

ENGLISH

Session A REVIEW

4th
SECONDARY

CHAPTERS 22 - 23 - 24



 **SACO OLIVEROS**

The Atlantic

SPORTS

A BRIEF HISTORY

Playing sports

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- 1** ☆ Complete the sports and write the correct verb, do, go or play.



1 play soccer



2 go swimming



3

do

yoga



4

play

hockey



5

do

track and field



6

go

running

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2 ☆ Complete the table with the words in the box.

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athlete ~~champion~~ championship event
medal tournament trophy

People in sports	Things you can participate in	Rewards for winning
<u>champion</u> athlete	championship event tournament	medal trophy

3 ☆☆ Complete the text with the correct form of sports words. The first letter is given.

Sports news

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Which team did you 1 s**upport** _____ in the Women's World Cup 2019? It was won by the USA team. It 2 **beat** _____ the Netherlands 2–0 in the final to become the 2019 3 **champions** _____. In the photo the players can be seen wearing their 4 **medals** _____ and the captain, Megan Rapinoe, is holding the 5 **trophy** _____. The competition was 6 **held** _____ in France. The team certainly deserved to win – they 7 **trained** _____ hard before the competition and played well. During the 8 **tournament** _____, the team 9 **set** _____ some new records, including the highest goal difference victory, when Thailand 10 **lost** _____ a match to the US team 0–13! The USA's Alex Morgan 11 **scored** _____ five of the goals, the most individual goals in a game. The Women's World Cup has become a popular sports 12 **event** _____ since the first ever Women's World Cup in 1991.

4 ☆☆ Score out the collocation in each group which is NOT possible.

1 break/hold/set a record/a game

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2 score a game/a goal

3 compete in a sports event/in a record

4 support a team/a trophy

5 beat a team/another athlete/a medal

6 lose a game/a goal/a match

7 be a champion/a game

1 ☆ Circle the correct option. If both are possible, circle both.

- 1 I enjoy **playing/to play** lots of different sports.
- 2 **Starting/To start** gymnastics has changed my life – I love it!
- 3 I enjoyed the talk. It was interesting **learning/to learn** about different sports.
- 4 Do you ever dream of **winning/to win** a sports competition?
- 5 Oh no! It's started **raining/to rain**. Quick, let's go home!
- 6 I walk to school every day **waking up/to wake up**, and it helps me keep fit.
- 7 I love **doing/to do** yoga, it's my favorite sport.
- 8 Last year, I wanted **getting/to get** fitter, so I took up swimming.

- 2** ☆☆ Complete the text with the correct form of the verbs in parentheses. Use the gerund or infinitive.

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An unusual sport

Have you ever dreamed of **1 trying/to try** an interesting and unusual sport? If you enjoy **2 riding/to ride** a bike and soccer, then cycle ball might be for you! It isn't a new sport – in fact, it was invented in 1893 by Nick Kaufmann and now it's often called 'Rad Ball'. It's played by two teams, usually with two players each, on a small court, and players use their front bike wheel or head **3 scoring/to score** goals. The bikes don't have brakes and players' feet mustn't touch the

ground, which make it very difficult **4 controlling/**
to control the bike! If you don't want **5 taking/**
to take part in a game, you can always watch the best
teams competing in the annual UCI Indoor Cycling
World Championships. The most successful
players ever are probably the Pospíšil brothers of
Czechoslovakia – they managed **6 winning/**
to win the world championship 20 times between 1965
and 1988! If you're wondering about **7 joining/**
to join a club, there are plenty in Europe.
8 Playing/**To play** with friends is an option,
though. If you do decide **9 trying/**
to try it, you should be careful as it isn't an easy sport!

3 ☆ Look at the pairs of sentences and circle the correct option.

1 **a** I need some new sneakers. I must remember **buying/to buy** some tomorrow.

b I can remember **buying/to buy** some new sneakers last week, but I can't find them.

2 **a** I'll never forget **playing/to play** in my first basketball game. It was so much fun!

b We have an important game next week. We mustn't forget **playing/to play** our best!

3 **a** Max has stopped **running/to run** marathons, but he still goes for short runs.

b He's training for a marathon. He stops **resting/to rest** for a few minutes when he gets tired and then continues.

- 4 ☆☆ Complete the text with the gerund or infinitive form of the verbs in parentheses. If more than one form is possible, write both.

Up the wall

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I'll never forget 1 climbing (climb) my first wall – it was amazing! I had decided 2 to try (try) it because I wanted 3 to challenge (challenge) myself. I like 4 to take (take) part in active sports and I don't mind 5 going (go) up high, so I thought I would enjoy 6 climbing (climb). After 7 doing (do) a few practice climbs on a small wall, I was prepared 8 to go up (go up) the

high wall. Halfway up I got stuck! I can remember
9 hearing (hear) the instructor's voice, but I
couldn't move. I stopped 10 listening (listen)
to her and tried to concentrate. 'You must remember
11 to breathe (breathe) slowly and not look
down,' I told myself. After what seemed a long time, but
was only a minute, I was ready 12 to get (get)
to the top. When I got to the top, I stopped
13 to have (have) a rest. I had done it!
14 Climbing (climb) down was easy after that
and I felt proud of myself for 15 achieving
(achieve) it!

- 1 ☆ Find 11 nouns in the word square to talk about the benefits of sports.

D	A	F	R	G	R	E	B	L	F	C	E
C	O	O	R	D	I	N	A	T	I	O	N
A	F	C	W	T	S	A	L	C	U	N	I
P	L	U	A	F	G	K	A	M	N	F	W
E	E	S	P	E	E	D	N	I	J	I	Y
H	X	S	F	B	N	M	C	E	E	D	S
L	I	M	O	A	N	I	E	F	D	E	T
S	B	A	C	C	U	R	A	C	Y	N	A
F	I	T	N	E	S	S	E	R	A	C	M
Y	L	F	O	A	E	W	J	O	D	E	I
T	I	S	E	S	K	I	L	L	E	R	N
S	T	R	E	N	G	T	H	F	A	E	A
P	Y	A	L	L	A	B	O	A	F	E	C

2 ☆☆☆ Complete the sentences with the correct form of the words in parentheses.

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- 1 You have to be skillful to play most sports. (**skill**)
- 2 If you want to run 10 kilometers, you need to be fit. (**fitness**)
- 3 Playing basketball is said to make you more coordinated. (**coordination**)
- 4 If you're the goalkeeper, you can't daydream during a game. You have to be focused all the time! (**focus**)
- 5 In sports like basketball, it's important to be accurate or the ball won't go in the net. (**accuracy**)
- 6 In rugby, players need to be strong and fast. (**strength**)
- 7 Yoga is a good thing to do if you want to be more flexible. (**flexibility**)
- 8 As a result of playing more sports, I am now more confident and I feel better. (**confidence**)

3 ☆☆ Circle the correct option.

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- 1 In running, **speed/accuracy** is important as the fastest person wins.
- 2 Playing sports can improve your **strength/**
confidence – by giving you the belief that you can do things well.
- 3 Gymnasts need good **flexibility/fitness** so they can easily move their body. They also need excellent **speed/balance** so they don't fall off the equipment.

- 4 Before running a marathon, it's important to build **stamina/balance** because it's a long race.
- 5 If you want to score a goal, **stamina/accuracy** is essential, or you'll miss.
- 6 Sports training can improve your **focus/ flexibility** and **speed/coordination**. The first is your ability to concentrate and the second is your ability to control the different parts of your body so they work well together.
- 7 You need a lot of **strength/flexibility** to be good at weight-lifting.
- 8 Playing basketball is a good way to improve many different **skills/speeds** such as ball control and your general **fitness/focus** level.

4 ☆☆☆ Complete the text with words in exercises 2 and 3. The first letter is given.

Swimming has many benefits. If you haven't exercised much for a while, it's a good way to get **1 fit** because the water supports you. You can quickly build your **2 stamina** and get stronger, so you can swim for longer. Once you have built muscle **3 strength** you can work on your swimming style and be more **4 accurate** in the way you make each movement. Because you have to move your arms



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and legs together, swimming helps with your
5 **coordination** – people who swim regularly tend
to be more 6 **coordinated** in the way they move.
Swimming also has benefits for your
mental health. It can help you stay 7 **focused**
and improve your 8 **confidence** in your ability to
succeed. People also say it helps them stay calm.
These are all useful 9 **skills** to have as
well as a better physical 10 **fitness** level.
Swimming is a great workout!