

1

SPORTS AND GAMES

VOCABULARY

Sports

1 Match the words in the box to the photos.

athletics badminton baseball cycling gymnastics hockey rugby
 sailing skating snowboarding surfing table tennis volleyball



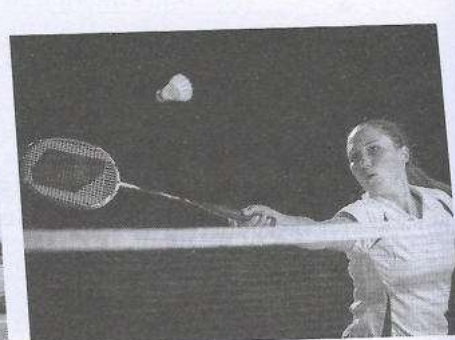
0 rugby



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____



11 _____



12 _____

2 Complete the table with the sports in Exercise 1.

play	go	do
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3 Choose the correct verbs to complete the sentences.

- My sister plays / goes volleyball at the weekend.
- My friends John and Toby play / go sailing in the summer.
- We go / do athletics in the evening.
- My brother plays / goes hockey on Sundays.
- I don't play / go table tennis with my friends.
- Do you play / go snowboarding alone?

GRAMMAR

Adverbs of frequency

1 Put the adverbs of frequency in the correct place on the line.

always never often sometimes usually

0%

100%

1 _____ 2 _____ 3 _____ 4 _____ 5 always

2 Rewrite the sentences with the adverbs of frequency in brackets in the correct place.

- 0 I watch sport on TV. (never)
I never watch sport on TV.
- 1 My sister goes cycling with my dad. (usually)

- 2 I play rugby with my friends. (never)

- 3 Snowboarding is dangerous. (sometimes)

- 4 My friends do gymnastics after school. (often)

- 5 My grandparents play table tennis on Sundays. (always)

3 Put the words in the correct order to make questions.

- 0 do / play / often / you / baseball / ?
Do you often play baseball?
- 1 you / in the city / usually / go / cycling / do / ?

- 2 badminton / parents / play / often / do / your / ?

- 3 you / go / often / do / snowboarding / how / ?

- 4 friends / your / rugby / school / do / play / sometimes / at / ?

- 5 do / go / always / sailing / you / in the summer / ?

4 Answer the questions in Exercise 3 for you.

- 0 No, I don't. I never play baseball.
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

5 Correct the mistakes in the sentences.

- 0 At school, usually we play volleyball on Friday.
At school, we usually play volleyball on Friday.
- 1 I go swimming always on a Sunday.

- 2 I often am tired in the evening.

- 3 People go sometimes cycling with their friends.

- 4 At the weekend, usually I do sports.

- 5 In the holidays, we go sometimes sailing.

VOCABULARY

Sports equipment

1 Find nine more words for sports equipment and sports.

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

2 Choose the correct words to complete the sentences.

- 1 Hockey players hit the ball with a *stick* / *bat*.
- 2 You use a small white *board* / *ball* when you play table tennis.
- 3 Tennis *balls* / *rackets* are usually yellow.
- 4 Baseball players hit the ball with a long *stick* / *bat*.
- 5 In badminton, players use a *racket* / *stick* to hit the ball.
- 6 When you go surfing, you use a *ball* / *board*.

LISTENING

- 01 **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 _____

- 01 **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. _____

- 01 **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.





What time does your alarm go off on a school day?



What do you do in the morning before you go to school ?



A woman with long, straight blonde hair is shown in profile, facing right. She is wearing a brown long-sleeved top and is using a black comb to brush her hair. The background is a plain, light grey wall. A yellow rectangular box is overlaid on the image, containing the text "Brush your hair" in a bold, dark blue font. The entire image is framed by a blue border with white circuit-like patterns on the left and right sides.

Brush your hair

A close-up photograph of a person's hands holding a smartphone. The phone is held in the right hand, and the left hand is positioned above it, with fingers slightly curled. The background is blurred, showing a laptop keyboard. A bright yellow rectangular banner is overlaid across the center of the image, containing the text 'Check your messages' in a bold, dark blue font.

Check your messages

A family of four is shown in a bright, modern living room. A man in a striped shirt is vacuuming the floor. A young girl in a blue shirt is smiling and holding the vacuum's hose. A boy in a pink shirt is lifting a large, light-colored rug. In the foreground, a white coffee table holds various items like papers, a red pen, and a game controller. A yellow robot figurine sits on the windowsill. The room features a brick fireplace, a large green plant, and a white TV stand. The text 'Tidy your room' is overlaid in a yellow box with blue text.

Tidy your room

A woman with long dark hair, wearing a blue sleeveless top and a blue and white patterned skirt, stands in a clothing store. She is looking to her left. In the foreground, a digital display on a stand shows some text and a button. The background shows clothing racks and another person in a similar patterned skirt. The text "Get dressed" is overlaid in a yellow box.

Get dressed

A photograph of two children, a boy and a girl, sitting at a table in a kitchen, smiling and eating breakfast. The table is set with a white bowl of cereal, a glass of orange juice, a bottle of syrup, and a plate of buns. The scene is brightly lit by a window in the background. The text 'have breakfast' is overlaid in a yellow box with blue text.

have breakfast

A young girl with long brown hair, wearing a grey long-sleeved shirt, is sitting at a desk and packing a pink school bag. She is holding a pink book and placing it into the bag. On the desk in front of her are various school supplies, including a pink pencil case, a white notebook, and a pink pencil holder. The background shows a window with white curtains and a grey wall. The text "prepare your school bag" is overlaid on the image in a yellow box with dark blue text.

prepare your school bag

A photograph showing the back view of a woman and a young girl walking away from a house. The woman is wearing a floral patterned top and dark jeans, carrying a black bag. The girl is wearing a yellow shirt and a blue and green backpack. They are standing on a wooden floor in a doorway, looking out towards a bright outdoor area. The image is framed by a blue border with white circuit-like patterns.

Leave the house



Wake up

A close-up photograph of a child's hands tying the pink laces of black sneakers with white soles on a wooden plank floor. The child's legs are visible in the background. A yellow banner with the text "Put on your shoes" is overlaid on the image.

Put on your shoes

A close-up photograph of a person's mouth, showing their teeth and lips. A white toothbrush with blue and white bristles is positioned near the lower teeth. A yellow rectangular box is overlaid on the center of the image, containing the text "Clean your teeth" in a bold, dark blue font. The background is a light blue gradient with white circuit-like patterns on the left and right sides.

Clean your teeth

1 Match the photos to the phrases in the box.



brush your hair

check your messages

clean your teeth

get dressed

have breakfast

leave the house

prepare your school bag

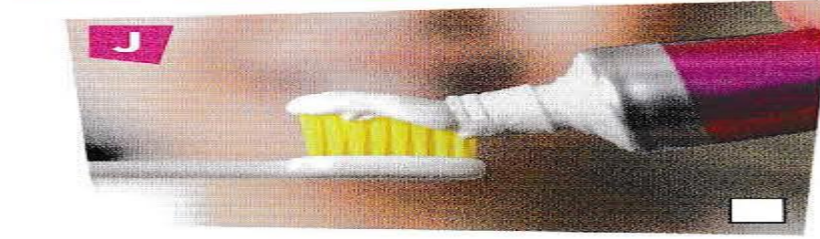
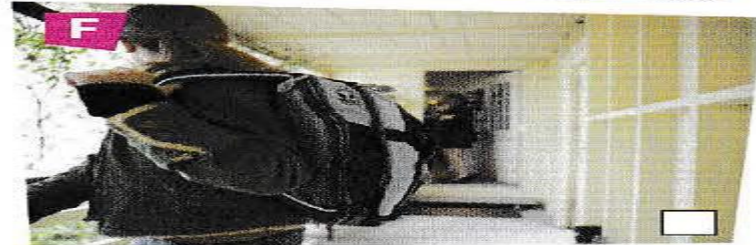
put on your shoes

tidy your room

wake up



Listen and check. Then repeat.





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2

**Listen to Maddie talking about her morning routine.
Number the photos in the order that you hear them.**



3

Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00 6.30 6.45 6.50 7.00 7.10
7.15 7.30 7.40 8.00 8.10


- 1** My alarm goes off at
- 2** I get up at
- 3** I clean my teeth at
- 4** I get dressed at
- 5** I prepare my school bag at
- 6** I put my shoes on and leave home at

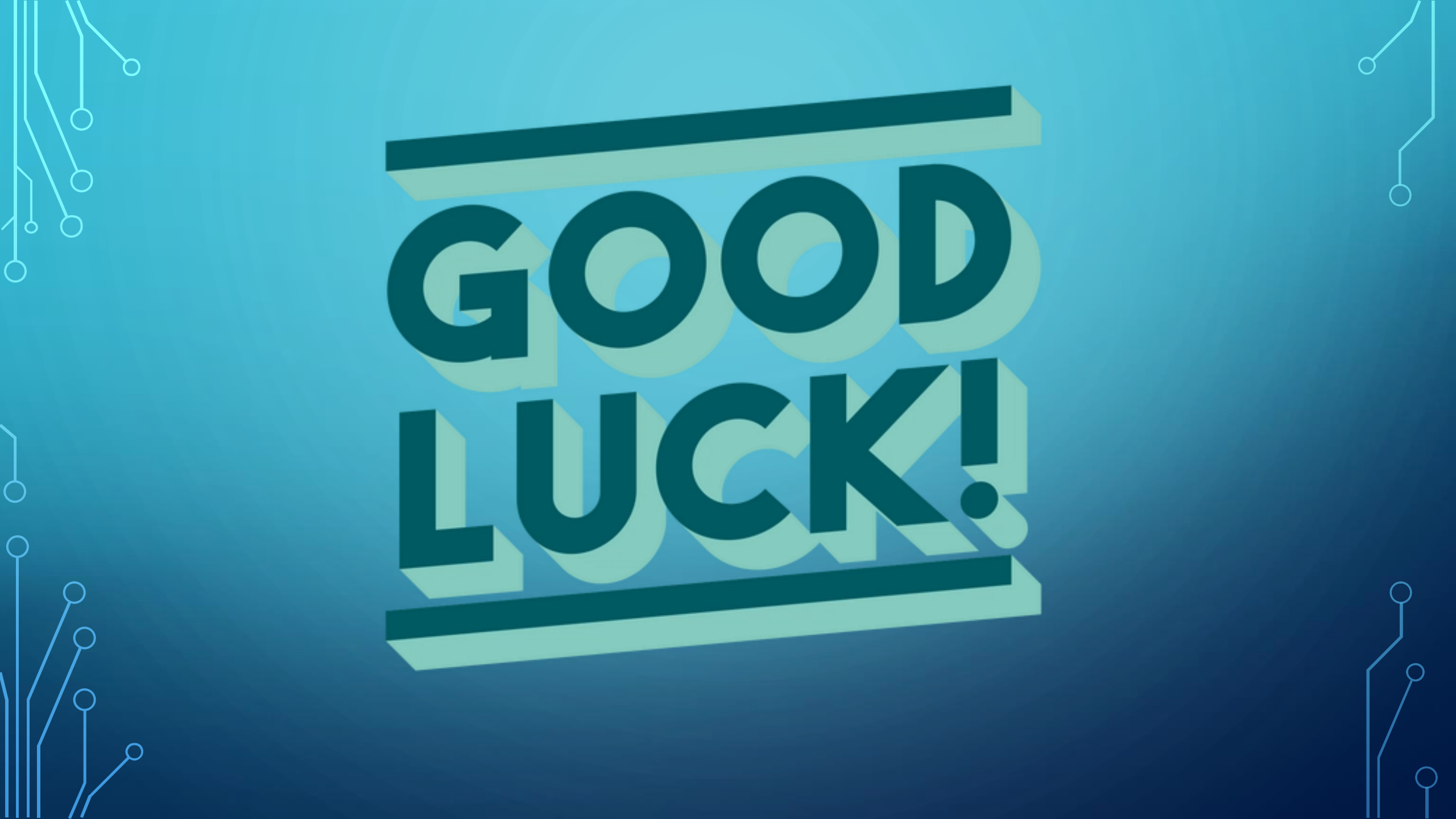


4 In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.

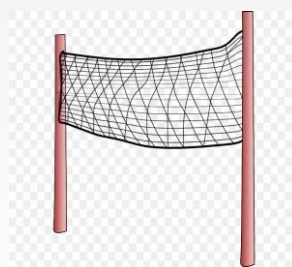




**GOOD
LUCK!**

WELCOME



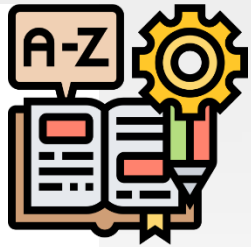


What is your favorite sport?

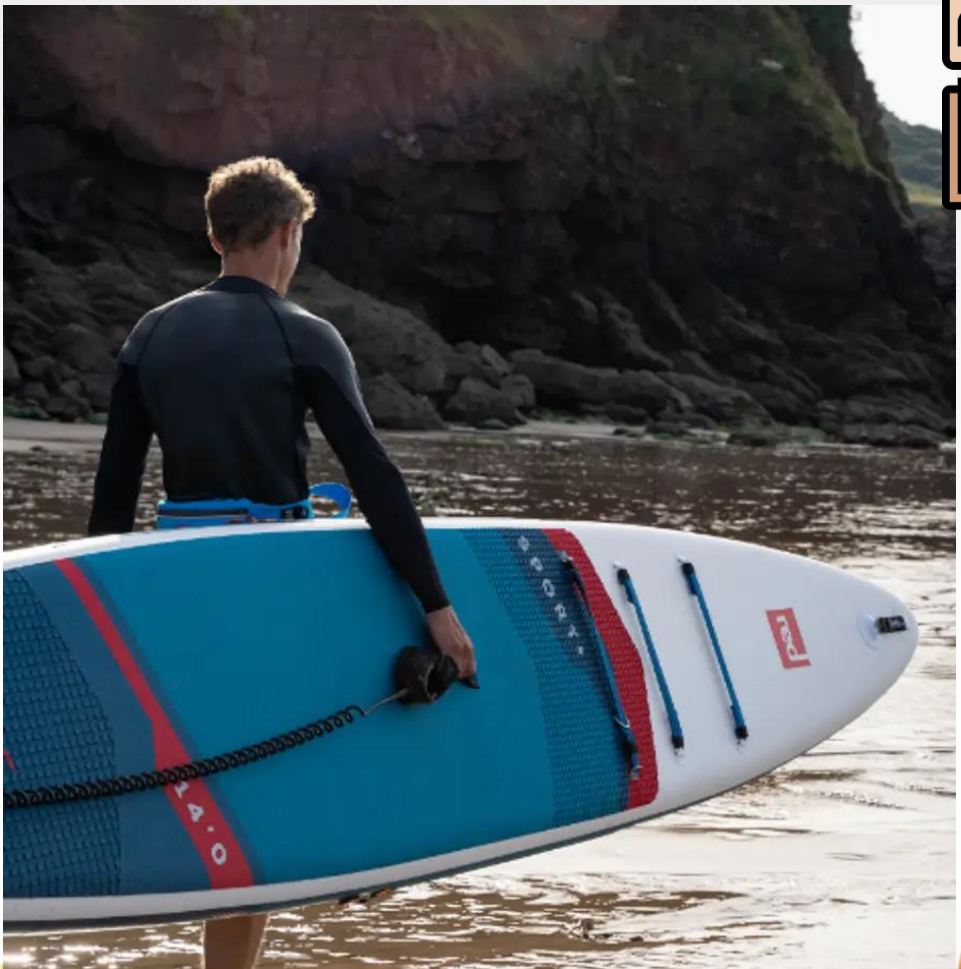
What kind of equipment do you need for that sport?



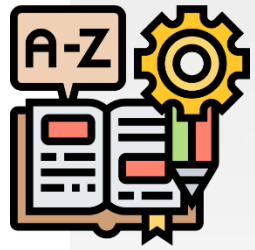
ball



board



Racket



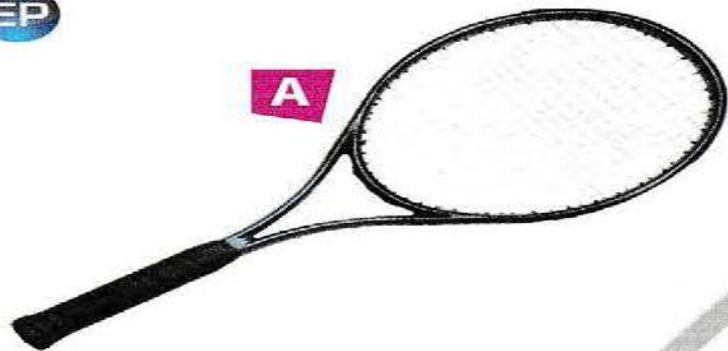
stick



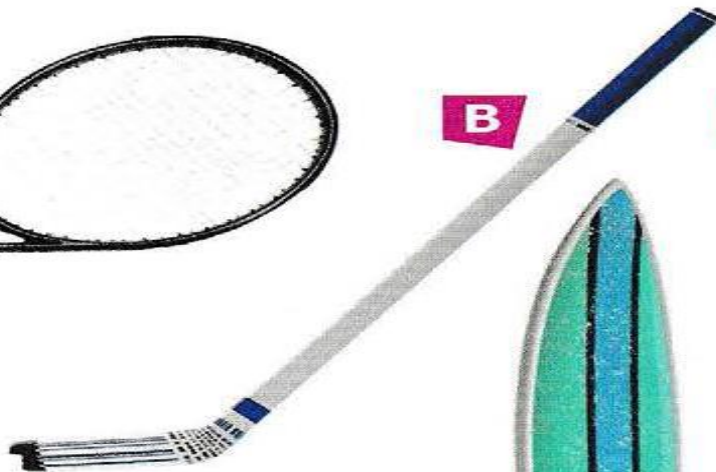
1 Match the photos A-E to the words in the box.

EP

A



B



C



D



E



bat

ball

board

racket

stick

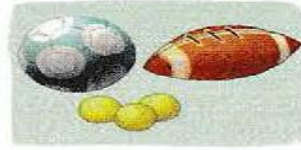


2 Complete the table with the sports in the box.
Some sports can go in more than one column.

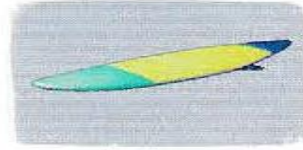
badminton	baseball	basketball	
cycleball	cycling	football	
<i>gilli-danda</i>	hockey	octopush	
rugby	running	sailing	skating
snowboarding	surfing	swimming	
table tennis	tennis	volleyball	



Use a stick,
a racket or a bat



Use a ball



Use a board



Listen and check. Then repeat.



- 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.

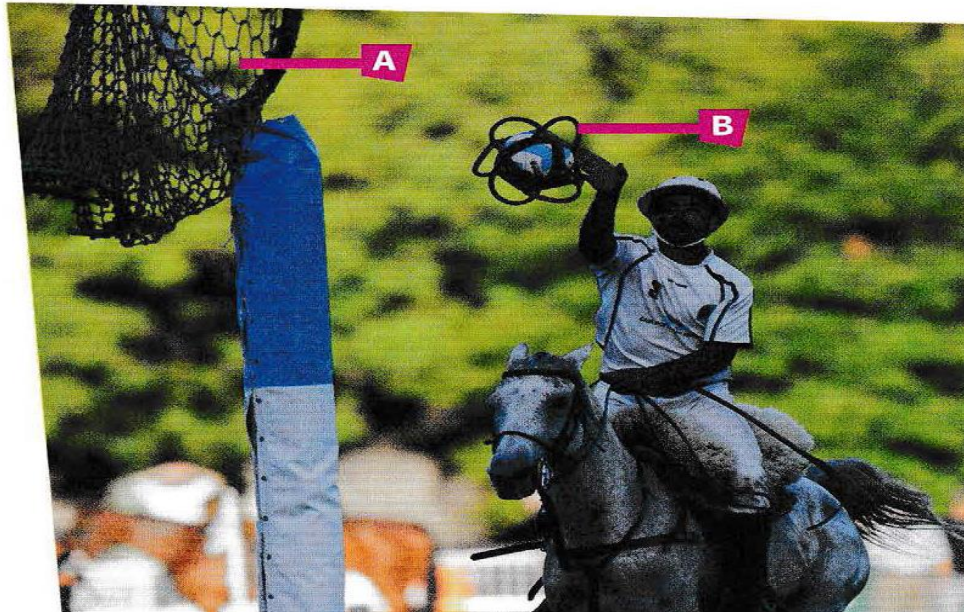
1 handle

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?





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.

SPEAKING

1 Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.

- 1 Do people do this sport inside or outside?
- 2 Is the sport on or under water?
- 3 Is this sport on snow?
- 4 What things do people need to do this sport?
- 5 Do people play this sport in your country?
- 6 What do you like about this sport?
- 7 Who are some of the famous players of this sport?

Try and guess the sport.



Good luck

