



ENGLISH

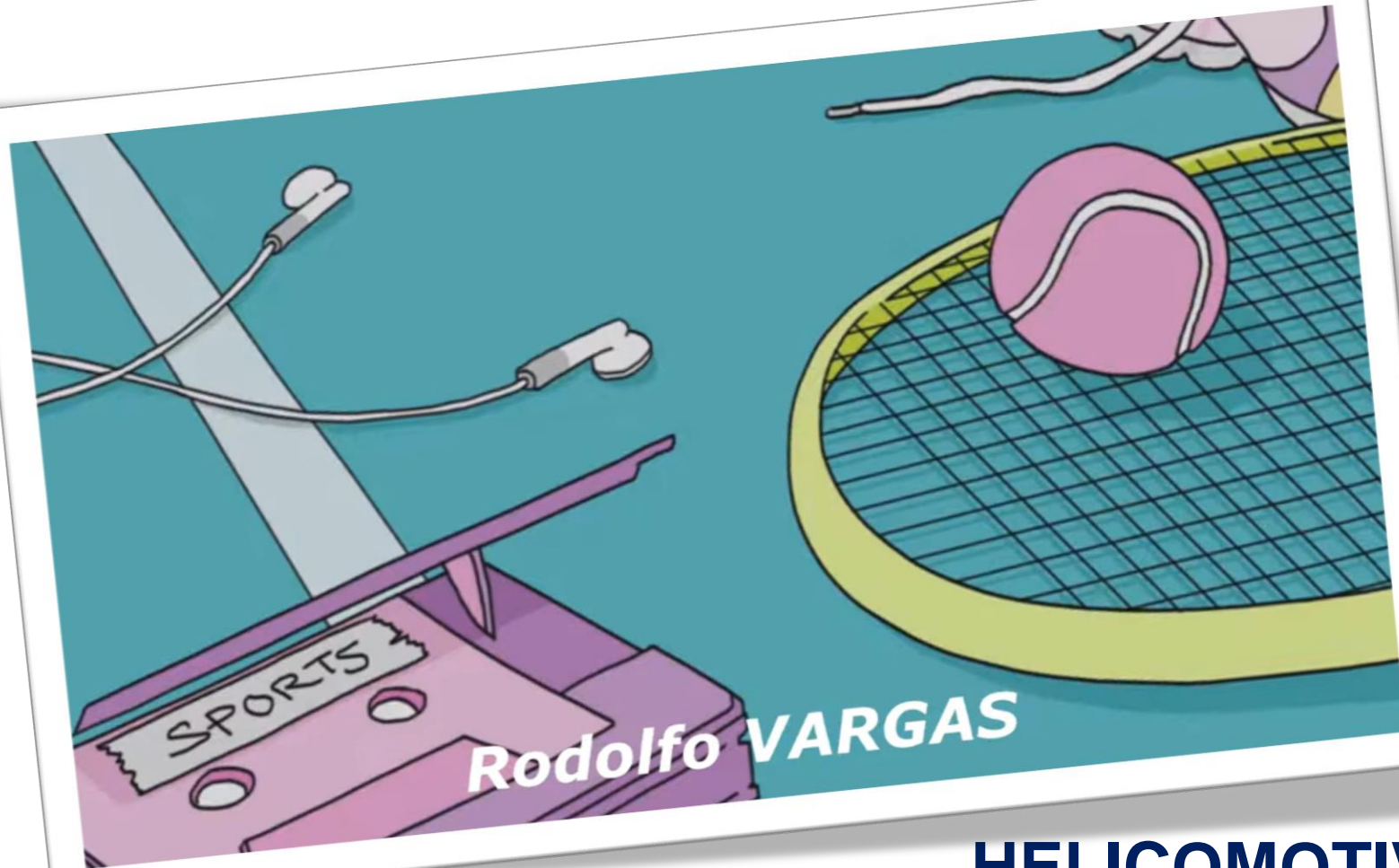
Chapter 23 Session B

4th
SECONDARY

SPORTS



 **SACO OLIVEROS**



Rodolfo VARGAS



HELICOMOTIVATION

Benefits of sports



1 Work in pairs. Discuss the photos using the phrases below.

- individual sport
- indoor sport
- outdoor sport
- summer sport
- team sport
- water sport
- winter sport
- year-round sport

2 Check the meaning of the words in the box.
Which are important for each of the sports on the poster?

accuracy balance confidence coordination
fitness flexibility focus skill speed
stamina strength

Word families

Many nouns also have an adjective form, e.g.
skill (n) – *skillful* (adj).

Get active – find the right sport for you



3 Write the adjectives and example sentences.

- | | |
|-----------------------------------|-------------------------------|
| 1 accuracy <u>accurate</u> | 5 flexibility <u>flexible</u> |
| 2 confidence <u>confident</u> | 6 focus <u>focused</u> |
| 3 coordination <u>coordinated</u> | 7 strength <u>strong</u> |
| 4 fitness <u>fit</u> | 8 skill <u>skillful</u> |

Accuracy is important in basketball. If you are accurate, you will score lots of points.

A podcast



- 4**  **51** Listen to the podcast. Which sports in the poster in exercise 2 do they discuss?

All of them

Subskill: Answering *true/false* questions

Before you listen, read the statements carefully and underline key words (nouns, verbs, names, adjectives, numbers, etc.). Listen for synonyms.

5 Read the statements and underline the key words. Then listen again and decide if the sentences are true or false. Correct the false sentences.

- 1 Playing basketball can help you to improve your ability to make decisions.
- 2 You should start by swimming a few lengths and then increase the number slowly.
- 3 The podcaster says that biking has become very popular in recent years.
- 4 It doesn't take much time to make good progress.
- 5 You can go rowing indoors or outdoors.

True

False

False

False

True

6 Listen again and complete the sentences with numbers.

- 1 Swimming just 30 minutes twice a week is a good workout.
- 2 The Algarrobo swimming pool in Chile is 1,013 meters long.
- 3 After biking regularly for three months, bikers' brains were the same size as the brains of people 3 years younger than them.
- 4 Skiers are about 40 % fitter than typical fit people.
- 5 The first World Indoor Rowing Championship was held in 2018 .

Quantifiers

- 1 Read the examples and complete the rules with *countable*, *uncountable* or *affirmative*.

not much/many, few, a few, several, lots of/plenty of

Few gymnasts will go on to professional level, but everyone can enjoy gymnastics.

Start by swimming **a few** lengths and then increase the number.

Several listeners asked about rowing.

Most towns and cities have **lots of/plenty of** indoor pools.

There's not **much time** left, so let's talk about our last sport for today.

Not many people like the idea of early practice outside on a cold day.

- 1 We use *few/a few/several/not many/how many?* with countable nouns.
- 2 We use *not much/how much?* with uncountable nouns.
- 3 We use *lots of/plenty of* with both countable and uncountable nouns.
- 4 We usually use *few/a few* in affirmative sentences and *much/many* in negative sentences and questions.

few/a few

We use *few* to emphasize a small number, but *a few* is similar in meaning to *some*.

Few teenagers go skiing. = Not many teenagers.

A few of my friends go skiing. = Some of my friends go skiing.

2 Circle the best option.

- 1 **Few/Plenty of/Several** people play sports every day. It isn't enough! I wish more people did.
- 2 There are **few/lots of/not many** sports centers near me. It's great to have so much choice.
- 3 There are **not many/several/plenty of** famous athletes from my town. I can only think of two.
- 4 Playing team sports has **several/lots/few** benefits.
- 5 We can't swim today because there is **not much/a few/several** water in the pool.
- 6 I want to run a 10-km race next year. I'm going to start by running **plenty of/a few/few** kilometers and then increase gradually.
- 7 There are **several/plenty of/few** exercise machines in the gym, so you never have to wait.

3 Read the examples and match the two parts of the rules.

not enough, enough, too much/many

Experts say **not enough** people participate in sports.

Do you spend **enough** time playing sports?

Fifty metres is far **enough** for me.

People spend **too much** time in front of screens.

Too many people stop playing sports.

- | | | | | |
|---|----------------------|---|---|----------------------|
| 1 | <i>not enough</i> | → | a | the necessary amount |
| 2 | <i>enough</i> | → | b | more than necessary |
| 3 | <i>too much/many</i> | → | c | less than necessary |

HOMEWORK

from 1 to 5

5 Circle the correct option.

GRAMMAR ROUND-UP

1 2 3 4 5 6 7 8



Menna Fitzpatrick **1** (...) since she was five. She learned to ski by **2** (...) her dad because she is almost blind. Menna, **3** (...) has only 5% vision, skis with her guide, Jennifer Kehoe. It **4** (...) easy coordinating with another person while you are skiing. If Menna **5** (...) a skiing partner, she wouldn't be able to compete at speeds of 80 km an hour. The pair consider **6** (...) a team. They work well together, and at the Winter Paralympics in PyeongChang they won **7** (...) medals! Menna is now Britain's most successful Paralympic skier and no doubt we **8** (...) more of her in the future.

- | | | |
|--|--------------------------|--|
| 1 a skied | b is skiing | c has been skiing |
| 2 a follow | b following | c to follow |
| 3 a who | b that | c whose |
| 4 a must be | b can't be | c might have been |
| 5 a won't have | b didn't have | c doesn't have |
| 6 <input checked="" type="radio"/> a themselves | b herself | c each other |
| 7 a too many | b enough | <input checked="" type="radio"/> c lots of |
| 8 a hear | b will have heard | <input checked="" type="radio"/> c will be hearing |

Thank
you!