

Welcome

Let's watch a video ...



1 In pairs, discuss the questions with your partner.

1 Do you like doing sports? What sports do you do?

2 Do you like watching sports on TV? What sports do you watch?

3 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).



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 volleyball

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.

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.

1 medal

a a type of ball

b a prize in a sports competition

2 wheelchair

a something people use when they can't walk

b something people use to stand on

3 court

a a place with seats

b an indoor or outdoor area for games

4 player

a a person in a wheelchair

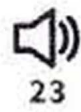
b a person playing a game or sport

5 goal line

a a line you pass to get points

b the number of players on a team





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5 Listen to an interview with Martha Dirksen about a Paralympic sport. What sport does she do?



Wheelchair
basketball



Wheelchair
tennis



Wheelchair
rugby



23

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.

Good luck

hello.





Whats your favourite food ?

What don't you like?

**What do you
have for
breakfast?**





What time
do you have
dinner?



7 tips

**To help you feel great
In the morning**



Drink juice



move



USE IT!

Use the brain



Don't keep your alarm
by your bed



Tidy your room



PRONUNCIATION

The sound /ə/



19

4 Listen and repeat.

breakfast dinnerer vegetables



20

5 Listen and repeat. Circle the /ə/ sound in each word. One word has two /ə/ sounds. Which word is it?

pasta chocolate banana salad
tomato yoghurt cucumber





21

3

Listen again and check. Then in small groups, discuss the questions.

- 1** Which of the tips do you think are useful?
Which are not useful?
- 2** Can you think of other tips for getting up in the morning?
- 3** Is getting up in the morning easy or difficult for you?

GET READY Read the three texts in Exercise 1 on page 20 again and find all the examples of *and*, *but* and *or*.

Choose the correct words to complete the

Choose the correct words to complete the sentences.

- 1 We don't get chocolate or crisps *or / but* at school.
- 2 I walk to school but my brother *but / or* gets the bus.
- 3 I eat lots of fruit and drink lots *and / or* of water.
- 4 I like staying up late but I can't *but / and* do that during the week.
- 5 I don't like carrots or tomatoes. *or / but*

PLAN Make notes about what you do and eat on a typical school day.

WRITE Write a paragraph about it. Look at your notes and the reading texts for ideas. Use *and*, *but* and *or* in your paragraph.

REVIEW In pairs, read your own text and your partner's. Check for mistakes. Give your partner two ideas to make their text better.

Goodbye