

LISTENING

- 1 Listen to an interview with teen sports star, Andrea Murray. Tick (✓) the activities that Andrea does regularly.

plays volleyball _____
 plays tennis _____
 goes snowboarding _____
 cycles _____
 studies _____
 listens to music _____
 reads _____
 goes to the cinema _____

- 2 Listen to the interview again. Are the sentences right (✓) or wrong (X)?

- 1 Andrea listens to Barry's podcast. _____
 2 Andrea's father plays badminton. _____
 3 Andrea's brothers and sisters don't like sport. _____
 4 Andrea always plays tennis on school days. _____
 5 She gets up at five o'clock on Wednesdays. _____
 6 She doesn't have any free time. _____

- 3 Listen again and complete Andrea's diary.

Friday

- 5.00 am - ⁰ _____ get up
- ¹ _____ for two hours
- go to school

Saturday

- ² _____ - get up
- have breakfast
- ³ _____ all day

Sunday

- 6.00 am - get up
- morning - ⁴ _____
- afternoon - ⁵ _____

WRITING

A text about your favourite sport

- 1 Read the text. Tick (✓) the questions that the writer answers.

- 1 What is your favourite sport? _____
 2 How do you play it? _____
 3 What equipment do you need? _____
 4 Where and when do you play it? _____
 5 Why do you like it? _____

My favourite sport

by Lydia

My favorite sport is basketball. Does you know it? There are to teams with five people in a team. You need a basketball and two baskets to play it. Players throw the bal in the net two score points. The team with the most points wins. I sometime play basketball at school, but I also in a team at a club. We playing every Saturday. I like basketball because it's fast and its fun.



- 2 Read the text again and find ten mistakes with spelling and grammar.

- 3 Think about your favourite sport and answer the questions in Exercise 1. Make notes below.

- 4 Write about your favourite sport. Use the notes you made in Exercise 3 and write about 50 words. Remember to read your work carefully and check for spelling and grammar mistakes.

2

THIS IS MY DAY

VOCABULARY

Daily routines

1 Complete the phrases with the verbs in the box.

brush	check	clean	get
have	leave	prepare	
put	tidy	wake	

- 0 clean your teeth
- 1 _____ your room
- 2 _____ the house
- 3 _____ up
- 4 _____ breakfast
- 5 _____ your messages
- 6 _____ dressed
- 7 _____ your school bag
- 8 _____ on your shoes
- 9 _____ your hair

3 Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually ⁰ wake up at 7 o'clock. Before I get out of bed, I ¹ _____ on my phone. Then, I ² _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ _____ in my room. I usually wear jeans and a T-shirt. Then, I ⁴ _____ (I do this at least twice a day and after every meal) and brush my hair. After, I ⁵ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ _____ at 8 o'clock. I always walk to school with my friend Lucas.



2 Match the phrases in Exercise 1 to the photos.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____

READING

- 1 Look at the photos of the sports and games. What can you see?
- 2 Read the three texts and match them to the photos.

TRY THESE SPORTS!

1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.

2 GILLI-DANDA

This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.

3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.

