

> Unit 1: Sports and free time

Vocabulary focus: Sports and free time

1 Here are the definitions of **ten** words from Unit 1 in the Coursebook. Use the definitions to work out the words. The first letter of each word is given to help you.

- | | | |
|---|---------------------------------------|-----------------------|
| a | age group | g _ _ _ _ _ _ _ _ _ _ |
| b | a decision to definitely do something | p _ _ _ _ _ _ _ |
| c | encourage and motivate | i _ _ _ _ _ _ _ |
| d | experiencing in a negative way | s _ _ _ _ _ _ _ _ |
| e | a group | a _ _ _ _ _ _ _ _ _ _ |
| f | having made a definite decision | d _ _ _ _ _ _ _ _ _ _ |
| g | personal control | d _ _ _ _ _ _ _ _ _ _ |
| h | not known to you | u _ _ _ _ _ _ _ _ _ _ |
| i | someone you play against in sport | o _ _ _ _ _ _ _ _ |
| j | changes of position | m _ _ _ _ _ _ _ _ _ _ |

2 Complete sentences a–i using the words from Activity 1.

- a For those of you who are with squash, it is not like tennis or badminton.
- b The aim of the game is to hit the ball in such a way that your cannot return it.
- c I went from playing squash for fun to becoming a force on the court after several defeats.
- d I was to get better.
- e I made a to myself that I would keep trying to improve.
- f This pushed me into learning particular and the finer techniques of the game.

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- g My training has to follow a system, so it requires a great deal of
- h In 2020, at a Professional Squash regional event . . .
- i I hope my success will the next of women athletes.

Glossary

strategic (adjective): helping to achieve a plan

analytical (adjective): examining the details of something carefully, in order to understand or explain it

3 Choose **five** of the words from Activity 1 to complete the text below.

What are MMOGs?

For those of you who are unfamiliar with the world of online games, MMOGs are games that are played via the internet or using a computer network. They can be very simple or incredibly complex. Basic online games are usually text-based, while more complicated games use amazing graphics and virtual worlds, with many players or **(a)** online at the same time. That’s why these more complex games are called ‘massively multiplayer online games’ (MMOGs).

While online gaming is an entertaining pastime and can **(b)** players to become better at the game itself, it also helps to develop creativity, and to support and improve creative thinking. Moreover, gaming improves communication skills – not least by encouraging people to be more aware of and to respect other people’s opinions, views and cultures. And let’s not forget that physical **(c)** are an important part of many games, so there is also an element of keeping fit involved!

MMOGs can help players to become more **(d)** and **strategic** in their thinking, and to develop **analytical** skills, which are important when assessing risks. Having quick reactions and responding to changing situations are other important skills that can be improved through online gaming. Importantly, many of these skills are transferable to real-world situations that rely on **(e)**, problem-solving, analytical skills and strategic thinking.

4 Write short definitions, or give synonyms (words with similar meanings), for these words.

- a hence:
- b regardless:
- c feat:
- d monetary:
- e pastime:



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5 Draw lines to match the phrases to make complete sentences.

Online gaming can be expensive,	regardless of her tiredness.
She was determined to carry on	was an amazing feat.
Finishing the task on time	has recently become online gaming.
While it was a beautiful picture, it	so it is not an option for everyone.
His favourite pastime	had little monetary value.

Language focus: Verbs followed by other verbs

Foundation

1 For each of the examples below, complete the verb pattern rule. Remember, verbs can be followed by the *-ing* form, an infinitive verb or an infinitive verb + noun.

A The doctor **encourages having** a healthy lifestyle.

OR The doctor **encourages his patients** to have a healthy lifestyle.

These verbs can be followed by

OR +

B He **prefers drinking** fruit juice.

OR He **prefers to drink** fruit juice.

These verbs can be followed by

OR, with no difference in meaning.

C We **stopped having** a break during our matches.

OR We **stopped to have** a break during the match.

These verbs can be followed by

OR, but the meaning changes.

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- 2 Look at the underlined verbs in the sentences. On the line, write the letter from Activity 1 to show which verb pattern each sentence follows: A, B or C.
- a Baris and Jihan enjoyed eating in the new restaurant.
 - b The accident didn't require Altan to visit the doctor.
 - c Mustafa prefers snorkelling in the sea.
 - d Claudia always encourages her younger brother to read.
 - e Diann has forgotten to tell his friends about the party.
 - f Setiawan considers his family to be the most important part of his life.
 - g Puspita remembers to video call her cousins every weekend.
 - h Luigi and Martina love to play tennis early in the morning.

Practice

- 3 Which **five** of these sentences contain errors? Write them correctly below.
- a He misses to play the piano.
 - b My father urged me to study harder.
 - c She avoided to go to the dentist.
 - d I can't imagine not to have a mobile phone.
 - e We decided to go out when the rain stopped.
 - f I anticipate to go to Italy next year.
 - g We were required to provide two photographs for our new passports.
 - h They enjoy to cook meals using only vegetables.

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4 Complete sentences a–h with the correct forms of the verb pairs in the box.

continue / talk delay / give discuss / buy dislike / eat
 embarrass / admit forget / visit (×2) like / cook

- a He was making a mistake.
- b She dinner for lots of people.
- c The teacher often back homework to her students.
- d Nowadays, many people unhealthy food.
- e My parents a second-hand car.
- f I'll never the ancient castle.
- g Don't the ancient castle while you're there.
- h She even when the movie started.

Challenge

5 Write the letter of the correct meaning for each sentence in these pairs (A or B) next to the sentence.

- a She forgot to pay for the milk.
- She forgot paying for the milk.
- A She didn't remember that she had paid for it.
- B She didn't give the shop assistant any money for it.
- b He doesn't remember to turn off the lights.
- He doesn't remember turning off the lights.
- A He forgets to turn off the lights.
- B He's forgotten whether he turned off the lights.

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- c I mean to do some exercise every day.
 Keeping fit means doing some exercise every day.
 A I plan to do some exercise every day.
 B Keeping fit involves doing some exercise every day.

- d I regret telling you that you didn't pass the test.
 I regret to tell you that you didn't pass the test.
 A I'm sorry I told you that you didn't pass the test.
 B I'm sorry to tell you that you didn't pass the test.

- e Johann tried to open the door.
 Johann tried opening the door.
 A This was one option and Johann might have tried others.
 B Johann made an attempt to open the door but was not successful.

6 Write answers to the questions below, using full sentences. You will need to use either an *-ing* verb or an infinitive verb after the underlined verb.

a What do you regret?

b What have you arranged recently?

c What do you enjoy?

d What do you hate?

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e What have you insisted on?

.....

.....

f What have you avoided?

.....

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Skills focus: Reading

1 Skim the article. Tick the best title.

The old stay young in China

Keeping fit the Chinese way

Chinese parks

Text 1.1

[1] For a long time, China has encouraged older people to stay healthy by keeping active. Scientists at the University of Illinois have found that ancient Chinese exercises such as *tai chi* are good for older generations. Researchers say that such exercises **combine** simple movements and meditation into a series of exercises believed to have positive, relaxing effects on a person's mind, body and **spirit**. If you are unfamiliar with the idea, these exercises are **relatively** simple, but also safe. Moreover, they require no special equipment or clothing that might be expensive and limit participation.

[2] Morning exercises (or 'dances') begin as early as 5.30 a.m. and **tend to** take place in parks and open spaces near markets. This means that those taking part can buy fresh vegetables and other food when the markets open for business. The evening groups start exercises after dinner. Outdoor exercise is extremely popular throughout the day. Because of the **ease** of taking part and the low cost, there are now an **estimated** 100 million 'dancers' in China.

[3] Dancers organise themselves into rows. The front row is made up of the most experienced dancers, with the very best of them in the centre of the row. Each of the rows behind contains progressively less able dancers. All the dancers face forward, which allows them to learn from those in the rows ahead. The back row is often made up of beginners – dancers who are just learning the movements. There is a discipline about the way in which the dancers arrange themselves, with everyone determined to one day arrive at the middle of the front row and perform with the same skill as the best dancers.

[4] In many parks across China, brightly coloured, **manual** exercise machines are provided as an alternative pastime to dance. Each machine is designed to give a workout for a specific part of the body. Compared to private gyms, which can be expensive to join, China's public fitness equipment allows people to take part in physical activity that everyone can use. Furthermore, these areas generally do not have basketball courts or other outdoor sports areas aimed at the younger generation, so older people feel comfortable here.

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[5] While keeping fit is important, taking part in outdoor physical activity also gives older people the opportunity to socialise safely with others in their age range and to enjoy the beauty of open spaces within cities. China is an enormous country with **stunning** natural scenery, including forests, parks, mountain ranges and lakes, but many citizens live too far away to enjoy these features regularly, so it is appealing for them to find beauty in their home city.



2 Match the words in bold in Text 1.1 with definitions a–h. Write the word next to the correct definition.

- a approximate
- b attitude or mood
- c bring together
- d fairly, quite
- e usually do something
- f magnificent, beautiful
- g lack of difficulty
- h controlled by hand

3 Which words or phrases are used to describe the following things in the article?

- a equipment and clothing
- b outdoor exercise
- c exercise machines
- d basketball courts and other outdoor sports areas

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4 Answer these questions.

a What has the University of Illinois research found?

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b What reason is given for exercises taking place near markets?

.....

c Why are there so many exercise dancers in China? Give **two** reasons.

.....

.....

d Who do the dancers in the back row learn from?

.....

e Apart from dancing, what other form of outdoor exercise can people do?

.....

f What might prevent people from enjoying China’s stunning natural scenery?

.....

5 What facilities are there for outdoor exercise where you live? Which activities do you prefer to take part in? Is there any cost involved, such as for equipment or clothing? Write at least **five** sentences.

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EXAM-STYLE QUESTION

Reading, open response

Read the article about paddleboarding, then answer the questions.

Text 1.2

Paddleboarding

A few days ago, I was standing on my board, paddling against a gentle current as I made my way up a river. There were clouds overhead and it was beginning to rain, as the weather forecast that morning had predicted. The temperature was due to drop too, but the wind direction, which I'm always keen to know about in advance, was in my favour. I was trying out my new paddleboard. Until now I've always used inflatable boards; they're easier to transport and more straightforward to store. But hard boards are faster and easier to handle in a wind.

Beautiful white swans glided past me, and occasionally I saw the shape of a fish below the surface. Just in front of me, a seal raised its head out of the water, stared at me for a few seconds, then disappeared again. I couldn't believe it! In the three years I've been paddleboarding, I've never come across one in this part of the river before. Besides allowing you to get close to nature, paddleboarding is a great way to get and stay fit. It's also very effective if you need to ease stress, which is what I was particularly interested in at the time.

Paddleboarding can be done on different types of water. You can paddleboard on the sea, but you can also do it on lakes and rivers, which isn't possible in the case of surfing, for example. My initial experience

was on a canal, which had the advantages of being easily accessible to me and very calm. Although paddleboarding is fairly straightforward compared with some water sports, it's worth knowing what a good technique involves. One rule is to stand with your knees slightly bent; standing very straight, which people tend to do early on, doesn't help with your balance.

Although the technique isn't too complicated, paddling for an hour or so gives you a good physical workout. The first few times I did it, my stomach muscles were very sore afterwards. These days, I realise that my arms are much more toned than they used to be and my thighs and calves feel a lot stronger.

As with all water sports, you need to spend some money on equipment. Beginners are generally advised to buy inflatable (blow-up) boards. They're less expensive than the hard ones, and they also give you more **stability**. Also, as you're often out on the water for some time, a waterproof backpack is essential. I make sure that I'm never without my phone, just in case there's an emergency, and the bag keeps it dry. Snacks and water can be good too, but they can get a little heavy so I take cash every time I go out, just in case I need something.

Glossary

stability (noun): the quality of not being likely to change or move

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CONTINUED

- 1 Which aspect of the weather forecast does the writer check most carefully before going paddleboarding?
 [1]
- 2 What animal was the writer surprised to see in the river where she went paddleboarding recently?
 [1]
- 3 What was the writer’s main reason for taking up paddleboarding?
 [1]
- 4 What mistake do beginner paddleboarders often make?
 [1]
- 5 Name **one** thing the writer always carries in her bag when she goes paddleboarding.
 [1]
- 6 What are the advantages of having inflatable boards rather than hard boards? Give **three** details.

 [3]

[Total: 8]

