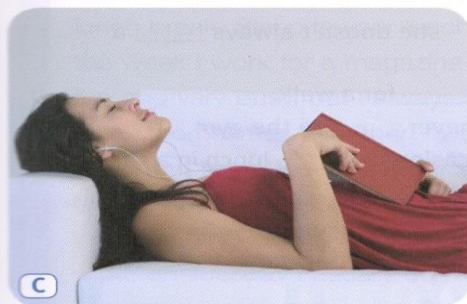


UNIT 2 – ACTIVITIES



A. VOCABULARY

1. Find four of the activities from the box in the photos.



cook / go for a walk / go shopping / go to a concert
go the gym / listen to music / meet friends
play football (or another sport) / play games online
play the guitar (or another instrument)
read a book or magazine / sunbathe / surf the internet
swim / text to a friend / watch TV or a DVD



2. Answer the questions about the activities in the box.

1. Which activities do people usually do with their family and friends?
2. Which activities do people do outside their house?
3. Which activities do people do inside their house?
4. Which of these activities do you do?

3. Match the words with the pictures.

aerobics ☐

basketball ☐

chess ☐ judo ☐

rowing ☐

running ☐

skiing ☐ tennis ☐

windsurfing ☐

yoga ☐



4. Write the activities in the table.

Do	Go	Play
<i>Aerobics</i>	<i>Running</i>	<i>Chess</i>

Reading I- Daily Routines of a Sportswoman

BEFORE YOU READ

1. Look at the photo and talk about it. What sport can you see?
2. What kind of sports do you enjoy doing? Why?

WORK WITH THE READING

A. APPLY Read the article and complete the table and the sentences below with the correct words

Name:

Age:

Nationality:

Achievements:



Janet Preston is a twenty-year old American athlete. She is **ambitious** and very busy with her training. She wakes up at 4.30 every weekday morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5.15 am Janet checks her email for only 30 minutes. Then she runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast, which is usually cereal and fruit. However, she **occasionally** has a less healthy breakfast.

She usually finishes breakfast at around 8am. If it is a weekday, she always leaves the house at 8.20 and goes training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes her lunch, she has a nap for one hour.

After her nap, she likes to go for a walk around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets up with friends. Most of her friends are athletes too, so **they** have a lot to talk about.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches television or reads anything on her tablet. She always makes sure her alarm is set and she is almost always asleep by 9.45. Her life is a bit tiring, but she loves it. She is very proud of her two gold medals.

B. APPLY Complete the sentences with the correct words.

1. Janet _____ at 4.30 am.
2. She _____ until 5 am.
3. She _____ meditating at 5.15 am.
4. She usually has cereal and fruit for _____.
5. It takes her _____ to go to the gym by _____.
6. Janet trains _____ 9 am _____ 12 pm.
7. After lunch, she _____ for an hour.
8. She is happy with her _____.

C. IDENTIFY: Circle the best answer according to Reading I.

1. The passage is **mainly about** _____.
 - a. Janet and her team
 - b. the importance of sports
 - c. the activities Janet does in the week
 - d. Janet's physical appearance

2. Which one is **NOT** mentioned in the reading passage?
Janet's _____.
 - a. achievements
 - b. nationality
 - c. age
 - d. qualifications

3. The word "**ambitious**" means :
A person who _____.
 - a. is very lazy at school
 - b. never studies for the exams
 - c. tries hard to be successful
 - d. has a good relationship with the others

4. The word **"occasionally"** means: _____.

- a. never
- b. sometimes
- c. always
- d. regularly

5. The pronoun **"they"** refers to _____.

- a. Janet's routines
- b. Janet and her friends
- c. the lake and nature
- d. weeks

6. How long does she run for in the morning?

- a. 45 minutes
- b. 60 minutes
- c. 90 minutes
- d. 75 minutes

7. Janet _____ has a healthy breakfast.

- a. always
- b. occasionally
- c. usually
- d. never

8. How often does she meditate?

- a. Once or twice a day
- b. Once a day
- c. Rarely
- d. Hardly ever

9. What does Janet do to get to sleep?

- a. listens to music
- b. reads on her tablet
- c. watches TV
- d. drinks milk

10. What is the last thing she does before going to sleep?

- a. she reads
- b. she sets her alarm
- c. she writes her emails
- d. she checks the time

WRITING I

Because and So

We use because and so to talk about reasons and results. We use because and so to join two sentences: a reason and a result sentence.

Reason: I want to work in different countries.

Result: I'm studying English.

-I'm studying English because I want to work in different countries.

-I want to work in different countries, so I'm studying English.

PRACTICE I: Complete with "so" or "because".

1. My father drives fast _____ he is always in a hurry.
2. James studies hard _____ he doesn't have time for parties.
3. Adam wants to become a doctor _____ he likes helping people.
4. Sophia is a smart girl _____ I enjoy spending time with her.
5. There is nothing in the fridge _____ we need to go to the supermarket.
6. I can't meet you tonight _____ I have to work.
7. Jim wants to be fit _____ he goes running every day.
8. Linda's house isn't very far _____ she walks to school every morning.
9. We are at home _____ it is raining.
10. It is a hot, sunny day _____ we are going to the beach.

PRACTICE II: Join the sentences below using "because and so."

1. I don't want you to talk to me. You always lie to me
_____.
2. The traffic is terrible. I am late for the meeting.
_____.

3. Sally cannot do that project. She doesn't have access to the software.

_____.

4. I am taking a break. I need some time to relax.

_____.

5. We're having salad for lunch. We're not very hungry.

_____.

6. Mr. Sanders is a friendly boss. All his employees love him

_____.

Grammar I: Prepositions

- The words **in, on, at** are examples of prepositions. We use prepositions with particular nouns.

*Adults and children play football **in their free time**.*

*They usually play football **on football fields**, but sometimes they play football **on the beach** or **in the street**.*

*People do capoeira **in groups**.*

*We watch football **on television**.*

*We have animals **on our farm**.*

- Prepositional phrases can say when (time) or where (place) something happens.

*James plays tennis **on Wednesday**. Rebecca goes swimming **in the evening**.*

*Children play football **in the street**. I go running **in the park**.*

Write the prepositions "in" or "on" in the gaps.

1. Rugby is a popular sport _____ Australia.

2. You play rugby _____ a field called 'a pitch'.

3. Millions of fans watch the Rugby World Cup _____ television.

4. Fans can watch football or cricket _____ a stadium.

5. Children play tennis _____ the street in summer.

6. Kelly goes horse riding _____ a farm.

7. I get up early _____ the morning and go to bed late _____ night.

8. My parents go to the cinema _____ Saturday evenings.

9. We work _____ groups when we are in the laboratory.

10. Kate walks _____ the park _____ her free time.

Grammar II : Adjectives

Adjectives describe qualities. Write adjectives:

1. before a noun, e.g. **good** climate, **famous** player.
2. after is/ are (not), e.g. Tennis is **popular** in my country. Cricket players are **fast**.

Put the words in order and make sentences / questions.

1. is / great / a / Sandra / dancer _____.
2. very / is / in / İzmir / August / hot _____.
3. those / boys / basketball / boys / play / Do / tall _____?
4. aren't / heavy / boxes / these _____.
5. your / is / new / shirt / old / or _____?
6. is / in / Canada / ice hockey/ popular _____.
7. Japan / in / a / baseball player / is / Minoru Iwata / famous _____.
8. not / popular / is / Basketball / country / in / my _____.
9. face / baby / cute / has / a / the _____.
10. at / delicious / They / food / that / serve / restaurant. _____.

SAMPLE STUDENT PARAGRAPH

BEST CRICKETER EVER

I am a sports fan. I like all kinds of outdoor games, but I like cricket most. So it is obvious that my favorite sportsman will be a cricketer. My favourite cricketer is Shakib Al Hasan. He is from Bangladesh. He is a talented left-hand batsman and left-arm spinner. Actually, he has self-belief, an excellent temperament and ready to do battle against the top teams. In the ODI's, Shakib's contribution is equally vital with both bat and ball. He is the first from Bangladesh to score five hundred. He is excellent in batting, bowling and fielding. His way of playing charms thousands of cricket fans like me. So he is very popular all over the world. He plays in Barbados Tridents and Worcestershire. In my opinion, he is one of the best in the field of world cricket.

The red ones : CORRECTION!!!!

Write a title!!!!

(Indent the first word of your paragraph) My favorit (spelling: favorite) sport is Football. It is (missing: the) most popular sport all in (over) the world. Football is very useful because it keep (keeps) our body and mind active. I enjoy playing football (missing: with) my friends. My favorite football player is Mohamed Salah. (He is) Is the best player in the English League. I am (missing: “a”) big fan of him. He is a (omit “a”) very fast and skillful. He scored much (a lot of) goals. I admire football but (because) it is a lovely game.



WRITING TASK 3: Write a paragraph about “Your Favourite Sportsperson” answering the questions below.

(Your paragraph should be 100-125 words)

1. What is his / her name? Does he / she have a nickname?
2. Where is he / she from?
3. Is he / she interested in team sports or individual sports?
4. What does he / she look like?
5. What makes him / her popular or successful?
6. Does he / she have any medals or cups?
7. Does she / he have a good relationship with the press?

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Reading II- EXERCISE FOR LIFE



A. QUICK DISCUSSION

1. What do you do for exercise?
2. What sports do people watch on TV in your country?
3. Which of these activities are good ways to exercise?

* riding a bike	* walking	* looking after children	* shopping
* doing housework	* cooking	* jogging	* swimming

B. VOCABULARY Here are some words from Reading II. Read the sentences. Then write each underlined word next to the correct definition.

1. Many people exercise to lose weight. They want to be thin.
2. Soccer requires a lot of effort. Your body works hard when you play.
3. Walking with a friend is a healthy activity. You spend time outside and you get exercise.
4. At this moment, I run a kilometer in six minutes, but my goal is to run a kilometer in five minutes.
5. Runners often form running clubs. They get together twice a week to run.
6. To get stronger, you need to increase your level of exercise over time.
7. Gymnasts spend six to seven hours a day in training before an Olympics.
8. I like to compete, so running in races is exciting for me.

- a. _____ (verb) to start a group or organization
- b. _____ (noun) the energy needed to do something
- c. _____ (noun) how heavy someone is
- d. _____ (noun) the process of getting ready for a sport or job
- e. _____ (noun) the amount, size, or number of something
- f. _____ (noun) something that you do, usually regularly
- g. _____ (noun) something you want to do very much
- h. _____ (adjective) making you feel very happy and interested.

WORK WITH THE READING

How much exercise do you need?

¹ Exercise is good for your health. But how much exercise do you really need? The World Health Organization says 150 minutes of moderate exercise a week makes you healthy. You can talk and exercise at the same time when you do moderate exercise.

² You don't have to go to the gym to get moderate exercise. You can increase your **level** of exercise in small ways every day. Daily **activities** can be exercise: you can get off the bus one stop early and walk, or you can take the stairs instead of the elevator.

³ If you want to lose **weight** or get stronger, you need to put in more **effort**. You need to do more moderate exercise- an average of 300 minutes a week. Or you can do 150 minutes of intense exercise a week. Intense exercise is when you cannot talk and exercise at the same time. Playing soccer and swimming are two examples of intense exercise.

WHAT KIND OF EXERCISE IS BEST?

⁴ There are different kinds of exercise. Strength **training** makes you stronger. One popular example is lifting weights. Yoga and ballet are good ways to be more flexible. Aerobic exercise makes your heart stronger. It is best to do all three kinds of exercise. This way, your muscles and heart are strong and your body is flexible.

⁵ Exercise can sometimes be boring, but team sports are fun and **exciting**. When exercise is fun, you will keep doing.

⁶ Individual sports are also popular. People like them because they can set their own **goals**. But individual sports can sometimes be lonely. Some people join clubs to be social and exercise at the same time.

⁷ Today, many gyms make exercise more exciting. The gyms **form** groups. Research shows that people exercise longer and harder when they are competing.

⁸ There are many ways to exercise. The best kind of exercise is the one you do.

A. IDENTIFY: Circle the main idea of the article.

1. Sports are the best way to get enough exercise.
2. There are many ways to get enough exercise.
3. You need to do intense exercise to lose weight.
4. You can get exercise without going to the gym.

B. IDENTIFY : Read the sentences. Check the sentences that are true and write down the paragraph number.

- ☐ 1. Moderate exercise needs to be at a gym. ____
- ☐ 2. To be healthier, you need 2.5 hours of moderate exercise a week. ____
- ☐ 3. You can lose weight if you do 30 minutes of moderate exercise a day. ____
- ☐ 4. You should do more than one kind of exercise. ____
- ☐ 5. Individual sports are not for social people. ____
- ☐ 6. People exercise more when they compete. ____

SENTENCE PRACTICE 2

PRESENT SIMPLE

(+) SUBJECT (I,We,You,They) + verb

I play football every day.

SUBJECT (He / She / It) + Verb (-s,-es,-ies)

Mathew plays tennis at the weekend.

(-) Subject + don't / doesn't + verb

I don't eat vegetables.

She doesn't like romantic films.

(?) Do / Does + subject + verb?

Do you watch films on TV?

Does she work with children?

Frequency adverbs

Subject + frequency adverb + verb (frequency adverbs come before the verb)

I always get up early.

Subject + am / is / are + frequency adverb (frequency adverbs come after verb "be")(am/ is / are)

We are usually in the classroom at lunch break.

Fred is never late.

A. Put the words into the correct order.

1. weekends / meet / the / I / boyfriend / at / my / and

_____.

2. morning / drinks / my / milk / every / sister

_____.

3. night / his / for / he / exams / at / studies

_____.

4. out / afternoon / Tom's sons / in / go / the

_____.

5. Mondays / have / lessons / Michael and Susan / English / on

_____.

6. May / celebrate / Mother's Day / people / in

_____.

7. in / breakfast / Steven / canteen / the / has

_____.

8. in / Daisy / yoga / the / does / morning

_____.

9. leave / sometimes / 5 p.m / teachers / school / at /

_____.

10. never / 2 p.m / has / Noah / lunch / before

_____.

11. sandwich / for / a / breakfast / usually / Mario / eats

_____.

12. always / French / the / studies / afternoon / Mr. Smith / in

_____.

13. uniform / sometimes / Robert / a / wears

_____.

14. uncle / starts / early / work / my

_____.

B. Complete the sentences using the correct form of the verbs in brackets.

(Present Simple)

1. Teachers _____ (go) on holiday in summer.
2. Peter _____ (walk) in the park every weekend.
3. My neighbors _____ (not / listen) to loud music in the evening.
4. My best friend and I _____ (work) for an international company.
5. That girl _____ (sing) songs in a bar.
6. Kate's nephews _____ (take) the subway to school.
7. Paul _____ (start) work at 8 o'clock, but he never _____ (finish) before 9 p.m.
8. Sandy and I _____ (not / eat) fast food because it is unhealthy.
9. Mary's friends _____ (hate) football, but she _____ (love) it.
10. Students at that university _____ (not / have) a sports hall, but mine _____ (have) a gorgeous one.

C. Complete the sentences with “and, but, or, so , because”

1. Our students like English, _____ they don't like Maths.
2. Does she get up early _____ late?
3. At the weekend, she plays tennis, _____ she listens to music.
4. I like Chinese food, _____ I don't like Japanese food.
5. He goes to work by car _____ on foot.
6. William knows English _____ German.

CAN/CAN'T

Subject+ can (not) + verb

I can play ice hockey, but I can't play tennis.

Fred can speak English and Spanish, but he can't speak Italian.

We can ride a bike, but we can't drive a car.

D. Put the words into the correct order.

1. can / Miranda / run / fast / but / can't / she / swim

_____.

2. Sheila / read / can / write / and

_____.

3. you / or / basketball / can / volleyball / play?

_____?

4. can / a / swim / frog / it / but / fly / can't

_____.

5. Bailey / out / can't / night / go / at

_____.

PRESENT CONTINUOUS

Subject+ am/ is / are (not)+ V ing (present continuous verb)

I am studying for my exams.

Martha is going to the cinema.

We are watching a cartoon on TV.

She is not sleeping at the moment.

We aren't studying now. We are chatting.

E. Complete the sentences below.

1. Megan isn't dancing. She _____ (look) out of the window.
2. Tom is at the bus-stop. He _____ (wait)for the bus.
3. Martha and Steve are busy today. They _____ (work)in their office.
4. Nancy _____ (wear) a red dress because she _____
(go) to a party.
5. The baby _____ (cry) because she is hungry.

SAMPLE STUDENT PARAGRAPH

My Favorite Sport

My favorite sport is football. It is the most popular sport all over the world. It is so much fun. Football is very useful as it keeps our body and mind active. I enjoy playing football with my friends. I also like watching football matches on TV with my family. My favorite football player is Mohamed Salah. He plays for Liverpool. He is the best player in English League because he is very fast and skillful. I am a big fan of him. He is also called the Egyptian King. I adore football as it is my lovely game.

***The red ones: Correction!!!

Write a title !!!!!!!

Rugby is **a** difficult and rough sport. Adults and young people ~~plays~~ **(play)** rugby. Rugby is very popular ~~on~~ **(in)** Australia, New Zealand, South Africa, Wales, Irish Republic, Scotland. Over 475 million people in the world ~~watches~~ **(watch)** this sport. People organize the World Cup every four ~~year~~ **(years)** but countries have also got national and local leagues. The World Cup is played in the autumn but local and national leagues start in **the** spring. People usually watch the World Cup on television ~~so~~ **(because)** World Cup tickets are a bit expensive. People usually play rugby on rugby fields because they have got special lines. Rugby ~~follower~~ **(followers)** say "Rugby is **a** gentleman's sport. Followers and teams have fun and celebrate together after the match."



WRITING TASK 4

- Write a paragraph about **a popular sport** in your country. Follow the steps that will help you improve your paragraph. (Your paragraph should be 100- 125 words)
1. Write answers that are true for you in the gaps.
_____ (name of sport) is very popular in
_____ (your country).
 2. Answer the questions about your sport.
 - Who likes the sport? (e.g. young people, old people, teenagers, men, women)
 - Where do people do/ play this sport? (e.g. in a stadium, in a park, on the beach)
 - When do people do/ play this sport? (e.g. in summer, in autumn, in December, in the morning)
 - Who are the famous sportsmen or women in this sport?
 - Where can you watch this sport?
 - How much are the tickets?