

Unit 14

At the sports centre

Get ready to read

- What are these different sports and physical activities? Write the name of each activity.

- a circuit training
- b
- c
- d
- e
- f



a



b



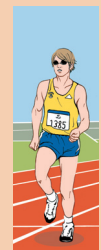
c



d



e



f

- How many other sports and physical activities can you name?
.....
.....
.....
- How many of these sports and physical activities have you tried?
.....
.....
.....

- Tick ✓ the sentences that are true for you.
 I don't like sport or physical exercise.
 I do sport or physical exercise more than three times a week.
 I am on a sports team.
 I belong to a sports club.
 I go to the local sports centre.
 I do sport with people I work/study with.

go to Useful language p. 86

A I don't fancy playing

Learning tip

We skim some texts – read quickly to get the general sense. We scan other texts – read quickly to find a particular piece of information. Sometimes we can combine these two approaches to reading: skimming first to get the general sense and then scanning for a specific point.

- Nobu has just started working for a company in Cambridge which has its own sports centre. Skim the noticeboard on the opposite page. Can Nobu only do sports at the sports centre?
- Nobu is interested in doing some physical exercise. Scan the noticeboard and answer these questions.
 - a Which activities are weekly classes?
 - b Which sports activity is not a class?
 - c Which notice is for a class that might take place?
.....

- What could Nobu do at lunchtimes? Scan the noticeboard again and write short notes.
.....
.....
.....

- Someone has told Nobu that there is football once a week. Answer Nobu's questions about football in no more than three words.

- a Which day is it?
- b At what time?
- c Who should he contact for more information?
.....

- Nobu is not sure that he is good enough to play football. Read the same notice again. Underline the words in these sentences so that they are true.

- a The notice *mentions* / *doesn't mention* how good you need to be.
- b He *would have to play* / *wouldn't have to play* if he went along this week.


The Sports Centre

Algerian cultural night

Featuring the Rai band *Nassim*
 Friday 5th May at 7pm
 in the Sports Centre
 Tickets are available from Rashid Amrani (ext 6721) and cost £10 which includes traditional Algerian buffet.
 All proceeds to be donated to victims of the recent Algerian earthquake.

New Salsa Workshop!

Place: Sports Centre
 Date: Thursday 4th May
 Time: 6:30 – 9:30pm
 Fee: £10 per person
 Clothing: comfortable shoes and loose clothes
 Bring plenty of water (energy snacks will be provided)
 The workshop will give a thorough grounding in all basic salsa moves, and hopes to bring people up to a beginner – intermediate level.
 No need to bring a partner.
 For further information please contact Maria-José Luque on Ext. 6266



Yoga continues

A course of 5 lunchtime sessions for anyone, whether new to yoga or with some experience.
 When: Monday 12.30 – 1.30pm
 Where: Sports Centre – Squash court 2
 Instructor: Sissel Fowler
 Cost: £20 for 5 sessions
 To make a booking or a query: please contact Jane Norman – Ext 7543. If you have questions about style or strength of the yoga, please email sissel@virgin.net.

Aerobics Class with Pam Eyton – Wednesday Lunchtimes

Wednesday lunchtimes from 12.30pm – 1.15pm in Squash Court 2.
 Price £3 per session. All abilities welcome.
 For further information please contact Judy Shakespeare on ext. 3342

Circuit training


Why not try a circuit class? It involves no coordination!
 A fun overall body workout and you can work to your own level
 At the Sports Centre in Squash Court 2 from 12.15pm – 1.00pm, every Thursday
 £3.00 per person per class
 For more information, please contact Alan McLean on ext. 2145

Pilates

Would you like to strengthen, lengthen and realign your body?
 Do you need to improve your posture, body shape and sports performance?
 Could you participate in an exercise method that links the mind and the body?
 If so, Pilates could be for you. If you're interested in taking part in lunchtime Pilates lessons in the Sports Centre, please contact Richard Hammond on ext 4351.

MIXED 5-A-SIDE FOOTBALL

MIXED FOOTBALL ON THE ASTROTURF EVERY TUESDAY 4.30PM TO 6PM. EVERYONE WELCOME. IF YOU DON'T FANCY PLAYING, WHY NOT COME ALONG AND WATCH?
CONTACT JOHN CURRIE ON EXT 2347



Focus on ...
-ing forms 1



Words ending in *-ing* which are formed from verbs can be verbs, nouns or adjectives. The word *featuring* in the Algerian cultural night notice is a verb – it comes from the verb *feature* which means 'include someone or something as an important part'.

a Find six more *-ing* forms in the notices. Decide if each word is part of a verb (V) or a noun (N).

... *clothing* ... N

Complete these sentences with the words above. Some of the words can be both verbs and nouns. Decide if each word is a verb (V) or a noun (N).

- b I haven't been *playing* much tennis recently. V
- c I'm interested in a tennis court. N
- d The race is next week. I've spent ages for it. V
- e The course gave me a good in posture and body shape. N
- f Make sure you bring warm for the walk. N
- g Do you fancy part in a 10-kilometre run for charity? V

6 What sports activity would you do if you worked for the same company as Nobu? Would you be interested in any of the other activities?

Class bonus



Work with a partner. One of you has just joined the company and the other is the sports centre manager. Ask and answer questions about the notices on the noticeboard.