

Vocabulary development 1

► CB pp. 138–139

Idioms: sport

1a Match each idiom (1–6) with its definition (a–f) and the sport it originated from (i–vi).

- 1 back the wrong horse
- 2 be below the belt
- 3 below par
- 4 in the same league as
- 5 time out
- 6 go off the deep end
- a (take) a break from sth
- b as good as
- c overreact (in anger)
- d make the wrong choice
- e not performing as well as one can
- f unfair comment, criticism
- i basketball
- ii boxing
- iii golf
- iv horse racing
- v swimming
- vi football, rugby

b Complete the dialogue with a suitable form of the idioms in Exercise 1a.

Sharon: Hey, Greg! What's this I hear about Mark Lynes?

Greg: Yeah, well ... Apparently the manager kicked him off the first team, saying his performance had been (1) _____ all season, and Lynes walked out.

Sharon: So? The manager's right, isn't he?

Greg: Maybe, but replacing him with Farmer! I mean, the man's a born loser!

Sharon: Now that's a bit (2) _____, Greg! Farmer's not such a bad player. But I agree, he's not (3) _____ Lynes.

Greg: Well, I think they're (4) _____ in Farmer. Ian Coles would have been a better choice.

Sharon: Personally, I think Lynes was wrong to (5) _____ like that. A little bit of (6) _____ might have done him some good and then he could have made a comeback. There's no way they'll let him back in now.

Word formation

2 Complete each sentence with the correct form of the words in brackets. You will need to make more than one change to each word.

- 1 The tennis ace wept _____ (console) after her defeat against the number 10 seed.
- 2 Danielle _____ (shine) her rivals in the gymnastics tournament, walking away with the gold medal.
- 3 The manager totally _____ (estimate) Shelley's determination to overcome her injury, and was amazed by the speed of her recovery.
- 4 14-year-old Lucy Palmer's _____ (stand) performance on her pony, Rusty, gained her the cup for most promising young rider.
- 5 Warner has been playing _____ (consist) for the past few games and so we've decided to drop him from the team.
- 6 The match between John Isner and Nicolas Mahut at Wimbledon lasted an incredible 11 hours over three days, a feat _____ (parallel) in the history of tennis.

3 Complete the text with the correct form of words from the box.

challenge circumnavigate controversial ensue
epic isolate resource undertake

Heroine of the high seas



In January, 2012, 16-year-old Laura Dekker from the Netherlands arrived in the Caribbean island of St. Maarten in her 38-foot yacht, Guppy, successfully completing her single-handed (1) _____ of the globe. She is the youngest person to do so to date, yet she won't be entering the Guinness Book of World Records, due to the (2) _____ caused by her trip.

Laura originally hoped to set sail on her (3) _____ voyage aged 13, having sailed from the Netherlands to Britain and back the year before. However, the Dutch child welfare authorities took legal action to try and stop her from (4) _____ the trip, and a court battle (5) _____ which divided the country and resulted in a stalemate lasting over 10 months. Eventually, an agreement was reached, but Laura was 15 by the time she set off. She faced several (6) _____ during the voyage, not least of which was the attempt to keep up with her schoolwork. Nevertheless, this (7) _____ young woman managed to overcome storms, prolonged (8) _____ and the threat of pirates in order to achieve her goal, and amazingly enough, didn't fall behind with her studies.

Use of English (Paper 1 Part 1)

Multiple-choice cloze

- 1 Read the title of the text and think about what you are going to read. Do you think the skills needed for athletics can be taught?
- 2 Read the whole text quickly to get the general meaning. Then read again carefully, choosing the best option A–D to fit each gap. Use the Help clues if necessary.

For questions 1 – 8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Improving athletics teaching in schools

The Elevating Athletics Fund is an (0) a sponsored by AVIVA, a major UK financial institution. It aims to ensure that all children have a positive first experience of athletics, and hopes to make participation in a range of sports both attractive and rewarding to all children. The fund was launched against the (1) _____ of research that revealed that 52 percent of teachers felt inadequately prepared to teach basic athletics skills. The (2) _____ on which the work of the fund is based is that the fundamental skills of athletics, (3) _____ running,

jumping and throwing, (4) _____ a good performance in many other sports and so should be taught as enabling skills before a child goes on to sport-specific training. The fund is designed to make an (5) _____ at grassroots level and so was set up with a (6) _____ to providing practical training and support for every single sports teacher in the UK. In doing so, it hopes to raise the (7) _____ of athletics teaching in schools, and thereby bring sporting success within the (8) _____ of a much wider cross-section of the population.

HELP

- Q1 Only one of the options completes the phrase *against the ... of*.
- Q3 Choose the option that means 'that is to say' when introducing specific examples.
- Q4 Choose the option that means 'provides a foundation for'.
- Q7 All the options have a similar meaning, but only one collocates with *raise*.

EXPERT LANGUAGE

- Look back at the text. Find:
- a three verbs followed by the infinitive
 - b one adjective followed by the infinitive

- | | | | |
|----------------|-------------|-------------|---------------|
| 0 A initiative | B exercise | C operation | D association |
| 1 A backdrop | B upshot | C outcome | D downside |
| 2 A essence | B reason | C premise | D substance |
| 3 A exactly | B namely | C precisely | D clearly |
| 4 A underpin | B subsidise | C uphold | D forecast |
| 5 A influence | B result | C effect | D impact |
| 6 A mind | B view | C goal | D wish |
| 7 A prestige | B image | C profile | D standing |
| 8 A scope | B range | C reach | D dream |

3 Find words and expressions in the text that mean:

- 1 gave financial backing _____
- 2 with ordinary people _____
- 3 basic abilities that facilitate more specific training _____
- 4 in this way _____
- 5 representative sample _____

4 Look at Question 1.

- 1 What type of words are these?
- 2 Which of these words has an antonym formed in the same way?
- 3 Can you find other examples of this type of word amongst the options?

5 Look through all the questions.

- 1 Which word in the options is a verb made using a noun + suffix?
- 2 What is the noun?

Language development 1

► CB p. 141, GR pp. 186-187

Sentence adverbials

1 Complete each sentence with a word from the box.

Believe Funnily Generally Incredible

- _____ as it may sound, there were times during the ordeal when I was incredibly happy. I think it was simply because I was still alive.
- _____ enough, I sometimes miss the feeling of suspense and not knowing whether I would survive another day.
- _____ speaking, the local people were very friendly and helped us with supplies.
- _____ it or not, Peter just won the archery tournament! Amazing, isn't it?

Gradable and ungradable adjectives

2 *Quite* can be used to both modify and intensify words in certain contexts. Decide whether *quite* in the statements below means a) fairly or b) totally/completely.

- You're quite right. I couldn't agree with you more.
- It looks quite rough out there. I wouldn't go sailing today if I were you.
- What a journey! I feel quite exhausted.
- The route for the car rally this year is quite challenging, and will certainly test the drivers.

3 Complete each sentence by using an adverb from Box A and an adjective from Box B to form collocations.

A highly meticulously perfectly purely
ridiculously stunninglyB beautiful capable coincidental expensive
tidy unlikely

- Laura argued that she was _____ of taking care of herself in the ocean.
- After his tenth defeat in a row yesterday, it now seems _____ that Jim will continue playing professionally.
- The early-morning view from the top of the Grand Canyon was _____.
- During her voyage, Ellen kept the boat's cabin _____ so that she could find things easily in an emergency.
- Steve coming to my rescue like that was _____. He didn't even know I was taking part in the race.
- That new GPS system was _____ to install. I'm going to be on a tight budget from now on!

Adverb-adjective collocations

4 Complete each sentence by crossing out the adverb in *italics* which does not commonly collocate with the adjective.

- The sea looked *deceptively* / *genuinely* / *perfectly* calm, but Laura knew there was a storm coming.
- It was *stupidly* / *tremendously* / *perceptibly* naïve of you to think you could go windsurfing in this weather! You almost drowned!
- Sharon was *patently* / *genuinely* / *understandably* surprised to have won that award.
- The spectators became *perceptibly* / *decidedly* / *unbearably* quieter as the chess game got under way.
- After his outburst on the pitch, the player was *conspicuously* / *deceptively* / *reassuringly* absent from the press conference.
- It was becoming *decidedly* / *patently* / *stupidly* obvious to the crew that they would have to radio for help.

Collocations

5 Complete the text with words from the box.

painfully reluctantly seriously sheer
somewhat truly utterly widelyFulfilling the dream
of a lifetime

On June 15th 2012, in a (1) _____ publicised event, 33-year-old Nik Wallenda realised his lifetime dream of becoming the first man to walk across Niagara Falls on a tightrope. An accomplished stuntman, Wallenda already held several world records for tightrope walking, but found this experience totally different from any other, due to the (2) _____ power of the water thundering just below him, shooting up spray that (3) _____ hindered visibility. Afterwards he recalled feeling, while not exactly frightened, (4) _____ unnerved by not being able to focus on the movement of the cable, since all he could see was cascading water and this mist all around him. He was also (5) _____ aware of the safety rope he had (6) _____ agreed to wear dragging along the wire behind him. At some point just after the halfway mark, he admitted to feeling (7) _____ drained, both mentally and physically, but his concentration and training kept him going. As Wallenda ran the last 15 feet with the crowd cheering him on, one young onlooker described the spectacle as (8) '_____ awesome'.

Use of English (Paper 1 Part 3)

Word formation

- 1 Read the title of the text. What makes tennis such a popular spectator sport? Why do some people dislike it?
- 2 Read the whole text quickly to get the general meaning, then read it again and complete the task. Use the Help clues if necessary.

HELP

- Q2 This noun needs to become a verb. It follows the same pattern as 'sympathy'.
- Q3 You must add another word to make a compound here – it is the opposite of 'triumphs'.
- Q6 You need to add a prefix here.
- Q7 You should turn this verb into an adjective.

For questions 1 – 8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits the space in the same line. There is an example at the beginning (0).

The fascination of tennis

People who are unfamiliar with tennis often find its appeal (0) PUZZLING. What is so gripping about watching two people (1) _____ hit a fluffy pressurised ball across a net, they wonder. Yet tennis is a major spectator sport, that catches the imagination of millions. This is partly because when we watch a match, we (2) _____ with the players, sharing their triumphs and (3) _____ as, like them, we focus intently on every shot. The tension is palpable and the spectator is (4) _____ drawn into the duel being played out on court. But some of the fascination also comes from the (5) _____ of the game itself. David Foster Wallace, who wrote *Infinite Jest*, a work of fiction about the sport, provides a valuable (6) _____ into the technical background when he describes tennis as 'chess on the run.' According to Wallace, professional players are making (7) _____ calculations every moment the ball is in play, as they seek to anticipate how their (8) _____ will return a shot and what their own response needs to be.

PUZZLE
REPEAT

EMPATHY
SET

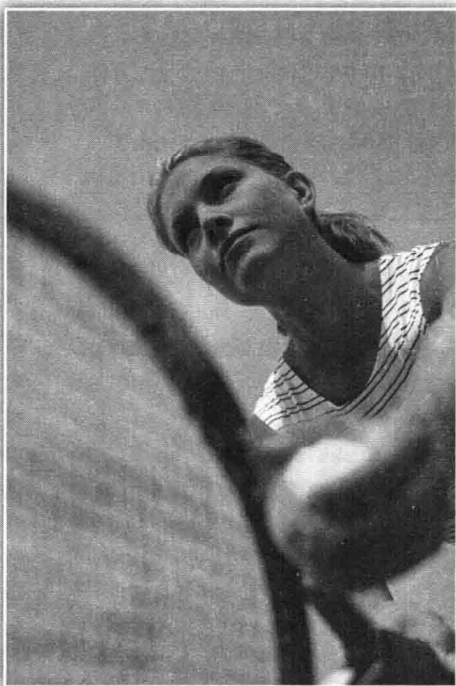
ESCAPE

INTRICATE

SIGHT

MULTIPLY

OPPOSE



3 Find words in the text that mean:

- 1 that holds your attention _____
- 2 victories _____
- 3 that you can feel _____
- 4 interpersonal battle _____

4 Make verbs from these adjectives.

- 1 popular _____
- 2 mechanical _____
- 3 neutral _____
- 4 critical _____
- 5 legitimate _____
- 6 emphatic _____
- 7 analytical _____
- 8 hypothetical _____
- 9 digital _____
- 10 energetic _____

Listening (Paper 3 Part 2)

Sentence completion

EXPERT STRATEGY

Remember that although you won't hear exactly the same sentences, the information comes in the same order as the sentences on the page.

HELP

- Q1 You are listening for a field of study – listen for the word *field* because the answer comes soon afterwards.
- Q2 Be careful. Three types of concentration are mentioned. Listen for the names of winter sports.
- Q3 Listen for a word that indicates that Graeme is surprised.
- Q5 You are listening for a part of the body.
- Q8 Be careful – is the answer singular or plural?
- Q9 The speaker lists three emotions, but only one of them is linked to poor performance.

EXPERT LANGUAGE

Look back through the sentences. What type of verbs are used after Graeme's name? Do you expect to hear these words in the recording?

EXPERT WORD CHECK

optimise short burst bobsleigh
get under the skin of do wonders for
tightening adversity shed tears
pent-up emotion downward cycle

- 1 Read the instructions for the task.
 - a Who are you going to hear?
 - b What will that person be talking about?
- 2 Read the sentences. How much do you find out about *Sports Psychology* from them?
- 3 Try and predict the type of information you will be listening for.
- 4 Listen to the recording and complete the sentences. Use the Help clues if necessary.

You will hear a sports psychologist talking about how he helps athletes prepare for major sporting events. For questions 1 - 9, complete the sentences with a word or short phrase.

Sports Psychology

Graeme identifies research into (1) _____ as the most relevant aspect of psychology for sports coaches.

Graeme points out that certain winter sports require what is called (2) _____ concentration.

Graeme is surprised at how often (3) _____ are a cause of distraction for experienced athletes.

Graeme recommends that athletes set themselves (4) _____ goals as a way of maintaining focus.

Graeme gives the example of (5) _____ as a 'trigger' word that might help a sprinter.

Graeme feels that making use of (6) _____ is the best way to improve self-confidence.

Graeme thinks an athlete who wasn't nervous before an important event might lack (7) _____.

Graeme has found that athletes use the word (8) _____ for the various symptoms of stress.

Graeme mentions that feelings of (9) _____ can lead to a deterioration in an athlete's performance.

Vocabulary development 2

Verbs connected with eating and diet

1 Complete the text with verbs from the box.

acquire chew crave eliminate incorporate
savour water whet

Tips for balancing your diet

- ✓ Rather than calories and quantity, think of food in terms of colour, variety and freshness. Try to (1) _____ different-coloured fruits and vegetables into your daily menu.
- ✓ Make gradual changes to your diet. There's no need to completely (2) _____ those sweets that make your mouth (3) _____ but try and reduce the frequency with which you eat them.
- ✓ (4) _____ a taste for salads by experimenting with flavours. Adding olive oil and balsamic vinegar, or nuts and honey to leafy green salads makes them incredibly tasty, and is also healthy.
- ✓ Add naturally sweet vegetables, such as corn, carrots, sweet potatoes, yams and squash to your salads to make them more interesting and (5) _____ your appetite for fresh food. In doing so, you will find that you (6) _____ other sweets less.
- ✓ Finally, learn to slow down the pace at which you eat. (7) _____ your food properly before swallowing it, and (8) _____ every mouthful. Eating with other people will help you to achieve this, as it makes the mealtime experience more enjoyable.

A matter of taste

2 Complete each sentence by choosing the correct option.

1 Don't eat that bread! It's three days old, so it'll be _____.

A crumbly B stale C crusty

2 I love eating _____ raw carrots as a snack.

A crispy B crusty C crunchy

3 Why not try our _____ 5oz sirloin steak, chargrilled to perfection?

A succulent B crispy C tangy

4 If the water is too hot, the coffee will taste _____.

A tangy B sour C bitter

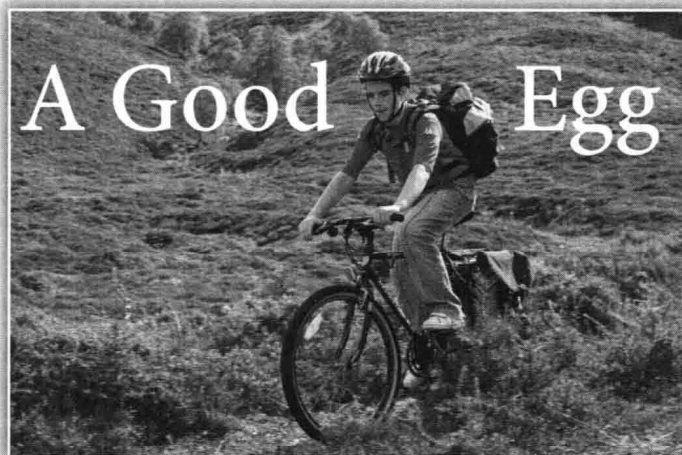
Collocations to do with food

3 Match the beginnings of the sentences (1–8) with their endings (A–H).

- 1 Every Saturday a market selling only organic
2 Rice is the staple
3 A diet rich in complex
4 You're anaemic, so take this course of dietary
5 Treat your taste
6 For the best results, use only natural
7 To maintain a balanced
8 Salmon and tuna are good sources of essential
- A ingredients rather than processed ones.
B buds to this tangy fruit smoothie.
C fatty acids such as Omega 3.
D food of many Japanese people.
E produce is held in the town square.
F diet, eat a variety of fruit and vegetables.
G supplements to re-establish a balance.
H carbohydrates like pulses gives you energy.

More food idioms

4 Rewrite the story below, replacing the underlined phrases with your own words.



When fourteen-year-old Jason Walker sat his parents down and, (1) cool as a cucumber, told them he was going to cycle round the UK to raise money for Cancer Research, his dad initially (2) went bananas. He told Jason that he was (3) as nutty as a fruitcake and that he (4) had too much on his plate to go galavanting off for six months on some (5) half-baked whim. Jason calmly replied that, seeing as he was the (6) cream of the crop in his class and had little difficulty with his lessons, it would be a (7) piece of cake for him to catch up with his schoolwork when he got home. His dad finally relented and Jason set off on his grand adventure. Apart from once finding himself (8) in a pickle when he was chased through a village by a pack of dogs, he achieved his goal. So, his father was forced to (9) eat his words and finally admit that in fact he was immensely proud of what his son had done!