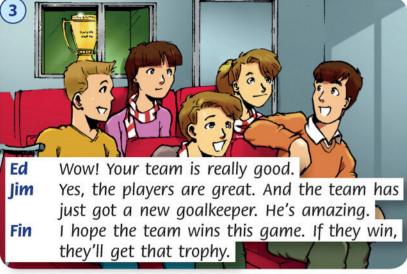
# The big match

### **Lesson One Story**

1 Listen and read. What are the children doing in pictures 4 and 6? 🌑 75

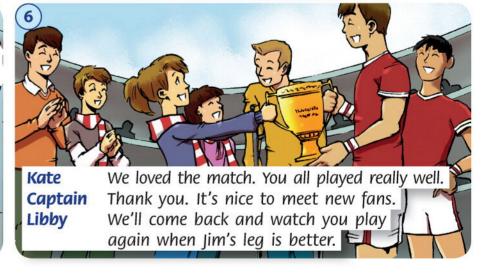












- 2 Listen to the story again and repeat. Act.
- 3 Read again and circle.
  - 1 Jim has got (tickets) / players for the big match.
  - 3 The children might meet the *players / trophy* later.
  - 5 Jim has got a *job / game* for the children.

- 2 The children have got the best team / seats.
- 4 The team has got a new captain / goalkeeper.
- 6 The children give the team / trophy to the captain.

### 1 Listen and repeat. 6 76



#### 2 Write the words.

1	Football players do a lot of	trainina	before they play in a match.
	i dotbatt plagers ad a lot of	CI OCCITETING	before they play in a materi.

2 A \_\_\_\_\_ is a special prize for a winning team or athlete.

3 A football trains the players.

4 The is the leader of a football team.

5 An \_\_\_\_\_ is a person who plays a sport or runs races.

6 A football \_\_\_\_\_ supports a team and watches their matches.

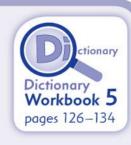
## Working with words

Antonyms are words with opposite meanings.

best worst

win lose

give take



## 3 Listen and repeat. 🌑 77

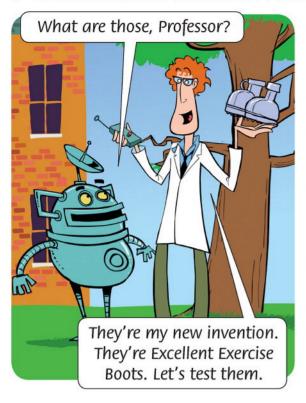
#### 4 Read and circle.

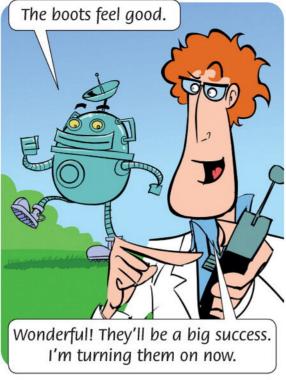
- 1 I forgot to *give / take* my bag with me when I got off the bus.
- 2 Jenny is a fan of the local team. She hopes they are going to win / lose on Saturday.
- 3 It was so nice of you to give / take me your extra ticket.
- 4 That was the best / worst film I've ever seen. It was so boring!

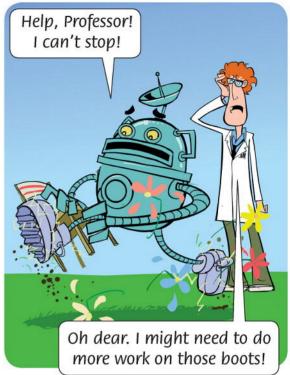
#### Lesson Three Grammar 1

#### 1 Listen and read. What has Professor invented? 🌑 78









#### 2 Read and learn.

#### Modal verbs

Use *may*, *might* and *could* to talk about present and future possibilities.

I might need to do more work on those boots!

Use *will* and *won't* to talk about future definites.

They'll be a big success.

#### 3 Read and circle.

- 1 If it's sunny tomorrow, we could / won't have a picnic.
- 2 We might / will go to a restaurant. We'll decide tomorrow.
- 3 The children won't / may play outside if it doesn't rain.
- 4 If you eat a lot of junk food, you *could / won't* get health problems.
- 5 If I'm very tired, I won't / might go to bed early tonight.
- 6 Julie will / may be happy if her team wins the match.

## 4 Speaking Ask and answer.

What are you doing on Saturday?

If it's sunny, I might play basketball.





stay at home

play in the garden

listen to music

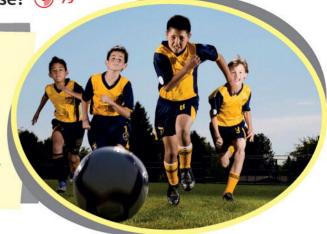
//X

1 Listen and read. Who could be giving the advice about exercise? 6 79





Yes, you do. It's very important to do some exercise every day. You don't have to go to the gym or do a sport every day, but it's a good idea to go for a walk or a run. You have to use your body to keep it healthy.



#### 2 Read and learn.

#### have to / had to

Use have to / had to to talk about something that is / was necessary.

You have to use your body to keep it healthy.

Do you have to exercise every day?

Yes, you do.

Use don't have to / didn't have to to talk about something that is not / was not necessary.

You don't have to go to the gym or do a sport every day.

#### 3 Read and choose.

a you have to do lots of homework tonight?

**b** Have a Do

**c** Does

get up at eight o'clock last Monday. 3 Karen

a doesn't have to

- **b** had to
- **c** have to

5 We tidy our bedrooms before we could go out to play yesterday.

a doesn't have to

- **b** had to
- c have to

help my mum clean the house today.

a doesn't have to

**b** has to

**c** have to

Billy have to practise his guitar yesterday?

**a** Did

**b** Has

**c** Does

- wash the dishes last night 6 The boys because their mum had already washed them.
  - a didn't have to
- **b** had to

c don't have to

## 4 Write questions and answers about Anna.



1 Does Anna have to feed the fish today?



Yes, she does.

## Skills Time!

#### **Lesson Five**

#### Reading

- 1 Look at the text. Where do you think it is from?
- 2 Listen and read. 6 80

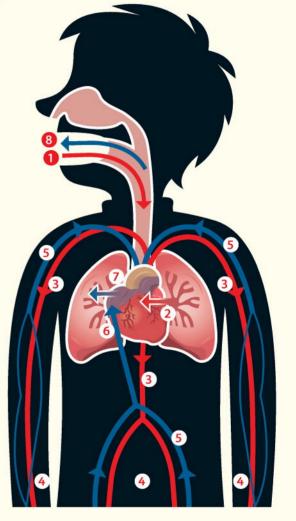


## Just breathe

The movement of your blood through your heart and around your body is called circulation. The process of circulation is fast! It takes less than a minute to pump blood to every part of your body.

- 1) When you <u>breathe</u> in, <u>oxygen</u> goes into your <u>lungs</u>.
- 2 Blood from your lungs fills with oxygen and moves into the left side of your heart.
- 3 The left side of your heart pumps the blood with oxygen in it out through tubes called arteries. Arteries carry blood away from your heart to your body.
- 4 Your body takes the oxygen out of the blood and uses it to stay healthy and strong. We need oxygen for everything we do: moving, growing, speaking and thinking. If we do not have oxygen, we cannot live.
- 5 When your body uses the oxygen from your blood, it makes carbon dioxide. Your body doesn't need this carbon dioxide, so the blood takes it away. Other tubes, called veins, carry the blood with carbon dioxide in it back to your heart.
- 6 The blood from your body goes into the right side of your heart.
- 7 The right side of your heart pumps this blood into your lungs. Your lungs remove the carbon dioxide from the blood.
- 8) When you breathe out, the carbon dioxide goes back into the air.

Remember, all this happens in about a minute, and all you have to do is breathe!



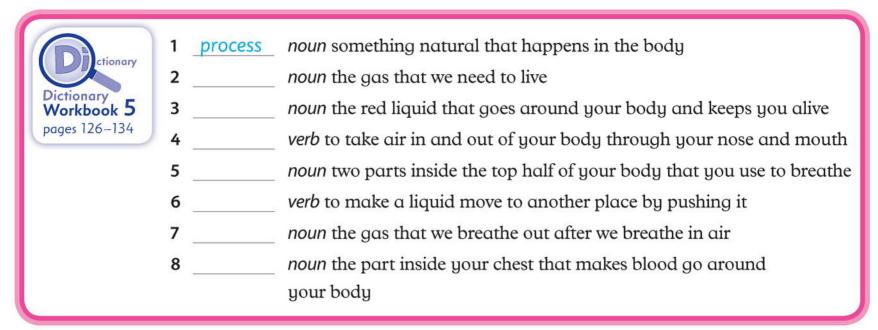
No, it isn't.

## 3 Read again and write the answers.

- 1 Is circulation slow?
- 2 Does blood from your lungs go into the right side of your heart?
- 3 Do arteries carry blood away from your heart?
- 4 Do veins carry blood back to your heart?
- 5 Do your lungs remove carbon dioxide from your blood?
- 6 Does oxygen go into the air when you breathe out?

#### Words in context

1 Find words in the text to match the definitions.



#### Listening

- 2 Listen. What sport does Joe do? 🚳 81
- 3 Listen again and complete.



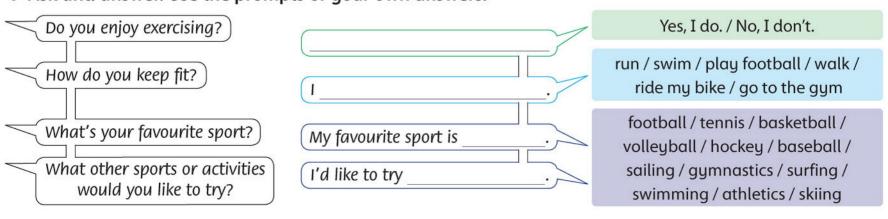
# 

# Interview with Joe Willis

- start cycling?1\_5\_ yearsold
- win first race?
   years
   old
- training?
  - cycle every day run <sup>3</sup>\_\_\_\_ days a week
  - go to gym 4\_\_\_\_ days a week
- diet?
  - eat fruit, vegetables, whole grains,
  - drink water every f\_\_\_ minutes when training

## Speaking

4 Ask and answer. Use the prompts or your own answers.



## **Skills Time!**

#### **Lesson Seven**

#### Writing

- 1 Look at the text. Who is the interview with?
- 2 Read.

Katie Barrett is 20 and she has won two world medals for running. I went to see her in training to find out more ...

Katie, when did you start running?

When I was five, I used to race my brother in the garden. He always won!

When did you win your first race?

When I was seven I won a race at school. I was very proud!

Do you have to do a lot of training?

I run for three hours every day. I swim four days a week, too. Swimming is great exercise for every part of the body.

#### Do you have a special diet?

When I'm training, I eat plenty of fish or chicken with brown rice and vegetables.

Katie, we think you're an amazing sportswoman. We look forward to seeing you win another medal very soon.



- 3 Read again and answer the questions.
  - 1 When did Katie win her first race?

2 What does Katie eat when she's training?

#### An interview: notes

When we interview a person, we ask them questions and make notes of their answers.

Note:

**Training?** 

run - 3 hours a day

When we write the interview, we use our notes to write full answers to our questions.

Sentence:

Do you have to do a lot of training? I run for three hours every day.

- 4 Match the notes to the questions and answers.
  - 1 diet?
    eat healthy food, drink plenty of water
  - 2 start playing tennis?
  - 8
    3 training?
    practise 2 hours a day
    go to gym 5 days a week
  - 4 win first match?

10

- **a** When did you start playing tennis? When I was eight years old.
- **b** How old were you when you won your first match? I was ten years old.
- c Do you have to do a lot of training? I practise for two hours every day and I go to the gym five days a week.
- d Do you have a special diet?I eat healthy food and I drink plenty of water.

5 Complete the writing task on page 80 of Workbook 5.



## **Lesson Eight**

### 1 Complete the quiz.

(noun) *a person whose* job is to train athletes

What is the word?

What do the children give the team captain in the story?

Circle the correct word in this sentence. My brother is going to give / take me his old bike.

Circle the correct answer.

I might / will go swimming tomorrow.

I haven't decided yet.

Circle the correct answer. Mum had to / has to go to the supermarket today.

Circle the correct answer. Did / Do you have to do lots of homework last night?

(3)

6

Which side of the heart pumps out blood?

(noun) two parts inside the top half of your body that you use to breathe

What is the word?

Match the notes to the questions and answers.

- 1 training? swim every day go to gym every day
- 2 start swimming?

a When did you start swimming? When I was six years old.

7

b Do you have to do a lot of training? I swim every day and I go to the gym every day, too.

2 Listen and write. Sing. 6 82



5

blood Breathe Take heart oxygen lunas bodu



#### Chorus:

<sup>1</sup> Breathe in, breathe out. Fill up your 2

You do it every day. Breathe in, breathe out.

in fresh air

To help you work and play!

Breathe in, breathe out. With every breath

The 4 moves round and round.

Breathe in, breathe out.

Your <sup>5</sup> 6 fast!

Just listen to the sound!

Breathe in, breathe out.

It isn't hard,

You do it all day long.

Breathe in, breathe out.

The 7

Will keep your 8 strong!