

# 1

# SPORTS AND GAMES



## ABOUT YOU

Do you like basketball, football or tennis?  
Which sport do you prefer?  
Do you play any sports?



## VOCABULARY

## AND

## READING

### Sports

#### 1 Match the pictures A–M to the words in the box.

EP

|                 |                   |
|-----------------|-------------------|
| do athletics    | play badminton    |
| do gymnastics   | play baseball     |
| go cycling      | play hockey       |
| go sailing      | play rugby        |
| go skating      | play table tennis |
| go snowboarding | play volleyball   |
| go surfing      |                   |



Listen and check. Then repeat.

#### 2 In pairs, ask and answer the questions.

- Which of the sports do you do in teams (a group of people)? Which do you do alone (just one person)?
- Which of the sports can you do both in teams and alone?
- Which of these sports do *you* do?
- Do you prefer team sports or sports you do alone? Why?



## PRONUNCIATION /eɪ/ and /aɪ/

#### 3 Put the words into the correct column.

|          |         |     |      |
|----------|---------|-----|------|
| baseball | bike    | fly | play |
| riding   | skating |     |      |

/eɪ/ sailing

/aɪ/ cycling



Listen and check. Then repeat.

4 Read Sophie's and Ben's blogs. Who does their sport every week? Who can't do their sport where they live?

5 Read about Sophie and Ben again and answer the questions.

- How many women and girls do Sophie's sport?
- What does Sophie do at the weekend?
- What does Sophie want to do at Loughborough University?
- Where does Ben prefer to be?
- Why does Ben go snowboarding every day?
- Ben says he's 'goofy-foot'. What does 'goofy-foot' mean?

## TEENBLOG: SPORT

Post about you and your sport here.

### It's fun!

My sport is ... rugby! That's me in the photo. People think that rugby is for boys, but that's not true. More than 18,000 women and girls play rugby in England. My team always plays a match on Saturday or Sunday, and I usually go to practice games three times a week. It's hard work, but it's never boring! I'm 14 and I play for the U15s. That's the team for players under the age of 15. When I'm older, I want to go to the rugby summer camp at Loughborough University. My favourite player, Fran Matthews, went there and now she plays for the England national rugby team.

Posted by **Sophie White**

## GRAMMAR

### Adverbs of frequency

We use the present simple to talk about things we do often or every day.  
*I go snowboarding every day.*

#### 1 Look at these examples from the blogs. The adverbs of frequency are in purple.

My team **always** plays a match on Saturday or Sunday. It's **never** boring.  
It's **usually** quiet.  
I **often** go with my little sister and other young people.  
I **sometimes** go snowboarding with Mum.

Write the words in **purple** on the right place on the line.

0% 100%  
a \_\_\_\_\_ b \_\_\_\_\_ c \_\_\_\_\_ d \_\_\_\_\_ e \_\_\_\_\_

#### 2 Answer the questions.

- Which sentences in Exercise 1 have a present simple verb?
- Which sentences in Exercise 1 have the verb *be*?

#### 3 Choose the correct words to complete the rules.

In sentences with the **verb be**, we put the adverb of frequency *before / after* the **verb**.  
In sentences with the **present simple**, we put the adverb of frequency *before / after* the **verb**.

### Goofy-foot or regular?

I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future – I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm *goofy-foot* – that means I put my right foot at the front of the board.

Posted by **Ben James**

#### 4 Read the examples and choose the correct words to complete the rules.

People don't **always** play sport in teams.  
Ben doesn't **usually** go snowboarding with his dad.  
Do you **sometimes** play volleyball with friends?  
Is rugby **often** dangerous?  
Football isn't **always** boring!

In negatives and questions with the **present simple**, we put the adverb of frequency *before / after* the **main verb**.

In negatives and questions with the **verb be**, we put the adverb of frequency *before / after* the verb *be*.

### GRAMMAR REFERENCE AND PRACTICE PAGE 138

#### 5 Put the adverbs in the right place to complete the sentences and questions.

- I play hockey at school on Fridays. (usually)
- Sophie is tired after rugby matches. (often)
- People don't go sailing in teams. (always)
- My uncle and my dad play table tennis. (never)
- Is gymnastics dangerous? (sometimes)
- Do you go cycling? (often)

#### 6 Put the words in order to make sentences and questions and questions.

- often / school / plays / my friend / after / football  
*My friend often plays football after school.*
- welcome / sports / are / in / our / club / always / you
- Mondays / do / on / athletics / never / we
- skating / brother / she / go / her / usually / does / with / ?
- table tennis / students / not / often / do / school / play / at
- cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /

#### 7 How often do you do the sports in Exercise 1 on page 14?

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

#### 8 In pairs, ask and answer the questions.

- What sports do you do?
- How often do you do them?
- Do you play sports at school?
- How often do you watch sports on TV?
- How often do you go to watch sports?
- Who are your favourite sports stars?

## READING

- 1 Look at the photos of the sports and games. What can you see?
- 2 Read the three texts and match them to the photos.



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# TRY THESE SPORTS!

## 1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.

## 2 GILLI-DANDA

This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.

## 3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.

- 3 Read the three texts again. Are the sentences right (✓) or wrong (X)?

- 1 There are always two players in a cycleball team.
- 2 The ball in cycleball is small and light.
- 3 Players in cycleball can't hit the ball with their hands.
- 4 *Gilli-danda* comes from India.
- 5 The stick and the bat in *gilli-danda* are the same size.
- 6 Players use a small ball in *gilli-danda*.
- 7 People play octopush in teams.
- 8 Players in octopush hit the ball, or puck, with their hands.
- 9 Players in octopush swim underwater to play their game.



## TALKING POINTS

Which of these sports do you want to try?

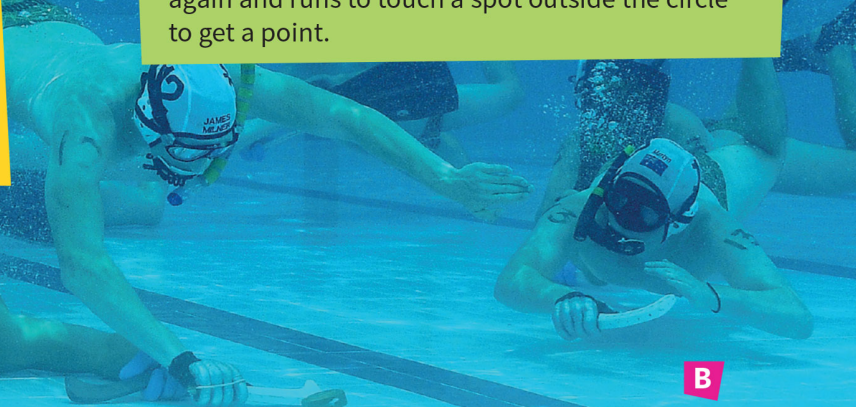
Do you have any sports like these in your country?



A



C



B

## VOCABULARY

### Sports equipment

1 Match the photos A-E to the words in the box.

EP



bat ball board racket stick

12

Listen and check. Then repeat.

2

Complete the table with the sports in the box. Some sports can go in more than one column.

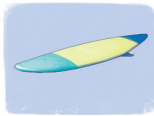
badminton baseball basketball  
cycleball cycling football  
gilli-danda hockey octopush  
rugby running sailing skating  
snowboarding surfing swimming  
table tennis tennis volleyball



Use a stick,  
a racket or a bat



Use a ball



Use a board

13

Listen and check. Then repeat.

3

Complete the information with the sports words in Exercise 1.

#### TABLE TENNIS

- One \_\_\_\_\_ for each player.
- One small, light \_\_\_\_\_ for the game.

#### BASEBALL

- One \_\_\_\_\_ for each team.
- One small, hard \_\_\_\_\_ for the game.

#### BADMINTON

- One \_\_\_\_\_ for each player.

#### OCTOPUSH

- One small \_\_\_\_\_ for each player.
- One heavy puck, like a flat \_\_\_\_\_ for the game.

## LISTENING

1 Look at the photo of the sport. Match the words 1-2 to A and B in the photo.

1 handle

2 net

14

2

Listen to an interview with a boy about his unusual sport. What's the name of the sport?



14

3

Listen again, and choose the correct words.

- There are *four* / *six* players in each team.
- There are *six* / *eight* handles on the ball.
- Players *throw* / *give* the ball to each other.
- Players *throw* / *put* the ball in the net to score a goal.

## SPEAKING

1

Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.

- Do people do this sport inside or outside?
- Is the sport on or under water?
- Is this sport on snow?
- What things do people need to do this sport?
- Do people play this sport in your country?
- What do you like about this sport?
- Who are some of the famous players of this sport?

Try and guess the sport.

# GRAMMAR REFERENCE AND PRACTICE

## PRESENT SIMPLE

|               |                                                                                                                                      |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Positive      | I/You/We/They <b>play</b> volleyball.<br>He/She/It <b>goes</b> running.                                                              |
| Negative      | I/You/We/They <b>don't</b> paint pictures.<br>He/She/It <b>doesn't</b> write poems.                                                  |
| Questions     | Do I/you/we/they <b>sit</b> near the window?<br>Does he/she/it live near here?                                                       |
| Short answers | Yes, I/you/we/they <b>do</b> .<br>No, I/you/we/they <b>don't</b> .<br>Yes, he/she/it <b>does</b> .<br>No, he/she/it <b>doesn't</b> . |

We use the **present simple** to talk about things we do often or every day.

*I play football after school every day.*

*He doesn't go skating in the summer.*

## UNIT 1

### ADVERBS OF FREQUENCY

- We use the present simple to talk about things we do often or every day.

100% *I **always** play table tennis in the summer.*

*I **usually** go sailing with my dad.*

*I **often** do athletics with my friends.*

*I'm **sometimes** late for school.*

0% *I'm **never** unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.  
*How often do you go snowboarding?*  
*We sometimes go snowboarding in the winter.*
- With the verb **be**, we put the adverb after the verb and before the adjective.  
*Are you sometimes tired after school?*  
*Yes, I'm often tired. / No, I'm not often tired.*
- With other verbs in the present simple, we put the adverb before the main verb.  
*Do you often play hockey at school?*  
*Yes, I often play hockey. / No, I don't often play hockey.*
- Remember, we use **never** with positive verbs.  
*I never go snowboarding. (not I don't never go...)*

## Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

|      |        |          |
|------|--------|----------|
| go   | not go | not play |
| play | study  | watch    |

- I \_\_\_\_\_ basketball in a team.
- My teacher \_\_\_\_\_ sailing when the weather is bad.
- My brother \_\_\_\_\_ TV after dinner every day.
- \_\_\_\_\_ your mum \_\_\_\_\_ running before work?
- My friends and I \_\_\_\_\_ rugby at the weekend. We prefer football.
- My best friend always \_\_\_\_\_ hard before an exam.

- 2** Rewrite the sentences with the adverb of frequency in brackets in the correct place.

- 0 I'm late for school. (always)

*I'm always late for school.*

- 1 We play badminton. (never)

- 2 My dad doesn't go running. (often)

- 3 My friends and I go cycling. (sometimes)

- 4 We aren't bored in our sports lesson. (usually)

- 5 Are you tired in the morning? (often)

- 3** Put the words in order to make questions. Then write answers that are true for you.

- 0 play / you / table tennis / how often / do / ?

*How often do you play table tennis?*

*I sometimes play table tennis.*

- 1 you and your friends / go / often / sailing / do / ?

- 2 you / sometimes / bored / are / at home / ?

- 3 dinner / how often / cook / you / do / ?

- 4 your best friend / how often / watch / does / TV / ?

- 5 sometimes / do / you / go / alone / running / ?