

1

3

Jim-nastics



Mission Invent a new sport

What sports can you see in the pictures?
Which of the sports is your favourite?




Watch the video. What goes wrong
when Jim and Jenny play cricket?

- 1 Make a mind map to compare sports.
- 2 Invent and describe a new sport.
- ★ Play the sport and vote for the best one!

Vocabulary 1

3

- 1  1.21
- Read the TV guide. Match the words in blue to the pictures below.
Then listen and check.
- Rugby is number 7.

| Wednesday, 9 October | | | | |
|----------------------|---|--|--|---|
| | 7:00 | 7:30 | 8:00 | 8:30 |
| Sport 1 | Rugby tonight: Wales vs. Australia | | | Deep diving: Daniel swims with sharks |
| Sport 2 | Small white ball: Exciting golf from around the world | | Cricket chat: A review of today's cricket matches | |
| US Adventure | Cycling: A woman, her bike and America's biggest mountains | Ice-hockey special: See the skaters on the ice for Russia vs. Canada | | Surfing: Hawaii's best surfers surf the ocean's biggest waves |
| FIT1 | Be fit boxing: Get your gloves on and get fit | Gymnastics at home: Jump, dance and stretch with Paul | Be fit boxing: Get your gloves on and get fit | Gymnastics at home: Jump, dance and stretch with Paul |
| AllStars | Sports stars of tomorrow: Watch athletics stars run, throw and jump to prepare for the Olympics | | Snow idea: Snow skiers try water-skiing for the first time on Lake Tahoe | |




- 2
- Write the sports.

Sports I've tried:

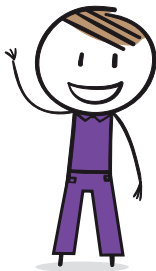
Sports I've not tried but would like to try:

Sports I just want to watch on TV:

- 3 
- Do you like the sports in Activity 1?
In pairs, say why or why not.



I love cycling. I go every week with my dad and my brother. It's a great way to see the countryside. Do you like cycling?



EXAM TIP! Be ready to help your partner by repeating what you say or asking them questions.
For example:
Why don't you like ...?
What do you think about ...?
How about ...?

Language presentation 1

1 Read Jim’s blog. How many dogs can stand on a surfboard?

Jim's Big Blog

If you think that sports like golf or gymnastics aren't interesting enough, you might want to try something a little stranger. I've found three really unusual sports to tell you about.

The world's three strangest sports

The Mud Olympics

The Mud Olympics is held every year in a small German town called Brunsbuetel. Around 50 teams from different countries meet and play football and other sports in deep mud. As you can see, the players get very dirty! Yuck! There are lots of prizes – and people love playing in the mud – but the main reason that the event is arranged is to get money to give to charities.



Man versus Horse

This athletics event is held in Llanwrtyd Wells in Wales. At the event, men and women race a horse for 35 kilometres. People often think that the horse will win easily – but the race is planned so that the horse and runners finish at nearly the same time. How's that done? Well, there are lots of mountains near Llanwrtyd Wells and horses are very slow at going down hills!



Dog surfing

In this sport, the dog usually surfs with a person, but sometimes the dog surfs alone or two dogs surf on one board. Dog surfing competitions are organised by people all around the world. At one competition in the USA, someone took a photo of 18 dogs on a surfboard. That's the largest number ever! I wish I took that photo!



2 Read the sentences and choose the correct event.

| | The Mud Olympics | Man vs. Horse | Dog Surfing |
|--|------------------|---------------|-------------|
| 1 Pets do this event on their own, in pairs, or with a man or woman. | A | B | C |
| 2 Groups do the event together. | A | B | C |
| 3 The event happens in an area where there are lots of hills. | A | B | C |
| 4 People collect money at the event. | A | B | C |
| 5 Competitions happen in many different places. | A | B | C |
| 6 The person or animal who finishes this event first is the winner. | A | B | C |

EXAM TIP! Focus on the general meaning of the text and don't worry if there are some words that you don't know.

30 Integrate new vocabulary and grammar

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Language practice 1

3

★ Grammar look: the passive (present simple)

‘The race is planned so that the horse and runners finish at nearly the same time.’
‘Dog surfing competitions are organised by people all around the world.’

- 1 Who plans the races in Man vs. Horse?
We don't know / The runners
- 2 Who organises dog surfing competitions?
We don't know / people all around the world
- 3 Which word says who organised the dog surfing competitions? the / by

We use the passive when we (4) know / don't know who does something or when it (5) is / isn't important who does something.

page 121

1 Complete the sentences. Use the words in brackets and the passive in

How to plan a dog surfing competition



Ideas for the dog surfing event (1) are discussed (discuss). Plans (2) _____ (made) to be sure that the event is safe.



The dog surfers meet and the event starts. The winner of each competition (3) _____ (give) a prize – it could be a golden dog toy!

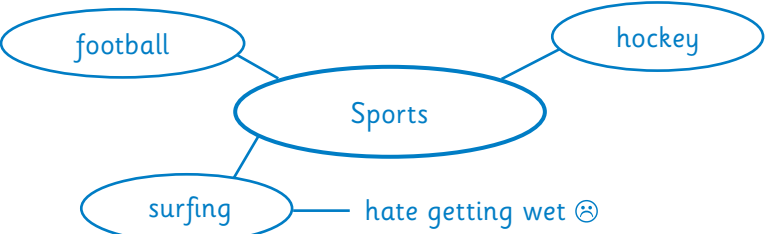
Photographs of the event (4) _____ (take) and (5) _____ (share) on the Internet.

Dog food, balls and other litter (6) _____ (clean) from the beach and everyone goes home.



★ Mission Stage 1

Make a mind map to compare your feelings about different sports.



the present simple.

2 In pairs, say sentences and say which sport it is.

- It's held every year.
- The Mud Olympics.
- Yes!

Vocabulary 2

1 Listen. Match the sports commentaries (1–4) to the photos (A–D).



2 Match the definitions (A–K) to the words (1–11). Listen and check.

1

goal

2

coach

3

train

4

surfboard

5

net

6

hit

7

racket

8

court

9

cyclist

10


track

11

helmet


A

to practise a sport, often to prepare for a competition



B

to touch something quickly and hard




C

the place where you play sports like tennis



D

you wear this to keep your head safe



E

a person who cycles



F

the thing people stand on when they surf




G

something used to hit the ball in sports like tennis



H

the thing in the middle of a tennis court that people hit the ball over



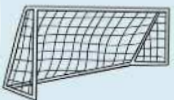
I

a path used for races



J

a point scored in a game like football



K

someone who prepares a team to play sport



1 is J.

3 Listen again. Why are the numbers below important?

- three minutes
- 2–1
- 35 minutes
- \$1 million
- one point
- two metres
- ten
- eight

Language practice 2

3

★ Grammar look: modal verbs

'Birch may have made a mistake.'

'This could be the most important point today.'

'The Silver Beach surfing competition will start in about 35 minutes.'

'Hugh hits it back well but the ball might go into the net!'

'Can Waldek shoot?'

'Shall we watch that goal again?'

- 1 Modal verbs **are / aren't** followed by the infinitive form of a verb without 'to' (e.g. *speak, go, walk* etc.)

2 When you use *he* or *she*, you **do / don't** need to add an 's' to the modal verb.

3 To make a question, you **do / don't** change the order of the modal (e.g. *might, will, can* etc.) and the subject (e.g. *I, you, he, she* etc.).

4 There **are / aren't** -*ing* forms of modal verbs.

page 121

1 1.25 **PRONUNCIATION** Listen and repeat. page 118

2 Read the dialogue and choose the correct words.

3 Act out the dialogue. Then act it out again, changing the underlined words.

4 Choose a sport and write a short sports commentary. How many modal verbs can you use?

60%

Harley online

(1) Shall we / We shall play tennis tonight?

Yes, (2) would I / I'd like to. But it's cloudy outside. It may rain. 😲

If it rains, we (3) can / might play table-tennis inside.

Great! 😊

Could you (4) to bring / bring balls, please?

I don't have any. But I can ask my brother. He (5) might / shall be able to lend us some.

OK. I'll see you later then.

See you later!

We're here at the lake to watch the water-skiing today, and we might be lucky with the weather ...

★ Mission Stage 2

Invent and describe a new sport.



Literature

1 Look at the pictures. What kind of text is it? Do you like these kinds of stories?

1.27 THE SPARTAN PRINCESS

In Ancient Greece, around 428 BCE ...

Cynisca is a young Greek princess. She is a Spartan. It's hard being a Spartan. They are only interested in being very fit. Boys practise fighting and do athletics and girls also do a lot of exercise. It isn't different for Cynisca even

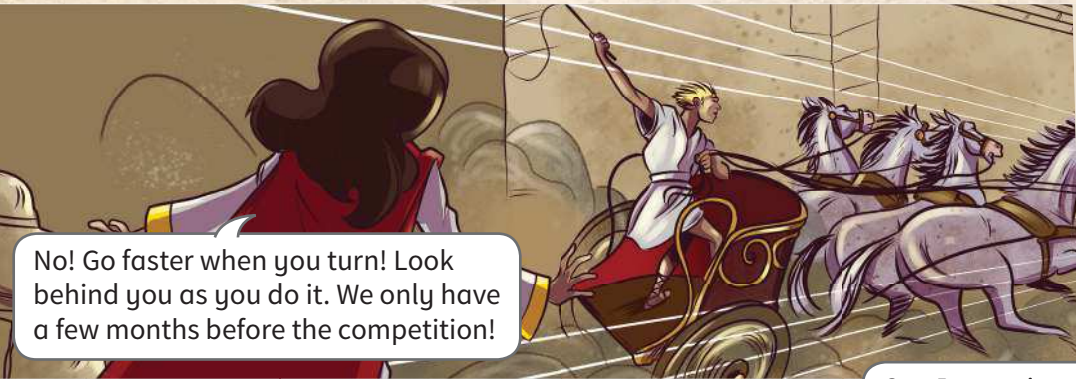
though she's a princess. Her dad, Archidamus, King of Sparta, has encouraged her to do all kinds of sports since she was very young, such as riding and running just like her brother Agesilaus. Cynisca's favourite sport is chariot racing.



When the king dies, Cynisca receives half of his money. Agesilaus gets the other half and becomes King. Cynisca really wants to compete in the Olympics so she decides to buy the horses and the chariot she needs.



Cynisca trains the horses for the chariot races every day for a year.



Cynisca finally finds a charioteer. He's perfect for the job. He's thin, tall and young. She is a strong instructor.

No! Go faster when you turn! Look behind you as you do it. We only have a few months before the competition!

The summer of 396 BCE ...
Finally, the day of the Olympic Games arrives. Cynisca travels with her brother and horses to the great stadium of Zeus at Olympia. The games are held here every four years. The streets are crowded. People come to watch and take part in the games from all over the world, from as far away as Spain and Turkey.



Can I come into the stadium? I'll put on a helmet and dress like a man.

No, it's too dangerous. If they catch you, they'll punish you.



You've won! You've won!

Cynisca sits outside the stadium and listens to the crowds shouting and screaming. The four-horse chariot race is always the most spectacular race in the Olympics.



My family and I were Kings and Queens. I, Cynisca who won with a four-horse chariot, put up this statue. I am the only woman in Greece to win this prize.

Cynisca wasn't able to take part herself in the Olympic Games, but she won the chariot race twice in 396 BCE and again in 392 BCE.

2 In pairs, talk about the questions.

- 1 How do you think Cynisca felt about not riding the chariot herself in the games?
- 2 What kind of person was Cynisca? How did this help her enter and win the Olympic Games twice?
- 3 What was Cynisca's relationship with her brother?
- 4 Why do you think there is a statue to remember Cynisca?

Cross-curricular

1 Look at the pictures. How do these activities help you to prepare for a sports competition?



2 Listen and read the text. How many hours a day does each athlete train?

Every four years the Olympics is shown on TV. It takes years of training and hard work to compete at an Olympic Games and there are many things that an athlete has to think about before they run around the track, hit a ball or put on a helmet for that important race.



Gymnasts

Training: Gymnasts train for six hours a day. As well as this, they swim, cycle and run to make their legs stronger. It's important that they stretch every part of their body before and after they practise or they might get injured.

Food: Gymnasts need to eat a lot of protein (chicken and fish) and healthy snacks like bananas and strawberries.

Rest: They have one rest day a week and try to get a good night's sleep too. It's difficult to train if you are tired.



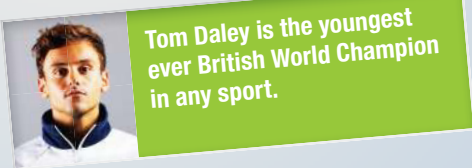
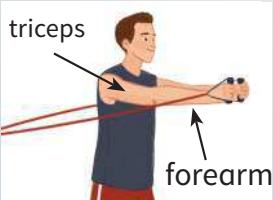
Simone Biles has got the most medals of any American gymnast.

Divers

Training: Divers also train for about six hours a day, but before they get into the pool, they have to practise in the gym. They lift weights and do handstands to make their forearms strong. After training in the pool they often put ice on their triceps to help them recover.

Food: Food is very important for divers. Cereal with lots of iron in is good and it's important in the evening to eat snacks with carbohydrates like toast with chocolate spread – this helps with energy levels.

Rest: After training all day, divers often have a massage and they are in bed by 10:30 pm.



Tom Daley is the youngest ever British World Champion in any sport.

3 Read the text again and answer the questions.

- 1 How often can you watch the Olympic Games?
- 2 What do athletes need to do before competing?
- 3 Why should athletes stretch before and after training?
- 4 Why shouldn't athletes go to bed late?
- 5 How do athletes look after their muscles?
- 6 Write examples of each of the food groups:
Protein: ... Iron: ... Carbohydrates: ...



A2 Key for Schools

3

1 1.29 Look at the example answer and listen. What will the children learn?

Surf Camp

When: Summer



2 1.30 Match the correct type of information (1–7) to the words in bold. There are two extra answers. Listen and check.

- 1 A food

2 A place

3 An age

4 A price

5 A time

6 A name

7 A body part
- A Surfing might look hard and your **stomach** might hurt ...

B Your gym coach is Bob Vanya, that's **V-A-N-Y-A**.

C Half of your food needs to be water, **fruit** and vegetables ...

D We think **45** minutes a day is enough!

E If you want help choosing your meals, I'll be in the Main **Hall** ...

3 1.31 Listen again and write the correct answer in the gap. Use the words in bold from Activity 2.

Camp

When:

Summer

Food:

(6) 50% water, _____ and vegetables
50% meat and sugars

Help with meals:

(7) Main _____ after 6 pm

Use Gym:

(8) After every lesson for _____ minutes

Name of coach:

(9) Bob _____

First day:

(10) _____ might hurt.



EXAM TIP! The answer could be a **word** or a **number**. You may also need to **spell a name**.





A2 Key for Schools

1 Read the text and answer the questions.

- 1 Who is Billy?

2 Where is he?
- Billy is Henry's friend.
- 3 What sport is he doing?

4 Who is he writing to?

From: Billy

To: Henry

Hi Henry,

How (1) are you? I'm trying a new sport called cricket. It's not like baseball but it's very popular here (2) in India! I've got (3) a great coach. He's called Kishan and before he became a coach he played in a famous (4) team .

Yesterday our group practised in the park. Kishan showed (5) us how to hold the bat and hit the ball. Later, Mum and I watched a match. Kishan (6) was playing with his new team and they won! Afterwards Kishan said I could keep the ball!

I'll send you (7) some photos after my lesson.

Write to me soon!

Billy

2 Look at the underlined words in Activity 1. What type of words are they?

- verb
 - indefinite article
 - preposition
- pronoun
 - auxiliary verb
 - noun

3 Complete the email. Use the words in the box.



From: Henry

To: Billy

Dear Billy,

Thanks (1) _____ your message. Cricket sounds like a lot of fun.

I'm on holiday with (2) _____ family in Sri Lanka, which is near India. We (3) _____ cycling this morning and then I took my surfboard to (4) _____ beach in the afternoon.

Talk soon!

Henry

Review

3

1 Rewrite the sentences in the passive. Don't use the underlined word.

- 1 People hold The Mud Olympics every year.
The Mud Olympics is held every year.
- 2 People play lots of different sports.

- 3 People play football.

- 4 People sell tickets to raise money for charity.

- 5 Someone gives prizes to the winners of the competition.

- 6 People need lots of showers at the event.

2 Write the sentences in the negative and question form.

- 1 You can play cricket well.
You can't play cricket well.
Can you play cricket well?
- 2 I could hit the ball.

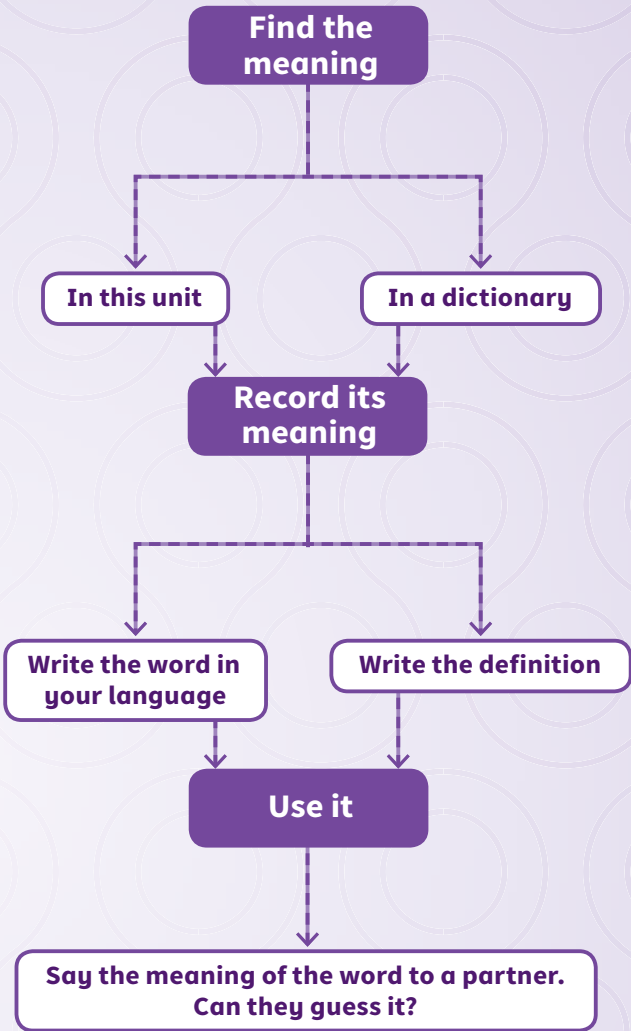
- 3 You should train every day.

- 4 We can go water-skiing here.

- 5 I may get a surfboard from that shop.

- 6 I will play ice hockey.

3 Choose ten words from this unit. Record the words using the steps below.




Mission in action!

- Present the new sport.
- Play the sport and give tips.
- Vote for the best!

How to win at my sport:

- Don't forget a helmet! Then you won't be scared.
- You don't need to worry about the other players.

Review • • • Units 1–3

- 1  Watch the video and do the quiz.
- 2 Complete the text. Use the words in the box.

dull as as boring as interesting as exciting as
as strong and thin big and strong as

Some people say that athletics isn't (1) _____ other sports. They say that watching people run is (2) _____ as watching paint dry. But I don't agree! The ends of athletics races are as (3) _____ when someone scores a goal in a sport like football or ice hockey. And, when you watch athletics you see lots of different events. Some athletes have to be as (4) _____ rugby players or boxers. Other athletes have to be (5) _____ as gymnasts. I think the most boring sport is cricket. I don't like golf either – I think that's nearly as (6) _____ cricket.



- 3 Complete the sentences. Use the words in brackets and the present simple with future meaning.

(1) _____ (The water skiing instructor / finish) work on 15 July.
Ask at reception if you'd like to write a message in her card.

Hi everyone – please arrive by 8 am for tomorrow's
Runners vs. Cyclists race.

(2) _____
(Cyclists / start) at 8:45.
(3) _____
(Runners / start) at 8 am.

Do you need surfboards or a swimming costume?

(4) _____ (Our new surfboard shop / open) next Monday at 9:00 am. Come and see us at 15 Beach Road.


Would you like to join our new rugby team?
(5) _____ (we have) our first training session after school on Friday and we play weekly. Call Francesca on 07700 900245 for more information.



 **BALANCE**
fitness for everyone

- 4 Complete the text.

(1) If it's sunny at the weekend, I (2) _____ go shopping with my friend, Sue. We'll go to the town centre and look in the shops. There are holes in my jumper's sleeves, so (3) _____ there's a sale, I'll buy a new one. (4) _____ get one with a cool pattern, (5) _____ I can find a pattern I like. Sue wants to buy a leather handbag – I think (6) _____ buy one if it's not too expensive.

- 5  What are you going to do this weekend? Who will you spend time with? Write 25–35 words.

6 Say six sentences.

| | | | | |
|----|---|-------------------------------|---|---|
| If | + | you like the tracksuit | + | my mum will wear her raincoat. |
| | | you get brown leather shoes | | they'll look good with your brown trousers. |
| | | it snows later | | I'll get a new gold chain. |
| | | my blouses are dirty | | I borrow clean ones from my sister. |
| | | my swimming costume is wet | | you should try it on. |
| | | the jewellery isn't expensive | | I put it in the garden to dry. |

7 Find the mistakes. Write the correct sentences.

- 1 My best friend it is called Luisa.

2 In my bedroom there's a bed which made of wood.

3 My favourite song is call **One Last Time**.
- 5 The food is choose by my cousin.

6 They eat special cakes which make for the wedding.

The school discos are organised the teachers.

8 Choose the correct words to complete the sentences.

- 1 I **wouldn't** / **might not** like to chat to my favourite singer. I'm too shy.

2 Can you **download** / **downloading** these pictures for me, please?

3 Could you **texting** / **text** Grandma and ask her what time she's coming?
- 4 He **shall** / **might** email me after dinner.

5 I **may** / **May** I turn on the TV, please?

6 **Shall I** install / **Install I** shall this software for you?

9 Choose and complete two of the challenges.

CHALLENGE 1

- Look at Unit 1. Find three:
- things people wear when they exercise.
 - parts of a shirt.
 - things people wear over shirts.
 - things clothes are made of.



CHALLENGE 2

Look at Unit 2 pages 17 and 20. What are five things your computer has got? What are five things your computer can do?



CHALLENGE 3

Find a sports word in Unit 3 that starts with each of the following letters:
B-I-R-D-W-A-T-C-H-E-R-S

