

1 SPORTS AND GAMES



ABOUT YOU

Do you like basketball,
football or tennis?
Which sport do you prefer?
Do you play any sports?



VOCABULARY

AND

READING

Sports

1 Match the pictures A–M to the words in the box.

EP

do athletics	play badminton
do gymnastics	play baseball
go cycling	play hockey
go sailing	play rugby
go skating	play table tennis
go snowboarding	play volleyball
go surfing	



Listen and check. Then repeat.

2 In pairs, ask and answer the questions.

- Which of the sports do you do in teams (a group of people)? Which do you do alone (just one person)?
- Which of the sports can you do both in teams and alone?
- Which of these sports do *you* do?
- Do you prefer team sports or sports you do alone? Why?



PRONUNCIATION

/eɪ/ and /aɪ/

3 Put the words into the correct column.

baseball	bike	fly	play
riding	skating		

/eɪ/ sailing

/aɪ/ cycling



Listen and check. Then repeat.

4 Read Sophie's and Ben's blogs. Who does their sport every week? Who can't do their sport where they live?

5 Read about Sophie and Ben again and answer the questions.

- How many women and girls do Sophie's sport?
- What does Sophie do at the weekend?
- What does Sophie want to do at Loughborough University?
- Where does Ben prefer to be?
- Why does Ben go snowboarding every day?
- Ben says he's 'goofy-foot'. What does 'goofy-foot' mean?

TEENBLOG: SPORT

Post about you and your sport here.

It's fun!

My sport is ... rugby! That's me in the photo. People think that rugby is for boys, but that's not true. More than 18,000 women and girls play rugby in England. My team always plays a match on Saturday or Sunday, and I usually go to practice games three times a week. It's hard work, but it's never boring! I'm 14 and I play for the U15s. That's the team for players under the age of 15. When I'm older, I want to go to the rugby summer camp at Loughborough University. My favourite player, Fran Matthews, went there and now she plays for the England national rugby team.

Posted by **Sophie White**

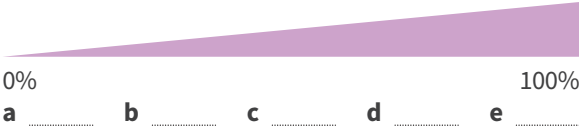
GRAMMAR

Adverbs of frequency

We use the present simple to talk about things we do often or every day.
I go snowboarding every day.

- 1 Look at these examples from the blogs.
The adverbs of frequency are in purple.
- My team **always** plays a match on Saturday or Sunday. It's **never** boring.
It's **usually** quiet.
I **often** go with my little sister and other young people.
I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.



- 2 Answer the questions.
- Which sentences in Exercise 1 have a present simple verb?
 - Which sentences in Exercise 1 have the verb *be*?
- 3 Choose the correct words to complete the rules.

In sentences with the verb *be*, we put the adverb of frequency *before / after* the verb.
In sentences with the present simple, we put the adverb of frequency *before / after* the verb.

Goofy-foot or regular?

I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future – I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm *goofy-foot* – that means I put my right foot at the front of the board.

Posted by Ben James

- 4 Read the examples and choose the correct words to complete the rules.
- People don't **always** play sport in teams.
Ben doesn't **usually** go snowboarding with his dad.
Do you **sometimes** play volleyball with friends?
Is rugby **often** dangerous?
Football isn't **always** boring!

In negatives and questions with the present simple, we put the adverb of frequency *before / after* the main verb.
In negatives and questions with the verb *be*, we put the adverb of frequency *before / after* the verb *be*.

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- 5 Put the adverbs in the right place to complete the sentences and questions.
- I play hockey at school on Fridays. (usually)
 - Sophie is tired after rugby matches. (often)
 - People don't go sailing in teams. (always)
 - My uncle and my dad play table tennis. (never)
 - Is gymnastics dangerous? (sometimes)
 - Do you go cycling? (often)
- 6 Put the words in order to make sentences and questions and questions.
- 0 often / school / plays / my friend / after / football
My friend often plays football after school.
- welcome / sports / are / in / our / club / always / you
 - Mondays / do / on / athletics / never / we
 - skating / brother / she / go / her / usually / does / with / ?
 - table tennis / students / not / often / do / school / play / at
 - cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /

- 7 How often do you do the sports in Exercise 1 on page 14?

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

- 8 In pairs, ask and answer the questions.
- What sports do you do?
 - How often do you do them?
 - Do you play sports at school?
 - How often do you watch sports on TV?
 - How often do you go to watch sports?
 - Who are your favourite sports stars?

READING

- 1 Look at the photos of the sports and games. What can you see?
2 Read the three texts and match them to the photos.



TRY THESE
SPORTS!

1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.



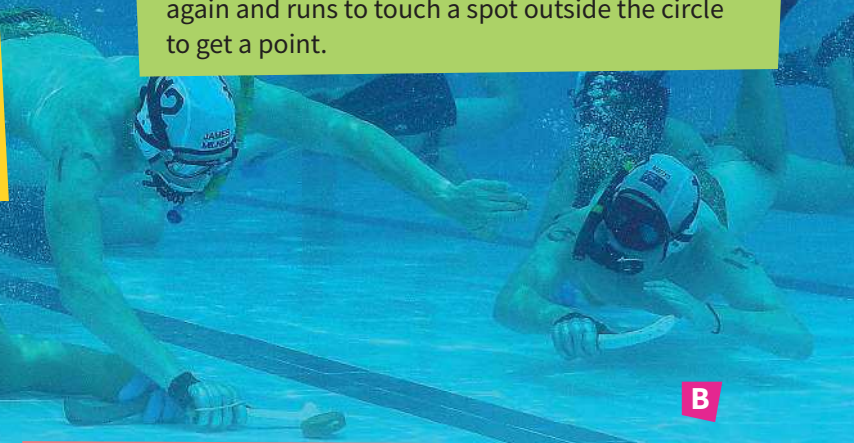
2 GILLI-DANDA

This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.



3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.



- 3 Read the three texts again. Are the sentences right (✓) or wrong (X)?
- 1 There are always two players in a cycleball team.
 - 2 The ball in cycleball is small and light.
 - 3 Players in cycleball can't hit the ball with their hands.
 - 4 *Gilli-danda* comes from India.
 - 5 The two sticks in *gilli-danda* are the same size.
 - 6 Players use a small ball in *gilli-danda*.
 - 7 People play octopush in teams.
 - 8 Players in octopush hit the ball, or puck, with their hands.
 - 9 Players in octopush swim underwater to play their game.



TALKING POINTS

Which of these sports do you want to try?
Do you have any sports like these in your country?

Sports equipment



12

2 Complete the table with the sports in the box. Some sports can go in more than one column.

13

3 Complete the information with the sports words in Exercise 1.

6 One small for each player.

7 One heavy puck, like a flat for the game.

14

A polo player on a white horse is shown in action, hitting a ball with a mallet. The player is wearing a white shirt, white pants, and a white helmet. The mallet is labeled 'B' and the goal net is labeled 'A'. The background is a blurred green field with other players and spectators.

14

SPEAKING

Try and guess the sport.