

**Hello
everybody**



A skateboarder is captured mid-air, performing a trick. The skateboard is visible below the skater's feet. The background features a large crowd of spectators seated in bleachers, with several tall buildings visible in the distance under a clear blue sky. A tall, thin, brown structure is in the foreground, partially obscuring the view.

From the viewpoint of athletes

SIDE:A

A high-angle photograph of three sprinters at the starting line of a race. They are positioned in lanes marked by white lines on a dark track. The athlete on the left wears an orange singlet with a white number '1' on the back. The middle athlete wears a white singlet with a black number '2'. The athlete on the right wears a white singlet with a black number '3'. They are all in a starting crouch, with their hands on the ground and feet on their starting blocks. The image is used as a background for a text overlay.

do

athletics

A field hockey match is taking place on a blue artificial turf field. In the background, a goalkeeper in a yellow jersey with "GREAT BRITAIN" and "20" on it, wearing a white helmet and red leg pads, stands in front of a goal. The goal frame and surrounding banners are blue with "TOKYO 2020" and the Olympic rings. In the foreground, several players are in action. A player in a red jersey is on the left, leaning forward. Other players in blue and white jerseys are in the center and right, with their sticks on the ground near a white ball. The scene is brightly lit, suggesting an outdoor stadium.

play

hockey



go

snowboarding

A background image of a volleyball game. In the upper left, a volleyball is in mid-air. Several players' hands are raised high in the center, attempting to block or spike the ball. On the left, a player in a white jersey with the number 10 is visible. On the right, players in blue jerseys are also visible. A referee in a white shirt is on the far left. The scene is set against a blue background with a volleyball net in the foreground.

play

volleyball



play

rugby

A male gymnast with short dark hair and a focused expression is performing on a high bar. He is wearing a blue tank top and white wristbands. The background is a blurred gymnasium with green bleachers and bright lights.

do

gymnastics

A baseball player in a black uniform with orange accents is captured mid-swing. The player's jersey has "DAVIS" and the number "19" on the back. A baseball is visible in the air to the left of the player. The background shows a blurred crowd in a stadium.

play

baseball

A photograph of two young boys ice skating in a rink. They are both wearing grey jackets and are leaning forward in a skating motion. The boy on the right is wearing black ice skates, while the boy on the left is wearing dark shoes. In the background, other people are skating, and there are banners with logos like 'JOS' and 'EVS'.

go

skating

A group of four people are on a white sailboat, sailing on a blue sea under a clear sky. The boat's sails are partially visible. The text 'go' is overlaid on a black rounded rectangle on the left, and 'sailing' is overlaid on a white rounded rectangle on the right.

go

sailing

A photograph of two cyclists riding on a paved road. The cyclist in the foreground is wearing a black and white cycling jersey, a black helmet, and sunglasses, leaning forward in a racing posture. The cyclist in the background is also wearing a cycling jersey and helmet, riding slightly behind. The road has yellow double lines and a white edge line. The background is a blurred hillside with trees.

go

cycling



go

surfing

A male badminton player is shown in mid-air, reaching upwards with his right arm extended. He is wearing a white shirt and dark shorts. A badminton racket is visible in the upper left corner of the frame. The background is dark, suggesting an indoor sports arena.

play

badminton

A man with dark hair, wearing a blue t-shirt, is captured in a dynamic pose while playing table tennis. He is holding a red paddle in his right hand, ready to strike the ball. The background is dark, and the table tennis table with its blue surface and white lines is visible in the foreground.

play

table tennis

In pairs, ask and answer the questions.

- 1** Which of the sports do you do in teams (a group of people)? Which do you do alone (just one person)?
- 2** Which of the sports can you do both in teams and alone?
- 3** Which of these sports do *you* do?
- 4** Do you prefer team sports or sports you do alone? Why?

TEENBLOG: SPORT

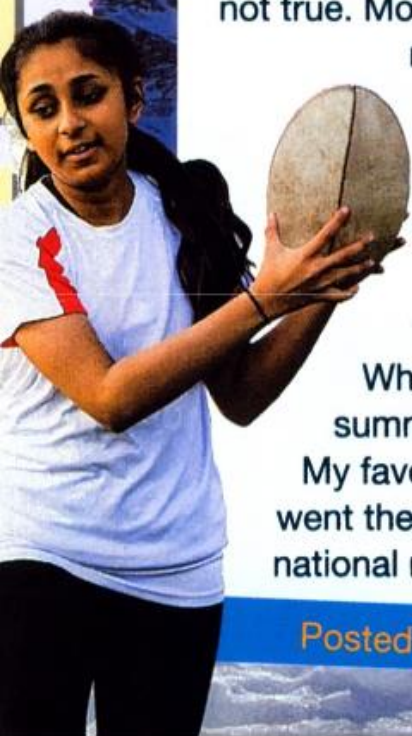


Post about you and your sport here.

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.

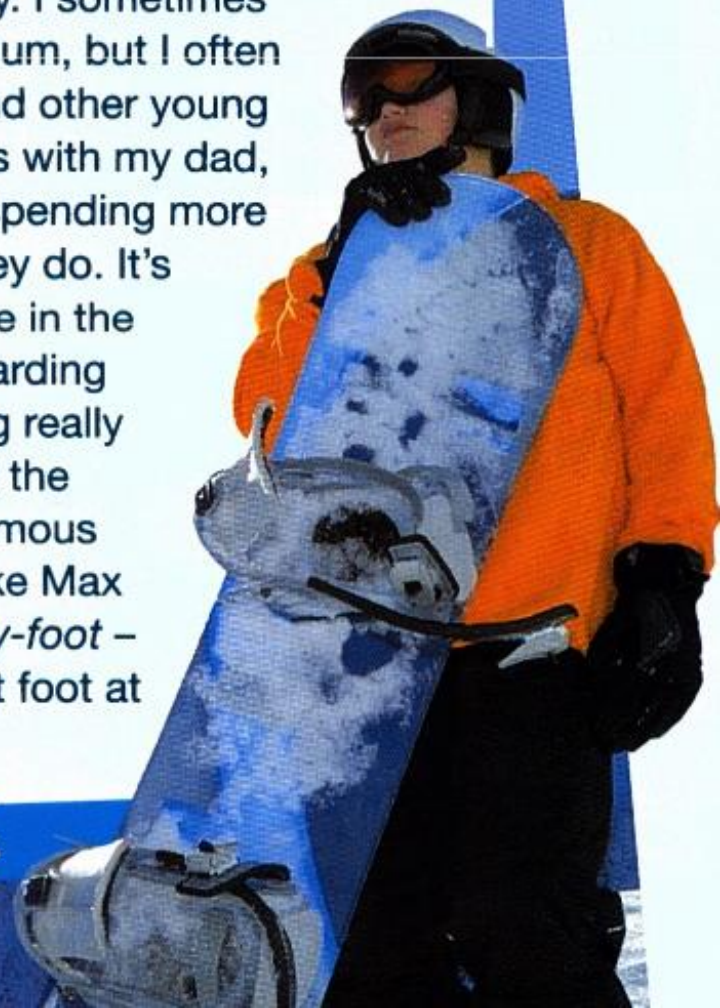
Posted by **Sophie White**



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**



PRONUNCIATION

/eɪ/ and /aɪ/

3 Put the words into the correct column.



baseball

bike

fly

play

riding

skating

/eɪ/ sailing

/aɪ/ cycling

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

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





100%

I

always

**Play table tennis on
Friday.**

A group of four people, three young men and one older man, are sailing on a white sailboat. They are all wearing life jackets and are focused on the boat's operation. The sailboat has a large white sail and is moving through blue water with whitecaps. The sky is clear and blue.

75%

I

usually

**go sailing with my
dad.**



50%

He

often

**does athletics with
his friends.**

25%



We

sometimes

**play hockey at the
weekend.**

A person is surfing on a large, curling wave. The sun is shining brightly in the sky, creating a lens flare effect. The water is a vibrant blue-green color, and the wave is white with foam. The surfer is in a crouched position, riding the wave.

0%

I

never

go surfing .

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*.

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5 Put the adverbs in the right place to complete the sentences and questions.

- 1** I play hockey at school on Fridays. (usually)
- 2** Sophie is tired after rugby matches. (often)
- 3** People don't go sailing in teams. (always)
- 4** My uncle and my dad play table tennis. (never)
- 5** Is gymnastics dangerous? (sometimes)
- 6** Do you go cycling? (often)

6



Put the words in order to make sentences and questions and questions.

0 often / school / plays / my friend / after / football

My friend often plays football after school.

1 welcome / sports / are / in / our / club / always / you

2 Mondays / do / on / athletics / never / we

3 skating / brother / she / go / her / usually / does / with / ?

4 table tennis / students / not / often / do / school / play / at

5 cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /



goes

go

Children () canoeing.





