

Glossary

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6.1 go for it (phr) /gəʊ fɜ:r ɪt/ to try hard to achieve sth ● *If you want to climb Mount Olympus, join a hiking group and go for it!* ◆ sich trauen

Reading Pages 66-67

- 6.2 watersports (n pl) /'wɔːtəspɔːts/ sports that are done on or in water ● / love all watersports, especially water-skiing and diving. ♦ der Wassersport
- 6.3 indoor (adj) /'ındɔː(r)/ located or done inside a building ● *In winter,* we go swimming at an indoor swimming pool.
 > indoors (adv) ◆ Innen > Opp: outdoor
- 6.4 fit (adj) /fɪt/ strong and healthy because you take regular exercise ● Dad runs in the park three times a week, so he's very fit. > fitness (n)
 ☆ fitter/e/es S Opp: unfit
- 6.5 paddleboarding (n) /'pædlbɔ:dɪŋ/ a sport where you lie on a surfboard and use your arms or stand up and use a paddle to move forward ● Paddleboarding was fun, but I kept slipping off the board into the water.
 ❖ das Paddleboarden
- 6.6 combination (n) /kpmbi'nei∫n/ a mixture • Surfing needs a combination of balance and strength. > combine (v)
 ☆ die Kombination
- 6.7 surfing (n) /'sɜ:fɪŋ/

 a sport where you stand on a board and ride
 on waves Surfing is popular in places like
 Hawaii, where the waves are huge. > surf (v),
 surfer (n) ❖ das Surfen
- 6.8 rowing (n) /'rəʊɪŋ/
 a sport or activity of travelling in a boat using
 oars Rowing is great exercise, especially for
 your arms. ≻ row (v), rower (n) * das Rudern
- 6.9 lie (v) /laɪ/ to be in a position in which your body is flat on a surface ● *The surfer was lying on the board, and when a big wave came, he stood up and rode it.* ◆ liegen

6.10 kneel (v) /niːl/

to move into a position with your knees on the ground to support your body • *He knelt down beside a tree to take a photo of a bird's nest.* ***** knien

- 6.11 paddle (n) /'pædl/ a pole with a flat part at the end, used to push water to make a small boat move ● The motorboat's engine stopped so we used the paddles to row back to the shore.
 ♦ das Paddel
- 6.12 board (n) /bord/

a long thin piece of hard material used in sports like surfing

This board is used for surfing and it is made of expensive material.
das Brett

6.13 challenge (n) /ˈtʃælənʤ/

sth difficult that tests your ability ● Sailing across the Atlantic alone was an amazing challenge. ➤ challenge (v), challenging (adj) � die Herausforderung

- 6.14 scuba diving (n) /'sku:bə 'daɪvɪŋ/ swimming underwater using a container of air that you have on your back and a tube that you use to breathe the air in the container
 My greatest ambition is to go scuba diving in the Great Barrier Reef and see the corals, fish and other sea life there. ♦ das Gerätetauchen, das Sporttauchen
- 6.15 level (n) /'levl/ a particular standard; how much you know about a subject; how good you are at an activity ● I've been studying English for five years and my level is quite good. >> level (adj)
 ☆ das Niveau
- 6.16 including (prep) /ɪn'klu:dɪŋ/ having sth as part of a larger group or amount
 The child ate everything on her plate, including the spinach. ➤ include (v)
 ♦ einschließlich ♥ Opp: excluding
- 6.17 instructor (n) /ɪn'strʌktə/ a trainer; sb who teaches you a sport ● Dan is a swimming instructor and gives lessons to children every evening at the local pool.
 > instruct (v), instruction (n) ◆ der/die Lehrer/in
- 6.18 be in safe hands (phr) /bi: In self hændz/ to not be in danger ● You are in safe hands because the instructor has been giving skiing lessons for 20 years. ❖ in guten Händen sein

- 6.19 hire (v) /haīə(r)/ to rent for a short time ● You don't have to buy a boat when you go on holiday. You can hire one for as long as you want. ❖ mieten
- equipment (n) /r'kwɪpmənt/ things that are needed for an activity ● The equipment for sports like scuba diving is very expensive. > equip (v), equipped (adj)
 ☆ die Ausrüstung
- 6.21 belt (n) /belt/ a long narrow piece of leather or cloth that you wear around your waist ● He's good at judo; he has a black belt. ◆ der Gürtel
- 6.22 qualified (adj) /'kwplrfard/ having the correct training and/or experience to do a job ● Carmen took a course to become a qualified sailing instructor.
 > qualify (v), qualification (n)
 \$ qualifizierter/e/es
- 6.23 enter a competition (phr) /'entər ə ,kompə'tɪ∫n/ to put your name on the list for a competition *Are you going to enter the story-writing competition? You might win it.* ◆ sich zu einem Wettbewerb anmelden
- enjoyment (n) /In'dʒɔɪmənt/
 the feeling of pleasure from doing sth you enjoy She gets a lot of enjoyment from walking in the countryside. >> enjoy (v), enjoyable (adj) ◆ die Freude, der Spaß
- 6.25 helmet (n) /'helmɪt/ a hard hat that protects your head ● *In Formula 1 racing, the drivers wear helmets to protect their heads.* ◆ der Helm
- 6.26 coordination (n) /kəʊ,ɔ:dɪ'neɪʃn/ the ability to control your movements well
 An athlete needs to be fit and have excellent coordination. ➤ coordinate (v)
 ♦ die Koordination
- 6.27 ice-skating (n) /'ars skertrŋ/ the sport of moving on ice, wearing special skates • He fell on the ice and broke his arm the first time he went ice-skating. ➤ ice-skate (v)
 ♦ das Eislaufen
- 6.28 skate (n) /skert/ a boot with a metal blade or wheels on the bottom ● *I put on my skates and went round and round the ice rink.* > skate (v), skater, skating (n) ◆ der Schlittschuh (with blades), der Rollschuh (with wheels)
- 6.29 ice rink (n) /aɪs rɪŋk/ a specially prepared surface of ice where you can skate ● *It is quite cold on the ice rink, so dress warmly.* ◆ die Eisbahn

6.30 combine (v) /kəm'baın/

to have two or more different features ● *Erica combines family life and a career in architecture.* ≻ combination (n) � vereinen, kombinieren

- 6.31 water-skiing (n) /wɔ:tə 'ski:ɪŋ/ a sport in which you are pulled behind a fast boat on skis ● Water-skiing is a hard sport and many people fall in the water when they first try. ➤ water-ski (v) ❖ der Wasserskisport
- 6.32 pull along (phr v) /pʊl ə'lɒŋ/ to make sb/sth move towards you because they are attached to you or because you are holding them ● Our car broke down and it was pulled along by a truck. ❖ ziehen, abschleppen
- 6.33 surfboard (n) /'s3:fb5:d/

 a board used for surfing Get your surfboard and let's go to the beach. The waves are great for surfing today. ➤ surfing, surfer (n), surf (v)
 ♦ das Surfbrett
- 6.34 ride the waves (phr) /raɪd ðə weɪvz/ to move on the surface of the water on a board
 Professional surfers can ride the waves for great distances. ◆ auf den Wellen reiten (phr), das Wellenreiten (noun) Syn: surf
- 6.35 hold on tight (phr) /həʊld on taɪt/ to not let go, to hold firmly ● Here we go. Hold on tight so you don't fall into the sea!
 ♦ sich gut festhalten
- 6.36 life jacket (n) /laɪf 'dʒækɪt/ a jacket filled with air that helps you float in water ● *If you are in a boat, you should wear a life jacket in case you fall into the water.*☆ die Rettungsweste
- 6.37 snowboarding (n) /'snəʊbɔ:dɪŋ/ the sport of moving over snow on a board
 Snowboarding is a winter sport.
 > snowboard (n), snowboarder (n)
 ♦ das Snowboardfahren
- 6.38 try sth out (phr v) /traɪ 'sʌmθɪŋ aʊt/ to do sth or use sth to find out if you like it
 Before you buy expensive equipment, you can try surfing out for a day at the watersports club. * etw. ausprobieren
- 6.39 experienced (adj) /Ik'spIəriənst/ having skills or knowledge in a particular activity or job ● You should take her advice as she's very experienced and she knows how to do things properly. > experience (n, v)
 ♦ erfahrener/e/es S Opp: inexperienced
- 6.40 athletic (adj) /æθ'letɪk/ physically strong and active • Sara is a tall athletic girl who can do heavy work on a farm.
 > athlete (n), athletics (n) ♦ sportlicher/e/es
- 6.41 shoot (v) /ʃuːt/
 - to kick or throw a ball to score a goal or point
 - The player ran down the field, shot and scored. ≻ shot (n) ❖ schießen

- 6.42 helpful (adj) /'helpfəl/ sb who helps, sth that is useful ● Your tips on how to stay on the surfboard were really helpful. > help (v, n), helpfully (adv), helpfulness (n) ♦ hilfreicher/e/es
- 6.43 compete (v) /kəm'pi:t/ to take part in a competition or sport *Hundreds of athletes compete for* a gold medal at the Olympic Games.
 > competitor (n), competition (n), competitive (adj), competitively (adv) ❖ gegeneinander antreten
- 6.44 instruct (v) /In'str∧kt/ to teach sb, especially a skill or process
 The chemistry teacher instructed the students on how to do the experiment.
 > instructor (n), instruction (n) ◆ anleiten, anweisen
- 6.45 success (n) /s∧k'ses/ sth you do well • She climbed up the ladder of success to become leader of her country.
 > succeed (v), successful (adj), successfully (adv) ◆ der Erfolg
- 6.46 champion (n) /'tʃæmpiən/ a person who has won a contest ● Mohammed Ali was a world heavyweight boxing champion.
 > championship (n) ◆ der/die Meister/-in, der Champion
- 6.47 coach (n) /kəʊtʃ/ sb who trains people to play a sport ● The rowing coach made his team train every day for an hour. ➤ coach (v) ❖ der/die Trainer/-in, der/die Coach/-in
- 6.48 regularly (adv) /'regjələli/ often ● My grandparents visit us regularly. We see them once a month. ➤ regular (adj)
 ♦ regelmäßig
- 6.49 occasionally (adv) /ə'keɪʒnəli/ sometimes ● We occasionally go camping at weekends, but only when the weather is good.
 > occasional (adj) ◆ gelegentlich
- 6.50 gymnastics (n) /dʒɪm'næstīks/ a sport involving movements that need skill and strength ● She's very good at gymnastics and hopes to get into the Olympic team one day. >> gymnast (n), gym (n) ❖ das Turnen, das Kunstturnen

Vocabulary Page 68

 6.51 athletics (n) /æθ'letɪks/ sports which are usually done on a track, e.g. running or jumping ● He doesn't like ball games, but he enjoys athletics and is in the running team. >> athlete (n), athletic (adj)
 ♦ die Leichtathletik yoga (n) /'jəʊgə/ a type of exercise that keeps you fit and helps you relax ● Yoga is a great form of exercise for all ages and it helps you to breathe better. ❖ das Yoga

6.53 tournament (n) /'tɔ:nəmənt/ a set of games where you must win to carry on to the next game ● *The team have won the first game, so they are still in the tournament.*☆ das Turnier

6.52

6.56

- 6.54 track (n) /træk/ the ground you run along in a race ● He ran 400 metres on the track in one minute.
 ♦ die Rennbahn
- 6.55 stick (n) /stɪk/
 a long piece of wood that you use to hit a ball in some sports You hit the ball with a stick when playing hockey. ♦ der Stab
 - pitch (n) /pɪtʃ/
 the area of grass where you play football,
 hockey or rugby The grass on the football
 pitch was really wet after the heavy rain.
 ❖ der Platz, das Feld
- 6.57 court (n) /kɔ:t/ the area of ground where you play basketball, volleyball, tennis, etc. ● She hit the ball across the net to the other side of the volleyball court.
 ♦ das Spielfeld
- 6.58 basket (n) /'bo:skit/ a net on a metal ring where the ball must go to score points in basketball • *Ioannis caught the ball and threw it into the basket.* • der Korb
- 6.59 goal post (n) /gəʊl pəʊst/ one of the two posts that form the area where the ball must go to score in football, hockey, etc. ● Leo tried to score, but the ball hit the goal post and didn't go into the net. ◆ der Torpfosten
- 6.60 match (n) /mætʃ/ a sports event ● Did you see the football match between Arsenal and Liverpool on Saturday? ❖ das Spiel
- 6.61 rider (n) /'raɪdə(r)/ sb who rides a bike or horse ● The rider fell off his motorbike as he turned the corner.
 > ride (v, n), riding (n) ◆ der/die Fahrer/-in (machines), der/die Reiter/-in (horse)
- 6.62 point (n) /pɔɪnt/ a mark that counts on the score of a game or competition ● At the end of the word game, we counted our points to see who had the best score. ❖ der Punkt
- 6.63 run (n) /r∧n/ a point scored in baseball or cricket by running from one place to another • *India* scored 90 more runs and won the game.
 > run (v), runner, running (n) ◆ der Run

- 6.64 score (v) /skɔː/ to win a point in a game or sport ● *Our team* scored five goals in the match yesterday! >> score, scorer (n) ◆ Treffer/Punkte machen
- 6.66 official (adj) /ə'fɪʃl/ formal ● The team manager is travelling to London on official business. >> official (n)
 ♦ officieller/e/es
- 6.67 championship (n) /'tʃæmpiənʃɪp/ a sports competition ● When was the last time the Greek national team won the European Football Championship? ➤ champion (n)
 ♦ die Meisterschaft
- 6.68 interior (adj) /ın'tıəriə(r)/ connected with or on the inside of sth
 They hired an interior decorator to paint their bedrooms. ➤ interior (n) ♦ Innen-
- 6.69 inner (adj) /'Inə(r)/ inside or near the middle of a place ● There are a lot of shops and businesses in the inner city. ◆ Innen-; innerer/e/es
- 6.70 league (n) /li:g/ a group of teams of a similar level that compete with each other ● Which team do you think will be the Premier League champions next year? ❖ die Liga

Places

court	ice rink	track
pitch	stadium	

Grammar Page 69

- 6.71 charge (n) /tʃaːdʒ/ the amount of money that sth costs ● The shop will deliver your order free of charge.
 > charge (v) ◆ die Kosten (always plural)
- 6.72 show sb around (phr v) /ʃəʊ 's∧mbədi ə'raʊnd/ to go around with sb to show them a place
 My aunt showed us around her new house.
 ♦ jdn. herumführen

Listening Page 70

6.73 competitor (n) /kəm'petɪtə(r)/ a person who takes part in a competition
All the competitors are very good, so it will be interesting to see who wins the prize.
> compete (v), competition (n), competitive (adj), competitively (adv) ◆ der/die Mitbewerber/-in

- 6.74 limit (n) /'lɪmɪt/ the maximum point or level of sb/sth ● There are limits to human abilities because we can't fly or swim under water for a long time.
 > limit (v) ♦ die Grenze, die Beschränkung
- 6.75 tough (adj) /t∧f/ difficult • The descent from the mountain was tough even for the experienced climbers.
 > toughness (n) ♦ harter/e/es
- 6.76 incredible (adj) /ın'kredəbl/ very difficult to believe ● *It's incredible that the passengers survived the crash.* > incredibly (adv) ◆ unglaublicher/e/es
- 6.77 cope (with) (v) /kəʊp (wīð)/ to face; to manage to do ● Craig coped with the solo voyage across the Atlantic by listening to music and reading. ♦ (etw.) bewältigen
- 6.78 sandstorm (n) /'sændstɔːm/ a storm in a desert in which a strong wind blows sand into the air ● *The travellers couldn't cross the desert because of the sandstorm.* ◆ der Sandsturm
- 6.79 penguin (n) /'pengwin/ a large black and white bird that comes from Antarctica • Penguins have short wings that they use to swim, but they can't fly.
 * der Pinguin
- **6.80** seal (n) /siːl/ a sea animal that eats fish ● *The seal dived into the sea to catch fish.* � die Robbe

Speaking Page 71

 6.81 competitive (adj) /kəm'petɪtɪv/ trying very hard to be more successful or better than others ● Selina is very competitive and gets angry when she loses.
 > compete (v), competition, competitor (n), competitively (adv) ◆ wetteifernder/e/es

Vocabulary Page 72

- 6.82 tracksuit (n) /'træksu:t/ a pair of trousers and a jacket or top worn for doing sports or relaxing ● Jane put on her tracksuit to go running in the park.
 ♦ der Trainingsanzug
- 6.83 workout (n) /w3:kaʊt/ a series of physical exercises ● Ellie does a half-hour workout every day to keep fit. > work out (phr v) ◆ das Workout, das Training
- 6.84 competitively (adv) /kəm'petətɪvli/ in a way that shows you are trying very hard to be more successful or better than others ● She wants to win, so she plays very competitively.
 > competitive (adj), compete (v), competition, competitor (n) ◆ wetteifernd

- endanger (v) /ın'deindʒər/
 to put sb/sth at risk Wildfires endanger the lives of animals in the forests. > endangered, dangerous (adj), danger (n) ❖ gefährden
- 6.86 dangerously (adv) /'deIndʒərəsli/ in a way that involves danger ● The ship was sailing dangerously close to the rocks.
 > dangerous (adj), endanger (v), danger (n)
 ♦ gefährlich
- 6.87 depth (n) /depθ/ the distance from the top to the bottom of sth *The divers measured the depth of the lake.*> deep (adj), deeply (adv), deepen (v)
 ♦ die Tiefe
- 6.88 deepen (v) /'di:pən/ to become deeper; to become stronger ● The longer they knew each other, the more their love deepened. >> deep (adj), deeply (adv), depth (n) ♦ vertiefen
- 6.89 diver (n) /'daɪvə(r)/
 a person who works underwater, usually with special equipment; a person who dives for pleasure *The divers explored the ship at the bottom of the sea.* ≻ dive (v, n) ❖ der/die Taucher/-in
- 6.90 fitness (n) /'fɪtnɪs/ the condition of being strong and healthy
 People can achieve fitness if they exercise and eat the right food. >> fit (adj)
 ♦ die Fitness
- 6.91 freedom (n) /'fri:dəm/
 the state of being free and not controlled by sb/sth else The ancient Greek cities fought together for their freedom when the Persians invaded their land. >> free (v, adj) \$\$ die Freiheit
- 6.92 free (v) /fri:/ to allow sb to leave prison or a place where they have been kept against their will ● *The* men were freed after a few weeks in prison.
 > free (adj), freely (adv), freedom (n)
 ◆ befreien
- 6.93 freely (adv) /'fri:li/ without anyone stopping sb/sth; allowing sb/ sth to move without stopping them ● *They are* going to make the road wider so that traffic can move freely. ➤ free (adj, v), freedom (n)
 ♦ frei
- 6.94 profession (n) /prəˈfeʃn/ a job ● He is a dentist by profession.
 > professional (adj, n) ◆ der Beruf
- 6.95 professional (n) /prəˈfeʃənl/ sb who does a sport or other activity as a job and earns money from it ● Doug is a professional and makes a lot of money playing golf. >> profession (n), professional (adj)
 ♦ der Profi, der/die Berufssportler/-in (only for sports)
 Opp: amateur

- 6.96 strengthen (v) /'strenkθn/ to make sth stronger ● These stretching exercises will strengthen your arms and legs.
 > strong (adj), strength (n) ♦ kräftigen
- 6.97 hold your breath (phr) /həʊld jɔ: breθ/ to not breathe on purpose ● *I can hold my* breath underwater for 40 seconds and then *I* need to come up for air. ❖ den Atem anhalten

Grammar Page 73

- 6.98 cancel (v) /'kænsl/ to stop an organised event from happening; to stop an order for sth you don't want ● The football match was cancelled because of the rain. ➤ cancellation (n) ❖ absagen, stornieren
- 6.99 on time (phr) /on taɪm/ at the time arranged ● *Please arrive on time. You mustn't be late.* ◆ pünktlich

Writing Pages 74-75

- 6.100 independence (n) /,Indr'pendens/ the state of being free from control by others
 Daniel moved out of his parents' house when he was 19 to have some independence.
 > independent (adj), independently (adv)
 ♦ die Unabhängigkeit
- 6.101 concentrate (v) /'konsntreit/ to give all your attention to sth ● You can't concentrate on your work if you're also watching TV! > concentration (n)
 ♦ sich konzentrieren
- 6.102 in favour of (phr) /In 'feɪvər əv/ supporting; in agreement with ● *The* government were not in favour of providing free school meals. ❖ dafür ☜ Opp: against
- 6.103 in my view (phr) /ın maɪ vjuː/ in my opinion ● *In my view, scuba diving is a* more interesting sport than surfing.
 ☆ meiner Ansicht nach
- 6.104 selfish (adj) /'selfɪʃ/ caring only about yourself • She didn't have many friends because she was too selfish to think about anyone else's needs.
 > selfishness (n) \$ selbstsüchtiger/e/es
 Sopp: unselfish
- 6.105 in conclusion (phr) /ın kən'kluːʒn/ finally; as a final point ● *In conclusion, all the competitors did their best in the race.* ☆ zusammenfassend
- 6.106 teamwork (n) /'tiːmwɜːk/ the activity of working together in a group
 Building the house on time depends on teamwork between the architect and the builders. ♦ das Teamwork, das Zusammenspiel

- 6.107 pay attention (phr) /per ə'ten[n/ to listen to or watch sb/sth carefully • Your performance will get better if you pay attention to your coach. * achten auf
- 6.108 violent (adi) /'vaɪələnt/ happening with a lot of force • The violent storm caused a lot of damage. > violently (adv), violence (n) * heftiger/e/es
- 6.109 **boxing** (n) / boksin/ a sport in which two people fight each other using their hands, which are covered with thick gloves • He gave up boxing as a sport when he got serious head injuries. > boxer (n), box (v) * das Boxen
- 6.110 furthermore (adv) /,f3xða'mox(r)/ in addition (to what was already mentioned) • We can't afford to move house. Furthermore, we are happy living in this flat. A außerdem Syn: moreover
- 6.111 moreover (adv) /mor/auva(r)/ in addition (to what was already mentioned) • Heating our flat is inexpensive. Moreover, we have a great view from the balcony. ✤ zudem Syn: furthermore
- 6.112 sum up (phr v) /sAm Ap/ to state the main points of sth • He summed up his ideas at the end of his talk. zusammenfassen

Sports

archery	handball	surfing
athletics	paddleboarding	water-skiing
boxing	rowing	watersports
ice-skating	scuba diving	
gymnastics	snowboarding	

People

archer	competitor	professional
champion	diver	
coach	instructor	

Video Page 76

- 6.113 mounted (adj) / mauntid/ riding a horse • Mounted police officers were controlling the crowd in front of the town hall. > mount (v) \diamond berittener/e/es
- 6.114 archery (n) /'axt[əri/ the sport of shooting arrows to hit sth • She wanted to try archery because her hero is Robin Hood. \succ archer (n)
 - das Bogenschießen

6.115 archer (n) /'aːt(ər/

a person who shoots arrows to hit sth • Robin was a great archer who could hit whatever he *aimed at.* ≻ archery (n) **◊** der Bogenschütze/ die Bogenschützin

6.116 arrow (n) /'ærəʊ/

a long thin object with a sharp end, used as a weapon • Early humans used hand-made arrows to hunt and kill animals. * der Pfeil

6.117 **bow** (n) /bəʊ/ a long curved shape with a string holding its ends together, used as a weapon to fire arrows • He picked up his bow and fired an arrow at the deer. * der Bogen

6.118 target (n) /'targit/ an object that sb shoots at; a circle with a pattern which people aim to hit in the centre • In his first archery lesson, most of his arrows missed the target. > target (v)

✤ die Zielscheibe

- 6.119 ancient (adj) /'eɪnʃənt/ old, from a long time ago • Ancient Greeks built the first Olympic stadium. ✤ altertümlicher/e/es
- 6.120 successful (adj) /sək'sesfl/ very good at doing sth • Laura became a successful artist at an early age and people around the world buy her paintings. \succ succeed (v), success (n) ♦ erfolgreicher/e/es
 Opp: unsuccessful
- 6.121 on horseback (phr) /pn 'horsbæk/ riding a horse • Before cars were invented. people used to travel on horseback. ✤ zu Pferde
- 6.122 secret (n) /'sixkrit/ information which isn't for others to hear • I'll only tell you what I bought Penny for her birthday if you can keep a secret. das Geheimnis
- 6.123 despite (prep) /dis'pait/ even though • Despite being expensive, eating out in London is very enjoyable. ♦ trotz Syn: in spite of

Sports equipment

bow	paddle
goal post	net
glove	stick
helmet	surfboard
life jacket	target
	goal post glove helmet