

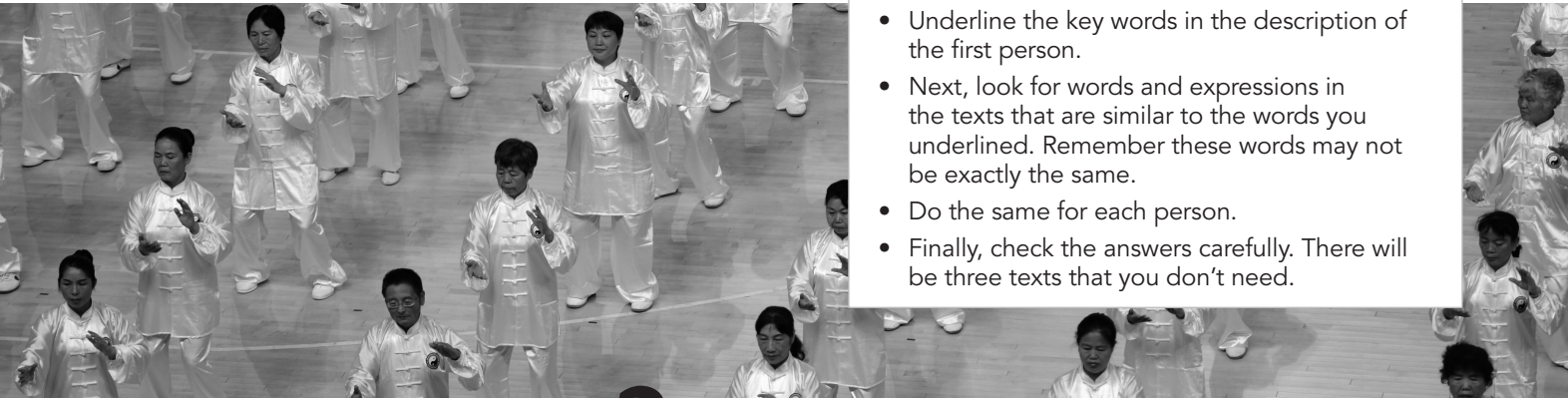
## Reading identifying the key points; matching people to texts

1 Read the Exam Reminder. Do you need to match all of the texts to a description?

### Exam REMINDER

#### Identifying the key points

- Remember to look for the most important points for each of the five people.
- Underline the key words in the description of the first person.
- Next, look for words and expressions in the texts that are similar to the words you underlined. Remember these words may not be exactly the same.
- Do the same for each person.
- Finally, check the answers carefully. There will be three texts that you don't need.



## A new you?

*Do you want to try something different from the usual game of football or tennis? Here are eight unusual but cool sports that you might like to try.*

### A Bandy

- 1 Do you fancy playing bandy? It's a mix between ice hockey, field hockey and football. It's popular in Russia and Scandinavia. You play outdoors on ice and there are eleven players in each team. You try to hit a small round ball into a small goal with a stick. If you like football, you'll love bandy because the rules are exactly the same.

### B Lacrosse

- 10 If you want to play lacrosse, you'll need a field, some special sticks with nets, gloves, a helmet and a few good friends. Lacrosse is a great team sport and there are different types. In some, you can have contact with another player but, in others, only the sticks can be in contact with each other. You can play either of these indoors or outdoors depending on the weather.

### C White water canoeing

- 20 This is a great sport for a person who loves to be alone with nature and is looking for some real adventure. Most people know white water rafting, but that's for groups. Here it's just you, your strength, your skill and some really fast water. You'll need a swimming costume, life jacket and a really good helmet.

### D Climbing

Climbing is a good way to really escape from everything ... and everyone. Climbing is a special skill and if you practise on an indoor rock face you'll soon

be ready to try something more difficult. When you're up by yourself at 3,000 m with blue skies all around it's the best feeling in the world!

### E Sepak Takraw

- There's a big net and two teams, one on each side. If you've played volleyball, this might sound familiar. Well, in this sport you don't score points with your hands and arms but just your feet, so you need good football skills. There are five players on each side and it's the perfect winter sport for anyone who likes doing indoor activities and meeting new people.

### F Cross-training

- Want to try a bit of everything? Cross-training is perfect for anybody who gets bored just doing one sport all the time. In cross-training you can choose a fitness programme that's perfect for you. For example, do fifteen minutes on the track then a fast bike ride. The important thing is that you do lots of different activities in a thirty-minute or one-hour workout.

### G Walking basketball

If the gym isn't for you or you can't run fast, try walking basketball. You just walk with the ball and pass it to someone in the team or try to score a basket in the usual way. It's great for older people who want to keep active and meet others.

### H Tai Chi

- 20 This is a bit like karate, but it teaches you how to defend yourself rather than attack. It's good for people who have a lot of stress in their lives as our instructors will show you how to really relax. We meet in the gym on Saturdays and Sundays and you'll have the chance to practise with a small group of friendly people.

# Vocabulary 1






sports and sports equipment; finding the wrong options; multiple-choice cloze

## 2 Read and complete the Exam Task.

### Exam TASK

#### Matching people to texts

These people all want to try a new sport. Read the descriptions of eight sports. Decide which sport / activity would be the most suitable for the people below.

-  Maggie is 50 and has always loved athletics, but she recently injured her knee, so needs a new activity where she doesn't have to run too much. She would also like to make some new friends. \_\_\_\_\_
-  Lori is 17 and a very active person. She already does a number of water sports like water-skiing and paddleboarding and is an excellent swimmer. She has a real sense of adventure and loves exciting sports activities. \_\_\_\_\_
-  Matt is 20. He lives in the mountains and does a lot of ice-skating competitions in the winter. As he spends a lot of time indoors training by himself for these, he would like to do an open-air team activity. \_\_\_\_\_
-  Philippe is 25 and loves to go to the mountains at the weekend. He likes walking there, but generally prefers adventure sports. His job is stressful and he also wants something to do by himself after work. \_\_\_\_\_
-  Suela is 35 and loves team sports. She used to play women's football. She stopped because she didn't like training in the cold in winter. She wants to keep a good level of fitness and to make some new friends if possible. \_\_\_\_\_

## 1 Choose the correct option to complete the sentences.

- I love to *go / do* swimming early in the morning.
- Shall we *do / play* tennis in the afternoon?
- My sister *does / goes* athletics every weekend.
- My friend and I *go / do* running every evening.
- I *play / do* judo with a teacher every week.
- I never learned to *play / do* basketball at school.
- My parents *do / go* yoga most evenings.

## 2 Read the Exam Reminder. What do you need to do with the options?

### Exam REMINDER

#### Finding the wrong options

- Get a general idea of the meaning by quickly reading the text.
- Read it again and stop at each gap. Look at the four options. Try to find words that clearly don't go in the gap and cross them out.
- When you've finished, go back and check all your answers one final time.

## 3 Read and complete the Exam Task.

### Exam TASK

#### Multiple-choice cloze

For each question, choose the correct answer A, B, C or D.

Did you know that when people began playing football there were several hundred <sup>1</sup> \_\_\_\_\_ on each side and no <sup>2</sup> \_\_\_\_\_ in which to score? There were just lots of jackets that people put on the ground!

Nearly all sports started out in the streets because there were no <sup>3</sup> \_\_\_\_\_ places to play sports.

When people first played tennis in 1526 CE they used to throw the ball and not use a <sup>4</sup> \_\_\_\_\_ like now. And in the early Olympics, <sup>5</sup> \_\_\_\_\_ didn't run on expensive <sup>6</sup> \_\_\_\_\_ like they do today. They just ran across ordinary ground.

- A** riders **B** players **C** matches **D** goals
- A** courts **B** tracks **C** goal posts **D** baskets
- A** inside **B** interior **C** internal **D** indoor
- A** racket **B** bat **C** stick **D** goal
- A** players **B** riders **C** athletes **D** individual
- A** courts **B** tracks **C** pitches **D** games

# Grammar 1 zero and first conditional; unless

## 1 Choose the correct option to complete the sentences.

- If you *train / will train* hard, you might win the competition.
- If the court *is / will be* wet, we'll play tennis indoors.
- I *call / 'll call* you if I decide to go swimming.
- If you *are / will be* late, we might miss the train.
- If you leave for the stadium now, there *might not / isn't* be too much traffic.
- If I have time, I *go / 'll go* to the gym later.
- I *leave / 'll leave* as soon as Deepak arrives.
- When I eat ice cream, I *will get / get* a headache.

## 2 Complete the sentences with the correct form of the verb in brackets.

- If you \_\_\_\_\_ (train) really hard, you \_\_\_\_\_ (run) faster than Eddie.
- If the ball \_\_\_\_\_ (bounce) twice in tennis, you \_\_\_\_\_ (lose) the point.
- We might have to play indoors if the weather \_\_\_\_\_ (not / get) better.
- When we \_\_\_\_\_ (score) a goal, we always \_\_\_\_\_ (celebrate).
- If it \_\_\_\_\_ (not / rain) later, I \_\_\_\_\_ (go) running.
- If you \_\_\_\_\_ (break) this racket, I \_\_\_\_\_ (not / buy) you another one!
- You \_\_\_\_\_ (feel) better if you \_\_\_\_\_ (not eat) junk food.
- You \_\_\_\_\_ (damage) your racket if you \_\_\_\_\_ (hold) it like that.

## 3 Read the pairs of sentences. Do they mean the same (S) or something different (D)?

- a You can't come in unless you pay €5.

b You can come in if you pay €5. \_\_\_\_\_
- a We'll go home unless it stops raining soon.

b If it stops raining soon, we'll go home. \_\_\_\_\_
- a Unless I find a comfortable pair of shoes, I won't go running.

b I'll go running if I find a comfortable pair of shoes. \_\_\_\_\_

# Listening checking spelling; gap fill

## 1 Read the Exam Reminder. What kind of words does the speaker usually spell?

### Exam REMINDER

#### Checking spelling

- Don't forget to read the task before you listen.
- Think about possible words in the gaps. For example, if the sentence is, 'The World Fun Race started in \_\_\_\_\_' you'll probably need to write a year, e.g. 2005.
- In the listening, speakers will normally spell one or two important words such as people's names. You need to listen carefully and get these names exactly right.
- If they spell a word for you, pay particular attention to double letters. For example, Phillip will be P-H-I-double L-I-P.

## 2 **6.1** Listen and complete the Exam Task.

### Exam TASK

#### Gap fill

You will listen to information about a race in Patagonia. Listen and write the correct information for each question. You need to write a short answer (one, two or three words), a date, a number or a time.

#### Patagonian Expedition Race

Race created by Stjepan	1 _____ .
First race in February	2 _____ .
Teams come from	3 _____ .
Race goes through forest.	4 _____
Shortest race:	5 _____ kilometres in 2004.
Longest race:	1,112 kilometres in 2007.
Goals of race:	<ul style="list-style-type: none"> <li>organise exciting competition</li> <li>6 _____ in the area</li> </ul>

# Vocabulary 2

sports clothes; verb + noun collocations; word building

## 1 Complete the sentences with these words.

gloves    helmet    ice skates  
swimming costume    tracksuit    trainers

- If you have a good quality \_\_\_\_\_, you can use it to train in the pool for a few years.
- Footballers normally wear a \_\_\_\_\_ when they're warming up before a game.
- People who go cycling and skiing need to wear a \_\_\_\_\_ to protect their head if they fall.
- If you go to the gym, you can't wear your regular outdoor shoes. You have to wear a clean pair of \_\_\_\_\_.
- There's a frozen river in the city centre in winter, so we often take our \_\_\_\_\_ and enjoy ourselves for a few hours.
- If you go jogging early in the morning in winter, remember to take some \_\_\_\_\_ in case your hands get cold.

## 2 Complete the sentences with the correct form of these expressions.

do a workout    enter a competition    hit a ball  
join a club    practise a skill    ride a horse  
sail a boat    score a goal

- I've just \_\_\_\_\_ where a friend of mine is already a member.
- It took me a long time to learn to \_\_\_\_\_ because I was afraid of falling off.
- We \_\_\_\_\_ in the last minute and won the match.
- If you want to \_\_\_\_\_ in the sea, you need to do a course and get a licence.
- My ice-skating teacher always makes me \_\_\_\_\_ that I will need in the next competition.
- When you play cricket and baseball, you have to \_\_\_\_\_ as far as possible and then run.
- This evening I'm going to \_\_\_\_\_ that I found online. If you want to join me, bring your tracksuit and trainers.
- After six months of practising table tennis at home I finally decided to \_\_\_\_\_ in May.

## 3 Complete the blog with these words.

competitively    competitors    dangerous  
fit    fitness    gloves    professional  
strength    strengthen    tracksuit    trainers



## Interested in starting running? Want to become a better athlete? Here are my top tips for new runners.

**Tip 1** For any athlete, a good level of <sup>1</sup> \_\_\_\_\_ is essential. If you want to run a 10 km race but have never run before, it'll take you at least six months before you can do that <sup>2</sup> \_\_\_\_\_. You'll need to increase the <sup>3</sup> \_\_\_\_\_ of the muscles in your legs over many months. It's important to <sup>4</sup> \_\_\_\_\_ the muscles in your back too.

**Tip 2** Have the right equipment. A comfortable <sup>5</sup> \_\_\_\_\_ is great, especially in winter, but you definitely shouldn't use the <sup>6</sup> \_\_\_\_\_ you wear to school every day. You need proper running shoes ... and they're expensive! A pair of <sup>7</sup> \_\_\_\_\_ is also really useful to stop your hands from freezing in winter!

**Tip 3** It's <sup>8</sup> \_\_\_\_\_ to start running without warming up. Look at the <sup>9</sup> \_\_\_\_\_ before any big race. They all do some gentle warm-up exercises before they start. Follow these basic tips and you'll soon start to feel really <sup>10</sup> \_\_\_\_\_ and be able to run just like a <sup>11</sup> \_\_\_\_\_.



# Grammar 2 second conditional

## 1 Choose the correct option to complete the sentences.

- 1 If I *were* / *would be* you, I'd join a local diving club.
- 2 If I *know* / *knew* the answer to your question, I'd tell you.
- 3 If the weather *is* / *was* better, we could go out.
- 4 I'm sure the teacher would help you with that exercise if you *ask* / *asked* her.
- 5 If you *study* / *studied* a bit harder, you could do better in tests.
- 6 If you *get* / *got* up a bit earlier, you wouldn't be late for school all the time.

## 2 Complete the sentences with the correct form of these verbs.

buy   do   have   not be able  
not help   wear

- 1 I \_\_\_\_\_ a new tracksuit if I were you. That one's getting really old.
- 2 If he \_\_\_\_\_ more time, my brother would join a swimming club.
- 3 If there wasn't such a good sports centre, I \_\_\_\_\_ to play so regularly.
- 4 If they \_\_\_\_\_ a proper workout every morning, they'd get really fit.
- 5 If you \_\_\_\_\_ gloves when you ran, your hands wouldn't get so cold.
- 6 If you said that to them, it \_\_\_\_\_ the situation at all.

## 3 Rewrite the sentences using the second conditional.

- 1 I don't like swimming, so I don't go to the pool very often.  
\_\_\_\_\_
- 2 My sister doesn't train hard, so she doesn't get into the school team.  
\_\_\_\_\_
- 3 The rider is not very good, so his horse won't win the race.  
\_\_\_\_\_
- 4 My brother doesn't study, so he doesn't get good results.  
\_\_\_\_\_
- 5 We don't concentrate during matches, so we don't score many points.  
\_\_\_\_\_
- 6 We don't do any workouts, so we're not fit.  
\_\_\_\_\_

## 4 Complete the conversation with the correct form of the verbs in brackets.

- Emilio:** Hi Rosa, it looks like you've enjoyed your run. Are you training for something?
- Rosa:** Hi Emilio. Yes, I've got a competition soon. If I <sup>1</sup> \_\_\_\_\_ (have) a bit more time, I could prepare for it properly. I haven't got a coach at the moment and that's a problem too.
- Emilio:** If I <sup>2</sup> \_\_\_\_\_ (be) you, I'd try to find one. If you <sup>3</sup> \_\_\_\_\_ (find) someone to train with, it'd be much easier for you.
- Rosa:** I know, but I'm afraid that a coach <sup>4</sup> \_\_\_\_\_ (not / be) pleased if I didn't spend every evening on the track. You know I've got lots of school work to do as well.
- Emilio:** That's true. <sup>5</sup> \_\_\_\_\_ (you / prefer) it if we did some running together?
- Rosa:** Of course, I'd love it if you <sup>6</sup> \_\_\_\_\_ (can) find the time. Thanks, Emilio.



# Writing

giving reasons and examples; organising your essay; writing an opinion essay

## Learning REMINDER

### Giving reasons and examples

- Think carefully about how you are going to answer before you begin an opinion essay.
- Make a plan before you begin. Think of some opinions on the topic, write them down and then write one or two reasons to support the opinion.
- Remember to use these expressions to introduce your opinions and give your reasons:

*I believe that ... because ...*

*I think that ... as*

*For example, ...*

*One example of this is ...*

*A further example of this is ...*

- 1 Look at the following task and then read the example essay. How many main points does the writer use to support the opinion they give at the beginning?

Do you think sport is important for people of all ages, not just the young? Explain why / why not.

I believe that sport is important for people of all ages, not just young people. First, sport keeps people active and this is more important for older people who have greater health problems. Moreover, if they don't do any sport, they might just sit and watch TV all day.

In my opinion, sport also helps people use their brains. One example of this is tennis. You have to make quick decisions and think carefully where to hit the ball.

In addition, sport is a social activity. Many elderly people say they are lonely. When you join a team, you can make friends. Furthermore, you can eat and chat together after a game.

To sum up, sport is good for everybody, but particularly for older people. In my view, we should encourage people of all ages to play sport.

- 2 Read the essay again. Tick (✓) the things that the writer mentions in the essay.

- 1 sport is quite a lonely activity \_\_\_\_\_
- 2 sport is good for your health \_\_\_\_\_
- 3 sport is not just physical but mental activity \_\_\_\_\_
- 4 you can meet new people by doing sport \_\_\_\_\_
- 5 sport is good for everybody \_\_\_\_\_
- 6 sport centres should be free for elderly people \_\_\_\_\_
- 7 sport is a social activity \_\_\_\_\_

- 3 Now find and underline expressions in the essay that ...

- 1 give the writer's opinion
- 2 give an example to support an opinion
- 3 add another point
- 4 conclude the writer's opinion

- 4 Read the Exam Reminder and complete the sentence.

In an opinion essay, you should include at least \_\_\_\_\_ reasons to support your opinion.

## Exam REMINDER

### Organising your essay

- When you give your opinion, try to think of a minimum of three reasons to support it.
- Explain the focus of your essay in the first paragraph and make your first point.
- Put the other points in separate paragraphs.
- Use the final paragraph to confirm your opinion.

- 5 Read and complete the Exam Task. Don't forget to use the Useful Language on page 75 of your Student's Book.

## Exam TASK

'There should be at least two or three lessons on sport and physical education every week in school'.

- Write an essay on whether you agree or disagree with the statement above.
- Give examples to support your opinion.

Write your essay in about 100 words.

