

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
skateboarding	7	66	the activity of moving using a board with small wheels	noun	Skateboarding is a popular hobby with teenagers everywhere.	A2	'skert.bɔrd.ɪŋ
gymnastics	7	66	a sport in which you do physical exercises on the floor and on different pieces of equipment, often in competitions	noun	The Firecrackers are a group of young girls who do gymnastics.	B1	dʒɪm'næs.tɪks
soccer	7	66	a game in which two teams try to hit a ball into the other team's goal without using their hands or arms	noun	Soccer is very popular in Mexico.		'sɒk.ər
golf	7	66	a game on grass where players try to hit a small ball into a series of holes, using a long, thin stick	noun	He can hit a golf ball.	A2	gɒlf
kick	7	66	hit someone or something with your foot	verb	He can kick a ball well.	A1	kɪk
hit	7	66	touch someone or something quickly and with force using your hand or an object in your hand	verb	He hit the baseball with the bat.	A2	hɪt
push	7	66	move someone or something by pressing them with your hands or body	verb	He pushes the skateboard with his feet.	A2	pʊʃ
jump	7	66	push your body up and away from the ground using your feet and legs	verb	Basketball players jump really high.	A2	dʒʌmp
spin	7	66	turn around and around quickly	verb	They can jump and spin and do somersaults.	C1	spɪn
do somersaults	7	66	when you roll your body forwards or backwards so that your feet go over your head and come back down to the ground again	noun	We do somersaults in gym class.		dʊz 'sʌm.ər,sɔlts
jump rope	7	67	a rope that you move over your head and then jump over as you move it under your feet	noun	We grabbed our jump rope and headed for the playground.		'dʒʌmp ,roʊp
hole	7	67	a hollow space in something, or an opening in a surface	noun	Hit the golf ball into the hole.	B1	hoʊl
routine	7	67	a regular series of movements used in a performance	noun	Some gymnastics routines use music.	B1	ru'tin
can	7	68	be able to	verb	They can jump.	A1	kæn
can't	7	68	the negative of the verb <i>can</i>	verb	He can't read or write.	A1	kænt
ice-skate	7	68	move across ice using boots with a thin metal part on the bottom	verb	I can ice-skate, but I can't play volleyball.	A2	'aɪs.skert
ride a bike	7	68	travel using a bicycle	phrase	He can't ride a bike.	A2	raɪd eɪ baɪk
play volleyball	7	68	play a game in which two teams use their hands to hit a ball over a net	phrase	I can ice-skate but I can't play volleyball.	A2	pleɪ 'vɒl-i ,bɒl
do tae kwon do	7	68	do a sport that is originally from Korea, in which people fight with their hands and feet	phrase	Can you do tae kwon do?		du ,taɪ.kwɔ:n'dʊz
surf	7	68	ride on a wave as it comes towards land, while standing or lying on a special board	verb	She can surf.	A2	sɜrf
play basketball	7	68	play a game in which two teams try to win points by throwing a ball through a high net	phrase	I like playing basketball.	A1	pleɪ 'bæs.kɪt ,bɒl
snowboard	7	68	stand on a large board and move across snow	verb	We snowboard in winter.	B1	'snəʊ.bɔrd
play tennis	7	68	play a sport in which two or four people hit a small ball to each other over a net	phrase	Do you want to play tennis?	A1	pleɪ 'ten.ɪs
a quarter after	7	69	used to say that it is fifteen minutes after the hour	phrase	It's a quarter after four.	A1	eɪ 'kwɔ:r-tər 'æf-tər
half past	7	69	used to say that it is thirty minutes after the hour	phrase	It's half past eight.	A1	hæf pæst
o'clock	7	69	used after the numbers one to twelve to mean exactly that hour when you tell the time	phrase	It's three o'clock.	A1	ə'klɒk
a quarter to	7	69	used to say that it is fifteen minutes before the hour	phrase	It's quarter to one.	A1	eɪ 'kwɔ:r-tər tə

bottom	7	70	the lowest position in a group, organization, etc.	noun	Our team started at the bottom, but we advanced quickly.	B1	'bə.təm
winner	7	70	someone who wins a game or competition	noun	The winners received a trophy.	A2	'wɪn.ər
win	7	70	get the most points in a competition or game	verb	The team with the most points wins.	A2	wɪn
final	7	70	the last in a series of games, races or competitions, usually the one in which the winner is chosen	noun	Two great teams, Brazil and Germany, are playing in the World Cup final.	A2	'faɪ.nəl
organize	7	70	make arrangements for something to happen	verb	The coaches organize all the matches.	B1	'ɔːɡəˌnaɪz
January	7	71	the first month of the year, after December and before February	noun	January 1st	A1	'dʒæn.ju.er.i
February	7	71	the second month of the year, after January and before March	noun	February 27th	A1	'feb.ju.er.i
March	7	71	the third month of the year, after February and before April	noun	March 26th	A1	mɑːtʃ
April	7	71	the fourth month of the year, after March and before May	noun	April 20th	A1	'eɪ.prəl
May	7	71	the fifth month of the year, after April and before June	noun	May 30th	A1	meɪ
June	7	71	the sixth month of the year, after May and before July	noun	June 24th	A1	dʒun
July	7	71	the seventh month of the year, after June and before August	noun	July 22nd	A1	dʒʊˈlaɪ
August	7	71	the eighth month of the year, after July and before September	noun	It's hot in August.	A1	ɑˈɡʌst
September	7	71	the ninth month of the year, after August and before October	noun	School starts in September.	A1	sepˈtem.bər
October	7	71	the tenth month of the year, after September and before November	noun	Halloween is in October.	A1	əkˈtoʊ.bər
November	7	71	the eleventh month of the year, after October and before December	noun	We celebrate Thanksgiving in November.	A1	noʊˈvem.bər
December	7	71	the twelfth and last month of the year	noun	It snowed a lot this December.	A1	dɪˈsem.bər
winter	7	71	the coldest season of the year, between autumn and spring	noun	Winter is from December to February.	A1	'wɪn.tər
spring	7	71	the season of the year between winter and summer, when the weather becomes warmer and plants start to grow again	noun	Spring is from March to May.	A2	sprɪŋ
summer	7	71	the season of the year between spring and autumn, when the weather is warmest	noun	Summer is from June to August.	A1	'sʌm.ər
fall	7	71	the season of the year between summer and winter, when leaves fall from the trees	noun	Fall is from September to November.	A2	fəl
first	7	71	1st written as a word	ordinal	I live on the first floor.	A1	fɜːrst
second	7	71	2nd written as a word	ordinal	Her birthday is the second of May.	A1	'sek.ənd
third	7	71	3rd written as a word	ordinal	the third street on the right	A2	θɜːrd
fourth	7	71	4th written as a word	ordinal	My birthday is on the fourth of December.	A2	fɔːθ
fifth	7	71	5th written as a word	ordinal	the fifth floor of the building	A2	fɪfθ
sixth	7	71	6th written as a word	ordinal	I have to return my library books on the sixth.	A2	sɪksθ
seventh	7	71	7th written as a word	ordinal	It's the seventh (of May) today.	A2	'sev.əntθ
eighth	7	71	8th written as a word	ordinal	He finished eighth in the race.	A2	eɪtθ
ninth	7	71	9th written as a word	ordinal	The ninth letter of the alphabet is I.	A2	naɪnθ
tenth	7	71	10th written as a word	ordinal	My sister's birthday is on the tenth of July.		tenθ
eleventh	7	71	11th written as a word	ordinal	Our plane leaves on Octobereleventh.		ɪˈlev.ənθ

twelfth	7	71	12th written as a word	ordinal	Today is the twelfth of September.		twelfθ
thirteenth	7	71	13th written as a word	ordinal	She lives on the thirteenth floor.		ˌθɜrtiˈniθ
twentieth	7	71	20th written as a word	ordinal	Our school's Sports Day is on the twentieth of June.		ˈtwenti.iθ
thirtieth	7	71	30th written as a word	ordinal	Today is my aunt's thirtieth birthday.		ˈθɜr.ti.iθ
thirty-first	7	71	31st written as a word	ordinal	This year is our school's thirty-first math competition.		ˈθɜ.ti ˈfɜrst
stuff	7	73	used to refer to a substance or a group of things or ideas, etc. without saying exactly what they are	noun	I have some stuff to do first, but I think 3:30 is OK.	B1	stʌf
Now what?	7	73	used to ask what will happen next or what you should do next	phrase	I left my homework at school. Now what?		naʊ wʌt
It's no big deal.	7	73	used to say that something is not important	phrase	It's no big deal. I'm sure I can fix it.		ɪts noʊ biɡ diːl
I'm sure.	7	73	used to say that you are certain about something	phrase	It's no big deal. I'm sure I can fix it.		aɪˈem ʃʊr