

6

How Can We Be Athletic?

Learning Outcomes

I can ...

- understand texts about sports
- buy tickets
- write a profile of an athlete
- understand how to use comparatives and superlatives
- talk about sports
- say collocations out loud, remember vocabulary sets together and write example sentences
- design an exercise plan.



Start It!

- 1 Look at the photo. What is the girl doing?
- 2 Before you watch, guess three sports from the video.
- 3 Which other sports can you see? Watch and check.
- 4 Which sport do you want to try? Why?

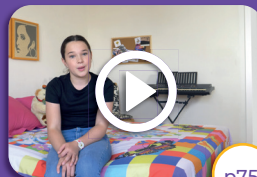


Watch video 6.1



Grammar in
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Healthy and
Happy 6.5

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Vocabulary Sports

6.01 **1** Match the words in the box with the photos. Listen, check and repeat.

- | | |
|--|--|
| <input type="checkbox"/> basketball | <input type="checkbox"/> gymnastics |
| <input type="checkbox"/> hockey | <input type="checkbox"/> rock climbing |
| <input type="checkbox"/> rugby | <input type="checkbox"/> running |
| <input type="checkbox"/> sailing | <input type="checkbox"/> swimming |
| <input checked="" type="checkbox"/> a table tennis | <input type="checkbox"/> track and field |
| <input type="checkbox"/> volleyball | <input type="checkbox"/> windsurfing |
| <input type="checkbox"/> yoga | |

6.02 **2** Listen. Which six sports do you hear?

- | | |
|-----------------------|---------|
| 1 <u>table tennis</u> | 4 _____ |
| 2 _____ | 5 _____ |
| 3 _____ | 6 _____ |

Learn to Learn

Saying Collocations Out Loud

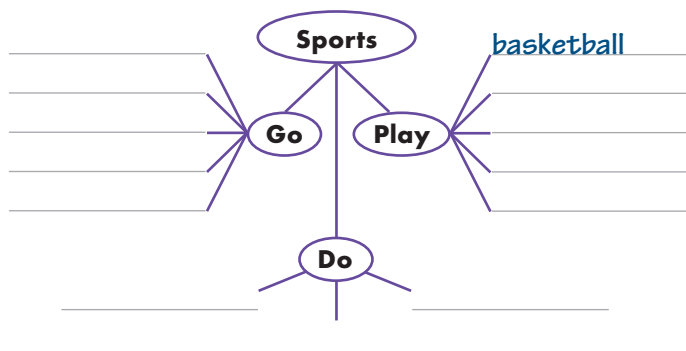
When you learn new collocations, say the words out loud. There are three main verbs we use with sports.

play sports with balls and other objects

go sports that end in *-ing*

do other sports

3 Write the sports from Exercise 1 in the spidergram. Say them out loud as you write them. How many more sports can you add?



4 Work in pairs. Say a sport out loud and your partner says the verb.

Use It!

5 Ask and answer with a partner.

Student A:

What is your favorite sport?
Do you prefer to watch sports or play sports? Why?

Student B:

What sports are popular in your country?
Do you prefer to watch sports on TV or go to the game? Why?

Explore It!

Guess the correct answer.

Sport climbing is an Olympic sport. It's similar to rock climbing. How many different types of sport climbing are there?

- a one b two c three


Find an interesting fact about a sport.

Write a question for your partner to answer.



Reading Online FAQs

1 What do you think the people in the photo are doing? Tell your partner.

 2 Read the article. Match the questions with the answers in the FAQs.

3 Read the article again. Are the sentences *T* (true) or *F* (false)?

- 1 Boccia is only for teams. **F**
- 2 Boccia is a Paralympic sport, not an Olympic sport. **___**
- 3 Boccia balls are the same size as footballs. **___**
- 4 You can play boccia when it's raining. **___**
- 5 Boccia is a very new sport. **___**

4 Find the meaning of the words in bold in the article. Are they positive or negative? Write them in the chart. Can you add any more adjectives?

Positive	Negative
popular _____	_____
_____	_____
_____	_____

Voice It!

5 Discuss the questions.

- 1 Are there any boccia teams where you live?
- 2 Do you think boccia looks interesting or boring to watch or play? Why?
- 3 Do you want to try boccia or watch a match? Why / Why not?

Learn about Boccia

There are lots of Olympic and Paralympic sports – some of them are the same and some are different. This week we're looking at boccia. It isn't an Olympic sport but it's becoming more **popular** than some Olympic sports. Its history goes back to Ancient Greece and Egypt. Here are our answers to your questions.



FAQs

- Q1: What is boccia?
- Q2: Is it a team game?
- Q3: Where can I play it?
- Q4: How big are the balls in boccia?
- Q5: How many balls are there?
- Q6: How do I play?

Answers

- A1: Players move each ball with their hands or feet to get close to the 'jack'.
- A2: They're bigger than tennis balls but smaller than soccer balls.
- A3: You can play boccia in a team, in a pair or by yourself.
- A4: There are six red balls, six blue balls and one small white ball (a 'jack').
- A5: It's a ball game for wheelchair users and it's a Paralympic sport.
- A6: You can play it outdoors or indoors if the weather's **bad**.

The rules are easier than other ball games but it's more **difficult** than it looks! Boccia players think it's better than other ball games. It's more **exciting** than you think! It isn't **boring** to watch and it's even more **amazing** to play. Play or watch boccia NOW!



Grammar in Action

Comparatives

1 Look at the chart and **circle** the correct words in the rules.

- We add **-er** to **short** / long adjectives to form the comparative.
- We use *more* before *irregular* / long adjectives in the comparative.
- We *use* / *don't use more* before irregular adjectives in the comparative.

2 Match the adjectives 1–6 to the correct comparative form a–f.

- | | |
|-----------|---------------|
| 1 bad | a more boring |
| 2 big | b better |
| 3 boring | c healthier |
| 4 fast | d bigger |
| 5 good | e worse |
| 6 healthy | f faster |

3 Complete the sentences with the comparative form of the adjectives.

- Basketball players are **taller than** _____ (tall) football players.
- Gymnastics is _____ (interesting) yoga to watch.
- Yoga is _____ (healthy) gymnastics.
- Windsurfing is _____ (difficult) sailing.
- Rock climbing is _____ (exciting) windsurfing and yoga.
- Do you think gymnastics is _____ (easy) windsurfing?



Watch video 6.2

Which sports does she talk about?
Which sport is healthy?

Comparative Adjectives

Short Adjectives	
Slow - lower	Yoga is lower than gymnastics.
Long Adjectives	
Popular - more popular	American football is more popular than soccer.
Irregular Adjectives	
Good - better Easy - easier	Soccer is better than American football. Sailing is easier than windsurfing.

> Pronunciation p119

4 Write sentences with the comparative form of the adjectives.

- windsurfing (exciting) swimming
Windsurfing is more exciting than swimming. _____
- table tennis (interesting) yoga

- climbing (difficult) volleyball

- A boccia ball (big) tennis ball.

> Grammar Tutor p130

Use It!

5 Write sentences to compare some activities, using adjectives in the box or your own ideas. Discuss with a partner. Do you agree?

boring comfortable difficult easy exciting
good healthy interesting smart

table tennis / tennis sweatpants / jeans
hanging out with friends / going shopping

I think table tennis is more interesting than tennis. What do you think?

I don't agree. I think tennis is more interesting.





1 throw / dive / pass



2 kick / hit / jump



3 catch / lift / bounce



4 climb / run / score

Vocabulary and Listening Sports Verbs

6.06 **1** Circle the correct verbs to describe the photos. Listen, repeat and check. Can you guess the meaning of the other verbs?

Get It Right!

You **win** or **lose** a game, match, race or competition. When you win, you **beat** the person or people you are competing with.

I want to win the race. ✓ I want to beat the race. ✗
I think we can beat this team. ✓ I think we can win this team. ✗

6.07 **2** Circle the correct verbs. Can you guess the sports? Listen and check.

This is a popular team sport in Asia. It's a combination of volleyball and soccer. Players can't use their hands. One player ¹*dives* / passes the ball to another player to start. Players ²*run* / *kick* the ball with their feet. The first team to ³*throw* / *score* 21 points in two games wins.

- a capoeira
- b underwater hockey
- c sepak takraw



This is a team game with six soft balls. It's popular in PE classes around the world. Players ⁴*lift* / *run* fast to pick up balls from the middle of the court. Then they ⁵*dive* / *throw* their balls at the other team. If a ball ⁶*hits* / *jumps* someone, that person is 'out'. Players can ⁷*catch* / *score* a ball in their hands, but if it ⁸*climbs* / *bounces* off another player, they can't use it.

- a basketball
- b dodgeball
- c volleyball

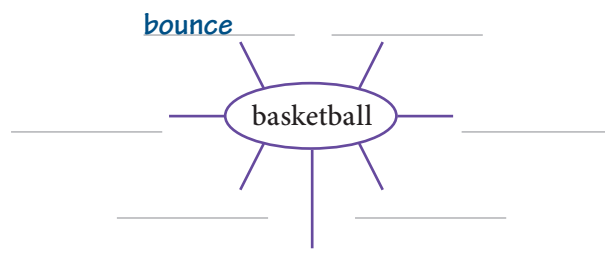


Learn to Learn

Remembering Vocabulary Sets

Think about which verbs you can use for each sport.

3 Work with a partner and add other verbs to the diagram.



Use It!

4 Describe a sport in three sentences. Use verbs from Exercise 1. Can your partner guess the sport?

A Conversation

6.08 **5** Look at the photos. Which fitness activities or sports can these people do? Listen and check.



Joan MacDonald



Victor Wembanyama

6.08 **6** Listen again. Circle the correct answers.

- 1** Joan MacDonald can run and ... weights.
a throw b catch **c lift**
- 2** Joan cooks fresh food ...
a every day b at the weekend c in the evenings
- 3** Victor Wembanyama's sneakers are size ...
a 41 b 55 c 37
- 4** Victor and his parents are all very ...
a popular b old c tall

Grammar in Action

Superlatives

- Look at the chart and complete the rules.
 - We add *the* + *-est* to **short** adjectives.
 - We put *the most* before _____ adjectives.
 - There are some _____ adjectives, e.g. *good* – *the best*, *bad* – *the worst*.

2 Complete the sentences with the superlative form of the adjectives.

Joan MacDonald is one of ¹**the most popular** (popular) women in their 70s on social media. She's probably ²_____ (fit) and ³_____ (healthy) person that age I know.

Victor Wembanyama is one of ⁴_____ (tall) basketball players in the world. Does the article say he is ⁵_____ (good) player in his team? Maybe Victor's got ⁶_____ (big) feet in his team!

- Complete the sports quiz with the superlative form of the adjectives. Predict and **circle** the answers to the questions. Discuss with a partner.



The *Biggest* (Big) Sports Quiz in the **World**

- Juju Noda is one of **the best** _____ (good) female Japanese **soccer players / racing drivers**.
- Lots of people think that **basketball / soccer** is _____ (easy) sport to learn.
- Sitting volleyball / Wheelchair basketball** is one of _____ (popular) Paralympic sports.
- Surfing / Table tennis** is one of _____ (new) Olympic sports.
- _____ (healthy) food to eat before you do sport or exercise is a **carrot / banana**.




Watch video 6.3
Who is the most amazing painter?
Who can play the piano?

Superlative Adjectives

Short	She's the fastest player.
Long	She's the most amazing painter.
Irregular	Do you have something you're the best at?

- Listen and check your answers to Exercise 3.

 Grammar Tutor p130

Use It!

- Write four sentences with your opinions about sports in your notebook. Use the words in boxes A and B. Compare with a partner. Do you agree?

A easiest most boring
most difficult
most interesting on TV

B do learn play watch

I think **rugby** is the most boring game to watch.

- Write sentences with superlative adjectives about you. Use the topics in the box or choose your own topics. Ask and answer with a partner.


day of the week (good)
food (delicious)
athlete (amazing)

Which is the best day of the week?


I think Friday is the best day of the week because I always finish school early. What about you?

Speaking

Buying Tickets Online

-  **1** Listen to the conversation.
How much do they pay for the tickets?

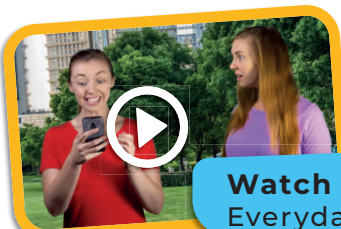


-  **2** Complete the conversation with the phrases from the *Useful Language* box. Listen and check.

Useful Language

Do you want to go?
How much are the tickets?
Let's buy them.
Let's go.
They're (\$145).
What's the (quickest/best/cheapest) way to get there?

- 3** Look at the *Everyday English* box. Find and underline the phrases in the conversation.



Watch video 6.4 Everyday English

Got them! Look! That's crazy!
What are we waiting for? Why not?

- 4** Work with a partner. Practice the conversation.

Ruben Look! Our two favorite baseball teams are playing this afternoon.

¹ *Do you want to go* _____?

Omar Why not? ² _____

Ruben The best seats are the most expensive.
³ _____.

Omar That's crazy! Are there any cheaper tickets?

Ruben Yes, there are. The cheapest tickets are \$25 but they're the worst seats.

Omar That's OK. I don't mind if you don't.
⁴ _____.

Ruben Got them! The game starts in an hour.

Omar What are we waiting for? ⁵ _____.

Ruben ⁶ _____.

Omar If we hurry, the bus!

Ruben Wait for me!

Plan

- 5** Work with a partner. Plan a conversation about buying tickets online for a sports event. Decide ...
what event you want to see

a basketball game a tennis match a track meet

how much the tickets cost _____

how you are going to get there _____

Speak

- 6** Practice the conversation with your partner.
Remember to use:

- comparatives and superlatives
- the vocabulary from this unit
- expressions from the *Useful Language* and *Everyday English* boxes

Check

- 7** Work with another pair. Listen to their conversation and complete the notes.

What event do they want to see?

How much are the tickets? _____

How are they going to get there?

Writing

A Profile of an Athlete

- 1 Look at the photo. What sport do you think Oriane Bertone does? Read the profile and check.
- 2 Match topics a–c with paragraphs 1–3.
 - a Achievements
 - b Basic information and description
 - c Training and other interests
- 3 Find and underline examples of *also* and *too* in the profile.
- 4 Read the *Useful Language* box and circle the correct words.

Useful Language

We use *also* and *too* to give extra information.
We use **also**¹ before / after the verb *be*.
We use **also**² before / after other verbs.
We use **too** at the ³beginning / end of a sentence.
We use a comma before **too**.

- 5 Complete the sentences with *also* or *too*.
 - 1 I enjoy playing basketball and I like watching it on TV too _____.
 - 2 Athletics is fun and hockey is _____ fun.
 - 3 Our school rugby team loses some matches but we win some _____.
 - 4 Emma is our team captain. She's _____ the best player.
- 6 Rewrite the second sentence with the word in parentheses.
 - 1 I like playing soccer. I enjoy hanging out with friends. (also)

 - 2 Table tennis is easy to play. It's fun. (too)

 - 3 She's running. She's jumping. (also)

 - 4 He's wearing sneakers. He's wearing a T-shirt. (too)

My Favorite Athlete

By Kelly Nammour



- 1 My favorite athlete is Oriane Bertone. She's a French rock climber and she lives in Paris. She's 164 cm tall. She's taller than other female climbers.
- 2 She trains for seven or eight hours every day. She **also** eats healthy food and she doesn't go to bed late. Oriane goes rock climbing whenever she can and she climbs with her younger brother Max, **too**. She loves climbing but she **also** loves walking outdoors, watching science-fiction movies and cooking.
- 3 I think she's amazing because she's the first woman and the youngest person to climb 'Golden Shadow' rock in Rocklands, South Africa. It's one of the most difficult rocks to climb in the world. She is one of the world's strongest climbers and one of the most successful young athletes in the world, **too**.

Write a profile of your favorite athlete.

Plan

- 7 Make notes about your favorite athlete. Decide what information to include in each paragraph. Use the information in Exercise 2 to help you.

Write

- 8 Write your description. Remember to include:
 - three paragraphs
 - comparatives and superlatives
 - expressions from the *Useful Language* box

Check

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



A Healthy and Happy Life

1 Look at the photos. What are the people doing? How do you think they feel? Discuss with a partner.

2 Read the text and check your ideas.
6.11



Watch video 6.5
Healthy and Happy

Why is having healthy habits important?

How much sleep do 14-year-olds need?

What other things help us be healthy and happy?

Body and Mind



a plank



a push up

Children and teenagers need about 60 minutes of physical activity every day. Around the world, 81% of 11- to 17-year-olds don't do enough physical activity. When you're active and exercising, the movement makes your **brain** more active, too.

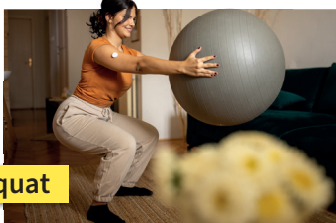
Physical activity is good for your body because you're healthier and fitter. You have stronger **bones** and muscles and you sleep better. Exercising when you're young also helps you to stay healthy when you're older.

It's a good idea to do some exercise to have strong **muscles** and bones. Your muscles are important because they help keep your bones strong. There are a lot of different activities for different muscle groups.

The muscles in your center, or core, are the most important ones for standing up. Gymnastics is great for this, or do some simple exercises at home, like a plank. Do some push-ups for stronger muscles in your chest, shoulder and arms.

Physical activity isn't just good for your body, it's also good for your mind.

- When you exercise, your brain produces **endorphins**. These help you to feel happier and they can change your **mood** from sad to happy.
- When you exercise, your brain is more active. You can **concentrate** better in school and you can learn things faster.
- When you exercise with a friend or play sports in a team, you connect with other people. This is good for your brain because you smile, have fun and produce more endorphins!



a squat

Do a few squats every day for stronger legs and feet.



Don't forget your heart – it's a muscle, too! Play basketball and go swimming so your heart works harder!



Physical activity isn't just sports! You can go for a walk with a friend, dance to your favorite songs or even clean your bedroom.

+ Vocabulary Extra

3 Match the words in the box with the meanings.

bones brain concentrate
endorphins mood muscles

- parts of your body that help you to move **muscles** _____
- the hard parts inside our body that form your skeleton _____
- the organ inside your head that controls your thoughts and feelings _____
- a natural chemical your brain produces to make you feel relaxed _____
- think about something you are doing very carefully _____
- the way you feel at a certain time, e.g. happy or sad _____

4 Answer the questions.

- How much physical activity do you do every week?
- Why do you think people don't do enough physical activity?
- Which physical activities make you feel happy? Why?

6 Complete the chart with the correct parts of the body for each exercise.

Exercise	Parts of the Body
1 plank	core, arms, legs _____
2 push-up	_____
3 squat	_____
4 basketball, swimming	_____

7 Which activities that you do every day (not just sports) use the parts of the body you mentioned in Exercise 6?

- I'm **carrying shopping bags** _____. I'm using the muscles in my arms and my chest.
- I'm _____. I'm using the muscles in my legs.
- I'm _____. My heart is working harder than usual.
- I'm _____. I'm using my core muscles.
- I'm _____. My shoulders and arms are working hard putting away my things!

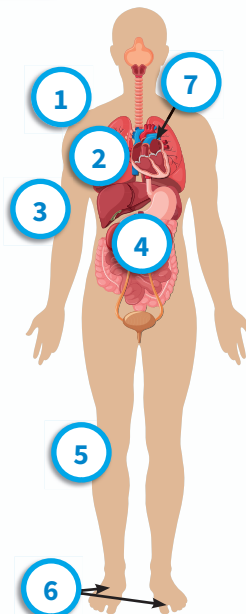
CLIL: Biology

Parts of the Body

5 Match the words in the box with 1-7 in the picture.

arm chest core feet
heart leg shoulder

- shoulder** _____
- _____
- _____
- _____
- _____
- _____
- _____



Project: An Exercise Plan

Design a Plan to Keep Active.

Step 1: Plan

Work in groups. Design an exercise plan for one day for 60 minutes of physical activity.

Think about:

- different ways you can be more active
- how the activity helps you have a healthy body
- how the activity helps you have a healthy mind
- activities that make you feel happy
- activities you can do alone or with a friend

Agree on the activities and the times.

SHAPE IT! Project: An Exercise Plan p122



Learn to ... Write Example Sentences

Example sentences help you understand and remember vocabulary.

- 1 Read Peiyu's blog. How does she remember new words? Why?

Today's tip

Peiyu's English learning blog

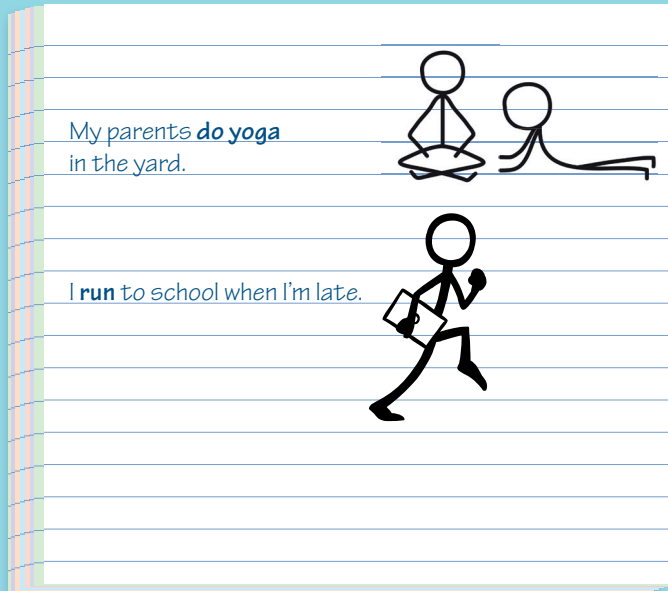
Remembering new words



When I learn new words, I use them in example sentences. I think it's better than writing them in my language. When I write sentences, I think about what the word means, and that helps me remember it.

Also, when you write example sentences, the meaning is easier to remember later because the other words in the sentence can help you. I try to write funny sentences or sentences about me and my friends because it's easier to remember the sentences.

Look at my notebook! What do you think?



- Search online for other examples of tips people use to remember things. Try and use a different website from the one you normally use. Share your findings with your classmates.

- 2 **Circle** the example sentences you prefer, a or b. Then compare your answers with a partner and say why.

- 1 bananas
 - a Bananas are nice.
 - b** Bananas are a long, yellow fruit.

I prefer example sentence b because the words "long," "yellow," and "fruit" help you remember what bananas are.

- 2 kick
 - a In soccer, players kick a ball.
 - b** They kick it.
- 3 rugby
 - a Rugby is my grandma's favorite sport.
 - b** Rugby is boring.
- 4 throw
 - a Throw it!
 - b** My baby sister throws her food at me.

SHAPE IT!

- 3 Write an example sentence for each of the words in the box.

beat catch rock climbing
score volleyball

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 4 Tell your partner your sentences from Exercise 3. Who has the best example sentence for each word?

I prefer your sentence for "beat" because it's funny.

Vocabulary

1 Complete the sentences with the sports in the box.

mountain climbing rugby
sailing table tennis volleyball
windsurfing yoga

- 1 You need a net to play _____ and _____.
- 2 _____ is a ball game that people always play outdoors.
- 3 People usually do _____ indoors.
- 4 You need to be on the water to go _____ or _____.
- 5 _____ can be dangerous, so you need very good equipment.

2 **Circle** the correct verbs.




- 1 We're playing soccer so we can *kick* / *score* the ball.
- 2 That looks heavy. Can you *climb* / *lift* it?
- 3 I want to *run* / *dive* a marathon one day.
- 4 *Catch* / *Throw* me that ball, please.
- 5 How do you *jump* / *score* in hockey?
- 6 It's important to *pass* / *hit* the ball in rugby.

Grammar in Action

3 Write the comparative form of the adjectives.

- 1 bad _____
- 2 big _____
- 3 easy _____
- 4 exciting _____
- 5 good _____
- 6 interesting _____

4 Look at the information and write sentences. Use comparative and superlative adjectives.

Jack's Opinion			
	Table Tennis 	Rugby 	Hockey 
Easy	★★★★★	★★	★
Exciting	★	★★★★	★★
Good	★★	★★★★	★

- 1 table tennis / easy

- 2 rugby / easy / hockey

- 3 hockey / exciting / table tennis

- 4 table tennis / good / hockey

- 5 rugby / good

- 6 rugby / exciting



Self-Assessment

I can name thirteen sports in English.



I can use twelve sports verbs to talk about sports.



I can use comparative adjectives to compare two things.



I can use superlative adjectives to compare three or more things.

