

Unit 1: Free time

1

Language

Sports and exercise

Match each sport from the box with the correct clue (1-8).

yoga ■ hockey ■ karate ■ running ■ skiing ■ swimming ■ tennis ■ volleyball

Guess which sport I do!

- 1 I wear comfortable clothes and carry a small mat to every class. _____
- 2 It doesn't take me long to reach the bottom of a hill! _____
- 3 We play with sticks and try to hit the ball into a net. _____
- 4 We play with racquets and try to hit the ball over a net. _____
- 5 We do this in pairs. We usually wear white clothes and a dark belt. _____
- 6 We go around a track as fast as possible. _____
- 7 We play in teams and hit a large ball over a net with our hands. _____
- 8 I do this two or three times a week at an outdoor pool. _____

2

Language

Sports and exercise

Are the underlined verbs correct? If not, write the correct verb in the spaces provided. Make a ✓ in the space if the line is correct.

- 1 People say it's really healthy and relaxing to play yoga. _____
- 2 After my classes, I usually do running for about an hour. _____
- 3 Paul plays karate at a 'dojo', or training hall, near his house. _____
- 4 At school, we had to do hockey. I hated it! _____
- 5 I play tennis when I can – usually in the evenings after work. _____
- 6 Last winter, my family and I did skiing in the Rocky Mountains. _____
- 7 I played volleyball when I was younger and was quite good at it. _____
- 8 Would you like to do swimming with us tonight? _____

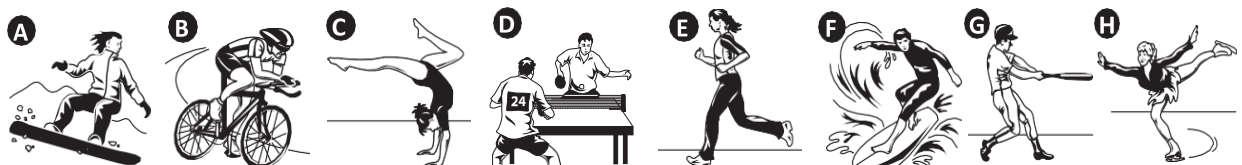
3

Language

Sports and exercise

Match the pictures (A-H) with eight new sports (1-8).

1 gymnastics <input type="checkbox"/>	3 skating <input type="checkbox"/>	5 baseball <input type="checkbox"/>	7 surfing <input type="checkbox"/>
2 jogging <input type="checkbox"/>	4 cycling <input type="checkbox"/>	6 snowboarding <input type="checkbox"/>	8 table tennis <input type="checkbox"/>



4

Language

Sports and exercise

Complete each fact with the name of the sport from exercise 3.

TEST YOUR KNOWLEDGE: Sports facts

- 1 In the United States, _____ is called the 'national pastime', or national sport.
- 2 Nadia Comaneci of Romania was the first person in Olympic history to score a perfect 10.0 in _____.
- 3 The sport _____ was first called 'snurfing', which is a combination of 'snow' and 'surfing.'
- 4 _____ is good for fitness and weight loss. It can burn 500 calories in one hour – but you need good shoes.
- 5 _____ started 5000 years ago in Finland. The people tied animal bones to their feet to help them speed across ice.
- 6 In ordinary _____, the average speed for a short ride is about 25 km/h. In the Tour de France, the average speed is about 40 km/h – but it lasts three weeks!
- 7 _____ is one of the most popular sports in China. Its official name there is 'Ping Pong'.
- 8 _____ was invented in the Pacific Islands about 3000 years ago. It is thought that fishermen used this method to bring their fish home quickly.

5

Language

Personality and relationships

a How many words or expressions can you think of:

- 1 connected with music? *jazz, instrument ...*
- 2 for sports and exercise? *yoga, biathlons ...*

b Listen to eight instructions. Write down your answers – but don't write them in order.

c Look at each other's answers. Can you guess what they mean?

Example: A: *Wrestling ... Do you like watching wrestling on TV?*

B: *No, I hate it!*

6

Language

Present simple, past simple, present progressive

Circle the correct form of the verb.

- 1 I'm sorry, but Fran's not here at the moment. She plays / 's playing tennis with Lisa.
- 2 Melissa and Joanna move / moved into their new house last week.
- 3 It isn't raining / doesn't rain – you don't need an umbrella.
- 4 Peter goes to see his parents every Sunday, and he usually takes / is taking them out for lunch.
- 5 I 'm learning / learned to swim when I was at primary school, but I was never very good.
- 6 I live in London, but I stay / 'm staying with a friend in Oxford this week because I'm on holiday.
- 7 Do you listen / Are you listening to music while you study?

7 Language

Present simple, past simple, present progressive

Complete the questions with the correct form of *do* and the words in brackets.

- 1 Where _____ Tina _____ before she bought this flat? (live)
- 2 Why _____ Simon _____ to work yesterday? Was he ill? (not / go)
- 3 What kind of company _____ Steve _____ for now? (work)
- 4 How often _____ you _____ your grandparents these days? (see)
- 5 Why _____ you _____ meat? Are you a vegetarian? (not / eat)

8 Language

Present simple, past simple, present progressive

Complete the questions with the correct form of *do* and the words in brackets.

- 1 Turn the TV off if you want to. I _____ (not / watch) it.
- 2 It _____ (take) me 25 minutes to get to school.
How long _____ (it / take) you?
- 3 Who is that boy? Why _____ (he / look) at you?
- 4 Jack _____ down the stairs this morning
and _____ his leg. (fall, hurt)
- 5 Water _____ (boil) at 100 degrees Celsius.
- 6 A: Where _____ yesterday? (you / go)
B: We _____ to that new pub. (go)
- 7 I was in a hurry, so I _____ (not / have) time to phone you.

9 Language

Preferences and habits

Circle the correct option to complete the sentences.

- 1 Hanna wants to go to Scandinavia, but I 'd prefer / 'd rather to go somewhere hot, like Turkey or Greece.
- 2 I cycle 50 km once or twice a week / generally.
- 3 Josie doesn't mind / prefer the idea of having a barbecue, but the others aren't so keen.
- 4 I generally / tend have a shower before I have breakfast.
- 5 I like vegetarian food, but my friends had / would rather eat meat.
- 6 I tend / normally to wake up early on Sundays. Around six o'clock.
- 7 Everyone else wants to stay in a hotel, but I 'd much prefer / 'd much rather go camping.

Key

1

Language

Sports and exercise

- | | |
|---|------------|
| 1 I wear comfortable clothes and carry a small mat to every class. | yoga |
| 2 It doesn't take me long to reach the bottom of a hill! | skiing |
| 3 We play with sticks and try to hit the ball into a net. | hockey |
| 4 We play with racquets and try to hit the ball over a net. | tennis |
| 5 We do this in pairs. We usually wear white clothes and a dark belt. | karate |
| 6 We go around a track as fast as possible. | running |
| 7 We play in teams and hit a large ball over a net with our hands. | volleyball |
| 8 I do this two or three times a week at an outdoor pool. | swimming |

2

Language

Sports and exercise

- | | |
|---|------|
| 1 People say it's really healthy and relaxing to <u>play</u> yoga. | do |
| 2 After my classes, I usually <u>do</u> running for about an hour. | go |
| 3 Paul <u>plays</u> karate at a 'dojo', or training hall, near his house. | does |
| 4 At school, we had to <u>do</u> hockey. I hated it! | play |
| 5 I <u>play</u> tennis when I can – usually in the evenings after work. | ✓ |
| 6 Last winter, my family and I <u>did</u> skiing in the Rocky Mountains. | went |
| 7 I <u>played</u> volleyball when I was younger and was quite good at it. | ✓ |
| 8 Would you like to <u>do</u> swimming with us tonight? | go |

3

Language

Sports and exercise

1 gymnastics C	3 skating H	5 baseball G	7 surfing F
2 jogging E	4 cycling B	6 snowboarding A	8 table tennis D

4

Language

Sports and exercise

TEST YOUR KNOWLEDGE: Sports facts

- In the United States, **baseball** is called the 'national pastime', or national sport.
- Nadia Comaneci of Romania was the first person in Olympic history to score a perfect 10.0 in **gymnastics**.
- The sport **snowboarding** was first called 'snurfing', which is a combination of 'snow' and 'surfing.'
- Jogging** is good for fitness and weight loss. It can burn 500 calories in one hour – but you need good shoes.
- Skating** started 5000 years ago in Finland. The people tied animal bones to their feet to help them speed across ice.
- In ordinary **cycling**, the average speed for a short ride is about 25 km/h. In the Tour de France, the average speed is about 40 km/h – but it lasts three weeks!
- Table tennis** is one of the most popular sports in China. Its official name there is 'Ping Pong'.
- Surfing** was invented in the Pacific Islands about 3000 years ago. It is thought that fishermen used this method to bring their fish home quickly.

6 Language

Present simple, past simple, present progressive

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- 6 I live in London, but I stay / 'm staying with a friend in Oxford this week because I'm on holiday.
- 7 Do you listen / Are you listening to music while you study?

7 Language

Present simple, past simple, present progressive

- 1 Where **did** Tina **live** before she bought this flat?
- 2 Why **didn't** Simon **go** to work yesterday? Was he ill?
- 3 What kind of company **is** Steve **working** for now?
- 4 How often **do** you **see** your grandparents these days?
- 5 Why **don't** you **eat** meat? Are you a vegetarian?

8 Language

Present simple, past simple, present progressive

- 1 Turn the TV off if you want to. I'm **not watching** it.
- 2 It **takes** me 25 minutes to get to school. How long **does it take** you?
- 3 Who is that boy? Why **is he looking** at you?
- 4 Jack **fell** down the stairs this morning and **hurt** his leg.
- 5 Water **boils** at 100 degrees Celsius.
- 6 A: Where **did you go** yesterday? B: We **went** to that new pub.
- 7 I was in a hurry, so I **didn't have** time to phone you.

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