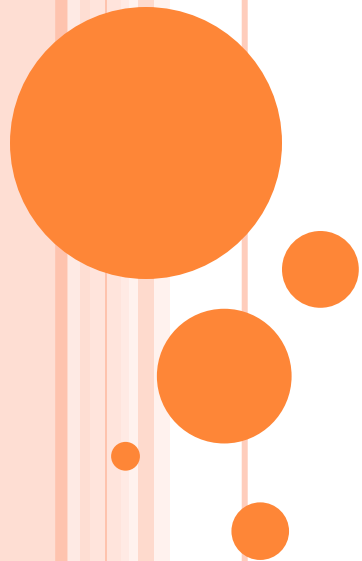


# *LESSON ONE*



# Sports

**1** Match the pictures A-M to the words in the box.

EP

do athletics **G**

do gymnastics **J**

go cycling **D**

go sailing **A**

go skating **M**

go snowboarding **E**

go surfing **L**

play badminton **K**

play baseball **F**

play hockey **I**

play rugby **H**

play table tennis **C**

play volleyball **B**



**2** 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?



<b>Team sports</b>	<b>Individual sports</b>	<b>Team or individual sports</b>
<b>volleyball</b>	<b>surfing</b>	<b>athletics</b>
<b>baseball</b>	<b>sailing</b>	<b>gymnastics</b>
<b>rugby</b>	<b>snowboarding</b>	<b>cycling</b>
<b>hockey</b>		<b>skating</b>
		<b>badminton</b>
		<b>table tennis</b>



# PRONUNCIATION

/eɪ/ and /aɪ/

**3** Put the words into the correct column.

baseball      bike      fly      play  
riding      skating

/eɪ/ sailing

/aɪ/ cycling

**baseball**  
**play**  
**skating**

**bike**  
**fly**  
**riding**



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

**Sophie does her sport every week-four times a week.**

**Ben can't go snowboarding in the city . He goes to the mountains.**



**5** 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?



- 1. more than 18,000 women(play rugby)
- 2. she plays a rugby match.
- 3. she wants to go to a rugby summer camp.
- 4. he prefers to be in the mountains.
- 5. He's good at snowboarding and wants to become a famous snowboarder.
- 6. “Goofy –foot” means Ben's right foot is in front on the board .





**1** Look at these examples from the blogs.  
The adverbs of frequency are in purple.

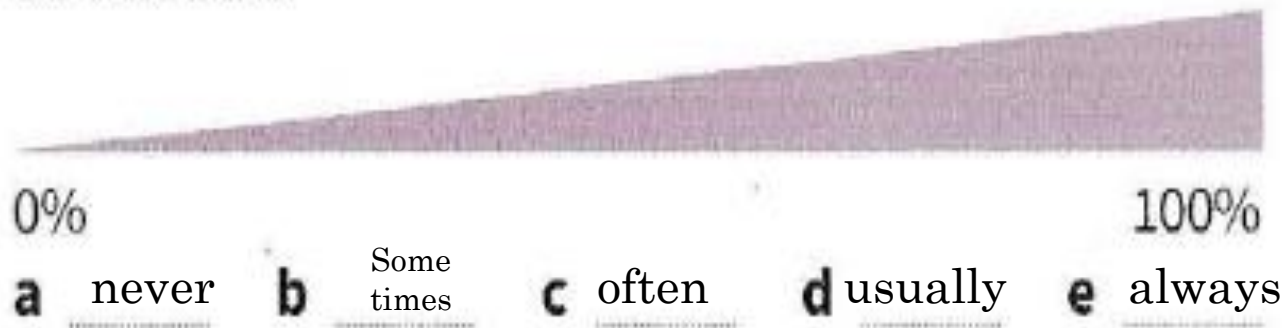
My team **always** plays a match on Saturday or Sunday. It's **never** boring.

It's **usually** quiet.

I **often** go with my little sister and other young people.

I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.



## 2 Answer the questions.

- 1 Which sentences in Exercise 1 have a present simple verb?
- 2 Which sentences in Exercise 1 have the verb *be*?

### **Present simple :**

**My team always plays a match on Saturday or Sunday.**

**I often go with my little sister and other young people.**

**I sometimes go snowboarding with mum.**

### **To be verb :**

**It's never boring .**

**It's usually quiet.**



### 3 Choose the correct words to complete the rules.

In sentences with the verb *be*, we put the adverb of frequency *before* / *after* the verb.

In sentences with the **present simple**, we put the adverb of frequency *before* / *after* the verb.



**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*.



**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*.



**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)

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



**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 /

**1.** You are always welcome in our sports club.

**2.** We never do athletics on Mondays.

**3.** Does she usually go skating with her brother ?

**4.** Students do not often play table tennis at school?

**5.** Lizzie and her sister sometimes go cycling at the weekend.



# READING

**2** Read the three texts and match them to the photos.

**1.C**

**2. A**

**3.B**





**3** Read the three texts again. Are the sentences right (✓) or wrong (X)?

- 1 There are always two players in a cycleball team. **F**
- 2 The ball in cycleball is small and light. **F**
- 3 Players in cycleball can't hit the ball with their hands. **T**
- 4 *Gilli-danda* comes from India. **T**
- 5 The stick and the bat in *gilli-danda* are the same size. **F**
- 6 Players use a small ball in *gilli-danda*. **F**
- 7 People play octopush in teams. **T**
- 8 Players in octopush hit the ball, or puck, with their hands. **F**
- 9 Players in octopush swim underwater to play their game. **T**



# VOCABULARY

## Sports equipment

1 Match the photos A–E to the words in the box.

EP



bat C ball D board E racket A stick B



Listen and check. Then repeat.



**2** Complete the table with the sports in the box.  
Some sports can go in more than one column.

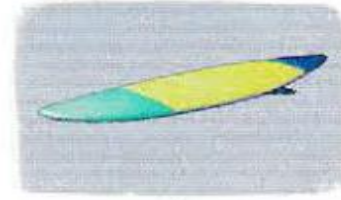
badminton	baseball	basketball	
cycleball	cycling	football	
<i>gilli-danda</i>	hockey	octopush	
rugby	running	sailing	skating
snowboarding	surfing	swimming	
table tennis	tennis	volleyball	



**Use a stick,  
a racket or a bat**



**Use a ball**



**Use a board**

badminton  
baseball  
gilli-danda  
hockey  
octopush  
table tennis  
tennis

baseball  
basketball  
cycleball  
football  
hockey  
rugby  
table tennis  
tennis  
volleyball

snowboarding  
surfing



- 3** Complete the information with the sports words in Exercise 1.

### TABLE TENNIS

- 1 One  for each player.
- 2 One small, light  for the game.

### BASEBALL

- 3 One  for each team.
- 4 One small, hard  for the game.

### BADMINTON

- 5 One  for each player.

### OCTOPUSH

- 6 One small  for each player.
- 7 One heavy puck, like a flat  for the game.



## LISTENING

**1** Look at the photo of the sport. Match the words 1–2 to A and B in the photo.

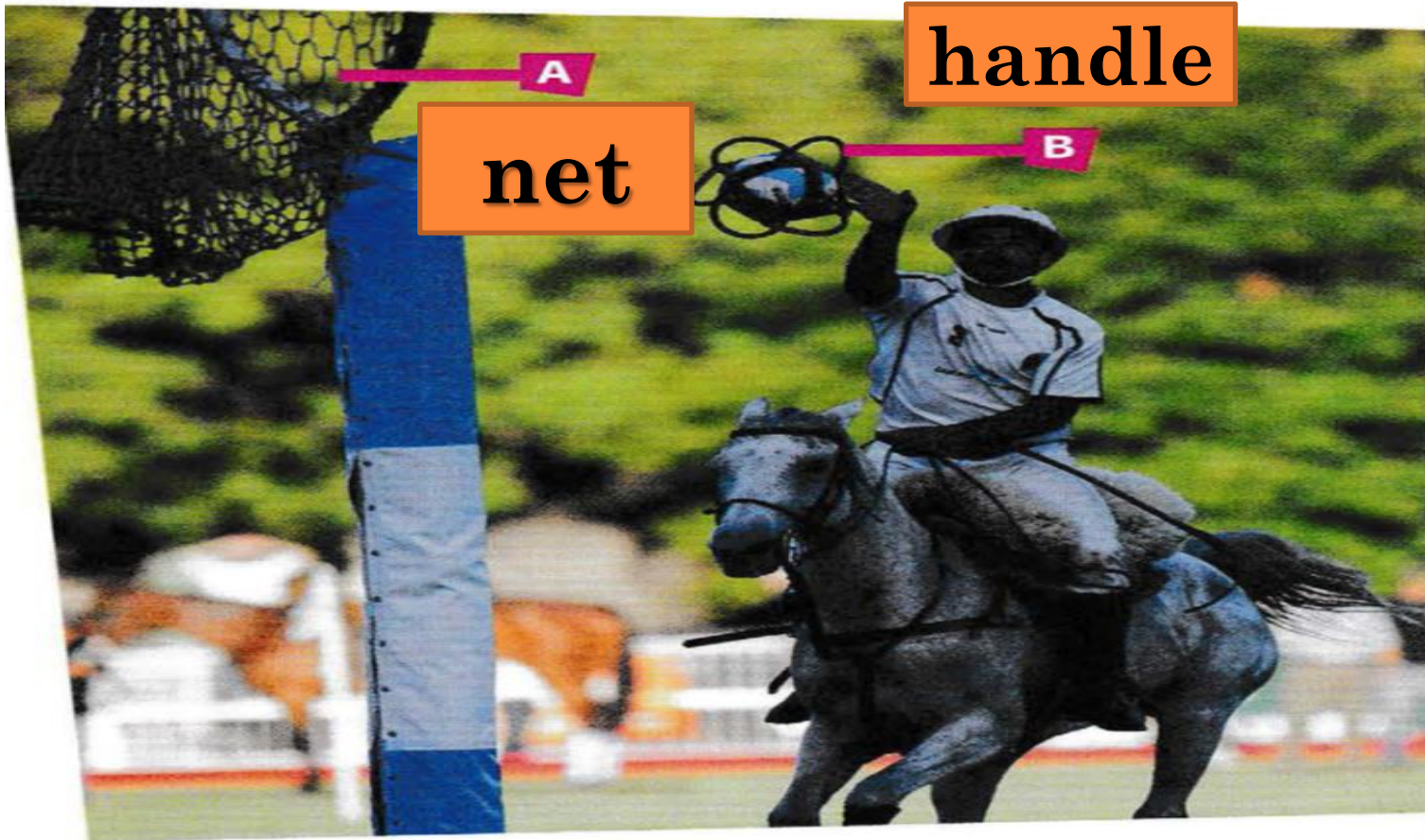
**1** handle

**2** net



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**2** Listen to an interview with a boy about his unusual sport. What's the name of the sport?





14

3

Listen again, and choose the correct words.

- 1 There are four / *six* players in each team.
- 2 There are six / *eight* handles on the ball.
- 3 Players throw / *give* the ball to each other.
- 4 Players throw / *put* the ball in the net to score a goal.



