



Practice time



Watch the video. Ask and answer.

What are your hobbies?
Do you practise your hobbies every day?



Plan a week in the life of a circus artist

In this unit I will:

- 

1 Prepare a weekly schedule.
- 

2 Add practice time to the schedule.
- 

3 Add a warm-up activity to the schedule.
- 

Present a schedule to the class.

Vocabulary 1

1

1 Listen. Then say the letter.



a

half past twelve

e

seven o'clock

b

midnight

f

half past six

c

half past eight

g

eight o'clock

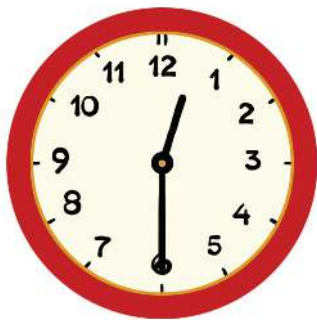
d

half past nine

h

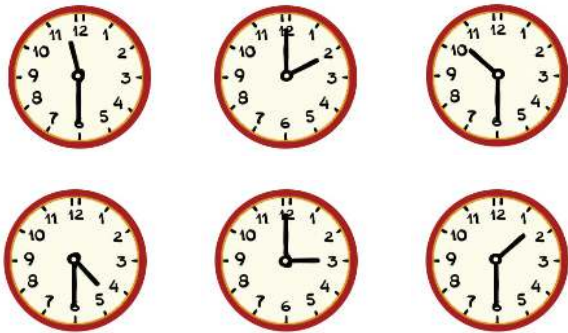
midday

2 What time is it? Ask and answer.



What time is it?

It's half past twelve.



3 Ask and answer.

breakfast a snack lunch dinner wake up go to bed

What time do you have breakfast?

I have breakfast at half past seven.

DIVERSICUS



1 When do lessons start?

At nine o'clock, but we have to be at school five minutes before.

Look at the time!

3 You mustn't run in the circus. Why are you running?

Because school starts in ten minutes. We don't want to be late.

2 Hello, children. Where are you going?

We're going to school.

4 It's Saturday today. There is no school.

Oh, she's right! What can we do?

Let's look round the circus. We can look at our new classroom first.

5 Hello, kids! There's no class today, but who can tell me? Which country are we in today?

Russia! It's Russia!

6 Later ...

The acrobats are brilliant!

Who are they?

They're Lily and Marc. Marc's Pablo's uncle.

7 I'm hungry. When's lunch?

We have lunch at half past twelve. What time is it now?

It's lunchtime. Let's go.

8 Whose lunch is that?

It's mine! I do a lot of exercise. I have to eat a lot.

And you're very strong, Ivan!

1 Listen and say *yes* or *no*.

Language practice 1



- 1 Describe the picture. What are they doing?
- 2 Read. Answer the questions.

Diversicus is a circus. There are acrobats and clowns, but there aren't any animals. The acrobats get up at half past six and they have breakfast early because they start practising at nine o'clock. Acrobats have to climb, run and jump. The strong acrobats catch the others in the air. It's very exciting. Their job is beautiful, but it's dangerous, too.



- 1 What is Diversicus?
- 2 What time do the acrobats get up?
- 3 Why do they have breakfast early?
- 4 What time do they start practising?
- 5 Which acrobats catch the others in the air?



Grammar spotlight

Which country are we in?
Why are you running?
What time do they have lunch?

We're in **Russia**.
Because school starts in ten minutes.
They have lunch at **half past twelve**.

- 3 Imagine you meet an acrobat from Diversicus. What do you want to know about him/her? Write three questions.



STAGE 1

Prepare your schedule.

- Choose which circus artist you'd like to be.
- Work with a partner.
- Ask and answer to complete your partner's weekly schedule.

What time do you have breakfast?

I have breakfast at eight o'clock.

What time do you go to bed on Mondays?

At nine o'clock.



Activity Book
page 6

Vocabulary 2 and song

1



1.09



Listen and do the actions. Then sing the song.



Hop, skip and dance, climb, climb, climb.
Jump to your places, it's practice time.

Dress up, dress up. Put your costumes on.
We haven't got time, we haven't got long.

Hello, kids! Are you in or out?
You must be quiet, you mustn't shout!

Ivan, don't laugh. Stand in your place.
You must catch Marc with a smile on your face.

Marc, catch Lily! Hold her legs!
She mustn't fall into the net.

Chorus

2 Describe the picture in Activity 1 to a partner. Use the words in the picture.

The people in purple clothes are dancing.

3 Write three sentences about the picture.

Two acrobats are dressing up.

Let's talk about parties.
Do you like dressing up for parties? What clothes do you wear?



Language practice 2

1

1 Listen and match Daisy and Peter to a picture.



Daisy



Peter



★ Grammar spotlight

I **could hop** on one leg when I **was** four. I **couldn't skip**.

2 Think about when you were four. Write three sentences about what you could and couldn't do.

3 Ask and answer.

ride a bike swim climb trees play the guitar ride a skateboard
skate sing dance hop skip cook

Could you ride a bike when you were three?

No, I couldn't.

mission STAGE 2

Add a practice time to the schedule.

- Ask your partner about when they practise.
- Add this information to their weekly schedule.

When do you do practise?

I practise on Tuesdays at five o'clock. I jump and skip.

My mission diary

Activity Book
page 6

Cross-curricular

Balancing act

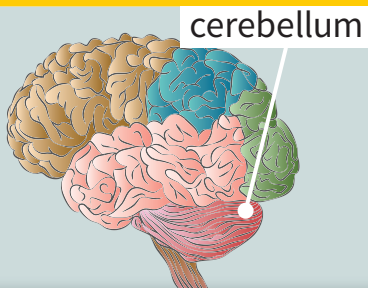
- 1

Watch the video.
- 2

1.13

Listen and read. Answer the question.

Can you ride a bike? Do you like ice skating or doing gymnastics? When you do these activities what helps you not to fall all the time? It's your sense of balance. Your brain controls your sense of balance. The brain is a very complicated organ. Different parts control different



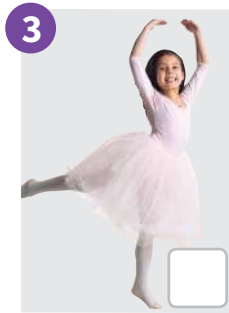
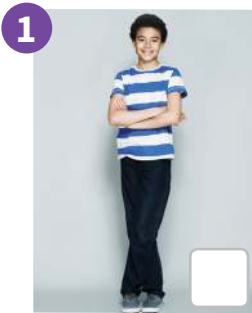
things. The cerebellum is the part of the brain that controls balance. Without this, it would be difficult to walk or even stand up.

Which other activities need a sense of balance?



- 3

Look at the pictures. Which activities need balance?



- 4

Read and try the activities.

Test your balance. Try these activities.



Tightrope walking.

Place a long piece of string on the floor in a straight line. Walk along the string to the end. Try it with your eyes closed, or try going backwards!



Who's the tallest?

Work with a partner. Put one paper plate at a time onto your partner's head. Who can keep the most paper plates on their head?

Culture

1

5 Listen and read the text about a Russian athlete.
Answer the question.

What new move did Olga Korbuto perform in 1972? _____



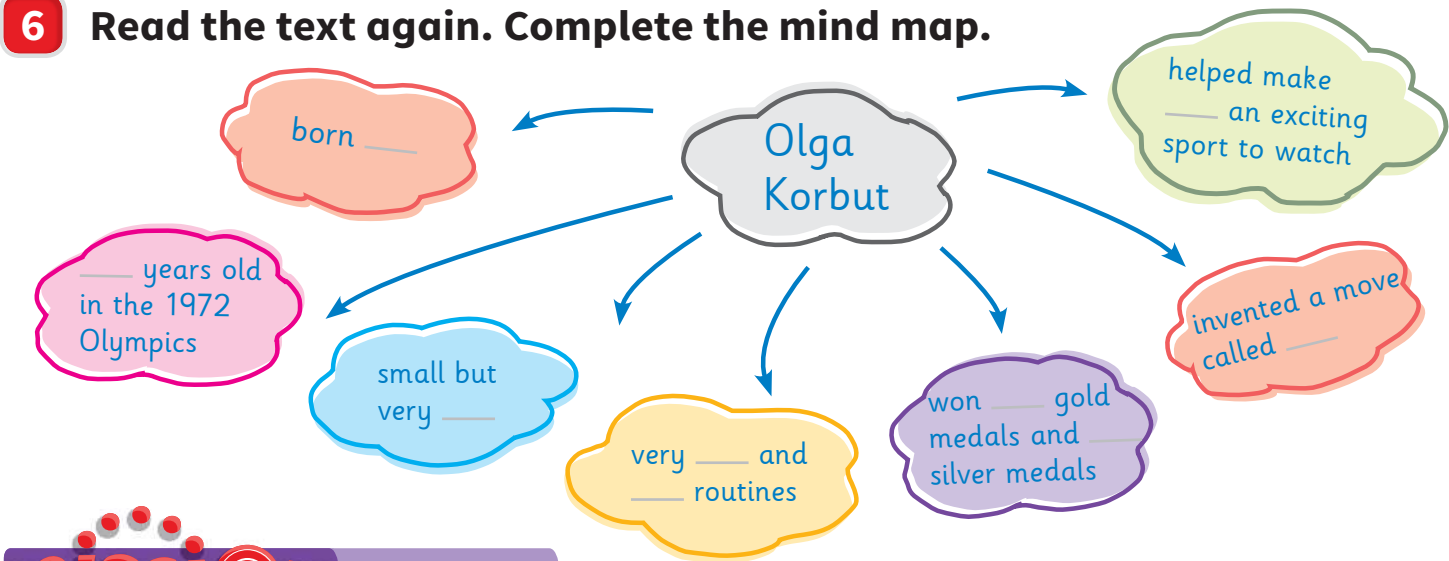
Olga Korbuto

One sport that needs a really good sense of balance is gymnastics. And who is the queen of balance? Russian

Olympic gymnast, Olga Korbuto!
Olga Korbuto was born in 1955 in Grodno. At the time Grodno was part of the USSR (the Soviet Union).
She studied in a school that had a special programme for sports people. She began to train for the Olympic team.
At the Olympic Games in 1972, Olga was 17 years old and the youngest member of the team. She was also very small, only 1.5 metres tall, but she was very strong. Her routines were fast and exciting and she was everyone's

favourite gymnast.
Olga Korbuto won four gold medals and two silver medals for the USSR in the 1972 and 1976 Olympics. In 1972, she performed new moves including the Korbuto Flip. They don't do this move in competitions now because people think it is too dangerous!
It is still exciting to watch Olga Korbuto's routines, but don't forget that she had to train for many hours every day to become a top gymnast. Would you like to be a gymnast?

6 Read the text again. Complete the mind map.



mission STAGE 3

Add a warm-up routine to your schedule.

- Work in groups.
- Think of a warm-up activity to do for your practice.
- Decide where to put it in your schedule.

My mission diary
Activity Book
page 6

Literature

1 Look at the pictures. Answer the questions.

- 1** Would you like to be part of a circus? Why? Why not?
- 2** How old do you think the girl in the circus is?

**THE CIRCUS CHILD**

Can you imagine being in a circus? Travelling all over the world, playing with clowns, flying through the air on a trapeze, or jumping on trampolines all day? No? Well, let me tell you about it.

My name is Anastasia. I was born in the circus. My parents are Russian acrobats with *Captain Adventure's Travelling Circus* and my dream was always to be just like them and perform on stage.



Every day I wanted to ask Dad when I could go on stage with him. But I was afraid to. I didn't know if I was ready.

In the mornings I had classes with a teacher online. They started at nine o'clock. My parents said I had to do well at school. In the afternoons I practised acrobatics with my dad for hours. We practised until dinner at half past seven.

My dad helped me improve and learn new moves. 'Let's try a backflip,' he said one day, ready to catch me if I fell. I couldn't do backflips then, but I can now.

'Great! Again! Fantastic! Again!' he told me. I practised a lot. I really wanted to do it.



After training, my friend Yuri usually came over to give me support.

'Soon,' he always said, and hugged me.

I practised really hard every day for years, then last month it finally happened. Dad said, 'I think you are ready to go on stage now. How about Saturday?'

'Really?' I shouted and jumped up and down.

Immediately, I ran to tell Yuri the good news. 'I told you!' he laughed. 'You practised a lot, and practice makes perfect.'

And that was how my dream came true. Now I perform in the circus every week.



2 Answer the questions.

- 1 What does Anastasia do every day? Why does she do this?
- 2 How did Anastasia feel at the beginning of the story? How does she feel now?
- 3 What do you practise every day? Why?