

Why do you think he lost the match?

Because he wasn't feeling very well.

**G** past tenses: simple, continuous, perfect **V** sports **P** /ɔr/ and /ər/

## 1 VOCABULARY sports

- a In teams, race to answer all the questions. Shout when you cross the finish line!

### In which sport...?

- 1 can you do the *butterfly*
- 2 is there a shot called a *slam dunk*
- 3 is the person who throws the ball called the *pitcher*
- 4 are there two teams of 15 people and a ball that isn't round
- 5 do you hit the ball over a net on a table
- 6 do players walk about 5 miles during a game, and never run
- 7 are there two teams of six, who play on ice
- 8 are there four main tournaments: in Melbourne, Paris, London, and New York
- 9 can you do different activities, e.g., running, high jump, javelin, etc.
- 10 has Brazil won more World Cups than any other country

- b 5.1 Listen and check. Who got the most questions correct?

- c p.157 **Vocabulary Bank Sport**

## 2 PRONUNCIATION /ɔr/ and /ər/

- a Write the words from the list in the correct row. Be careful with *or* (there are two possible pronunciations).

course court four girl hurt score  
serve shorts shirt sport warm up  
work out world worse



- b 5.7 Listen and check.

- c 5.8 Listen and write six sentences. Practice saying them.

## 3 SPEAKING

In pairs, interview your partner about sports using the questionnaire. Ask for more information.



### Do you like sports?

#### Yes

What sport(s) do you play?

How often do you play sports?

Have you ever won a medal or a trophy?

Have you ever been injured while playing a sport?

Do you prefer playing sports or watching sports?

How many hours do you spend a week watching sports on TV, or following them online?

Do you go to watch a local sports team?

What's the most exciting sports event you have been to?

#### No

What sports do / did you have to play at school?

Do / Did you enjoy them?

Do you do any kind of exercise?

Do you think you're in shape? Would you like to get in better shape?

Do your family and friends like sports?

Is there any sport you don't mind watching on TV?

What sport(s) do you hate watching on TV?

Have you ever found a sporting event exciting?

Do you think that there are good sports facilities in your town?

Do you think physical education should be optional or required at school?

Do you think there is too much (or not enough) sports on TV?

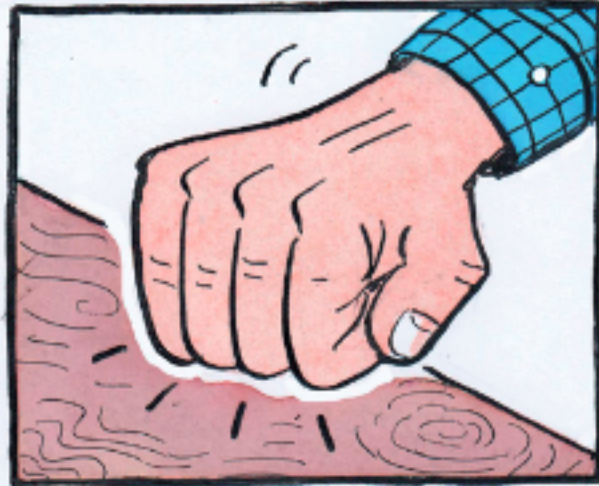


## 4 READING

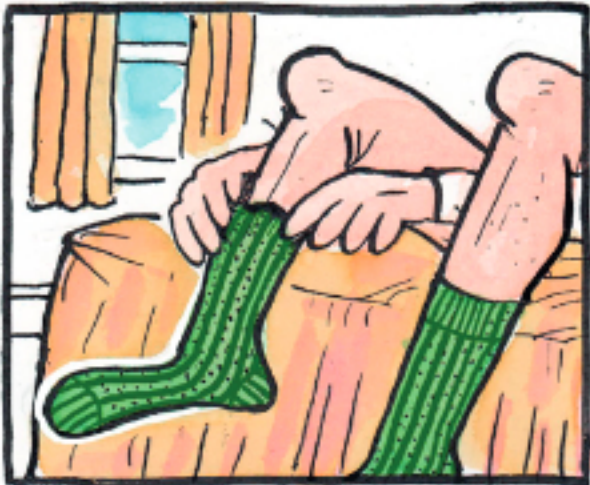
- a Do you do any of these things when you want to have good luck or avoid bad luck?



cross your fingers



knock on wood



wear lucky clothes



carry a lucky charm

- b Read the article about superstitions in sports. What's the answer to the question in the title?
- c Match paragraphs 1–4 to topics A–D.
- A the physical effects of superstitions
  - B examples of sports superstitions
  - C the disadvantages of superstitions
  - D the psychological effects of superstitions
- d Read the article again. With a partner, explain why the following examples are mentioned.

**Paragraph 1:**

Cristiano Ronaldo's right foot and Serena Williams's ball

**Paragraph 2:**

lucky golf balls and lucky charms

**Paragraph 3:**

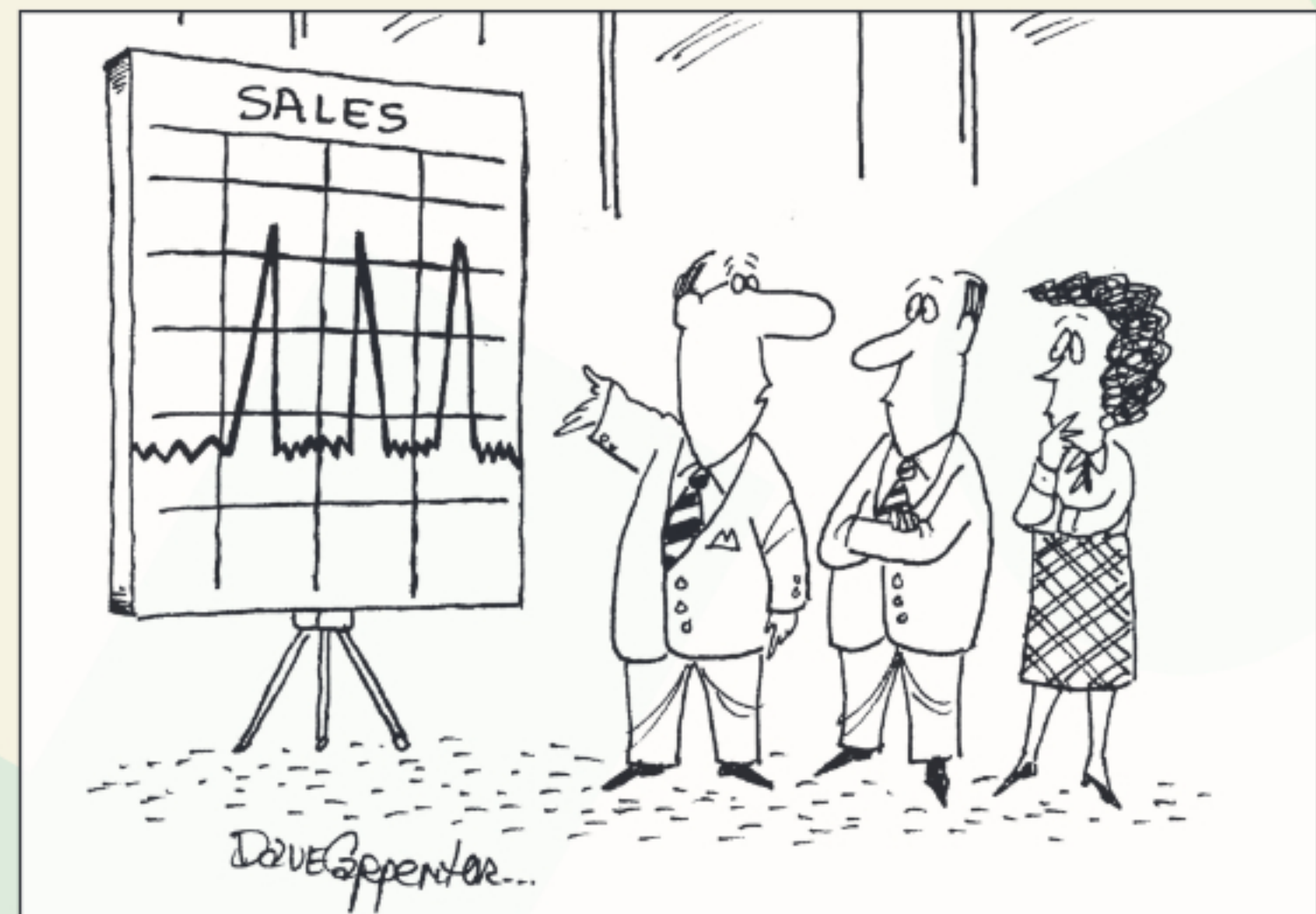
adrenaline and other chemicals

**Paragraph 4:**

two players with the same superstition

- e Talk to a partner.
- Do you know of any other athletes who are superstitious? What do they do?
  - Do you have any superstitions, e.g., when you are playing or watching sports, or when you take an exam, or when you travel?

# Do “lucky socks” really work?





*“I’m not superstitious either, but those were the days Harris wore his lucky socks.”*

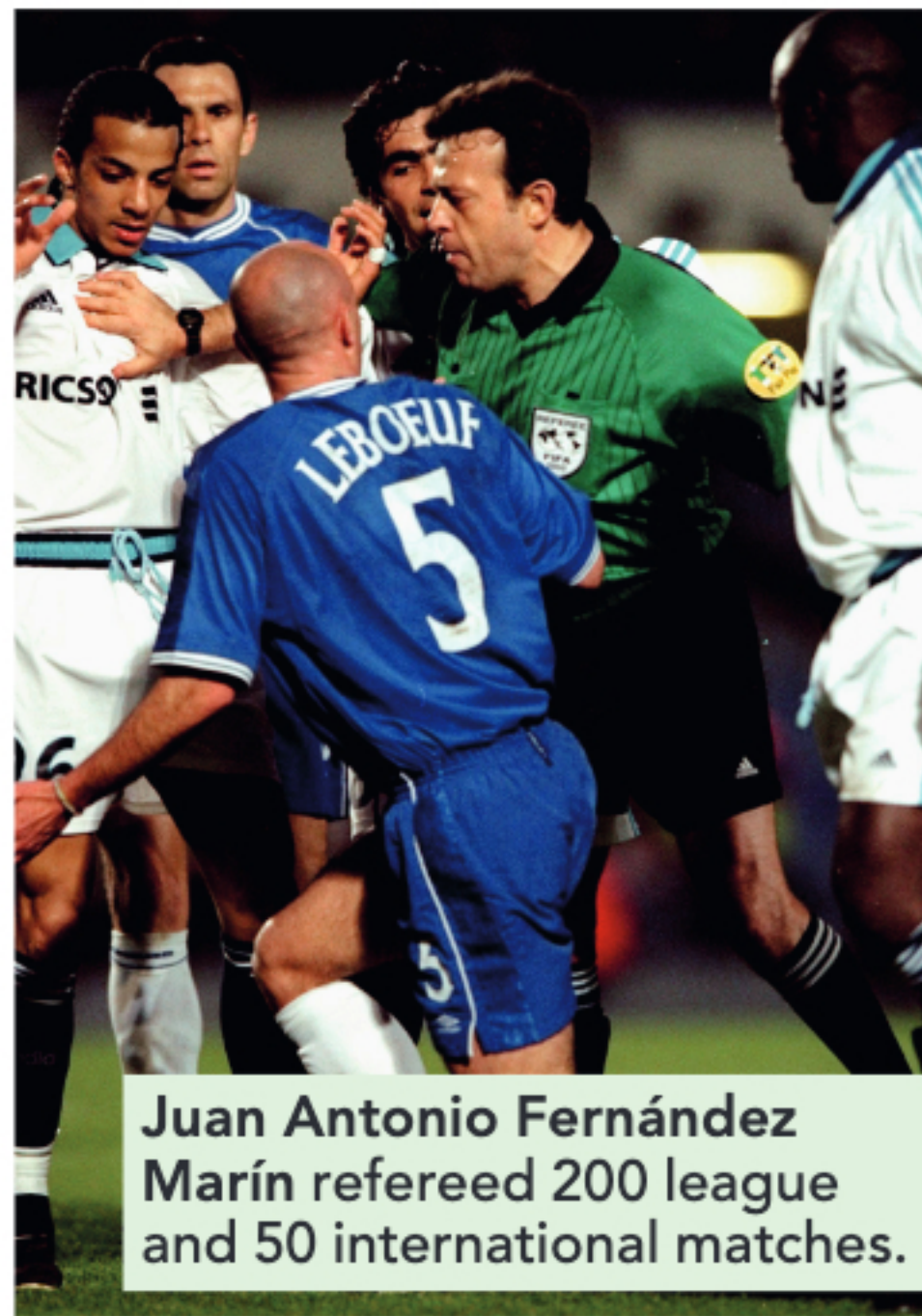
- 1 **S**ports have always been full of superstitions, even for the best athletes in the world. Long-distance runner Mo Farah always shaves his head before a race. Judo star Kayla Harrison always wears the lucky socks that were a gift from her grandmother. Soccer player Cristiano Ronaldo always steps onto the field with his right foot first. And tennis legend Serena Williams always bounces the ball five times before a first serve, and twice before a second serve.
- 2 **Do actions like this have any real effect on sports results?** According to a study by the University of Cologne, it seems that they can increase confidence and a sense of control, which might help athletes. The study showed that people who were given a golf ball that they were told was “lucky” played better than those who used a “normal” ball. And it isn’t just sports. In another experiment, people who were allowed to carry their lucky charm performed better at memory tests than people without one. The researchers concluded that superstitions make people feel more confident, which makes them perform better.
- 3 **Superstitions may also have a positive physical effect.** Dan Abrahams, a sports psychologist, says that sporting rituals can cause the release of adrenaline and other chemicals that help the athlete to focus better.
- 4 **Most psychologists, however, say that superstitions can be bad as well as good.** Abrahams tells the story of a professional soccer team where two players had the same superstition – they both had to be the last person to leave the locker room before the game. They couldn’t agree how to solve the problem, and it had a really negative effect on them and on the team. And what happens if you sit down to take an exam and realize you’ve forgotten your lucky pen?





## 5 LISTENING

- a Do you think being a soccer referee is a difficult job? Why (not)?
- b  **5.9** You're going to listen to an interview with an ex-Champions League soccer referee from Spain. Listen to Part 1 and choose a, b, or c.
- Why did he want to become a referee?
    - His father was a referee.
    - He liked sports, but wasn't good at them.
    - He always liked the idea.
  - What was the most exciting game he ever refereed?
    - His first professional game.
    - He can't choose just one.
    - Real Madrid against Barcelona.
  - The worst experience he ever had as a referee was when \_\_\_\_\_ attacked him.
    - a player
    - a woman
    - a child
  - Why does he think there is more cheating in soccer today?
    - Because soccer is big business.
    - Because the referees are worse.
    - Because soccer players are better at cheating.
  - How does he say soccer players often cheat?
    - They fall over when no one has touched them.
    - They accept money to lose games.
    - They touch the ball with their hands.
- c Read sentences 1–6. With a partner, predict what the referee is going to say.
- The most difficult thing for him about being a referee is to make the \_\_\_\_\_ during a game.
  - One of the reasons it's difficult is because soccer today is very \_\_\_\_\_.
  - Making correct decisions often depends on the referee's interpretation of the \_\_\_\_\_.
  - He thinks that players who cheat are the \_\_\_\_\_.
  - A study that was done on Leo Messi shows that he could run exceptionally fast \_\_\_\_\_.
  - He thinks Messi isn't a \_\_\_\_\_ soccer player.
- d  **5.10** Listen to Part 2 and check your answers.
- e Ask and answer the questions in small groups.
- Do you agree with the referee when he says, "I think fair play does exist – the players who cheat are the exceptions." Is it also true of other sports?
  - Are there any sportspeople in your country who are well known for cheating? What kinds of things do they do?
  - Do you think new technology makes a referee's job easier or more difficult? Why?
  - Would you like to be a sports referee (or umpire)? Why (not)?



Juan Antonio Fernández Marín refereed 200 league and 50 international matches.

## 6 GRAMMAR past tenses

- a Read the article about Alistair Brownlee. What did he do?
- b Paragraph 2 tells the story of what happened. Most of the verbs are simple past, but there are two examples of the past continuous, and four of the past perfect. Can you find them? Why are they used?

### Alistair sacrifices gold... to help his brother

Nobody will remember who won the world triathlon in Cozumel, Mexico, in 2016. Instead, they will remember the sacrifice of Alistair Brownlee, who stopped to help his brother, Jonny, instead of winning the gold medal himself.

As Jonny, 26, entered the last kilometer of the 10-km run, he was winning by a lot – he'd gone very fast in the swimming and bike riding stages. But then he began to feel sick because he hadn't drunk enough in the hot conditions, and he stopped at the side of the road. His brother, Alistair, was running behind him, but when he saw that Jonny had stopped, he didn't run past him to win the race. Instead, in a wonderful act of brotherly love, he took his brother's arm and helped him to run the final few hundred meters. Seconds before they reached the finish line, South African Henri Schoeman, who had been behind them until then, ran past them both and won the gold medal.

Alistair said, "It was a natural human reaction to my brother, but for anyone, I would have done the same thing."





- d Read the article about Anton Gafarov. Complete it with the verbs in the correct tense.

## Canada to the rescue

Russian cross-country skier Anton Gafarov

<sup>1</sup> was competing (compete) at the Sochi Winter Olympics in 2014. He <sup>2</sup> \_\_\_\_\_ (do) well in the race when he <sup>3</sup> \_\_\_\_\_ (fall) and <sup>4</sup> \_\_\_\_\_ (damage) his left ski. Soon after that, he <sup>5</sup> \_\_\_\_\_ (fall) again. He realized that his ski <sup>6</sup> \_\_\_\_\_ (break) into two pieces. He <sup>7</sup> \_\_\_\_\_ (try) to continue on one ski when suddenly the Canadian ski coach, Justin Wadsworth, <sup>8</sup> \_\_\_\_\_ (run) out of the crowd and <sup>9</sup> \_\_\_\_\_ (replace) Gafarov's broken ski with a spare one that he <sup>10</sup> \_\_\_\_\_ (bring) for his own team. Gafarov <sup>11</sup> \_\_\_\_\_ (finish) the race in front of his home crowd.



- e **C** Communication Good sportsmanship **A** p.107  
**B** p.112 Practice telling a story.

- f Which of the four stories you've read do you think is the most heroic?

## 7 SPEAKING

- a You're going to tell your partner two anecdotes. Choose two of the topics below and plan what you are going to say. Ask your teacher for any words you need.

### Tell your partner about...

- **a really exciting sports event you saw**  
When and where was it? Who was playing?  
What happened? Why was it so exciting?
- **a time you had an accident or got a sports injury**  
When and where did it happen? What were you doing? What part of your body did you hurt?  
What happened next? How long did it take you to recover?
- **a time you saw or met someone famous**  
When was it? Where were you? Who were you with? What was the celebrity doing? What was he / she wearing? Did you speak to him / her?  
What happened in the end?
- **a time you got lost**  
Where were you going? How were you traveling? Why did you get lost? What happened in the end?
- **a time you missed or nearly missed something important (e.g., a flight, an exam, a date, etc.)**  
What did you miss or nearly miss? Why? How did you feel? What happened in the end?

- b Work with a partner. Tell each other your two stories. Give as much detail as you can. Use the language from the **Telling an anecdote** box.

### Telling an anecdote

#### Starting an anecdote

*I'm going to tell you about a time when...*

*This happened a few years ago...*

*When I was younger,...*

#### Listening to an anecdote

*Wow! Really?*

*That sounds terrible / awful.*

*How amazing!*

*What happened next / after that / in the end?*

## 8 WRITING

- W** p.118 **Writing** Telling a story Write a story about a trip where you had a problem.



## 4 TELLING A STORY

- a A magazine asked its readers to send in stories about a time they had a problem when traveling. Read the story once. Why did Bethany and her husband get lost? What else went wrong?
- b Read the story again and complete it with a connecting word or phrase from the list.

although as soon as because but  
however instead of so then when

### A bad trip

*This happened last... / a few months / years ago.*

*The first part of the trip was...*

*After a while,...*

*It was only when...*

*We realized that...*

*Luckily,...*

*In the end,...*

*It was an awful / terrible trip.*

- c **Write** about a trip where you had a problem (or invent one) to send to the magazine. **Plan** what you're going to write using the paragraph notes below. Use the language from the **A bad trip** box to help you.

Paragraph 1	When was the trip? Where were you going? Who with? Why?
Paragraph 2	What problem did you have? What happened?
Paragraph 3	What happened in the end?

- d **Check** your story for mistakes (grammar, vocabulary, punctuation, and spelling).

# Disastrous trips!

We asked you to tell us about a time you had a problem when traveling. Bethany from the US wrote to us...



This happened a few years ago. My husband and I had rented a house in Galicia for a summer vacation. We were going to first drive to Tarragona, to stay for a few days with some friends and <sup>1</sup> then drive from Tarragona to Galicia.

The first part of the trip was fine. We were using our new GPS for the first time, and it took us right to the door of our friends' house. Three days later, <sup>2</sup> \_\_\_\_\_ we continued our trip, we put in the name of the small town in Galicia, Nigrán, which was our final destination. We started off, obediently following the instructions. <sup>3</sup> \_\_\_\_\_, after a while we realized that <sup>4</sup> \_\_\_\_\_ driving west toward Lleida, we were going north. In fact, soon we were very close to Andorra, right on the border with France. I was sure we were going in the wrong direction, <sup>5</sup> \_\_\_\_\_ my husband wanted to do what the GPS was telling us – it was his new toy! It was only when we started seeing mountains that even he admitted this couldn't be the right way. <sup>6</sup> \_\_\_\_\_ we stopped, got out an old map, and then turned around. We had wasted almost two hours going in the wrong direction!

It was an awful trip, <sup>7</sup> \_\_\_\_\_ as well as getting lost, we had another problem. When we were almost at our destination, we stopped for a coffee, but <sup>8</sup> \_\_\_\_\_ we got back onto the road, we realized that we had left our dog under the table in the café! For the second time that day, we had to turn around and go back. Luckily, the dog was still there! And luckily, <sup>9</sup> \_\_\_\_\_ the beginning of our trip was a disaster, we had a wonderful vacation!



## past tenses: simple, continuous, perfect

simple past: *worked, stopped, went, had, etc.*

They **were** in Mexico in 2016.  
 A South African **won** the race.  
 The plane **didn't arrive** on time.  
 What time **did** you **get up** this morning?  
 When I **lived** in Los Angeles, I often **went** to watch the Lakers.

5.11

- We use the simple past for finished actions in the past (when we say, ask, or know when they happened).
- We can also use it for repeated actions in the past.
- Remember **Irregular verbs** p.165.

past continuous: *was / were + verb + -ing*

1 What **were** you **doing** at six o'clock last night?  
 2 I **was driving** along the freeway when it started snowing.  
 3 While I **was doing** the housework, the children **were playing** in the yard.  
 4 It was a cold night and it **was raining**. I **was watching** TV in the living room.

5.12

- 1 We use the past continuous to talk about an action in progress at a specific time in the past.
- Remember, we don't use the past continuous with nonaction verbs.  
**NOT** ~~We stopped at a garage because we were needing gas.~~
- 2 We often use the past continuous to describe a past action in progress that was interrupted by another action (expressed in the simple past). The two actions are usually linked by *when* or *as*.
- 3 We often use the past continuous with *while* for two actions happening at the same time.
- 4 We often use the past continuous to describe what's happening at the beginning of a story or anecdote.

past perfect: *had + past participle*

When they turned on the TV, the game **had** already **finished**.  
 As soon as I shut the door, I realized that I'd **left** my keys on the table.  
 We couldn't get a table in the restaurant because we **hadn't booked** one.

5.13

- We use the past perfect when we are talking about the past and we want to talk about an earlier past action. Compare:  
*When John arrived, they **went out**.* (= first John arrived and then they went out)  
*When John arrived, they **had gone out**.* (= they went out before John arrived)

using narrative tenses together

It was a cold night and it **was raining**.  
 I **was watching** TV in the living room. Suddenly I **heard** a knock at the door. I **got up** and **opened** the door. But there **was** nobody there. The person who **had knocked** on the door **had disappeared**.

5.14

- We use the past continuous (*was raining, was watching*) to set the scene.
- We use the simple past (*heard, got up, etc.*) to say what happened.
- We use the past perfect (*had knocked, had disappeared*) to say what happened before the previous past action.

## a Circle the correct form.

The teacher gave Robbie a zero because he *cheated* / *had cheated* on the exam.

- 1 They didn't win the game although they *were training* / *had trained* every evening.
- 2 Mike had an accident while he *drove* / *was driving* to work.
- 3 I left work early because I *wanted* / *was wanting* to watch the game.
- 4 There was a lot of traffic, and when we arrived, the game *already started* / *had already started*.
- 5 The captain *didn't score* / *hadn't scored* any goals when the referee ejected him.
- 6 My son got injured while he *played* / *was playing* basketball last Saturday.
- 7 When the snowstorm started, we *stopped* / *had stopped* skiing and went back to the hotel.
- 8 The Lakers *weren't losing* / *hadn't lost* any of their games during their trip to the East Coast.
- 9 The referee suspended the game because it was *raining* / *rained* too hard to play.

## b Complete with the simple past, past continuous, or past perfect.

The marathon runner *was sweating* when she *crossed* the finish line. (sweat, cross)

- 1 The accident \_\_\_\_\_ when they \_\_\_\_\_ home. (happen, drive)
- 2 The crowd \_\_\_\_\_ when the referee \_\_\_\_\_ the final whistle. (cheer, blow)
- 3 I \_\_\_\_\_ Jane at first because she \_\_\_\_\_ so much. (not recognize, change)
- 4 The police \_\_\_\_\_ my sister on the freeway because she \_\_\_\_\_ a seat belt. (stop, not wear)
- 5 Some of the players \_\_\_\_\_ while the coach \_\_\_\_\_ to them. (not listen, talk)
- 6 We \_\_\_\_\_ use the ski slope because it \_\_\_\_\_ enough. (not can, not snow)
- 7 They \_\_\_\_\_ play tennis because they \_\_\_\_\_ a court. (not able to, not book)
- 8 The player \_\_\_\_\_ a yellow card because he \_\_\_\_\_ his shirt after scoring a goal. (get, take off)



### 1 PEOPLE AND PLACES

a Match the words and photos.



- 1 captain /'kæptən/
- coach /kəʊtʃ/
- 1 fans /fænz/
- players /'pleɪərz/
- referee /ˌrefə'ri/ / umpire /'ʌmpaɪər/
- spectators /'spektətərz/ / the crowd /kraʊd/
- sports arena /'spɔ:ts ə'ri:nə/
- stadium /'steɪdiəm/
- team /ti:m/

b 5.2 Listen and check.

c Match the sports and places.

course /kɔ:s/ court /kɔ:t/ field /fild/  
pool /pul/ slope /sləʊp/ track /træk/

- 1 tennis / basketball court
- 2 soccer / baseball \_\_\_\_\_
- 3 swimming / diving \_\_\_\_\_
- 4 running / horse racing \_\_\_\_\_
- 5 golf \_\_\_\_\_
- 6 ski \_\_\_\_\_

d 5.3 Listen and check.

**ACTIVATION** Test a partner.

- A (book open) Say a sport, e.g., tennis.  
B (book closed) Say where you do it, e.g., tennis court.

### 2 VERBS

win and beat

You win a game, competition, medal, or trophy.

You beat another team or person, e.g., the Golden State Warriors beat the Los Angeles Lakers.

a Complete with the past tense and past participles.

beat beat \_\_\_\_\_  
win \_\_\_\_\_  
lose \_\_\_\_\_  
tie \_\_\_\_\_

b Complete the **Verb** column with the past tense of a verb from a.

- |  | Verb  |
|--|-------|
| 1 Spain <span style="background-color: #d3d3d3;">   </span> with Brazil 2–2.                         | _____ |
| 2 Costa Rica <span style="background-color: #d3d3d3;">   </span> the US 3–0.                         | _____ |
| 3 Costa Rica <span style="background-color: #d3d3d3;">   </span> the game 3–0.                       | _____ |
| 4 The Chicago Bulls <span style="background-color: #d3d3d3;">   </span> 78–91 to the Boston Celtics. | _____ |

c 5.4 Listen and check a and b.

d Complete the **Verb** column with a word from the list.

do get injured get in shape go  
kick score throw train

- 1 Professional sportspeople have to     every day. train
- 2 Don't play tennis on a wet court. You might    .
- 3 A soccer player has to try to     the ball into the goal.
- 4 I've started going to the gym because I want to    .
- 5 Our new striker is going to     a lot of goals.
- 6 Would you like to     swimming this afternoon?
- 7 My brothers     yoga and t'ai chi.
- 8 In basketball, players     the ball to each other.

e 5.5 Listen and check.

### 3 PHRASAL VERBS

a Match the **highlighted** phrasal verbs to their meanings A–D.

- 1 It's important to warm up before you exercise.
- 2 My daughter works out every afternoon.
- 3 The player got a red card and was sent off.
- 4 My team was knocked out in the semi-finals.

- A was eliminated  
B exercise, usually at a gym  
C was told to leave the field, court, etc.  
D do gentle exercise to get ready for a game, for example

b 5.6 Listen and check.

← p.46