

Sports and hobbies

1 Read and write the sports.



1 _____

Place: indoors
Materials: gloves, masks, swords

4 _____

Place: gym
Materials: leotard, crash mats

2 _____

Place: running track and field
Materials: shorts, T-shirt and trainers

5 _____

Place: outdoors
Materials: bow, arrows, target, gloves

3 _____

Place: swimming pool
Materials: goal posts, a ball

6 _____

Place: gym
Materials: crash mats, belt



2 Read and complete the definitions.

- 1 _____: In this activity you jump up and down on a device made of metal and fabric.
- 2 _____: This object is oval shaped and it's got strings in the middle. You hold it in your hand when you play tennis.
- 3 _____: This object is made of strings which are tied together. You need to hit the ball over this when you play volleyball.
- 4 _____: This object is long and thin. It's usually made of cotton or nylon. You use it when you skip or go climbing.
- 5 crash mat: _____
- 6 hoop: _____

3 Read and remember the grammar in the lesson.

You **must** kick the ball. You **mustn't** touch the ball with your hands.

4 Read and answer about a sport you like. Can you guess your partner's sport?



- 1 Where do people do this sport? People _____
- 2 What materials do you need? _____
- 3 What must you do? _____
- 4 What mustn't you do? _____

Present perfect & past simple questions

- 1 Read and complete the questions. Use the correct form of the verbs. Ask and answer. 

play do go do go do

- 1 Have you ever been horse riding?
- 2 Have you ever _____ volleyball?
- 3 Have you ever _____ judo?
- 4 _____ trampolining?
- 5 _____ mountain biking?
- 6 _____ archery?



- 2 Read the sentences and write questions. Use the past simple.

- 1 I've been sailing. Where _____ ?
- 2 I've been jogging. When _____ ?
- 3 I've tried fencing. Did _____ ?
- 4 I've played rugby. Was _____ ?



- 3 Listen and write the letter.



When did Sally do these activities?

- | | |
|--|----------------------------|
| 1 sailing <input type="checkbox"/> | A last year |
| 2 horse riding <input type="checkbox"/> | B last summer |
| 3 volleyball <input type="checkbox"/> | C two months ago |
| 4 rock climbing <input type="checkbox"/> | D yesterday |
| 5 archery <input type="checkbox"/> | E the day before yesterday |
| | F last weekend |
| | G a couple of years ago |



- 4 Read and answer. Ask and answer.  

- 1 What's the most exciting sport you've done? _____
- 2 When did you do it? _____
- 3 What was it like? _____

Which is the odd one out? Why? cycling / ice hockey / jogging / horse riding

After you read

1 Remember the information. Read and answer the questions.

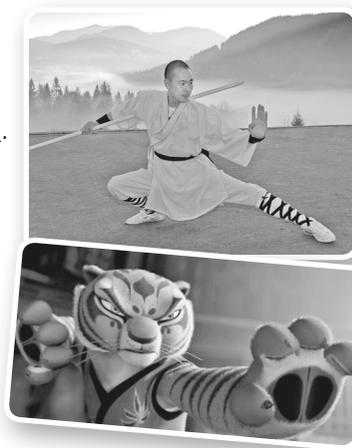
- 1 When did kung fu begin? It _____
- 2 What did the Shaolin monks want to defend? They _____
- 3 Where have the Shaolin monks appeared? They _____
- 4 Which kung fu style helps you to balance? The _____
- 5 How many hours do the trainee monks sleep? They _____
- 6 Why do you think the monks are good at football? Because _____

2 Listen and complete the notes. Write one, two or three words each time.



Kung Fu

- 1 Callum thinks that the information is _____.
- 2 Jess saw the Shaolin monks _____.
- 3 Callum says that there are _____ of kung fu.
- 4 Jess learns that a crane is a bird that has _____.
- 5 Callum thinks that the _____ style of kung fu is the coolest.
- 6 Callum wouldn't become a trainee Shaolin monk because he doesn't like _____.



3 Thinking skills What do you think of the information?

I think _____. I give it _____ stars. ☆☆☆☆☆

4 Find out about China with your family.



- 1 How many stars are on the Chinese flag? _____
- 2 What's the longest river in China? _____
- 3 How long's the Great Wall of China? _____
- 4 Where do giant pandas live? _____
- 5 What's China's largest city? _____



Present perfect

1 Write the sentences in the present perfect. Use *for* or *since*.

- 1 play chess (six years) I've played chess for six years.
- 2 know my friend (I was three) I _____
- 3 do gymnastics (last year) He _____
- 4 have short hair (two days) She _____



2 Read and write the questions.

- 1 How long have you _____ ? I've lived in this town since I was born.
- 2 _____ ? She's studied French for ten months.
- 3 _____ ? They've played in the team since September.
- 4 _____ ? He's liked football since he was five.
- 5 _____ ? He's done kung fu for four years.

3 Underline the stressed words in the sentences. Listen and check.



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- | | |
|---|--------------------------------------|
| 1 I've <u>played</u> the <u>violin</u> for <u>two years</u> . | 4 He's worn glasses for six months. |
| 2 How long have they studied English? | 5 I've had a dog since last year. |
| 3 She's been ill since Saturday. | 6 How long has she known her friend? |

4 Read and answer the questions. Ask and answer.



- 1 How long have you studied at this school?
I've _____
- 2 How long have you known your best friend?

- 3 How long have you lived in your house?

- 4 How long have you watched your favourite TV programme?

- 5 How long have you done your favourite sport?

I've studied at my school since I was five. What about you?



➔ For more grammar practice go to page 103.

Which is the odd one out? Why? one month / September / five years / one hour



- 1 **Cooperative learning** Choose four hobbies from the lesson which you think are interesting. Compare with a partner.

I think doing needlework is more interesting than collecting cards.

I totally disagree.

- 2 Read the text and the sentences. Write **A** (right), **B** (wrong) or **C** (doesn't say).



Stamp collecting

Do you know that more than 200 million people around the world enjoy stamp collecting? The first stamp appeared in Britain in 1840 and it was called the Penny Black. It had a picture of the queen of England on the front, but it didn't have a sticky back. People had to use their own glue to stick it to the envelope. Nowadays, more than 200 countries around the world produce their own stamps and some of them are miniature works of art. There have been lots of unusual stamps too. The Pacific island of Tonga once issued banana-shaped stamps and Australia issued stamps that looked like precious stones. However, the prize for the most unusual stamp goes to Bhutan. This country once produced stamps that looked like a record and you could actually play them on a record player!

- 1 The first stamp appeared more than 200 years ago. B
- 2 The Penny Black was a black stamp.
- 3 Some stamps have beautiful drawings on them.
- 4 Stamps are always rectangular.
- 5 The Australian stamps were very expensive.
- 6 You could listen to stamps from Bhutan.

- 3 Read and learn.

Word building

A suffix is a group of letters that is added to the end of a word.

You can add *-er* or *-or* to some verbs to make the names of the people who do the actions.

to collect – a collector
to teach – a teacher

- 4 Add *-er* or *-or* to change these verbs into nouns.

- 1 to play: _____ a player _____
- 2 to design: _____
- 3 to instruct: _____
- 4 to report: _____
- 5 to act: _____
- 6 to direct: _____
- 7 to clean: _____
- 8 to sail: _____
- 9 to decorate: _____

After you read

1 Which questions does the text answer? Tick (✓) or cross (X).

- 1 When was Gisela born?
- 2 When did she begin to kitesurf?
- 3 Why did Gisela move to Tarifa?
- 4 What was her favourite school subject?
- 5 What's the most difficult kitesurf trick?
- 6 When was she world champion the first time?
- 7 What's Gisela like?
- 8 How many times has she been world champion?



2 Look at Activity 1. Write a paragraph using answers for the questions that you have ticked (✓).

Gisela was born _____



3 Listen and complete the leaflet about safety on the water.

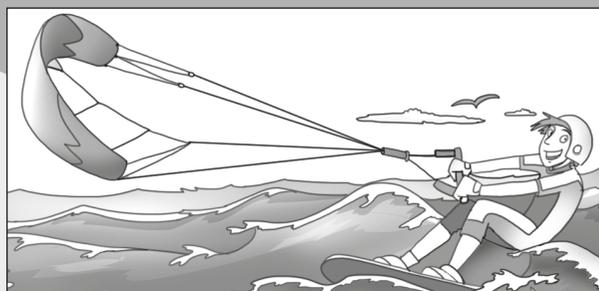


Safety on the water

Remember these simple rules so that you and other people have a safe and fun time on the water.

Always

- Wear a **1** _____, a lifejacket and a quick release harness.
- Check your **2** _____ and repair any damage.
- Carry a **3** _____ so you can cut your kite strings.
- Check the **4** _____ before you ride.



Never

- Ride too **5** _____ from the shore.
- Practise **6** _____ next to the beach.
- Kitesurf in a **7** _____ area.

4 Find out two more facts about Gisela Pulido. Write sentences.



1 _____
 2 _____

Which is the odd one out? Why? kayaking / water-skiing / skiing / windsurfing

Develop your writing skills

1 Complete the sentences. Use an adjective.

enormous fascinating brilliant astonishing

- 1 The report about Gisela Pulido was _____.
I learnt lots of interesting facts.
- 2 Gisela's kite is _____. It collects lots of wind.
- 3 I think Ross Lynch is a _____ actor.
- 4 It's _____ to learn that all Ross Lynch's family have names that begin with the letter R.



Plan your writing

2  **Cooperative learning** Work with a partner. Plan your magazine article about a famous person. Make notes.

1 Title: _____

2 Famous person: _____

3 What's he / she famous for? _____

4 When was he / she born? _____

5 What did he / she do first? _____

6 What has he / she done since then? _____

7 Interesting facts: _____

8 Opinion: _____

3 Now write your magazine article in your notebook. Remember to use extreme adjectives.

4  **Learning to learn** Read your magazine article to a new partner. Then check your work together. Put a tick (✓) or a cross (X).

- I've included a title.
- I've introduced my famous person.
- I've included biographical information.
- There are some interesting facts.
- I've given an opinion.
- I've used one or more extreme adjectives.

1 Read the situation. What do you need to say? Write.

- 1 A friend is whispering. You can't hear her. Can you _____
- 2 Your English friend is speaking too fast. _____
- 3 You didn't hear what the teacher said. _____

Prepare a conversation**2  Thinking skills** Make notes about your favourite sports.

Sports I enjoy doing:

Sports I enjoy watching:

My favourite team / sports person:

Sports I'd like to try:

Favourite sports

3 Write questions to ask a partner.

- 1 Are you sporty? _____ 4 _____
- 2 _____ 5 _____
- 3 _____

Have a conversation**4 Talk with your partner about your favourite sports.** 

Remember! Tell people when it's difficult to understand them.

**5 **Reflect on the unit**** Read and complete the sentences.

- In this unit I've learnt about _____
- In this unit I've learnt to _____
- I think that my work in Unit 2 is _____
- The ways I can improve are _____

My progress

Cooperative learning Work with a partner to do the quiz.

1 Write the equipment you need for these sports.

1 archery: _____

2 fencing: _____

3 badminton: _____



2 Write about what you have or haven't done. Use the present perfect. 

1 (karate) I _____

2 (football) _____

3 (horse riding) _____

3 Look and write the words in the chart.

a week last week five minutes a long time five o'clock 16th August half an hour I was ten

for	since
five minutes	

4 Write the questions and answers. Use *for* or *since*.

1 (study English) How long have you _____
I've _____

2 (live in your town) _____

3 (know your English teacher) _____

5 Read, remember and answer the questions.

1 How long have the Shaolin monks done kung fu? _____

2 How long has Ross Lynch appeared on TV? _____

6 Look and order the letters. What's the mystery word?

s i a s t o n i n g h

The mystery word is: _____

Definition: _____

Well done. Give me five!



Achieving your goals

1 Listen to the conversations. Tick (✓) the correct answer.



① A What sport does Tony do?

- volleyball
- football
- basketball

B Why does he want to give up the sport?

- He thinks he isn't very good.
- He thinks it's too difficult.
- He isn't the best.

C What advice does the teacher give?

- Practise more.
- Be patient.
- Believe in yourself.

② A What hobby does Dina do?

- singing
- drawing
- drama

B Why does she want to give up?

- Her friend is better.
- She makes a lot of mistakes.
- She isn't artistic.

C What advice does her mum give?

- Learn from your friends.
- Learn from your mistakes.
- Keep trying.

2 Thinking skills Read what people say when an activity is difficult. Are they being positive (P) or negative (N)?

① I can't do it better.

N

② I'm going to work harder.

③ I can learn from my mistakes.

④ I can try a different strategy.

⑤ I'm not good enough.

⑥ This needs a bit more time, but that's OK.

3 Read, think and answer. Be positive!



1 What are you good at?

I'm good at _____

2 What can you do to be even better?

I can _____

3 What activity is difficult for you?

_____ is difficult for me.

4 What can you do to be better?

I can _____

4 Now share the information with a partner.



I'm good at drawing, but I can do better in sport.

Tennis is difficult for me, but I'm good at football.