# Unit 6 Go for it!

## Page 65

**6.1 go for it** (phr) /gəʊ fɜːr ɪt/ - jít na věc; jít na to

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

# Reading

Pages 66-67

**6.2 watersports** (n pl) /ˈwɔːtəspɔːts/ -vodní sporty

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

- **6.3 indoor** (adj) / indo:(r)/ vnitřní; krytý located or done inside a building *In winter, we go swimming at an indoor swimming pool.* ➤ indoors (adv) ❖ ⑤ Opp: outdoor
- **6.4** fit (adj) /fit/ v dobré kondici strong and healthy because you take regular exercise *Dad runs in the park three times a week, so he's very fit.* ➤ fitness (n) ❖ ⑤ Opp: unfit
- **6.5 paddleboarding** (n) / pædlbb:din/ paddleboarding
- 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. •
- **6.6 combination** (n) /kpmbi'neiʃn/ -kombinace

a mixture • Surfing needs a combination of balance and strength. ➤ combine (v) ❖

- **6.7 surfing** (n) /'sɜːfɪŋ/ surfování 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) ❖
- **6.8 rowing** (n) /'rəʊɪŋ/ veslování a sport or activity of travelling in a boat using oars *Rowing is great exercise*,

especially for your arms. > row (v), rower (n)  $\diamondsuit$ 

**6.9 lie** (v) /laı/ - ležet

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. �

**6.10 kneel** (v) /ni:l/ - klečet

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. �

- **6.11 paddle** (n) /'pædl/ pádlo 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.
- **6.12 board** (n) /bɔːd/ prkno 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.* ❖
- 6.13 challenge (n) /'ʧælənʤ/ výzva sth difficult that tests your ability Sailing across the Atlantic alone was an amazing challenge. ➤ challenge (v), challenging (adj) ❖
- 6.14 scuba diving (n) /'sku:bə 'daıvıŋ/ potápění s přístrojem
  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.
  •
- **6.15 level** (n) /'levl/ úroveň 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) ❖
- **6.16 including** (prep) /inˈkluːdiŋ/ včetně having sth as part of a larger group or amount The child ate everything on her plate, including the spinach. ➤ include (v)

- ♦ © Opp: excluding
- **6.17 instructor** (n) /ın'strʌktə/ instruktor; trenér
- 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)
- 6.18 be in safe hands (phr) /bi: In self hændz/ být v dobrých rukou to not be in danger You are in safe hands because the instructor has been giving skiing lessons for 20 years. ❖
  6.19 hire (v) /haiə(r)/ (pro)najmout si 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. ❖
  6.20 equipment (n) /iˈkwɪpmənt/ -
- vybavení; výstroj things that are needed for an activity ● The equipment for sports like scuba diving is very expensive. ➤ equip (v), equipped (adj) ❖
- 6.21 belt (n) /belt/ pásek
  a long narrow piece of leather or cloth
  that you wear around your waist He's
  good at judo; he has a black belt. ❖
  6.22 qualified (adj) /ˈkwɒlɪfaɪd/ kvalifikovaný
  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)
- **6.23** enter a competition (phr) /'entər ə kɒmpə'tı∫n/ přihlásit se do soutěže to put your name on the list for a competition Are you going to enter the story-writing competition? You might win it. ❖
- **6.24 enjoyment** (n) /in'dʒɔimənt/ radost; potěšení the feeling of pleasure from doing sth you

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

- **6.25 helmet** (n) /'helmit/ přilba a hard hat that protects your head *In Formula 1 racing, the drivers wear helmets to protect their heads.* ❖
- **6.26 coordination** (n) /kəʊˌɔːdɪˈneɪʃn/ -koordinace
- An athlete needs to be fit and have excellent coordination. ➤ coordinate (v) ❖ 6.27 ice-skating (n) / als skeltin/ bruslení 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) ❖
- **6.28 skate** (n) /skeit/ brusle 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) ❖
- **6.29 ice rink** (n) /ais riŋk/ zimní stadion a specially prepared surface of ice where you can skate *It is quite cold on the ice rink, so dress warmly.* ❖
- **6.30 combine** (v) /kəmˈbaɪn/ skloubit to have two or more different features
- Erica combines family life and a career in architecture. ➤ combination (n)
- **6.31 water-skiing** (n) /wɔːtə ˈskiːɪŋ/ vodní lyžování
- 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) \*
- 6.32 pull (v) /pʊl/ táhnout 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. ❖
- **6.33 surfboard** (n) /'sa:fbo:d/ surfovací prkno
- 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) ❖
- **6.34 ride the waves** (phr) /raid ðə weivz/ jezdit na vlnách

to move on the surface of the water on a board • Professional surfers can ride the waves for great distances. • Syn: surf 6.35 hold on tight (phr) /həʊld on taɪt/ - pevně se držet

to not let go, to hold firmly • Here we go.

Hold on tight so you don't fall into the sea!

❖

**6.36 life jacket** (n) /laif 'ඇækit/ -záchranná vesta

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. ❖

**6.37 snowboarding** (n) /'snəʊbɔːdɪŋ/ - snowboarding

the sport of moving over snow on a board

• Snowboarding is a winter sport.

> snowboard (n), snowboarder (n) \$

**6.38 try sth out** (phr v) /trai 'sʌmθiŋ aʊt/ - vyzkoušet neco

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.

**6.39 experienced** (adj) /ık'spıəriənst/ - zkušený

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) ❖ ⑤ Opp: inexperienced

**6.40 athletic** (adj)  $/ \varpi \theta'$  letik/ - fyzicky zdatný

physically strong and active ● Sara is a tall athletic girl who can do heavy work on a farm. ➤ athlete (n), athletics (n) ❖

**6.41 shoot** (v) /ʃuːt/ - střílet

to kick or throw a ball to score a goal or point • The player ran down the field, shot and scored. ➤ shot (n) ❖

**6.42 helpful** (adj) /'helpfəl/ - užitečný 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) ❖

**6.43 compete** (v) /kəmˈpiːt/ - soutěžit; závodit

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) **\* 6.44 instruct** (v) /ınˈstrʌkt/ - učit; dát
pokyny

to teach sb, especially a skill or process

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

> instructor (n), instruction (n) ❖

6.45 success (n) /sʌkˈses/ - úspěch sth you do well • She climbed up the ladder of success to become leader of her country. ➤ succeed (v), successful (adj), successfully (adv) ❖

6.46 champion (n) /'t∫æmpiən/ - mistr a person who has won a contest • Mohammed Ali was a world heavyweight boxing champion. ➤ championship (n) ❖ 6.47 coach (n) /kəʊtʃ/ - trenér sb who trains people to play a sport • The rowing coach made his team train every day for an hour. ➤ coach (v) ❖ 6.48 regularly (adv) /'regialali/ -

**6.48 regularly** (adv) /ˈregjələli/ - pravidelně

often • My grandparents visit us regularly.
We see them once a month. ➤ regular
(adj) ❖

**6.49 occasionally** (adv) /əˈkeɪʒnəli/ - příležitostně

sometimes • We occasionally go camping at weekends, but only when the weather is good. ➤ occasional (adj) ❖

**6.50 gymnastics** (n) /dʒim'næstiks/ -gymnastika

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) ❖

Vocabulary

Page 68

- **6.51 athletics** (n)  $/\varpi\theta$  letiks/ atletika 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.  $\gg$  athlete (n), athletic (adj)  $\diamondsuit$
- **6.52 yoga** (n) /'jəʊgə/ jóga 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. ❖
- **6.53 tournament** (n) /'tɔːnəmənt/ turnaj 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. ❖
- **6.54 track** (n) /træk/ závodní dráha the ground you run along in a race *He ran 400 metres on the track in one minute.*
- **6.55 stick** (n) /stik/ hůl; hokejka 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.* ❖
- **6.56 pitch** (n) /pitf/ hřiště the area of grass where you play football, hockey or rugby *The grass on the football pitch was really wet after the heavy rain.* ❖
- **6.57 court** (n) /kɔːt/ kurt; dvorec 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.* ❖
- **6.58 basket** (n) /'bɑːskɪt/ koš a net on a metal ring where the ball must go to score points in basketball *loannis* caught the ball and threw it into the basket. ❖
- **6.59 goal post** (n) /gəʊl pəʊst/ branková tyč
- 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. •
- 6.60 match (n) /mæt[/ zápas

- a sports event Did you see the football match between Arsenal and Liverpool on Saturday? ❖
- **6.61 rider** (n) /'raɪdə(r)/ jezdec sb who rides a bike or horse *The rider fell off his motorbike as he turned the corner.* ➤ ride (v, n), riding (n) ❖
- **6.62 point** (n) /pɔɪnt/ bod 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. ❖
- **6.63 run** (n) /rʌn/ doběh 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) ❖ **6.64 score** (v) /skɔː/ skórovat
- to win a point in a game or sport Our team scored five goals in the match yesterday! ➤ score, scorer (n) ❖
- **6.65 stadium** (n) /'steidiəm/ stadión a sports ground surrounded by many seats
- The stadium was full of fans waiting for the match to begin.
- **6.66 official** (adj) /əˈfɪʃl/ služební; oficiální; úřední
- formal The team manager is travelling to London on official business. ➤ official (n) ❖
- **6.67 championship** (n) /'tʃæmpiənʃɪp/ mistrovství
- a sports competition When was the last time the Greek national team won the European Football Championship? ➤ champion (n) ❖
- **6.68 interior** (adj) /ınˈtıəriə(r)/ vnitřní; vnitrostátní
- connected with or on the inside of sth
- They hired an interior decorator to paint their bedrooms. ➤ interior (n)
- **6.69 inner city** (phr) /'ınə(r) sıti/ střed města (rozšířené centrum) inside or near the middle of a place ●
- There are a lot of shops and businesses in the inner city. ❖
- **6.70 league** (n) /liːg/ liga

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? ❖

#### Grammar

## Page 69

6.71 charge (n) /t∫a:dʒ/ - poplatek the amount of money that sth costs • The shop will deliver your order free of charge.

➤ charge (v) ❖

6.72 show sb around (phr v) /ʃəʊ ˈsʌmbədi əˈraʊnd/ - provést někoho to go around with sb to show them a place 
• My aunt showed us around her new house. ❖

# Listening

## Page 70

**6.73 competitor** (n) /kəmˈpetɪtə(r)/ -závodník

a person who takes part in a competitionAll the competitors are very good, so it

will be interesting to see who wins the prize. ➤ compete (v), competition (n), competitive (adj), competitively (adv) ❖

6.74 limit (n) /'limit/ - omezení
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) ❖

**6.75 tough** (adj) /tʌf/ - drsný; obtížný difficult • *The descent from the mountain was tough even for the experienced climbers.* ➤ toughness (n) ❖

**6.76 incredible** (adj) /ınˈkredəbl/ - neuvěřitelný

very difficult to believe ● It's incredible that the passengers survived the crash. >> incredibly (adv) ❖

6.77 cope (with) (v) /kəʊp (wið)/ - zvládnout; vyrovnat se to face; to manage to do ● Craig coped with the solo voyage across the Atlantic by listeningto music and reading. ❖

**6.78 sandstorm** (n) /ˈsændstɔːm/ - písečná bouře

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. ❖

**6.79 penguin** (n) /'pengwin/ - tučňák a large black and white bird that comes from Antarctica ● *Penguins have short wings that they use to swim, but they can't fly. ❖* 

**6.80 seal** (n) /si:l/ - tuleň; lachtan a sea animal that eats fish ● *The seal dived into the sea to catch fish.* ❖

## Speaking

#### Page 71

**6.81 competitive** (adj) /kəmˈpetɪtɪv/ -soutěživý

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) ❖

## Vocabulary

#### Page 72

**6.82 tracksuit** (n) / træksu:t/ - tepláková souprava

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. ❖

**6.83 workout** (n) /wɜːkaʊt/ - cvičení a series of physical exercises ● *Ellie does a half-hour workout every day to keep fit.* ➤ work out (phr v) ❖

**6.84 competitively** (adv) /kəmˈpetətɪvli/ -soutěživě; ambiciózně

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)

**6.85 endanger** (v) /in'deindʒər/ - ohrozit

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

**6.86 dangerously** (adv) / deındʒərəsli/ - nebezpečně

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

> dangerous (adj), endanger (v), danger (n) ❖

**6.87 depth** (n) /depθ/ - hloubka the distance from the top to the bottom of sth • *The divers measured the depth of the lake.* ➤ deep (adj), deeply (adv), deepen (v) ❖

**6.88 deepen** (v) /'di:pən/ - prohloubit to become deeper; to become stronger ● The longer they knew each other, the more their love deepened. ➤ deep (adj), deeply (adv), depth (n) ❖

**6.89 diver** (n) /'daɪvə(r)/ - potápeč 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) ❖

**6.90 fitness** (n) /'fitnis/ - dobrá kondice the condition of being strong and healthy • People can achieve fitness if they exercise and eat the right food. ➤ fit (adj) ❖

**6.91 freedom** (n) /'fri:dəm/ - svoboda 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) ❖

**6.92** free (v) /fri:/ - osvobodit; propustit 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) ❖

**6.93 freely** (adv) /'fri:li/ - volně; bez omezení; dobrovolně

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) ❖

**6.94 profession** (n) /prəˈfeʃn/ - povolání a job • *He is a dentist by profession.*➤ professional (adj, n) ❖

**6.95 professional** (n) /prəˈfeʃənl/ - profesionál

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) ❖ ◎ Opp: amateur 6.96 strengthen (v) /'strenkθn/ - posílit to make sth stronger • These stretching exercises will strengthen your arms and legs. ➤ strong (adj), strength (n) ❖ 6.97 hold your breath (phr) /həʊld jɔ:

breθ/ - zadržet dech to not breathe on purpose ● I can hold my breath underwater for 40 seconds and then I need to come up for air. ❖

#### Grammar

# Page 73

**6.98 cancel** (v) /'kænsl/ - zrušit 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) ❖

**6.99 on time** (phr) /pn taim/ - včas at the time arranged • Please arrive on time. You mustn't be late. ❖

# Writing

Pages 74–75

**6.100 independence** (n) / indi pendens/ - nezávislost

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) ❖ ◎ Opp: dependence

**6.101 concentrate** (v) /'konsntreit/ - soustředit se

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

**6.102** in favour of (phr) /in 'feivər əv/ - pro

supporting; in agreement with ● *The* government were not in favour of providing free school meals. ❖

Opp: against

**6.103 in my view** (phr) /ın maı vju:/ - podle mého názoru

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

**6.104 selfish** (adj) /'selfiʃ/ - sobecký caring only about yourself ● *She didn't have many friends because she was too selfish to think about anyone else's needs.*➤ selfishness (n) ❖ ⑤ Opp: unselfish

**6.105 in conclusion** (phr) /ın kənˈkluːʒn/ -závěrem

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

**6.106 teamwork** (n) / tiːmwɜːk/ - týmová práce

the activity of working together in a group

• Building the house on time depends on teamwork between the architect and the builders. ❖

**6.107 pay attention** (phr) /pei əˈtenʃn/ -věnovat pozornost; poslechnout to listen to or watch sb/sth carefully

 Your performance will get better if you pay attention to your coach.

**6.108 violent** (adj) / vaiələnt/ - násilný; prudký

happening with a lot of force • The violent storm caused a lot of damage. ➤ violently (adv), violence (n) ❖

**6.109 boxing** (n) /'boksiŋ/ - box a sport in which two people fight each other using their hands, which are covered

with thick gloves  $\bullet$  He gave up boxing as a sport when he got serious head injuries.  $\succ$  boxer (n), box (v)  $\diamondsuit$ 

**6.110 furthermore** (adv) / f3:ðə mɔ:(r)/ - navíc; nadto

in addition (to what was already mentioned) • We can't afford to move house. Furthermore, we are happy living in this flat. ❖ ⑤ Syn: moreover

**6.111 moreover** (adv) /mɔːrˈəʊvə(r)/ - navíc; nadto

in addition (to what was already mentioned) • Heating our flat is inexpensive. Moreover, we have a great view from the balcony. � Syn: furthermore

6.112 sum up (phr v) /s∧m ∧p/ - shrnout to state the main points of sth • He summed up his ideas at the end of his talk. ❖

### Video

Page 76

**6.113 mounted** (adj) /ˈmaʊntɪd/ - jízdní; na koni

riding a horse • Mounted police officers were controlling the crowd in front of the town hall. ➤ mount (v) ❖

**6.114 archery** (n) /ˈɑːtʃəri/ - lukostřelba the sport of shooting arrows to hit sth • She wanted to try archery because her hero is Robin Hood. ➤ archer (n) ❖

**6.115 archer** (n) /ˈaːtʃər/ - lukostřelec; lučištník

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

**6.116 arrow** (n) /ˈærəʊ/ - šíp

a long thin object with a sharp end, used as a weapon ● Early humans used handmade arrows to hunt and kill animals. ❖

**6.117 bow** (n) /bอซ/ - luk

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. ❖

6.118 target (n) /'tɑ:gɪt/ - terč 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)

**6.119 ancient** (adj) / einʃənt/ - starověký; starobylý

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

6.120 successful (adj) /səkˈsesfl/ - úspěšný 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) ❖

© Opp: unsuccessful

**6.121 on horseback** (phr) /pn 'hɔːsbæk/ - na koni

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

**6.122 secret** (n) /'si:krit/ - tajemství 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.
6.123 despite (prep) /dis'pait/ - navzdory; i přes

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

❖ <sup>®</sup> Syn: in spite of