**6** Go for it!

Glossary

**Page 65**

* 1. **go for it** (phr) /gəʊ fɜːr ɪt/

to try hard to achieve sth ● *If you want to climb Mount Olympus, join a hiking group and go for it!* ❖ vai

Reading **Pages 66–67**

* 1. **watersports** (n pl) /ˈwɔːtəspɔːts/

sports that are done on or in water ● *I love all watersports, especially water-skiing and diving.*

* + - sport acquatici
  1. **indoor** (adj) /ˈɪndɔː(r)/

located or done inside a building ● *In winter, we go swimming at an indoor swimming pool.*

➣ indoors (adv) ❖ al chiuso ✎ Opp: outdoor

* 1. **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)

* + - in forma ✎ Opp: unfit
  1. **paddleboarding** (n) /ˈpædlbɔːdɪŋ/

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.*

* + - pagaiare
  1. **combination** (n) /kɒmbɪˈneɪʃn/

a mixture ● *Surfing needs a combination of balance and strength.* ➣ combine (v)

* + - combinazione
  1. **surfing** (n) /ˈsɜːfɪŋ/

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) ❖ surf

* 1. **rowing** (n) /ˈrəʊɪŋ/

a sport or activity of travelling in a boat using oars ● *Rowing is great exercise, especially for your arms.* ➣ row (v), rower (n) ❖ canottaggio

* 1. **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.* ❖ essere sdraiato

* 1. **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.*

* + - inginocchiarsi
  1. **paddle** (n) /ˈpædl/

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.*

* + - remo
  1. **board** (n) /bɔːd/

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.*

* + - tavola
  1. **challenge** (n) /ˈʧælənʤ/

sth difficult that tests your ability ● *Sailing across the Atlantic alone was an amazing challenge*. ➣ challenge (v), challenging (adj)

* + - sfida
  1. **scuba diving** (n) /ˈskuːbə ˈdaɪvɪŋ/

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.* ❖ immersione

* 1. **level** (n) /ˈlevl/

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)

* + - livello
  1. **including** (prep) /ɪnˈkluːdɪŋ/

having sth as part of a larger group or amount

* *The child ate everything on her plate, including the spinach.* ➣ include (v)
  + - incluso ✎ Opp: excluding
  1. **instructor** (n) /ɪnˈstrʌktə/

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) ❖ istruttore

* 1. **be in safe hands** (phr) /biː ɪn seɪf hændz/ to not be in danger ● *You are in safe hands*

*because the instructor has been giving skiing lessons for 20 years.* ❖ essere in mani sicure

* 1. **hire** (v) /haɪə(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.* ❖ noleggiare

* 1. **equipment** (n) /ɪˈkwɪpmənt/

things that are needed for an activity ● *The equipment for sports like scuba diving is very expensive.* ➣ equip (v), equipped (adj)

* + - equipaggiamento
  1. **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.* ❖ cintura

* 1. **qualified** (adj) /ˈkwɒlɪfaɪd/

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) ❖ qualificato

* 1. **enter a competition** (phr) /ˈentər ə

ˌkɒmpəˈtɪʃn/

to put your name on the list for a competition

* *Are you going to enter the story-writing competition? You might win it.* ❖ iscriversi a una gara
  1. **enjoyment** (n) /ɪnˈdʒɔɪmənt/

the feeling of pleasure from doing sth you enjoy ● *She gets a lot of enjoyment from walking in the countryside.* ➣ enjoy (v), enjoyable (adj) ❖ piacere

* 1. **helmet** (n) /ˈhelmɪt/

a hard hat that protects your head ● *In Formula 1 racing, the drivers wear helmets to protect their heads.* ❖ casco

* 1. **coordination** (n) /kəʊˌɔːdɪˈneɪʃn/

the ability to control your movements well

* *An athlete needs to be fit and have excellent coordination.* ➣ coordinate (v) ❖ coordinazione
  1. **ice-skating** (n) /ˈaɪs skeɪtɪŋ/

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)

* + - pattinaggio sul ghiaccio
  1. **skate** (n) /skeɪt/

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) ❖ pattino

* 1. **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.* ❖ pista di pattinaggio

* 1. **combine** (v) /kəmˈbaɪn/

to have two or more different features

* *Erica combines family life and a career in architecture.* ➣ combination (n) ❖ combinare
  1. **water-skiing** (n) /wɔːtə ˈskiːɪŋ/

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) ❖ sci d'acqua

* 1. **pull along** (phr v) /pʊl əˈlɒŋ/

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.* ❖ trainare

* 1. **surfboard** (n) /ˈsɜːfbɔːd/

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)

* + - tavola da surf
  1. **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.* ❖ cavalcare le onde ✎ Syn: surf
  1. **hold on tight** (phr) /həʊld ɒn taɪt/

to not let go, to hold firmly ● *Here we go. Hold on tight so you don’t fall into the sea!*

* + - tenere stretto
  1. **life jacket** (n) /laɪf ˈʤækɪt/

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.*

* + - giubbotto di salvataggio
  1. **snowboarding** (n) /ˈsnəʊbɔːdɪŋ/

the sport of moving over snow on a board

* *Snowboarding is a winter sport.*

➣ snowboard (n), snowboarder (n)

* + - snowboard
  1. **try sth out** (phr v) /traɪ ˈsʌmθɪŋ 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.* ❖ provare
  1. **experienced** (adj) /ɪkˈspɪəriənst/

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)

* + - esperto ✎ Opp: inexperienced
  1. **athletic** (adj) /æθˈletɪk/

physically strong and active ● *Sara is a tall athletic girl who can do heavy work on a farm.*

➣ athlete (n), athletics (n) ❖ atletico

* 1. **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) ❖ tirare
  1. **helpful** (adj) /ˈhelpfəl/

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) ❖ utile

* 1. **compete** (v) /kəmˈpiːt/

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) ❖ competere

* 1. **instruct** (v) /ɪnˈstrʌkt/

to teach sb, especially a skill or process

* *The chemistry teacher instructed the students on how to do the experiment.*

➣ instructor (n), instruction (n) ❖ istruire

* 1. **success** (n) /sʌkˈses/

sth you do well ● *She climbed up the ladder of success to become leader of her country.*

➣ succeed (v), successful (adj), successfully (adv) ❖ successo

* 1. **champion** (n) /ˈtʃæmpiən/

a person who has won a contest ● *Mohammed Ali was a world heavyweight boxing champion.*

➣ championship (n) ❖ campione

* 1. **coach** (n) /kəʊʧ/

sb who trains people to play a sport ● *The rowing coach made his team train every day for an hour.* ➣ coach (v) ❖ allenatore

* 1. **regularly** (adv) /ˈreɡjələli/

often ● *My grandparents visit us regularly. We see them once a month.* ➣ regular (adj)

* + - regolarmente
  1. **occasionally** (adv) /əˈkeɪʒnəli/

sometimes ● *We occasionally go camping at weekends, but only when the weather is good.*

➣ occasional (adj) ❖ talvolta

* 1. **gymnastics** (n) /dʒɪmˈnæstɪks/

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) ❖ ginnastica

Vocabulary **Page 68**

* 1. **athletics** (n) /æθˈletɪks/

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)

* + - atletica
  1. **yoga** (n) /ˈjəʊɡə/

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.*

* + - yoga
  1. **tournament** (n) /ˈtɔːnəmənt/

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.*

* + - torneo
  1. **track** (n) /træk/

the ground you run along in a race ● *He ran 400 metres on the track in one minute.*

* + - pista
  1. **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.* ❖ mazza

* 1. **pitch** (n) /pɪʧ/

the area of grass where you play football, hockey or rugby ● *The grass on the football pitch was really wet after the heavy rain.*

* + - campo
  1. **court** (n) /kɔːt/

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.*

* + - campo
  1. **basket** (n) /ˈbɑːskɪt/

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.* ❖ canestro

* 1. **goal post** (n) /ɡəʊl 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.*

* + - palo
  1. **match** (n) /mæʧ/

a sports event ● *Did you see the football match between Arsenal and Liverpool on Saturday?* ❖ partita

* 1. **rider** (n) /ˈraɪdə(r)/

sb who rides a bike or horse ● *The rider fell off his motorbike as he turned the corner.* ➣ ride (v, n), riding (n) ❖ motociclista, cavaliere

* 1. **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.* ❖ punto

* 1. **run** (n) /rʌn/

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) ❖ corsa

* 1. **score** (v) /skɔː/

to win a point in a game or sport ● *Our team scored five goals in the match yesterday!*

➣ score, scorer (n) ❖ segnare

* 1. **stadium** (n) /ˈsteɪdiəm/

a sports ground surrounded by many seats

* *The stadium was full of fans waiting for the match to begin.* ❖ stadio
  1. **official** (adj) /əˈfɪʃl/

formal ● *The team manager is travelling to London on official business.* ➣ official (n)

* + - ufficiale
  1. **championship** (n) /ˈtʃæmpiənʃɪp/

a sports competition ● *When was the last time the Greek national team won the European Football Championship?* ➣ champion (n)

* + - campionato
  1. **interior** (adj) /ɪnˈtɪəriə(r)/

connected with or on the inside of sth

* *They hired an interior decorator to paint their bedrooms.* ➣ interior (n) ❖ interiore, interno
  1. **inner** (adj) /ˈɪnə(r)/

inside or near the middle of a place ● *There are a lot of shops and businesses in the inner city.* ❖ interno

* 1. **league** (n) /liːɡ/

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?* ❖ lega, serie

**Places**

court pitch

ice rink stadium

track

Grammar **Page 69**

* 1. **charge** (n) /tʃɑːdʒ/

the amount of money that sth costs ● *The shop will deliver your order free of charge.*

➣ charge (v) ❖ costo

* 1. **show sb around** (phr v) /ʃəʊ ˈsʌmbədi əˈraʊnd/ to go around with sb to show them a place
* *My aunt showed us around her new house.*
  + - far fare un giro a qualcuno

Listening **Page 70**

* 1. **competitor** (n) /kəmˈpetɪtə(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) ❖ concorrente

* 1. **limit** (n) /ˈlɪmɪt/

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) ❖ limite

* 1. **tough** (adj) /tʌf/

difficult ● *The descent from the mountain was tough even for the experienced climbers.*

➣ toughness (n) ❖ duro

* 1. **incredible** (adj) /ɪnˈkredəbl/

very difficult to believe ● *It’s incredible that the passengers survived the crash.* ➣ incredibly (adv) ❖ incredibile

* 1. **cope (with)** (v) /kəʊp (wɪð)/

to face; to manage to do ● *Craig coped with the solo voyage across the Atlantic by listening to music and reading.* ❖ far fronte a

* 1. **sandstorm** (n) /ˈsændstɔːm/

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.* ❖ tempesta di sabbia

* 1. **penguin** (n) /ˈpeŋɡwɪn/

a large black and white bird that comes from Antarctica ● *Penguins have short wings that they use to swim, but they can’t fly.*

* + - pinguino
  1. **seal** (n) /siːl/

a sea animal that eats fish ● *The seal dived into the sea to catch fish.* ❖ foca

Speaking **Page 71**

* 1. **competitive** (adj) /kəmˈpetɪtɪv/

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) ❖ competitivo

Vocabulary **Page 72**

* 1. **tracksuit** (n) /ˈtræksuːt/

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.*

* + - tuta da ginnastica
  1. **workout** (n) /wɜːkaʊt/

a series of physical exercises ● *Ellie does a half-hour workout every day to keep fit.* ➣ work out (phr v) ❖ esercizio fisico

* 1. **competitively** (adv) /kəmˈpetətɪvli/

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) ❖ competitivamente

* 1. **endanger** (v) /ɪnˈdeɪndʒər/

to put sb/sth at risk ● *Wildfires endanger the lives of animals in the forests.* ➣ endangered, dangerous (adj), danger (n) ❖ mettere in pericolo

* 1. **dangerously** (adv) /ˈdeɪndʒərəsli/

in a way that involves danger ● *The ship was sailing dangerously close to the rocks.*

➣ dangerous (adj), endanger (v), danger (n)

* + - pericolosamente
  1. **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)

* + - profondità
  1. **deepen** (v) /ˈdiːpən/

to become deeper; to become stronger ● *The longer they knew each other, the more their love deepened.* ➣ deep (adj), deeply (adv), depth (n) ❖ diventare più profondo

* 1. **diver** (n) /ˈdaɪvə(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)

* + - sommozzatore
  1. **fitness** (n) /ˈfɪtnɪs/

the condition of being strong and healthy

* *People can achieve fitness if they exercise and eat the right food.* ➣ fit (adj) ❖ forma fisica
  1. **freedom** (n) /ˈfriːdəm/

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)

* + - libertà
  1. **free** (v) /friː/

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)

* + - liberare
  1. **freely** (adv) /ˈfriːli/

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)

* + - liberamente
  1. **profession** (n) /prəˈfeʃn/

a job ● *He is a dentist by profession.*

➣ professional (adj, n) ❖ professione

* 1. **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)

* + - professionista ✎ Opp: amateur
  1. **strengthen** (v) /ˈstreŋkθn/

to make sth stronger ● *These stretching exercises will strengthen your arms and legs.*

➣ strong (adj), strength (n) ❖ rafforzare

* 1. **hold your breath** (phr) /həʊld jɔː breθ/

to not breathe on purpose ● *I can hold my breath underwater for 40 seconds and then I need to come up for air.* ❖ trattenere il fiato

Grammar **Page 73**

* 1. **cancel** (v) /ˈkænsl/

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) ❖ cancellare

* 1. **on time** (phr) /ɒn taɪm/

at the time arranged ● *Please arrive on time. You mustn’t be late.* ❖ puntuale

Writing **Pages 74–75**

* 1. **independence** (n) /ˌɪndɪˈpendəns/

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)

* + - indipendenza ✎ Opp: dependence
  1. **concentrate** (v) /ˈkɒnsntreɪt/

to give all your attention to sth ● *You can’t concentrate on your work if you’re also watching TV!* ➣ concentration (n)

* + - concentrarsi
  1. **in favour of** (phr) /ɪn ˈfeɪvər əv/ supporting; in agreement with ● *The government were not in favour of providing free school meals.* ❖ a favore di

✎ Opp: against

* 1. **in my view** (phr) /ɪn maɪ vjuː/

in my opinion ● *In my view, scuba diving is a more interesting sport than surfing.*

* + - a mio parere
  1. **selfish** (adj) /ˈselfɪʃ/

caring only about yourself ● *She didn’t have many friends because she was too selfish to think about anyone else’s needs.* ➣ selfishness

(n) ❖ egoista ✎ Opp: unselfish

* 1. **in conclusion** (phr) /ɪn kənˈkluːʒn/

finally; as a final point ● *In conclusion, all the competitors did their best in the race.*

* + - in conclusione
  1. **teamwork** (n) /ˈtiːmwɜːk/

the activity of working together in a group

* *Building the house on time depends on teamwork between the architect and the builders.* ❖ lavoro di squadra
  1. **pay attention** (phr) /peɪ əˈtenʃn/

to listen to or watch sb/sth carefully

* *Your performance will get better if you*

*pay attention to your coach.* ❖ fare attenzione

* 1. **violent** (adj) /ˈvaɪələnt/

happening with a lot of force ● *The violent storm caused a lot of damage.* ➣ violently (adv), violence (n) ❖ violento

* 1. **boxing** (n) /ˈbɒksɪŋ/

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) ❖ pugilato

* 1. **furthermore** (adv) /ˌfɜːðəˈmɔː(r)/

in addition (to what was already mentioned)

* *We can’t afford to move house. Furthermore, we are happy living in this flat.* ❖ oltrettutto

✎ Syn: moreover

* 1. **moreover** (adv) /mɔːrˈəʊvə(r)/

in addition (to what was already mentioned)

* *Heating our flat is inexpensive. Moreover, we have a great view from the balcony.*
  + - oltrettutto ✎ Syn: furthermore
  1. **sum up** (phr v) /sʌm ʌp/

to state the main points of sth ● *He summed up his ideas at the end of his talk.*

* + - riassumere

**Sports**

archery athletics boxing

ice-skating gymnastics

handball surfing paddleboarding water-skiing rowing watersports scuba diving

snowboarding

* 1. **archer** (n) /ˈɑːtʃər/

a person who shoots arrows to hit sth ● *Robin was a great archer who could hit whatever he aimed at.* ➣ archery (n) ❖ arciere

* 1. **arrow** (n) /ˈærəʊ/

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

* 1. **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.* ❖ arco
  1. **target** (n) /ˈtɑːgɪt/

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) ❖ bersaglio
  1. **ancient** (adj) /ˈeɪnʃənt/

old, from a long time ago ● *Ancient Greeks built the first Olympic stadium.* ❖ antico

* 1. **successful** (adj) /səkˈsesfl/

very good at doing sth ● *Laura became a successful artist at an early age and*

*people around the world buy her paintings.*

➣ succeed (v), success (n) ❖ di successo

✎ Opp: unsuccessful

* 1. **on horseback** (phr) /ɒn ˈhɔːsbæk/

riding a horse ● *Before cars were invented, people used to travel on horseback.*

* a cavallo
  1. **secret** (n) /ˈsiːkrɪt/

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.*
* segreto
  1. **despite** (prep) /dɪsˈpaɪt/

**People**

archer champion coach

competitor diver instructor

professional

even though ● *Despite being expensive, eating out in London is very enjoyable.*

* nonostante ✎ Syn: in spite of

Video **Page 76**

**Sports equipment**

arrow bow

basket goal post

bat glove

belt helmet

board life jacket

paddle net stick

surfboard target

* 1. **mounted** (adj) /ˈmaʊntɪd/

riding a horse ● *Mounted police officers were controlling the crowd in front of the town hall.*

➣ mount (v) ❖ a cavallo

* 1. **archery** (n) /ˈɑːtʃəri/

the sport of shooting arrows to hit sth ● *She wanted to try archery because her hero is Robin Hood.* ➣ archer (n) ❖ tiro con l'arco