

CULTURE

THE PARALYMPIC GAMES

- 1** In pairs, discuss the questions with your partner.
- Do you like doing sports? What sports do you do?
 - Do you like watching sports on TV? What sports do you watch?
 - 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).

- 3** Read the texts again and complete the table.

	Sitting volleyball	Wheelchair rugby
Where do you play?	1 _____	2 _____
What do they need?	a ball and a 3 _____	wheelchairs and a 4 _____
How many players are there on a team?	5 _____	6 _____
How many players from each team are on the court?	7 _____	8 _____

- 4** Find the words **highlighted** in the text and choose the correct meanings, a or b.

- medal
 - a type of ball
 - a prize in a sports competition
- wheelchair
 - something people use when they can't walk
 - something people use to stand on

FACTFILE

The Paralympic Games

The International Paralympic Committee website (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.



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.



Sitting Volley ball

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.

2 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.

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

4 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.

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

6 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.

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?
- 2 Where is the court?
- 3 What does she want to be in one day?
- 4 What has her sports hero got?
- 5 Where is David Wagner from?
- 6 Does Martha play tennis on Tuesdays?
- 7 Does Martha rest at weekends?

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.

1 Read the texts. For each question, write A (Anna), L (Lena) or Y (Yuko).

- 1 Who has a hot drink in the morning?
- 2 Who uses the computer in the evening?
- 3 Who goes to school by bus or car?
- 4 Who does sport in the afternoon?
- 5 Who can't choose what she wears to school?
- 6 Who goes home before 2 pm?
- 7 Who takes her lunch to school?

My school day



Anna – the USA

I always get up at 6.30 am. Breakfast is cereal and milk. After breakfast, I prepare my school bag and leave the house at 7.30 am. I usually go to school on the school bus, but sometimes my mom drives me. Lessons start at 8.00 am every day. I have lunch at school. My dad makes a cold lunch for me every morning. I usually have sandwiches and fruit. School ends at 2.30 pm and I catch the school bus home. In the evening, I do my homework and watch TV.

Lena – Germany

I get up at 6.00 am and leave the house at 7.00 am. I always walk with my friend Grete. School starts at 7.30 am. We have five or six lessons every day. They finish at 1.30 pm and I usually go home for lunch. I sometimes go to homework club after school. We have dinner at 7.00 pm, and then I often watch videos on the internet.



Yuko – Japan

I get up at 7.30 am and have breakfast with my sisters. It's usually rice or eggs with tea. I put on my uniform, and then I leave the house at 8.15 am and walk to school. Lessons start at 8.30 am. Students all have lunch at school – fish and rice with vegetables. School finishes at 3.00 pm, and I have volleyball or badminton clubs after lessons every day. I leave school at 5.00 pm and go home. In the evening, I go to music lessons and do my homework.



2 Read the texts again and answer the questions.

- | | |
|---|--|
| 1 What does Anna have for breakfast? | 4 What does Anna usually have for lunch? |
| 2 How does Yuko travel to school? | 5 What does Lena do after dinner? |
| 3 What time does school start for Lena? | 6 When does Yuko do her homework? |

1 Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

- a I always leave the house at 8 o'clock.
- b I'm wearing a T-shirt and jeans today.

adverbs of frequency present continuous
present simple today, now and at the moment

We use the ' _____ ' to talk about habits and routines. We often use it with ' _____ '.

We use the ' _____ ' to talk about things we're doing now. We often use it with words like ' _____ '.

2 Choose the correct words or phrases to complete the sentences.

- 1 I *always / at the moment* prepare my school bag before school.
- 2 My parents *now / always* watch TV in the evening.
- 3 My brother is making breakfast *now / usually*.
- 4 Why have you got your maths book? We're studying English *often / today*.
- 5 What are you doing *sometimes / at the moment*?
- 6 I don't *usually / never* go to bed at 9 o'clock.

3 Complete the sentences with the present simple or present continuous form of the verbs in brackets.

- 0 He plays (play) tennis every day.
- 1 I never _____ (tidy) my room. My mum hates it!
- 2 They usually _____ (watch) films at the weekend.
- 3 My dad _____ (cook) breakfast today.
- 4 My mum _____ (not work) in a school. She's a police officer.
- 5 Jack _____ (not work) today because he's not very well.
- 6 What book _____ (you / read) at the moment? Is it good?

4 Correct the mistakes in the sentences.

- 1 I study now because I've got an exam tomorrow.
- 2 Are you knowing Katy? She's my sister.
- 3 My brother watching TV with his friends.
- 4 My mum is a doctor. She is usually working at weekends.
- 5 Every day we are drinking tea for breakfast.



1 Look at the photos and choose the correct words.



1 We eat cereal / rice, bread / pasta and jam / honey for breakfast.



2 In summer, we often have salad with cabbage / cheese and tomatoes / cucumber for lunch.



3 Yesterday I ate fish / meat, rice / pasta and mango / vegetables.



4 I usually eat fruit / yoghurt for dessert.

2 Match the words to the meanings.

- | | |
|---------------|--|
| 1 breakfast | a the large part of a meal |
| 2 dessert | b a drink, usually made from fruit |
| 3 dinner | c the first meal of the day |
| 4 juice | d you eat this between meals |
| 5 lunch | e you eat this in the evening |
| 6 main course | f you eat this at midday |
| 7 snack | g you eat this sweet food at the end of a meal |

3 Complete the sentences for you.

- 1 For breakfast, I always have _____.
- 2 My favourite dessert is _____.
- 3 My favourite snacks are _____.
- 4 For dinner, we usually have _____.

LISTENING

- 1 Listen to the conversation between Jasmine and George. Where are they?
- 2 Listen again. Who says what? Write 'J' (Jasmine) or 'G' (George).
- I'm shopping for my parents.
 - I thought you always play football on Saturday afternoon.
 - There isn't any football today.
 - Well, actually, I love chips too.
 - I like chocolate, but I don't eat it often.
 - I never eat chocolate.

- 3 Listen again and choose the correct answers.
- Jasmine's mum is working / on holiday at the moment.
 - The people in the football team are at home / on holiday.
 - George's sister wants to make eggs / go to university.
 - George's sister wants to have lunch at 1.15 / 1.30 pm.
 - Jasmine wants to buy biscuits / chocolate.
 - Jasmine's dad likes / doesn't like chocolate.

WRITING

A paragraph about your routine

- 1 Read the text and match the times to the activities.

A typical school day

- by Leo

I get up at 7 o'clock and get dressed. My breakfast is cereal or toast. Then I prepare my school bag and go to school at 8 o'clock. I usually walk to school but sometimes I go on the bus. School starts at half past eight and finishes at 1 o'clock. Lunch is at 1 o'clock. I usually have sandwiches or a salad. After school I go home. Dinner is at half past seven. After dinner, I do my homework and go on the internet. I go to bed at half past nine.

- | | |
|-----------|-------------------|
| 1 7.00 am | a have dinner |
| 2 8.00 am | b go home |
| 3 8.30 am | c go to bed |
| 4 1.00 pm | d get dressed |
| 5 1.00 pm | e leave the house |
| 6 7.30 pm | f start school |
| 7 9.30 pm | g have lunch |

- 2 Look at the text again. Find and underline sentences with **and**, **but** and **or**. Then complete the rules with **and**, **but** and **or**.
- We use _____ to link two ideas.
 - We use _____ to contrast two things.
 - We use _____ for different things we can choose.

- 3 Complete the sentences with **and**, **but** and **or**.

- I walk to school with my friends Ally _____ Hamish.
- Do you go to school at 8 o'clock _____ at 8.30?
- For breakfast, I have cereal, _____ I don't have toast.
- I have tea _____ hot chocolate. I don't have both.
- I like football, _____ I don't like basketball.
- In the evening, I do my homework _____ then I watch TV.

- 4 Think about the activities you do in a typical day and what time you do them. Use the ideas in Exercise 1 and your own ideas. Make notes below.

- 5 Write a paragraph about a typical school day. Use the notes you made in Exercise 4 and write about 50 words. Remember to use **and**, **but** and **or** in your text.