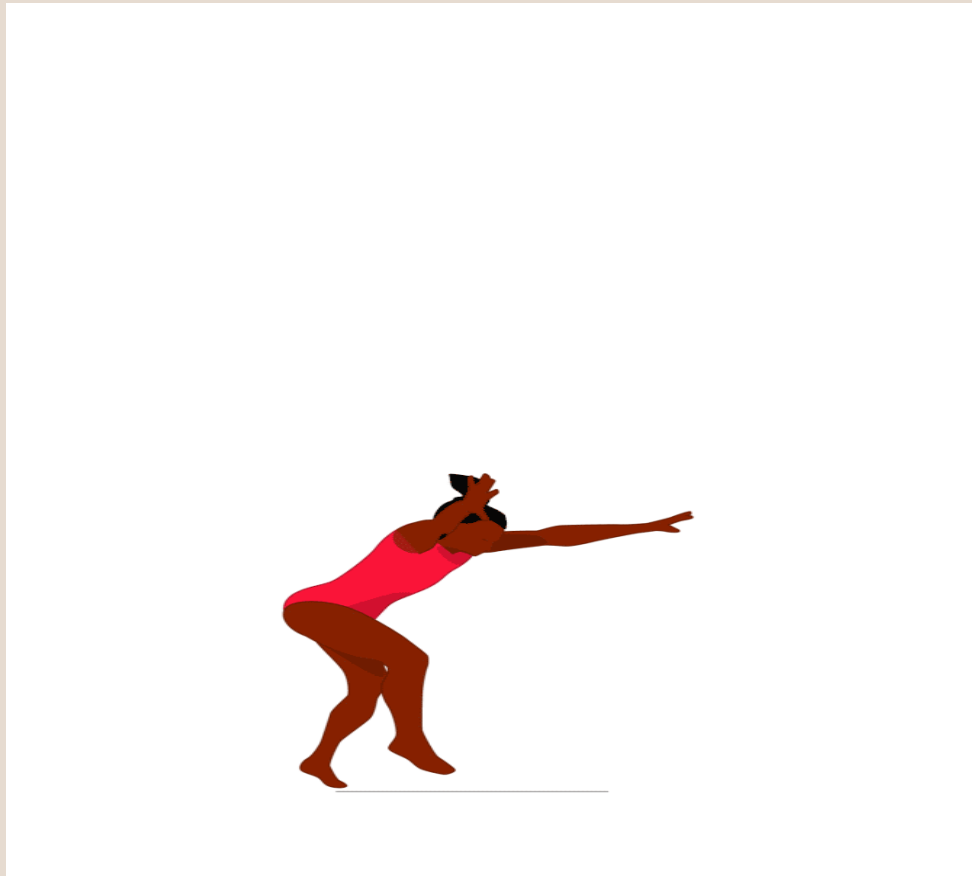




Do athletics



Do gymnastics



Go cycling



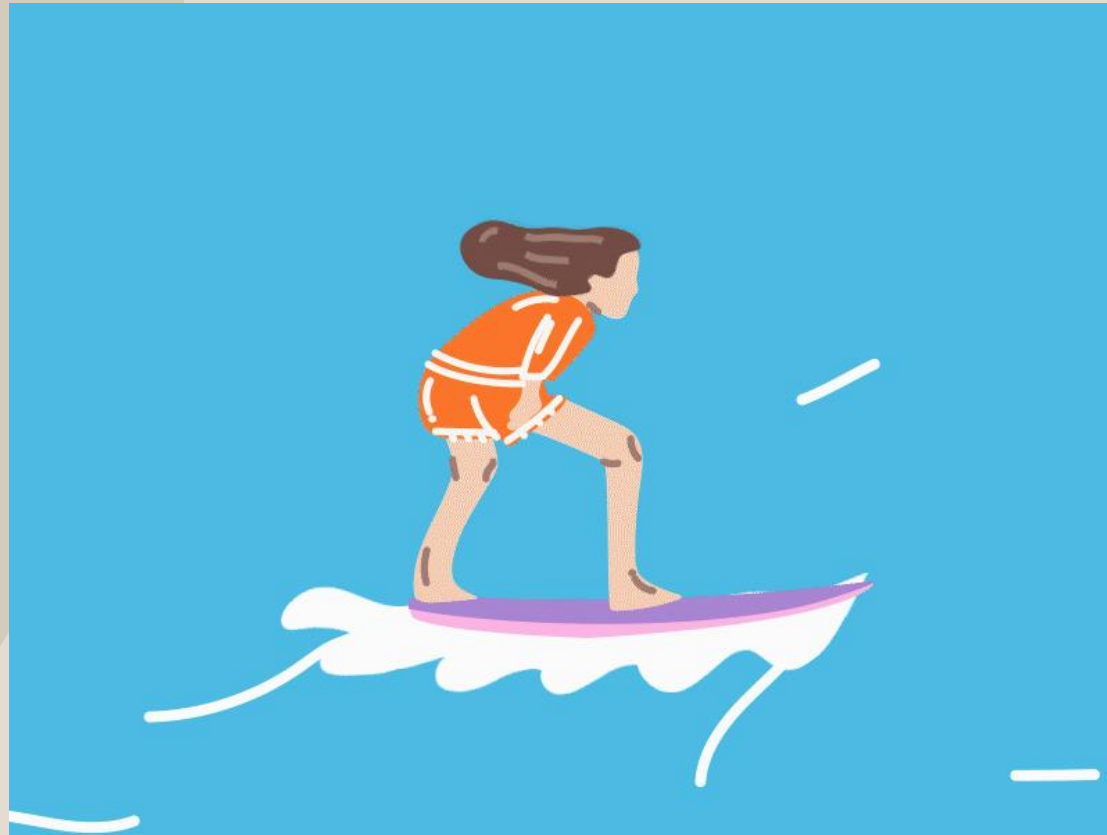
**Go sailing**



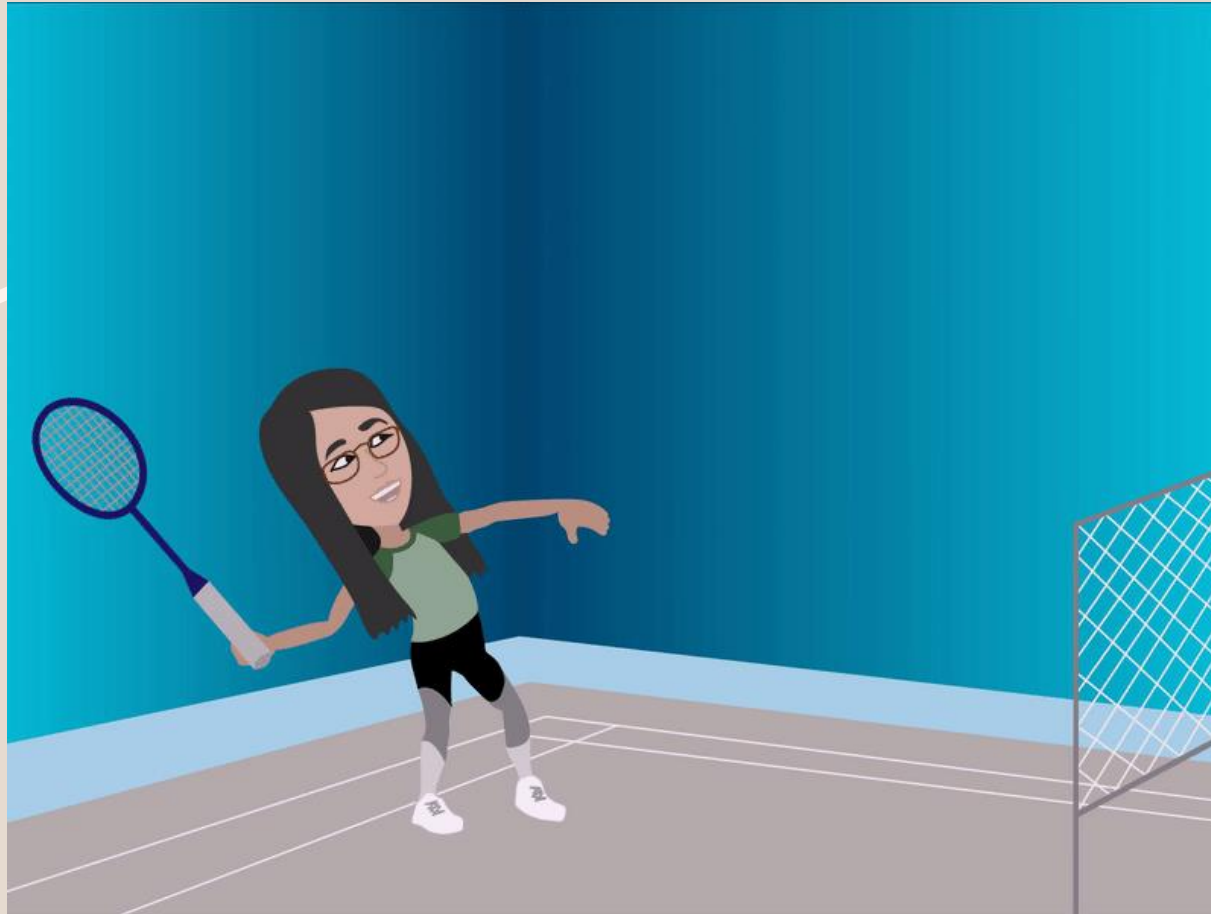
Go skating



Go snowboarding



**Go surfing**

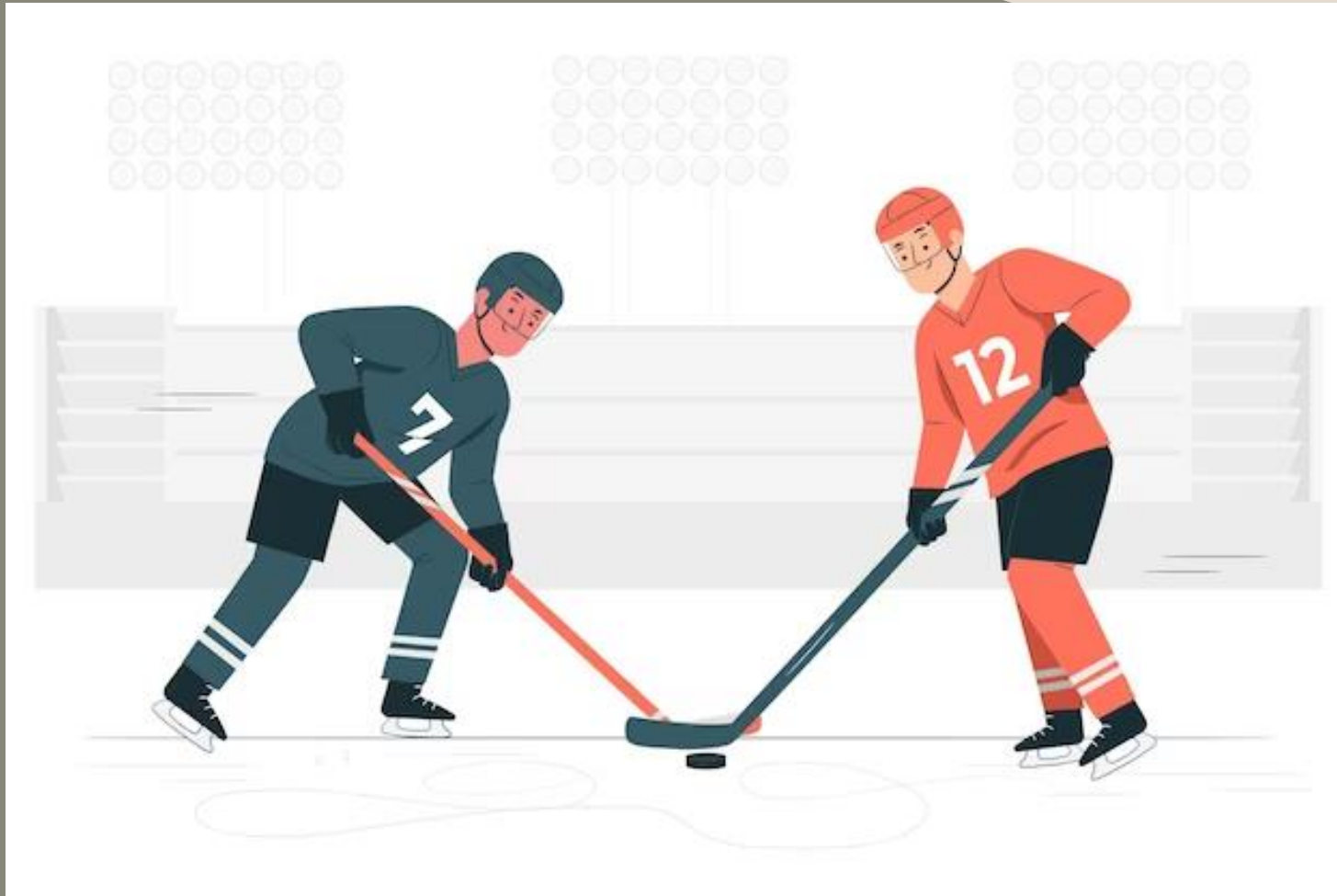


Play badminton

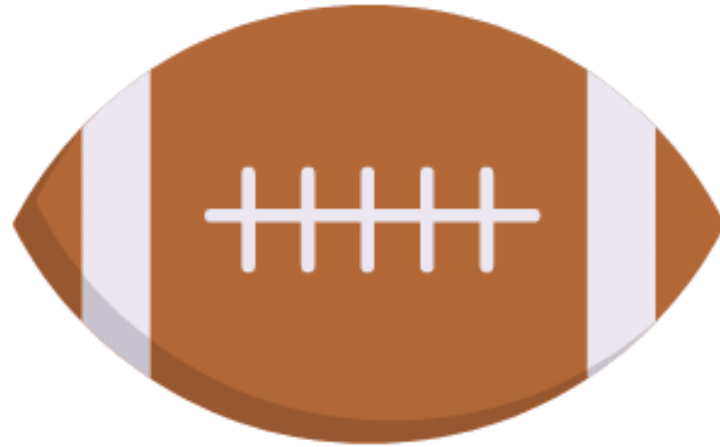




Play baseball



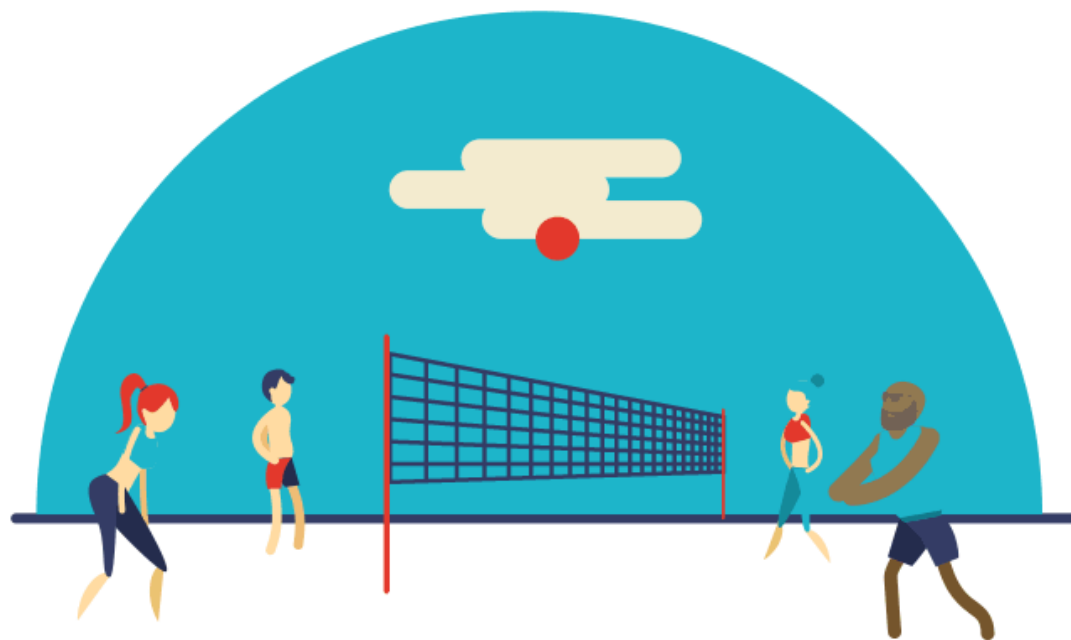
Play hockey



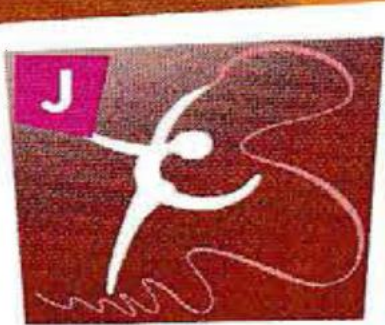
**Play rugby**



Play table tennis



Play volleyball



**NG**

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



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



Listen and check. Then repeat.

**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?



# 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


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



# 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**

**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 18000 women and girls do Sophie's sport.**

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

**3-she wants to go to the rugby summer camp.**

**4-He loves the snow and mountain.**

**5-Because He lives in a city and there is no snow there.**

**6-It means he puts his right foot at the front of the board.**

We use the present simple to talk about things we do often or every day.  
*I go snowboarding every day.*

- 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.

0% ————— 100%

a — **never** — b — **Sometimes** — c — **Often** — d — **Usually** — e — **always**

- 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*?

- 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.

## 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*?

## 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*.

➤ **GRAMMAR REFERENCE AND PRACTICE PAGE 138**

**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-Sophies 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.

6-Is gymnastics **sometimes** dangerous?

7-Do you **often** go cycling?

**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 /

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

2- we **never** do athletics on Mondays.

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

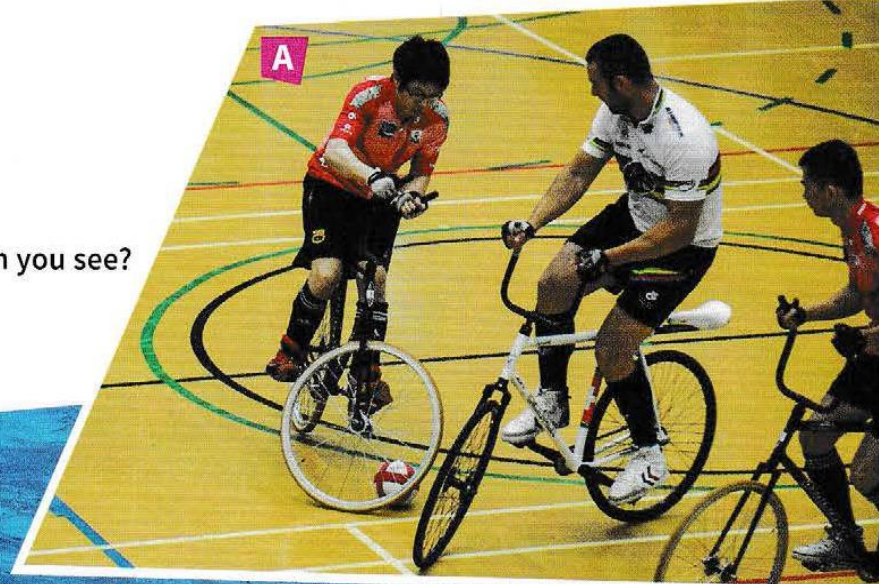
4- students don't **often** play at school.

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



## 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.



11

# 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.



# Right or Wrong?

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

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

EP



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  
 gilli-danda   hockey   octopush  
 rugby   running   sailing   skating  
 snowboarding   surfing   swimming  
 table tennis   tennis   volleyball



Use a stick,  
a racket or a bat



Use a ball



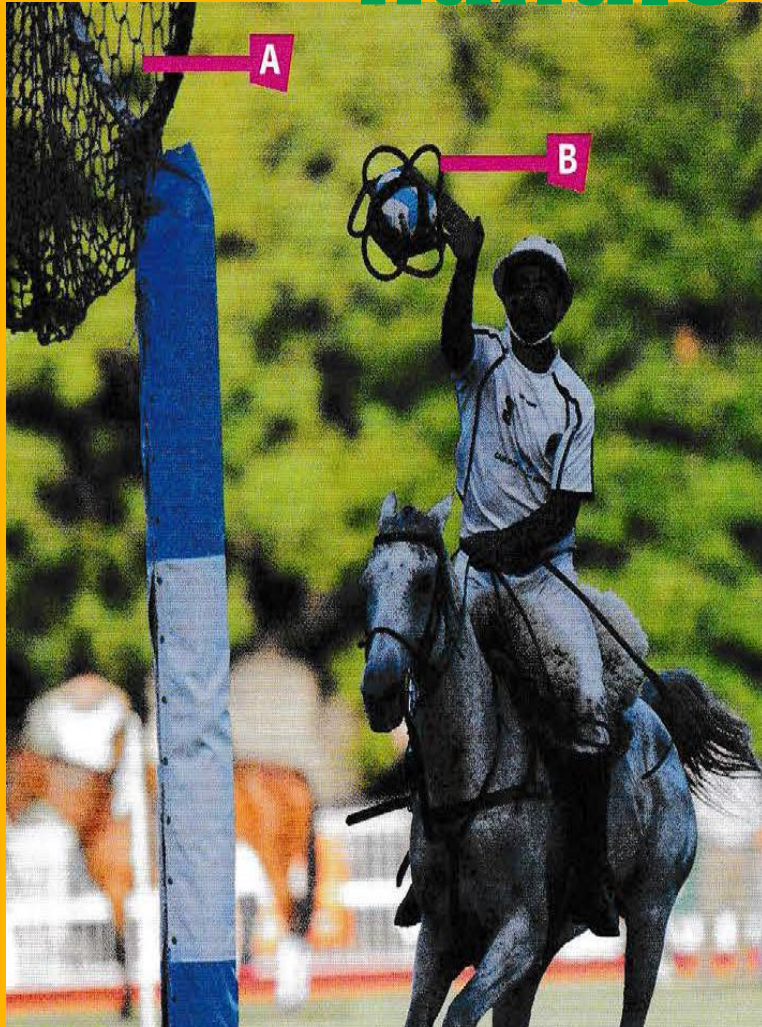
Use a board

Badminton  
 Baseball  
 Gilli-danda  
 octopush  
 rugby  
 Table tennis  
 Tennis

basketball  
 cycleball  
 football  
 hockey  
 volleyball

snowboarding

# Handle



# Net

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

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.



# Work book unit 1 (answer key)

# VOCABULARY

## Sports

1 Match the words in the box to the photos.

athletics  
sailing

badminton  
skating

baseball  
snowboarding

cycling  
surfing

gymnastics  
table tennis

hockey  
volleyball

rugby



0 rugby



1 Volleyball



2 skating



3 badminton



4 Hockey



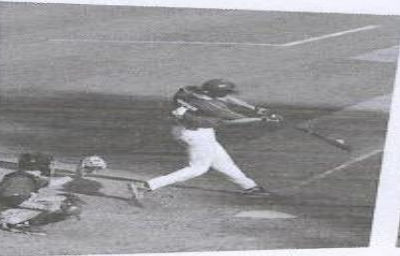
5 snowboarding



6 cycling



7 gymnastics



8 Baseball



9 table tennis



10 athletics



11 sailing



12 surfing

Baseball table tennis athletics sailing surfing

## 2 Complete the table with the sports in Exercise 1.

play	go	do
<b>Volleyball</b>	<b>skating</b>	<b>athletics</b>
<b>Rugby</b>	<b>snowboarding</b>	<b>gymnastics</b>
<b>Badminton</b>	<b>cycling</b>	
<b>Hockey</b>	<b>sailing</b>	
<b>Baseball</b>	<b>surfing</b>	
<b>Table tennis</b>		



**3** Choose the correct verbs to complete the sentences.

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

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

always   never   often   sometimes   usually

0%

100%

1

**Never**

2

**sometimes**

3

**often**

4

**usually**

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)

**My sister usually goes cycling with my dad.**

2 I play rugby with my friends. (never)

**I never play rugby with my friends.**

3 Snowboarding is dangerous. (sometimes)

**Snowboarding is sometimes dangerous.**

4 My friends do gymnastics after school. (often)

**My friends often do gymnastics after school.**

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

**My grandparents always play table tennis on Sundays.**

**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 / ?

**Do you usually go cycling in the city?**

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

**Do your parents often play badminton?**

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

**How often do you go snowboarding?**


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

**Do your friends sometimes play rugby at school?**

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

**Do you always go sailing in the summer?**

## 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.

I always go swimming on Sunday.

2 I often am tired in the evening.

I am often tired in the evening.

3 People go sometimes cycling with their friends.

People sometimes go cycling with their friends.

4 At the weekend, usually I do sports.

I usually do sports at the weekend.

5 In the holidays, we go sometimes sailing.

We sometimes go sailing in holidays.

**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*.

**1** Read the text about Lola. How often does she do her favourite sport?

# Teenblog: Sport

## It's hard work, but it's fun!

*Posted by Lola O'Shea*

At school, I do a lot of sports like rugby, badminton and hockey. I love football, but now I have a new favourite sport – underwater football! Do you know it? It's like football, but you play it in a swimming pool. There are two teams. Each team has got 13 players, with five players in the water. The ball isn't a normal football; it's big and heavy. In normal football, players don't use their hands to hit the ball, but in underwater football, they can use their head, hands or feet to do this. Players try to hit the ball into the other team's goal. The winning team is the team with the most goals at the end of the game.

I don't play underwater football at school, but I'm in a team at a club. We usually play every week, on Saturday. Underwater football is an exciting sport but it's hard work. I love it because I like football and I like swimming, too. It's really fun!





## 2 Read the text again and choose the correct answers.

- 1 What sports does Lola do at school?  
**A** rugby, badminton and underwater football  
**B** rugby, badminton and hockey  
**C** rugby, badminton and swimming
- 2 How is underwater football different to normal football?  
**A** There are three teams.  
**B** The players use a racket to hit the ball.  
**C** You play it in a swimming pool.
- 3 How do you win a game?  
**A** You swim to the other team's goal.  
**B** You score goals.  
**C** You hit the ball.
- 4 Why does Lola like underwater football?  
**A** because it's exciting and fun  
**B** because she's in a team  
**C** because it's hard work

3

Listen again and complete Andrea's diary.

### Friday

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

### Saturday

- 2 cycle - get up
- have breakfast
- 3 play tennis all day

### Sunday

- 6.00 am - get up
- morning - 4 Do my homework
- afternoon - 5 play tennis

# My favourite sport

by Lydia

My favorite sport is basketball. Does you know it? There are two teams with five people in a team. You need a basketball and two baskets to play it. Players throw the ball in the net to score points. The team with the most points wins. I sometimes 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.

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