

Lesson A Vocabulary and Grammar

A Look at the pictures. Write questions and answers with the present continuous.



1.

- a. What is he doing?
b. He's snowboarding.

2.

- a. What are they doing?
b. They're playing soccer.

3.

- a. What is he doing?
b. He's hiking.

4.



- a. What is she doing?
b. She is jogging

5.



- a. What is he doing?
b. He's swimming

6.



- a. What is he doing?
b. He's climbing

B Complete the sentences with the present continuous.

1. My brother is playing (play) tennis with our cousin.
2. What movie are they watching (they / watch) on TV?
3. The students are taking (take) a test in the classroom.
4. Mina and Jiwoom are jogging (jog) in their neighborhood.
5. What kind of music are you listening (you / listen) to?
6. Where are we going (we / go) today?

C Today is a holiday. Look at these people's activities and, in your notebook, write sentences with the simple present and present continuous.

	Mondays	Today, Monday May 1st
Nadia	clean her house	watch a movie
Javier	go to his office	sleep late
Ms. Tyson	teach classes	swim at the sports center
Yuki and Yoko	study English	hike with friends
Mr. Kim	drive a bus	cook for his family

(Nadia) On Mondays, Nadia usually cleans her house. Today, she is watching a movie.

Lesson B Listening

A 15 Listen to the sentences. Are the speakers talking about things they usually do or things they're doing right now? Circle the correct answer.

1. usually right now
2. usually right now
3. usually right now
4. usually right now
5. usually right now
6. usually right now
7. usually right now



B 16 Listen to the conversations. Read the sentences. Then circle T for true or F for false.

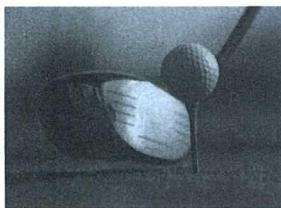
1. Saruka is going to the beach with her friends. T F
2. Diego and his brother usually go to the movies on Saturday afternoon. T F
3. Diego likes to sit in the sun at the beach. T F
4. Diego is going to talk to his brother about going to the beach. T F
5. Niko usually studies on Sundays. T F
6. Haruto is visiting Niko this weekend. T F
7. Haruto's cousins usually visit him on the weekends. T F
8. Niko isn't going ice skating. T F

C Match the questions to the answers.

- _____ 1. Do you walk home from class?
- _____ 2. Do you often go swimming in the summer?
- _____ 3. What are you buying?
- _____ 4. Do you call your parents every week?
- _____ 5. What do you do?
- _____ 6. Are you studying right now?
- _____ 7. Are you watching the basketball game on TV?

- a. Yes. And we text a few times a week.
- b. Yes, I am. I'm in the library.
- c. A pair of jeans and a shirt.
- d. Sometimes, but I usually take the bus.
- e. Yes, I do. I live close to the beach.
- f. No, I'm not.
- g. I'm a student.

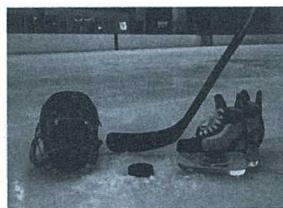
A Write the name of the activity. Then write T (team) or I (individual).



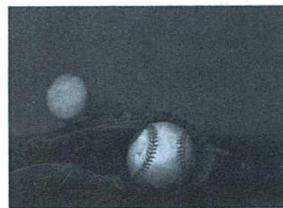
1. _____ I



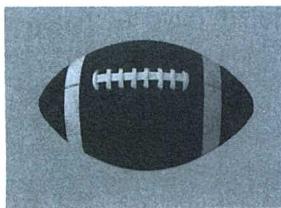
2. _____ I



3. _____ T



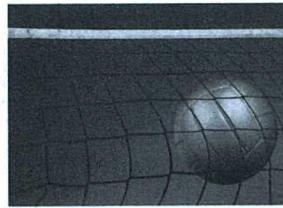
4. _____ T



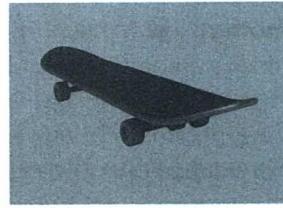
5. _____ T



6. _____ I



7. _____ T



8. _____ I

B 17 Read the phone conversation. Write the correct form of the verb in parentheses—simple present or present continuous. Then listen and check your answers.

Amy: Hi, Yoshi. What (1) are you doing (you, do)? It's very noisy there.

Yoshi: I (2) watch (watch) a football game at the stadium! It's American football.

Amy: Really? (3) you, like it?

Yoshi: Yes! But I (4) know, not very much about the sport. All the players (5) run, and one player (6) throw the ball.

Amy: And all the people (7) shout!

Yoshi: You should come to a game with me. The tickets only (8) cost \$5.

Amy: I (9) want, not to watch football. I (10) hate team sports. I (11) prefer individual sports like swimming and running.

Yoshi: What (12) you, do today?

Amy: Right now, I (13) go to the pool for a swim.

C Unscramble the words to make sentences.

1. players / does / how many / need / a baseball team _____
2. cold days / hates / very / skiing / she / on _____
3. does / why / prefer / individual / he / sports _____
4. thinks / is / rock climbing / Natalia / dangerous _____
5. volleyball / how to / play / know / you / do _____
6. game / he / the / Real Madrid / to win / wants / soccer _____

Capoeira

Capoeira is a martial art from Brazil. A martial art is a type of sport that is a form of self-defense. Karate and judo are other examples of popular martial arts.

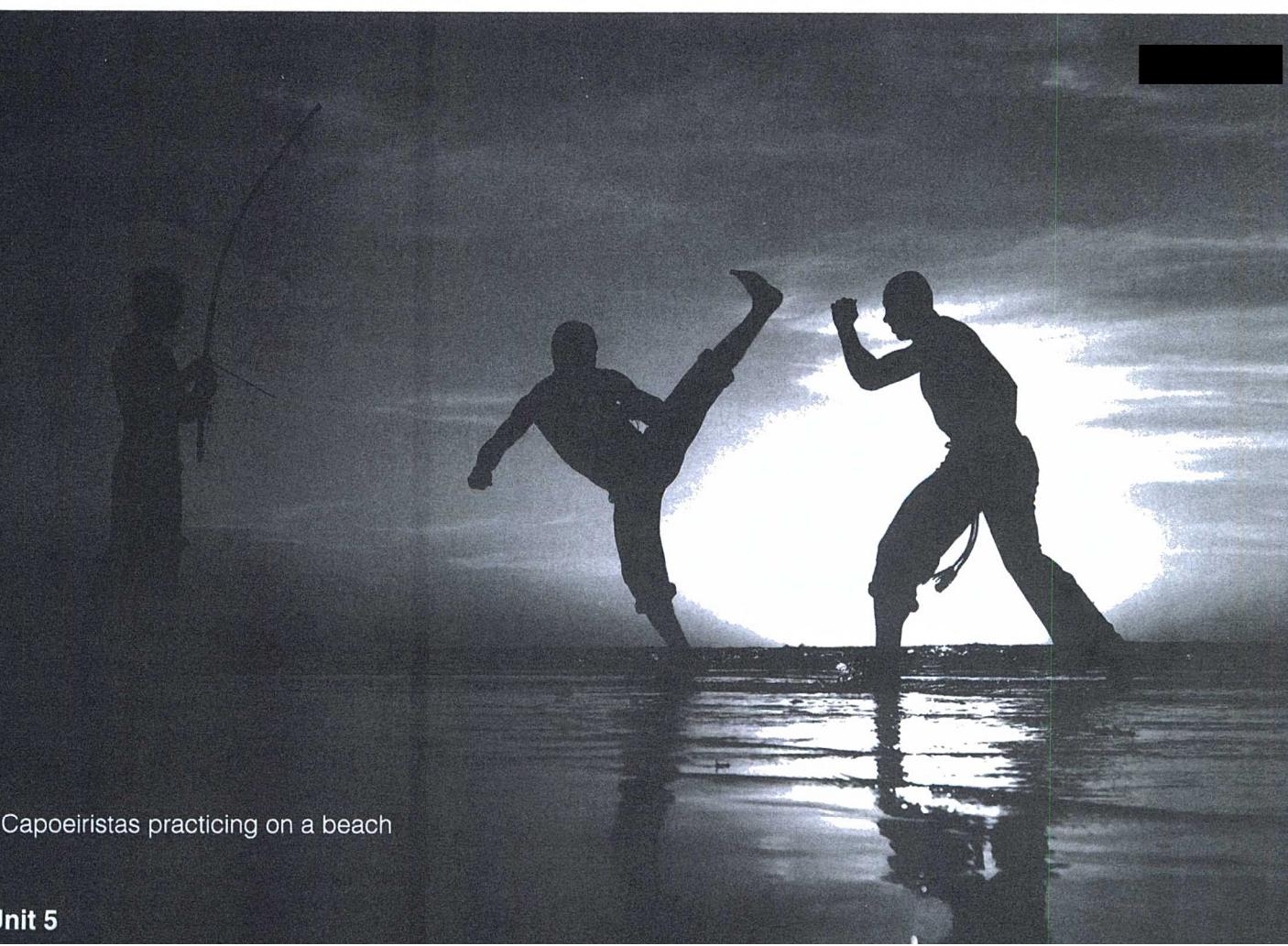
Capoeira looks like a mix of fighting and dancing. It is a fast sport because the people doing capoeira, often called "players," need to stay **in motion**. Each player moves to make it difficult for the other person to kick or hit them. Players need strong legs because kicking is a big part of the sport. Players usually attack with their legs, not their arms. Sometimes one person falls to the floor. But the goal of capoeira is not to hurt the other player.

Capoeira is all about skill. Players need to avoid the opponent's attacks. Also, they need to confuse or trick the other player. Some moves make a player think their opponent will move one way, but they move the other way.

Capoeira players are sometimes called *capoeiristas*. Two capoeiristas practice within a large circle of people who usually sing and clap while they watch. Often, there is music playing to help the capoeiristas keep in motion. People do capoeira indoors and outdoors. The players don't need any equipment. They usually wear a white T-shirt and loose white pants. The T-shirts often have the name of the players' clubs on them. Many players don't wear shoes. Those who do need lightweight shoes with a good grip on the **sole**.

in motion moving

sole the bottom of a shoe



Capoeiristas practicing on a beach

A Read the article. Circle **T** for *true* or **F** for *false*.

- | | | |
|---|---|---|
| 1. Capoeira is a martial art from Japan. | T | F |
| 2. Players must move without stopping. | T | F |
| 3. Players usually attack with their head and arms. | T | F |
| 4. The first player to fall loses the game. | T | F |
| 5. Players must try to confuse their opponent. | T | F |
| 6. Capoeira is a team sport. | T | F |
| 7. Capoeira is only an indoor sport. | T | F |
| 8. Players don't need to wear shoes. | T | F |

B Match these words from the text with the correct definition.

- | | |
|-----------------------|--|
| _____ 1. self-defense | a. try to hit someone |
| _____ 2. skill | b. confuse someone |
| _____ 3. opponent | c. protecting yourself from something |
| _____ 4. attack | d. the ability to do something well |
| _____ 5. trick | e. the person or team you play against |

C Complete the sentences with the words in the box. Two words can't be used.

circle clap dance hurt kick loose moving music shoes trick

1. Capoeira players don't stop _____.
2. Players need strong legs to _____ hard.
3. Players try to _____ one another.
4. The game is played inside a _____.
5. People who watch the game sing and _____.
6. _____ helps the players keep moving.
7. Players usually wear _____ white pants and a T-shirt.
8. Not all players wear _____.

D Answer the questions.

1. How is capoeira like dancing? _____

2. How is it like fighting? _____

3. Do you think you would like to try capoeira? Why? _____

Lesson E Writing

A Complete the questions with the words from the box. You can use one option more than once.

Do Do you How many How often What When Would

1. _____ watch sports on TV?
2. _____ do you watch sports on TV?
3. _____ do you normally watch sports on TV?
4. _____ sports do you watch?
5. _____ hours do you watch TV each weekend?
6. _____ channel do you usually watch?
7. _____ you recommend that channel to your friends?
8. _____ you go to basketball games?

B Which questions in A are open and which are closed? Write the numbers.

Open: _____

Closed: _____

C Imagine that your school is having yoga classes to help students relax. Complete the questionnaire with your own ideas.

Please take a few minutes to answer these questions about our yoga classes.

1. Do you go to the yoga classes? Yes No
2. How often do you go to the yoga classes? 1–2 times a week 3–5 times a week Never
3. When do you normally go to the yoga classes? Before class At lunchtime After class
4. Why do you go to the yoga classes? To stay in shape To meet people To relax
5. Do the yoga classes help you to relax? Yes No

D Write a questionnaire about a sporting event, such as a soccer or basketball game. Write at least six questions. Some possible topics are ticket prices, refreshments, restrooms, game times, etc.

A Unscramble the words to write questions.

1. are / watching / where / the game / you _____?
2. are / with / their / friends / English / speaking / they _____?
3. tea / you / coffee / are / drinking / or _____?
4. climbing / is / without / he / ropes _____?
5. buying / supermarket / are / the / you / at / what _____?
6. she / teacher / why / the / to / talking / is _____?

B Circle the correct verb form to complete the sentences.

1. Monica *listens* / *is listening* to music in the mornings.
2. Reo and Itsuki *climb* / *are climbing* the most dangerous part of the mountain today.
3. They *study* / *are studying* right now.
4. This morning they *play* / *are playing* tennis at the courts in the park.
5. The children *don't swim* / *aren't swimming* in the pool today.
6. He *jogs* / *is jogging* every morning before work.
7. She *hikes* / *is hiking* in Peru with three friends.

C Complete the sentences with the correct forms of the verbs in the box.

cost hate know like look prefer think want

1. Marco doesn't _____ to watch sports.
2. Her friends snowboard, but she _____ skiing.
3. We _____ rock climbing is dangerous.
4. The volleyball team _____ to lose.
5. I don't _____ how to play tennis.
6. Skateboarding _____ difficult.
7. A membership there _____ a lot of money.
8. Mei _____ to be a gymnast.

D Complete the sentences with the correct form of *do*, *go*, or *play*.

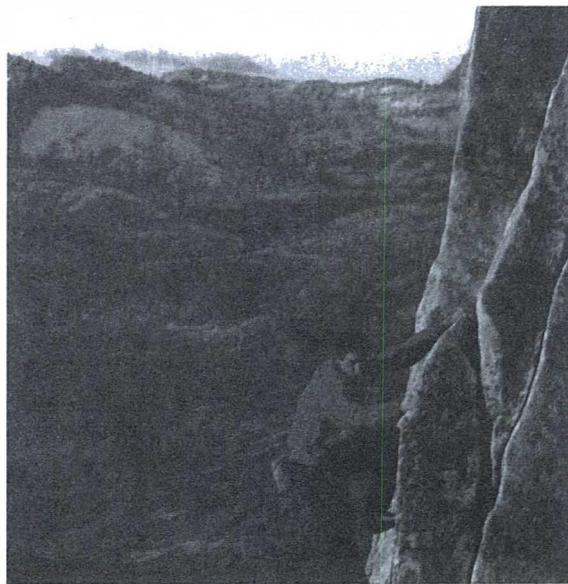
1. Does Rafael _____ soccer for his school's team?
2. Beatriz is in the gym _____ gymnastics.
3. They often _____ skiing in the winter.
4. Diem usually _____ jogging after work.
5. How many times a week do you _____ yoga?
6. Luiz _____ baseball on Thursday evenings.

Video Free Soloing with Alex Honnold

A Look at the picture. What sport is this? Do you think it is a safe activity? Why?

B Read the sentences. Circle **T** for true or **F** for false.

1. Free soloing is a team sport. T F
2. Alex wants to free solo to the top of Half Dome. T F
3. Half Dome is a popular place for climbing because it's easy. T F
4. Alex thinks about the climb a lot before he starts. T F
5. He doesn't need a lot of equipment. T F
6. He eats breakfast with a spoon. T F
7. He climbs quickly. T F
8. He stops to rest and think about what he's doing. T F



▲ Alex Honnold on Half Dome in Yosemite National Park, California, USA

C Complete the sentences from the video with the correct stative verbs.

1. "Sometimes he climbs with ropes, but he _____ free soloing because he can move more quickly."
2. "Alex _____ to climb up a vertical wall called Half Dome."
3. "But Alex _____ to climb the wall without ropes."
4. "He _____ a good breakfast."
5. "He _____ every part of the wall and he continues to climb."

D Answer the questions with your own ideas. Explain your answers.

1. Do you think free soloing is a popular sport? Why? _____

2. Is free soloing a sport you want to try? Why? _____

3. Imagine a close friend or family member tells you they want to try a dangerous sport. What advice do you give them? _____

Destinations

Lesson A Vocabulary and Grammar

A Complete the sentences with the simple past form of a verb from the box. Two verbs can't be used.

buy do eat fly go pack rent see stay take

1. We _____ photos of Machu Picchu.
2. I _____ the local food in Vietnam and I liked it!
3. They _____ so many famous places on their trip to Europe.
4. My parents _____ a car when they visited me.
5. _____ you change money at the airport?
6. Juana _____ souvenirs at the market.
7. He _____ with a friend in Kyoto.
8. Ting _____ one small suitcase for the weekend.

B Write the simple past form of the verb. Some verbs are regular and some are irregular.

ask		leave	
buy		need	
eat		play	played
fly		say	
go		see	
help		take	took
know		tell	
learn		travel	

C Complete the sentences with the correct verb.

1. Marisol and Javier _____ Lima on Saturday.
 - arrived
 - left
 - stayed
2. They _____ to Cusco.
 - flew
 - visited
 - left
3. The flight _____ about an hour and a half long.
 - was
 - are
 - went
4. In Cusco, they _____ a taxi from the airport to the hotel.
 - went
 - rented
 - took
5. They _____ to the hotel and unpacked their suitcases.
 - stayed
 - checked in
 - changed in
6. On Sunday, they _____ some famous places in Cusco.
 - spent
 - went
 - saw

Lesson B Listening

A Two people are talking about a vacation. Write the questions.

1. Q: _____?

A: I went to Buenos Aires, in Argentina.

2. Q: _____?

A: I stayed there for a week.

3. Q: _____?

A: I visited some famous places and ate great food.

4. Q: _____?

A: I bought a new jacket.

5. Q: _____?

A: Yes, I really enjoyed it! It's a beautiful city!

B 19 Complete the conversation. Use the words in parentheses to write questions and answers in the simple past. Then listen and check your answers.

Andres: Tell me about your vacation, Magaly. (1) _____ (where / go)?

Magaly: (2) _____ (we / go / to India). It was great!

Andres: (3) _____ (where / fly to)?

Magaly: (4) _____ (fly / to New Delhi). We stayed for two nights.

(5) _____ (then / we / take / a train to Agra).

Andres: (6) _____ (what / do in Agra)?

Magaly: (7) _____ (we / visit / the Taj Mahal). It was beautiful!

Andres: What about the food in India? (8) _____ (you / like it)?

Magaly: Yes! (9) _____ (we / go) to some great restaurants.

C 20 Listen to the conversation. Read the sentences. Then circle T for true or F for false.

- | | | |
|--|---|---|
| 1. Fumiko and Emilio are talking about a long weekend. | T | F |
| 2. Fumiko went on a cruise with her family. | T | F |
| 3. First, they flew to Mexico. | T | F |
| 4. They spent the whole time on the cruise ship. | T | F |
| 5. Fumiko visited a city called Merida. | T | F |
| 6. They saw ancient ruins. | T | F |
| 7. Emilio asked how long they were on the cruise. | T | F |
| 8. Fumiko ate a very hot pepper. | T | F |

Lesson C Vocabulary and Grammar

A Matias and Jorge are traveling together. Matias uses simple adjectives, but Jorge prefers emphatic adjectives. Write Jorge's sentences with words from the box.

awful	exhausting	fascinating	filthy
huge	outstanding	spotless	

Matias

1. The food was good.
2. The hotel rooms were clean.
3. The 12-hour flight was tiring.
4. The subway was dirty.
5. The traffic was bad.
6. The guided tour was interesting.
7. My backpack was big.

Jorge

The food was outstanding.

B Circle the correct form of *be* to complete the sentence.

1. How *was* / *wasn't* / *were* your vacation?
2. The mountains *was* / *wasn't* / *were* enormous.
3. Their trip to Costa Rica *was* / *weren't* / *were* amazing.
4. What *was* / *wasn't* / *were* the two best things about your trip?
5. We walked around the city all day. We *were* / *weren't* / *was* exhausted in the evening.
6. The guided tours *weren't* / *wasn't* / *was* very interesting. I *were* / *was* / *wasn't* bored.

C Use the words to write statements and questions with the simple past of *be*.

1. how / be / your / camping trip How was your camping trip?
2. be / the guided tours / expensive _____
3. the food / in / our hotel / not be / very good _____
4. the art museum / be / huge _____
5. the rental car / not be / too / expensive _____
6. what / be / your favorite / attraction _____

D Complete the sentences with *was*, *were*, *wasn't*, or *weren't*.

My weekend (1) _____ fun. I went to the beach with friends. The weather was great. It (2) _____ hot and sunny. The beach was crowded. There (3) _____ a lot of people there. The water (4) _____ very warm, but we swam anyway. For lunch, we bought sandwiches at the snack bar, but they (5) _____ very good. So we ate ice cream instead. We saw some people playing soccer on the beach, so we joined them. They (6) _____ good players. I (7) _____ exhausted when I got home!

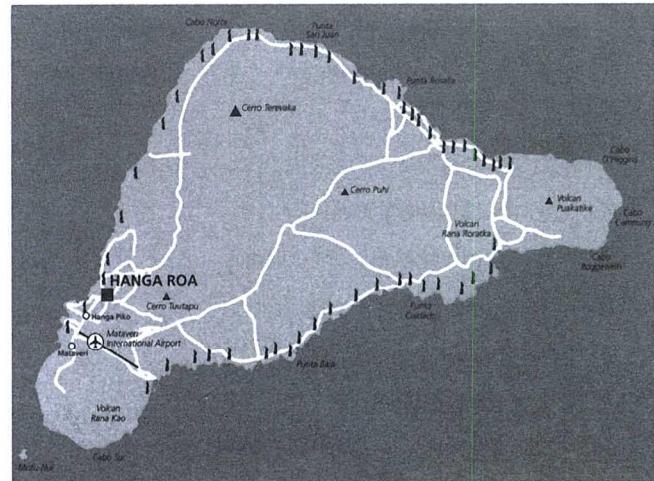
Giants on a Small Island

Rapa Nui, or Easter Island, is a small island in the Pacific Ocean. This little island is famous for some very old and very large statues. These statues, called *moai*, are hundreds of years old. They are enormous. The largest is 33 feet tall and weighs 80 tons. Even the smallest statue is big—it's 4 feet tall.

About a thousand years ago, people sailed from Polynesia to Rapa Nui. They settled on the island and made the statues from volcanic rock. They made eyes from white coral and used a black or red stone for the **pupil**. Some statues have headpieces, which could be hair or hats, made from red volcanic rock.

Researchers say the statues probably honor the **ancestors** of the Polynesian settlers. Rapanui legend says the statues have their ancestors' spirits inside them. There are many different ideas about how the statues came to be standing up.

The statues are located all over the island, usually close to the water. The rock used to make the statues came from miles away from where they stand. How did people move huge, heavy statues hundreds of years ago? Rapanui legend says they walked, and that the spirits of powerful ancestors inside the statues made it happen.

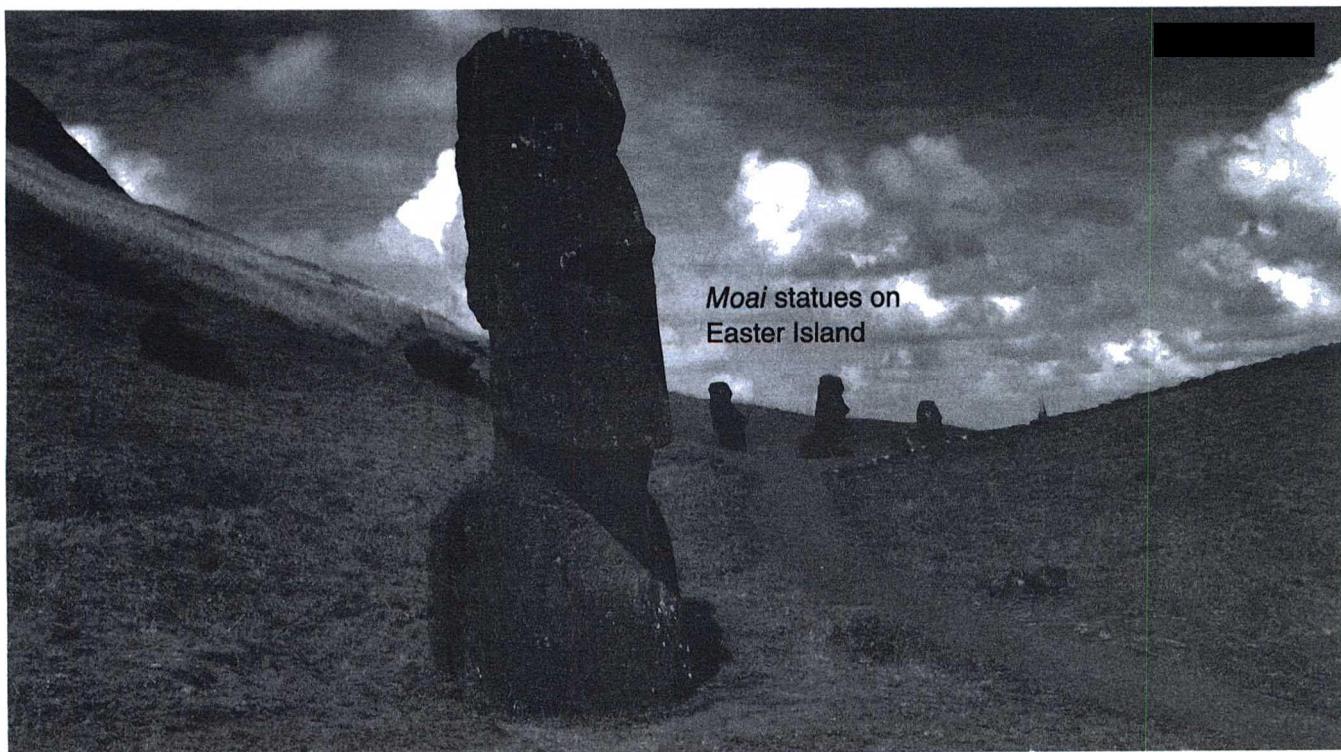


▲ The black figures show the locations of the statues.

Researchers have different ideas about how the statues moved. Some think that people rolled the statues using cut wood. Other researchers think that people pulled and rolled the statues on to their rounded front sides. In fact, research teams have tried to recreate moving artificial statues to test their ideas. They were able to move the statues, but they were exhausted from the hard work.

pupil the dark circle in the middle of the eye

ancestor a person in your family who lived a long time ago



A Read the article. Match the sentence parts.

- | | |
|---|----------------------------|
| _____ 1. Rapa Nui is also called | a. white coral and stones. |
| _____ 2. Moai are the | b. volcanic rock. |
| _____ 3. The people on Rapa Nui came from | c. Polynesia. |
| _____ 4. The eyes were made from | d. Easter Island. |
| _____ 5. The statues are made of | e. statues walked. |
| _____ 6. Rapanui legend says the | f. statues. |

B Read the article again. Circle T for true or F for false.

- | | | |
|--|---|---|
| 1. Most of the <i>moai</i> statues are taller than a person. | T | F |
| 2. The statues are more than 1,000 years old. | T | F |
| 3. The settlers probably carved the statues to honor people who lived before them. | T | F |
| 4. Researchers say the statues have spirits inside them. | T | F |
| 5. All of the statues are close to the water. | T | F |
| 6. The statues were rolled down a mountain to the beaches. | T | F |
| 7. Researchers disagree about how people moved the statues. | T | F |

C Complete the sentences with a word from the box.

artificial coral legend Polynesia researcher ton

1. A _____ is about 900 kilograms.
2. _____ is a name for a group of islands in the Pacific Ocean.
3. _____ is made of tiny sea animal bones.
4. A _____ is an old story told again and again.
5. Something that is _____ is not real.
6. A _____ studies something to learn new things.

D Answer the questions about the article in complete sentences.

1. What are two facts about the *moai* statues? _____

2. What do the statues look like? _____

3. What are two ideas about how the statues came to stand up? _____

Lesson E Writing

A Complete the sentences with the correct time references.

1. _____ was the last day of my vacation.
a. Yesterday b. On January 1st,
2. Hana began to study English _____ and now she is an English teacher.
a. this morning b. in 2016
3. _____ I was afraid to speak in class.
a. In 2001, b. When I was a student,
4. _____ my friend arrived from Cartagena.
a. When I was young, b. The day before yesterday,
5. _____ technology changed quickly.
a. A year ago, b. During the 20th century,
6. Reo was a student in Tokyo _____.
a. between 2015 and 2017 b. last night
7. She was late for class _____.
a. last year b. this morning
8. Manuel learned to drive _____.
a. on September 3rd b. last year

B Complete the sentences with time references.

1. The first time I flew in an airplane was _____.
2. _____ I met my best friend.
3. _____ I started to study English.
4. _____ cell phones became popular in my country.
5. I visited _____ for the first time _____.
6. _____ I watched TV.
7. I ate breakfast _____.

C Read the blog post by a student. Underline the time references and circle the verbs in the simple past.

English-language-learner. Posted by milagros, April 8, 9:40 p.m.

Hi, my name's Milagros. I started studying English in 2016. I was a high school student. My English class was not difficult, but I didn't speak well. A year ago, I started classes with a tutor. This helped me with conversation skills. I learned new words and grammar in conversation before I learned to read and write them. This way of learning worked for me. Between 2016 and 2018, I continued to learn English in school, but the extra practice with a tutor was important for me. After high school, I went to college, where I met a lot of people who spoke English. Talking to friends and classmates in English helped me improve quickly. I spoke better and understood more. Now I feel confident about my English.

D In your notebook, write about your experience learning English for a blog for other students. Use time references and the simple past.

A Complete the sentences with the emphatic adjectives from the box. Use each word once.

exhausting filthy horrible huge spotless

1. The food in the restaurant was bad. In fact, I thought it was _____.
2. My hotel room was very clean. In fact, it was _____.
3. The trip was really tiring. In fact, it was _____.
4. The beaches were very dirty. In fact, they were _____.
5. The store was very big. In fact, it was _____.

B Read the tour schedule. Imagine you took the tour. Write sentences in the simple past.**A Week in Rio de Janeiro!**

Monday	Leave home and fly to Rio. Go to the hotel.
Tuesday	Visit the Botanical Gardens and Maracana stadium.
Wednesday	Take a cable car to the top of Sugarloaf Mountain.
Thursday	See a capoeira performance and go to a bossa nova concert.
Friday	Relax at Ipanema and Copacabana beaches.
Saturday	Go shopping at an outdoor market and buy souvenirs.
Sunday	Go to the airport. Go home.

1. On Monday, I left home and flew to Rio de Janeiro. I went to my hotel.
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

C Complete the sentences with **was**, **wasn't**, **were**, and **weren't**.

1. Jacob _____ in class yesterday because he _____ sick.
2. The stores _____ open last Monday because it _____ a holiday.
3. I didn't enjoy my vacation. The hotel _____ horrible, and the restaurants _____ expensive.
4. I got 90 percent on the test. It _____ very long, and the questions _____ easy.
5. Where _____ you last night? I called you, but your phone _____ turned off.

Video Vietnam's Green Jewels

A Read and answer the questions.

1. Where is Vietnam? Describe its location on the map.

2. What is a bay? Is there a bay in your area? If yes, what is its name?

3. Have you visited a small island? If yes, what was it like?



B Match the words to the meanings.

- | | |
|--------------------------------|--|
| _____ 1. region | a. a beautiful stone |
| _____ 2. uninhabited by humans | b. animals that live in natural places |
| _____ 3. wildlife | c. the huge rocks in the bay |
| _____ 4. legend | d. an area of land |
| _____ 5. jewel | e. people do not live there |
| _____ 6. karsts | f. a very old story |

C Complete the sentences with the numbers in the video.

1. "There are around _____ islands covering an area of _____ square kilometers."
2. "_____ of tourists visit the region every day."
3. "_____ of boats sail around the islands every day."
4. "Created over _____ of years, they are between _____ and _____ feet tall."
5. "There are _____ national parks."
6. "Ha Long Bay has around _____ visitors a year."

D Imagine you are a tour guide in Ha Long Bay. Do you tell the tourists about the dragon legend, the scientific history of the bay, or both? Why?
