# **ENGLISH**

Session A REVIEW





**CHAPTERS 22 - 23 - 24** 





# 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

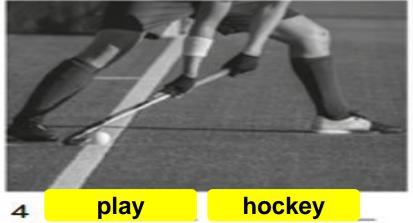
soccer

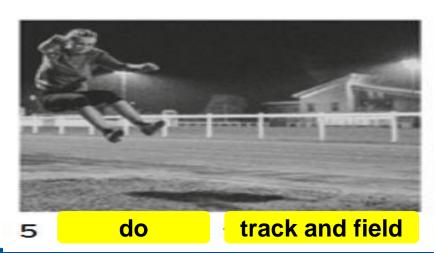
2

go

swimming









2 Complete the table with the words in the box.

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athlete <del>champion</del> championship event medal tournament trophy

People in sports

Things you can participate in championship

champion event tournament

Things you can winning

Rewards for winning

medal trophy

3 Art 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 support in the Women's World Cup 2019? It was won by the USA team. It 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 trophy ! The competition was 6 in France. The team certainly deserved to win - they trained hard before the competition and played well. During the 8 tournament \_\_\_, the team some new records, including the highest 9 goal difference victory, when Thailand 10 a match to the US team 0-13! The USA's Alex Morgan \_\_\_ five of the goals, the most individual 11 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

#### Gerunds and infinitives

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- 1 \( \phi \) Circle the correct option. If both are possible, circle both.
  - 1 | lenjoy playing/to play lots of different sports.
  - 2 Starting/To start gymnastics has changed my life Hove it!
  - 3 Lenjoyed 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. **PAGE 61** 

## 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 controling/ 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 should be careful as it isn't an easy sport!

- 3 \(\pri\) 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.



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

high wall. Halfway up I got stuck! I can remember hearing (hear) the instructor's voice, but I couldn't move. I stopped 10 \_\_\_\_\_ (listen) to her and tried to concentrate. 'You must remember 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 to have \_\_ (have) a rest. I had done it! Climbing (climb) down was easy after that and I felt proud of myself for 15 \_\_\_\_ achieving (achieve) it!

### Benefits of sports

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1 find 11 nouns in the word square to talk about the benefits of sports.



- Complete the sentences with the correct form of the words in parentheses.

  1 You have to be \_\_\_\_\_\_\_skillful\_\_\_\_\_ to play most PAGE 62
  - 2 If you want to run 10 kilometers, you need to be fit
    (fitness)
  - Playing basketball is said to make you more coordinated (coordination)

sports. (skill)

- 4 If you're the goalkeeper, you can't daydream during a game. You have to be focused all the time! (focus)
- In sports like basketball, it's important to be accurate (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)

VEROS



## 3 circle the correct option.



- 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 f** *i*t because **PAGE 62** 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 accurate in the way you make each movement. Because you have to move your arms

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!