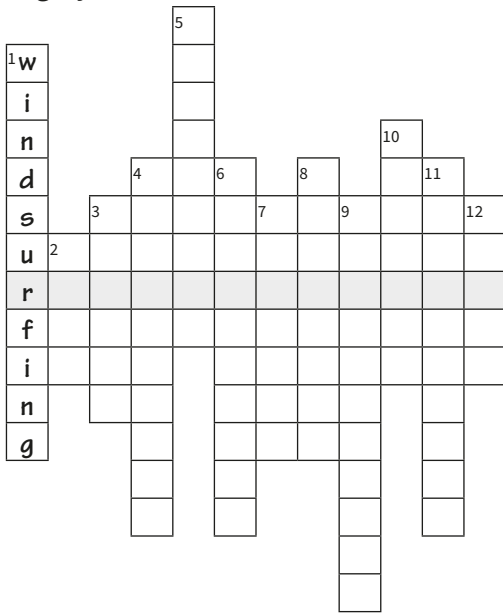


6 Sport for life

Vocabulary

Sports

1 ★ Complete the word puzzle. Use the pictures (1–12). What is the mystery word in grey?



2 ★★ Complete the rules with *play*, *do* or *go*.

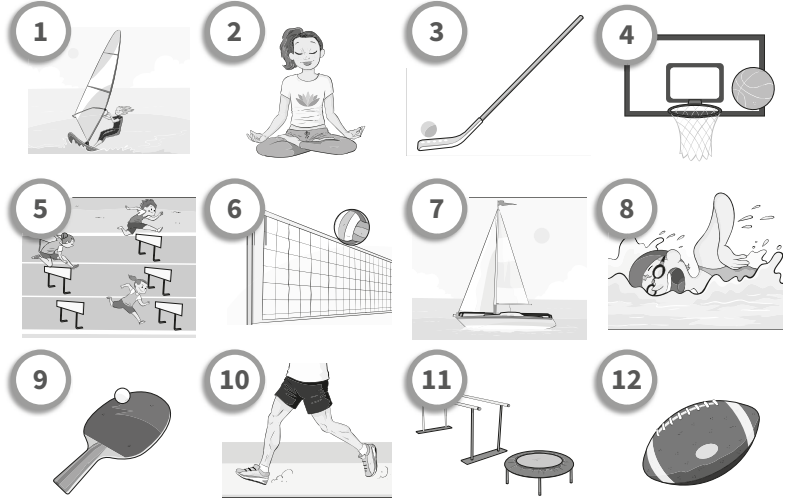
We usually use ¹ _____ with sports that end in *-ing*.

We usually use ² _____ with ball sports.

We usually use ³ _____ with other sports.

3 ★★ **Circle** the correct options.

I like doing sport. At school, we do ¹*running* / ***athletics*** and I like that. Sometimes at the weekend I go ²*swimming* / *yoga* with my brother. He does ³*gymnastics* / *rugby* at an after-school club and goes ⁴*running* / *table tennis* twice a week. I don't really like team sports, but in the holidays I sometimes play ⁵*sailing* / *volleyball* with my friends on the beach. And I love going ⁶*yoga* / *rock climbing* with my dad in the mountains.



4 ★★★ Answer the questions.

1 What are your favourite sports?

2 Do you do sports at school? Which sports?

Explore it!

Guess the correct answer.

Which sport comes from Canada?

a ice hockey b table tennis c rugby

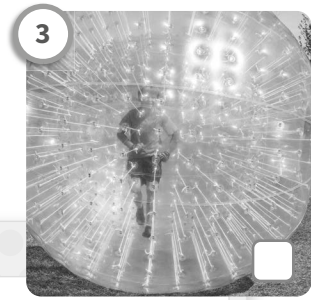
Find an interesting fact about sport in your country. Then send a question in an email to a classmate or ask them it in the next class.



Reading

Online FAQs

- 1 ★ Read the article. What sport is it about? Tick (✓) the correct photo (1–3).



Get the ball rolling!

Are you looking for a new sport? Do you want to try something different? In New Zealand we've got the answer – try zorbing!

FAQs

Q1:

What is zorbing?

Zorbing is an outdoor sport. Here in New Zealand, it's more popular than in other countries.

Q2:

You need a large plastic ball. This is called a 'zorb.' You get inside the ball and run or walk. When you move, the ball moves, too! You know where you're going and how you're moving because you can see through the ball. Lots of people love going down a hill in their zorb. It's fun!

Q3:

No, it's an individual sport. You get inside the zorb on your own, but it's not boring. You can have a race with your family and friends in other balls. Sometimes children are faster than their parents!

Q4:

Yes, it is, but always do it in a zorbing centre and follow the rules. Have fun, but be careful – don't get hurt!

Q5:

Yes. To go zorbing, you usually need to be six years old, or older.

Q6:

There are zorbing centres in many places on the South Island of New Zealand. Click [here](#) for a list.

Q7:

Yes. It's more expensive than other traditional sports, but it's an exciting activity for special days. So, are you ready for zorbing? Go and try it!

- 2 ★★ Read the article again. Complete it with the missing questions.

- | | |
|--------------------------|----------------------|
| a Is there an age limit? | e Where can I do it? |
| b Is it a team sport? | f Is it expensive? |
| c What do you do? | g Is it safe? |
| d What is zorbing? | |

- 3 ★★ Read the article again and underline the words in the box. Then check their meanings in a dictionary and complete the sentences.

get hurt hill race safe try

- 1 Be careful! Going out alone at night isn't safe.
- 2 The Spartathlon is a race in Greece. People run 246 kilometres!
- 3 I live at the top of a hill. Walking down to school is easy!
- 4 I love tennis, but this year I want to try a new sport.
- 5 Careful there! You can fall and get hurt!

- 4 ★★★ Answer the questions.

- 1 Do you think zorbing is a fun sport to try? Why / Why not?

- 2 Which fun outdoor sports are popular in your country?

Language in action

Comparatives

1 ✪ Write the comparative forms.

- | | |
|----------------------------|------------------------|
| 1 small
_____ | 4 happy
_____ |
| _____ <i>smaller</i> _____ | _____ |
| 2 big
_____ | 5 interesting
_____ |
| _____ | _____ |
| 3 good
_____ | 6 bad
_____ |
| _____ | _____ |

2 ✪ Complete the rules with the adjectives from Exercise 1.

- For one-syllable adjectives, add *-er*:
_____ *smaller* _____.
- For two-syllable adjectives ending in *-y*, remove the *-y* and add *-ier*: _____.
- For long adjectives, add *more* to the adjective: _____.
- For one-syllable adjectives ending in a vowel and a consonant, double the consonant and add *-er*: _____.
- For irregular adjectives, use a different word: _____ and _____.

3 ✪✪ Underline and correct one mistake in each sentence.

- Windsurfing is more expensive that running. _____ than _____.
- Rugby is more fast than basketball.

- Runners are usually thinner than swimmers.

- Which sport is noisyer, volleyball or yoga?

- She's badder at gymnastics than at hockey.

- Playing sport is more better than watching it. _____

4 ✪✪ Complete the sentences with the comparative form of the adjectives in brackets.

- An ice hockey match is _____ *longer* _____ than a basketball match. (long)
- I think rock climbing is _____ than yoga. (exciting)
- Lola's _____ at tennis than her dad. (good)
- Our school hockey team is _____ than the rugby team. (bad)
- We think rugby is a _____ game than football. (difficult)
- Doing sport is _____ than watching TV. (healthy)

5 ✪✪ Complete the questions with a comparative adjective. Then check the answers at the bottom of the page.

- Daniel** Let's do this quiz! First question: Which ball is ¹ _____ *faster* _____, a table tennis or a tennis ball?
- Andrea** A table tennis ball?
- Daniel** Next question: Which match is ² _____, a basketball or an ice hockey match?
- Andrea** I don't know. Ice hockey?
- Daniel** Number three: Which country is ³ _____ at table tennis, China or South Korea?
- Andrea** South Korea, I think.
- Daniel** And the last question: Which sport is ⁴ _____ at schools here in New Zealand, hockey or athletics?
- Andrea** Oh, dear! I don't know. Athletics maybe. What are the answers?



6 ✪✪✪ Write three sentences comparing sports. Look at Exercise 4 to help you.

I think football is more entertaining than rugby. _____

Answers

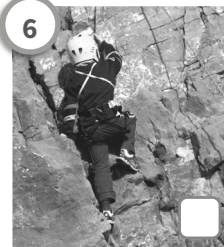
- | | |
|--------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 1 table tennis ball: 116 km/h; tennis ball: 263 km/h | 3 China (1); South Korea (2) |
| 2 ice hockey match: 60 minutes; basketball match: 48 minutes | 4 number of people playing at schools in New Zealand: hockey: 13,967, athletics: 12,713 |

Vocabulary and listening

Sports verbs

1 ★ Match photos 1–6 with six of the sports verbs a–l.

a dive b kick c bounce d hit e catch f climb
g jump h lift i pass j run k throw l score

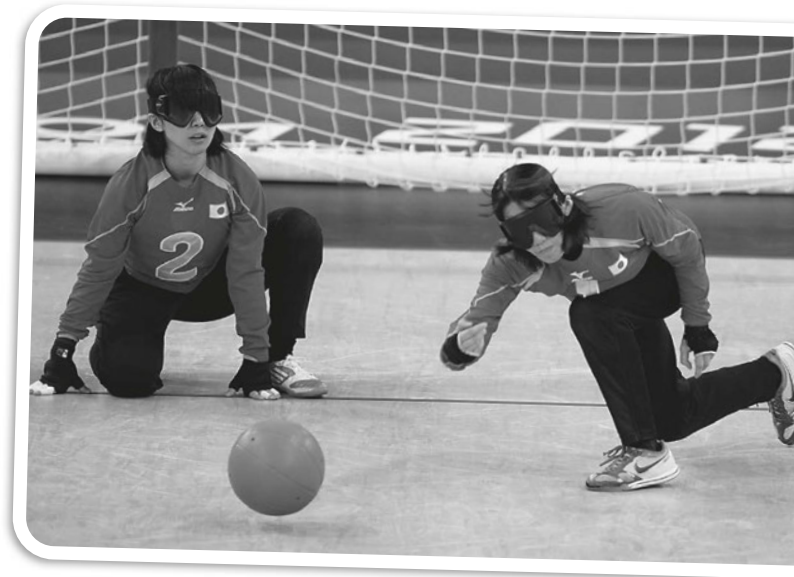


2 ★★ Circle the correct verbs.

I don't understand rugby! OK, the players
¹pass / score the ball to each other. Then they
²catch / run up the field and put the ball over a line
to ³score / hit points. They also ⁴kick / jump the ball
over a big goalpost. But sometimes the teams make
a circle and push each other. Then one player
⁵scores / throws the ball into the circle and another
player from the same team gets it. And sometimes
some players ⁶lift / jump on top of other players!

3 ★★★ Write two sentences describing what players can and can't do in a sport. Use the sports verbs from Exercise 1.

In football, the players can kick the ball but they can't score goals with their hands.



A conversation

4 ★ Listen to a conversation about goalball. Circle the correct answers.

- In goalball, players use a ball that has *lights* / *sound*.
- Goalball is a *team* / *an individual* sport.

5 ★★★ Listen again. Complete the sentences with one word or a number.

- Goalball is a Paralympic sport.
- In goalball, the ball is like a _____, but heavier.
- A goalball team has _____ players in it.
- Players try to _____ the ball to score a goal.
- They use their _____ to stop the ball.
- Some players can make the ball go at _____ km per hour.
- The girl plays goalball at the _____ centre.
- The boy wants to see the girl play on _____.

6 ★★★ Watch part of a goalball match on the internet. Then write three things you like about it.

I like how the players throw the ball.

Language in action

Superlatives

1 ✪ Complete the table with the superlative form of the adjectives in the box.

bad entertaining fit healthy old

The most + adjective	The + double the final consonant + -est	The + change y to i + -est	The + adjective + -est	The + irregular form
the most popular	² _____	the easiest	⁴ _____	the best
¹ <u>the most entertaining</u>	the biggest	³ _____	the fastest	⁵ _____

2 ✪✪ Complete the text with the superlative form of the adjectives in brackets.

My cousin Nick is the ¹ most popular (popular) person in my family. He's the ² _____ (tall) of my cousins and also the ³ _____ (fit) – at the weekend, he does yoga and plays hockey! Everybody loves Nick.



He's the ⁴ _____ (happy) person I know! I'm the ⁵ _____ (young) person in my family and the ⁶ _____ (bad) at sport! But that's OK because we're all different. I love reading and writing stories. Nick says I write the ⁷ _____ (interesting) stories in the world.



3 ✪✪ Write the questions in the quiz using the superlative form of the adjectives. Then **circle** the correct answers. Check your answers at the bottom of the quiz!

Sports question time!

- Which is / popular / sport in Brazil?
Which is the most popular sport in Brazil?
a basketball b football
- Which is one of the / old / ball sports?

a Ulama. It comes from Mexico.
b Alama. It comes from Ecuador.
- Which is one of the / new / sports?

a table tennis.
b 360Ball. You use a racket and a ball and play it in a round field.

- Which is one of the / difficult / sports for many people?

a rock climbing b running
- Which is one of the / expensive / sports in the world?

a tennis b swimming

ANSWERS
1 b 2 a 3 b 4 a 5 a

4 ✪✪✪ Complete the questions with the superlative form of the adjectives. Then answer them for you.

- Who is the youngest (young) person in your family?

- Which is _____ (popular) sport at your school?

- Which is _____ (difficult) school subject?

- Which is _____ (entertaining) film you know?

Writing

A profile of a sportsperson

1 ★ Read the profile. Then complete the sentence.

For Beata, Natalia Partyka is an _____
sportsperson because she has a lot of _____.

A popular sportsperson from my country

By Beata Nowak

- 1 I'm from Poland. There are many good sportspeople from my country, but one of the ¹ *more / most* amazing is the table tennis player, Natalia Partyka. She was born in 1989. She weighs 64 kg and she's 1.73 m tall. I like her because we're both from Poland, we're both dedicated sportspeople, and we both have one hand.
- 2 Natalia trains for six hours a day. She often plays with her ² *older / more older* sister, Sandra. Sometimes she practises bouncing the ball on the top of her arm to begin the game. Natalia loves music. She also likes going to the beach with friends. I like doing that, too!
- 3 Natalia is ³ *more / most* successful than any other table tennis player from Poland. She has gold medals from the 2004, 2008, 2012, 2016 and 2020 Paralympic games, and a silver medal from the 2024 Paralympic games. She played in the Olympic games in 2008, 2012 and 2016, too. She also has medals from other sports competitions. I think she's one of the ⁴ *better / best* players in the world.

2 ★★ Circle the correct options (1–4) in the profile.

3 ★★ Read the profile again. Underline two sentences with *also* and two sentences with *too*. Then complete the rules with *also* or *too*.

We use *too* and *also* to give extra information. We use ¹ _____ at the end of a sentence. We use ² _____ after the verb *be* and before other verbs.

4 ★★ Read the profile again. Match topics a–c with paragraphs 1–3.

- a training and other interests
- b achievements
- c basic information and description

> Writing tutor p83



Write a profile of a popular sportsperson from your country.

Plan

- 5 ★★ Make notes about the sportsperson. Decide what information to include in each paragraph. Use the information in Exercise 4 to help you.

Write

- 6 ★★★ Write your profile. Remember to include:
- three paragraphs
 - comparatives and superlatives
 - expressions from the *Useful language* box (see Student's Book, p77).

Check

- 7 Do you ...
- give basic information and a description of your sportsperson?
 - describe their sport using sports verbs?
 - talk about their achievements and why you like them?

6 Review

Vocabulary

1 Complete the table with the sports in the box.

athletics hockey rugby
running sailing swimming tennis
windsurfing yoga

Water sports	Ball sports	Other sports

2 Find 12 sports verbs in the word search.

b	d	i	b	t	d	i	v	e	h
u	i	c	s	d	q	h	g	r	i
v	o	l	i	f	t	a	h	b	t
y	k	i	c	k	r	z	o	s	p
e	c	m	w	q	m	n	s	c	a
n	p	b	o	u	n	c	e	o	l
l	y	k	j	c	j	a	t	r	u
t	h	r	o	w	v	t	g	e	r
h	j	u	m	p	w	c	e	f	u
f	p	a	s	s	k	h	x	g	n

3 Complete the sentences with the correct form of the verbs from Exercise 2.

- 1 A table tennis player b_____ the ball across the table.
- 2 My brother loves j_____ on the bed!
- 3 Mount Everest, the highest mountain in the world, is very difficult to c_____.
- 4 We never s_____ many goals in football.
- 5 Tennis players can't h_____ the ball with their hands. They use a racket.
- 6 In gymnastics, we sometimes l_____ heavy boxes to make our arms strong.

Language in action

4 Write sentences using the comparative form of the adjectives in brackets.

- 1 zorbing / running (exciting)

- 2 water / fizzy drinks (healthy)

- 3 joggers / jeans (comfortable)

- 4 a table tennis ball / a tennis ball (small)

- 5 jumping / rock climbing (easy)



5 Complete the text with the superlative form of the adjectives in brackets.



I think tennis is the ¹_____ (boring) sport, but my dad loves it! At the moment, he's in London at the All England Club. This club is the ²_____ (old) in the world. Every year, there are different tennis tournaments there. The ³_____ (popular) one is called Wimbledon. My dad says all the ⁴_____ (good) players want to win there. People watching tennis at Wimbledon don't usually speak to each other a lot. The ⁵_____ (bad) thing you can do at Wimbledon is talk! The players don't like noise. I think the ⁶_____ (easy) thing is to watch Wimbledon on TV, but not for me – I prefer a good film!

Cumulative language

6 Complete the conversation with the missing words. **Circle** the correct options.

Esma Which sports ¹_____ you like, Rafael?

Rafael I like ²_____ athletics and playing football.

Esma I think football is the ³_____ sport in the world.

Rafael Me, too! Today I ⁴_____ football training and then yoga.

Esma Yoga! I think it's ⁵_____ than athletics!

Rafael Then try it with me! I can teach you the ⁶_____ exercises.

Esma Sounds great, but I'm the ⁷_____ student in the world!

Rafael Ah! But I'm a ⁸_____ teacher!

Esma OK! I ⁹_____ try.

Rafael ¹⁰_____ your joggers in your bag?

Esma No, but I can ¹¹_____ home and get them now.

Rafael Perfect. Run home and bring ¹²_____ joggers!

- | | | |
|----------------------|--------------------|---------------|
| 1 a does | b are | c do |
| 2 a does | b do | c doing |
| 3 a best | b better | c good |
| 4 a got | b 've got | c 'm got |
| 5 a most interesting | b more interesting | c interesting |
| 6 a more easy | b easier | c easiest |
| 7 a bad | b worse | c worst |
| 8 a good | b the better | c best |
| 9 a can | b have | c do |
| 10 a Have you got | b You got | c You have |
| 11 a go to | b go | c come |
| 12 a yours | b you | c your |

