

1

3

Jim-nastics



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




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



Mission Invent
a new sport

- 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

- 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, October 9th				
	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	
U.S. 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 active boxing: Get your gloves on and get active	Gymnastics at home: Jump, dance, and stretch with Paul	Be active boxing: Get your gloves on and get active	Gymnastics at home: Jump, dance, and stretch with Paul
AllStars	Sports stars of tomorrow: Watch track and field stars run, throw, and jump to prepare for the Olympics		Snow idea: Snow skiers try waterskiing for the first time on Lake Tahoe	




- 2 
- Write the sports.

Sports I've tried:

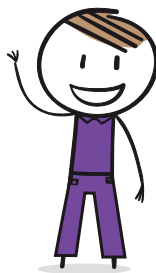
Sports I haven't tried, but would like to try:

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 bike riding. I go every week with my dad and my brother. It's a great way to see the country. Do you like bike riding?



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 soccer 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 organized is to get money to give to charities.



Man vs. Horse

This athletics event is held in Llanwrtyd Wells in Wales. At the event, men and women race a horse for 35 kilometers. 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 organized by people all around the world. At one competition in the USA, someone took a picture of 18 dogs on a surfboard. That's the largest number ever! I wish I had taken that picture!



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

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

32 Integrate new vocabulary and grammar

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Language practice 1

3

★ Grammar look: the passive (simple present)

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

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

We use the passive when we “know / don’t know who does something or when it⁵is / isn’t important who does something.

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1 Complete the sentences. Use the words in parentheses and the passive in the simple present.

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.

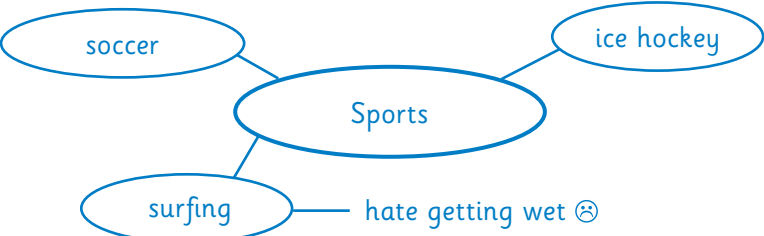


Dog food, balls, and other litter ⁶ _____ (clean) from the beach and everyone goes home.



★ Mission Stage 1

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



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 practice a sport, often to prepare for a competition

B to touch something quickly and hard

1 is J.

C the place where you play sports like tennis

D you wear this to keep your head safe

E a person who bikes

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 soccer

K someone who prepares a team to play sports

3 Listen again. Why are the numbers below important?

- three minutes
- 2–1
- 35 minutes
- \$1 million
- one point
- two meters
- 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?”

“Should we watch the 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.

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1 1.25 **PRONUNCIATION** Listen and repeat. page 168

2 Read the dialog and choose the correct words.

60%

Harley
online

¹Can we / We can play tennis tonight?

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

If it rains, we ³can / might play Ping-Pong inside.

Great! 😊

Could you ⁴to bring / bring balls, please?

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

OK. I'll see you later then.

See you later!

3 Act out the dialog. 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?

We're here at the lake to watch the waterskiing 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 practice fighting and do athletics, and girls also do a lot of exercise. It isn't different for Cynisca even

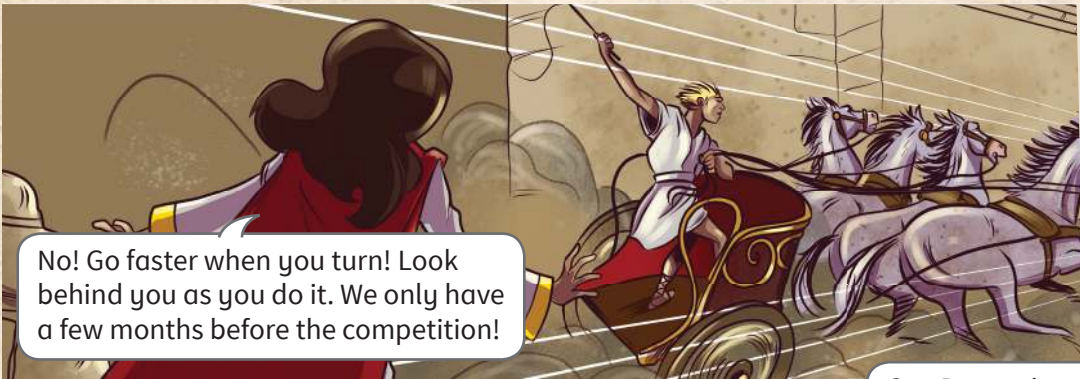
though she's a princess. Her dad, Archidamus, King of Sparta, has encouraged her to do all kinds of sports since she was very young, such as riding and running just like her brother Agesilaus. Cynisca's favorite sport is chariot racing.



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.



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

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

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 prepare for a sports competition?



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

Every four years, the Olympics is shown on TV. It takes years of training and hard work to compete at the 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.

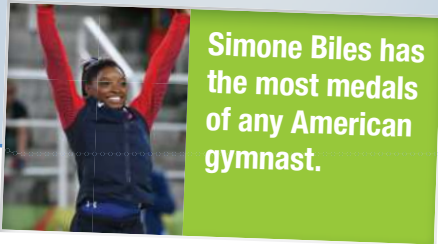


Gymnasts

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 practice or they might get injured.

Food: Gymnasts need to eat a lot of protein (like 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.

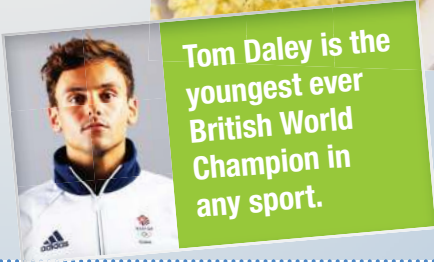
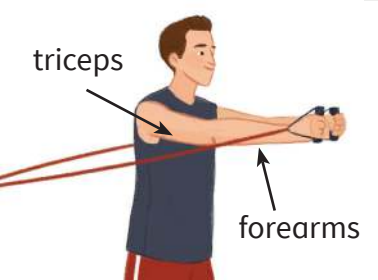


Divers

Training: Divers also train for about six hours a day, but before they get into the pool, they have to practice 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 p.m.



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 take care of their muscles?
- 6 Write examples of each of the food groups:
Protein: ... Iron: ... Carbohydrates: ...



Skills practice

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 each 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 p.m.

Use Gym:

⁸ After every lesson for _____ minutes

Name of coach:

⁹ Bob _____

First day:

¹⁰ _____ might hurt.



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

