winter, you can do ice skating. _____
- 5 In the summer, they put sand down for summer sports. _____
- 6 The open day means only members can go along. _____
- 7 There will be prizes on Saturday. _____

LISTENING

1 Read the poster. What does it mean?

- 1 A new sports centre opened last week.
- 2 If you go on Saturday, you will have to pay.
- 3 On Saturday you can try different sports for free.

4 Listen again and complete the information.

1 Name of sports centre	_____
2 Popular activities	swimming, classes and _____
3 Two types of yoga	_____ and yoga in the air
4 New winter sports	_____
5 New summer sport	_____
6 Open day for	_____

5 Listen again. How did the people say the following?

- 1 The Bank Sports Centre is similar to all sports centres. _____
- 2 We want people to try out different sports. _____
- 3 It's enjoyable. _____
- 4 What sport can I do that I haven't done before? _____
- 5 Bring everyone - any age! _____
- 6 It doesn't cost any money. _____

