

## Lessons 1-2 The ancient Olympics

- 1 Complete the crossword. You can find the answers on page 150 of the Coursebook

								<sup>1</sup> a									
						<sup>2</sup> j		t									
						a		h									
						v		<sup>3</sup> l	o	n	g	j	u	m	p		
						e		e									
						<sup>4</sup> w	l	t									
						<sup>5</sup> p	r	i	z	e							
						e	n				<sup>6</sup> d						
						s					i						
						<sup>7</sup> s	p	e	c	t	a	t	o	r	s		<sup>8</sup> G
						l					<sup>9</sup> c	h	a	r	i	o	t
						i					u			e			
						<sup>10</sup> b	o	x	i	n	g			s		e	
						g										c	
																e	

ACROSS  
3

long jump (4,4)

5 If you do well in a competition, you win first prize. (5)7 People who watch sports events. (10) spectators9 It's pulled by a horse and the ancient chariot Greeks used it in Olympic races. (7)10 Fighting using your hands. (6) boxing

5  
prize

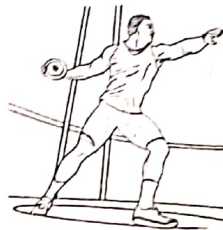
## Down

1 Someone who is very good at a sport. (7) athlete

2

(7) Javelin4 Fighting using your whole body. (9) wrestling

6

(6) discus8 Where the Olympic Games started. (6) Greece2 Use the prompts to write sentences in the past simple.1 The last time I went it was snowing. (So / I / take / a warm jacket)  
So I took a warm jacket.2 (He / break / his leg) so his mum took him to hospital.  
He broke his leg.3 The two boxers know each other. (They / fight / five years ago)  
They fought five years ago.4 They are good friends now. (They / meet / at the last Olympic Games)  
They met at the last Olympic Games.

5 I can't believe it! (I / win / a medal)

I won a medal.

take → took

break → broke

fight → fought

meet → met

win → won

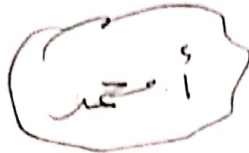


## Lessons 3-4 The Olympics today

1 Complete the words for Olympic sports.



1 running



5 rowing



2 wrestling



6 boxing



3 weightlifting



7 shooting



4 cycling



8 sailing

2 Write these sentences about the modern Olympics, putting the words in the correct order.

1 take / every / The Games / place / years / four / .

The Games take place every four years.

2 different / They / city / time / each / are / in / held / a / . They are held in <sup>each time</sup> different city.

3 sports / are / There / kinds of / different / many / . There are many different kinds of sports.

4 first, second and / medals / third / are / There / place / for / . There are medals for first, second and third place.

5 years / The / train / athletes / for / many / . The athletes train for many years.

6 all over / Spectators / from / come / the / the world / .

The spectators come from all over the world.

Join these halves to make sentences about sports in the modern Olympics.

- 1 You race around a course in <sup>سباق</sup> (a)
- 2 You use a shotgun (a)
- 3 Special shoes help you (h)
- 4 You use an oar to <sup>مجداف</sup> (d)
- 5 You have to wear (b)
- 6 You can do this on an indoor (g)
- 7 It is a very <sup>قديم</sup> old sport, and (c)
- 8 You use a metal bar that <sup>حديدية</sup> (f)

- a to hit clay targets.
- b special gloves. <sup>قفازات</sup>
- c it was also included in the ancient Olympics. <sup>قديم</sup>
- d move a boat through water.
- e a small dinghy. <sup>زورق</sup>
- f has heavy discs at each end. <sup>مكتل</sup>
- g track, or on the roads. <sup>مهن</sup>
- h on the track. <sup>لشوارع</sup>

disk  
⊙

- 4 Match the sentences from Activity 3 with the sports.

running <sup>3</sup> rowing <sup>4</sup> boxing <sup>5</sup>  
wrestling <sup>7</sup>  
cycling <sup>6</sup> weightlifting <sup>8</sup> shooting <sup>2</sup>  
sailing <sup>1</sup>



# Lessons 5-6 The Paralympics

1 Choose the words from the box that match these definitions. (There are two extra words.)

• cheer • disabled • inspiration • jump • Paralympics • tears • world record

- 1 disabled : not having a physical ability that most people have
- 2 world record : the best or fastest ever done
- 3 Paralympics : an international sports competition for people with physical disabilities
- 4 inspiration : something that makes someone want to do, create or achieve something
- 5 cheer : give a loud shout of encouragement

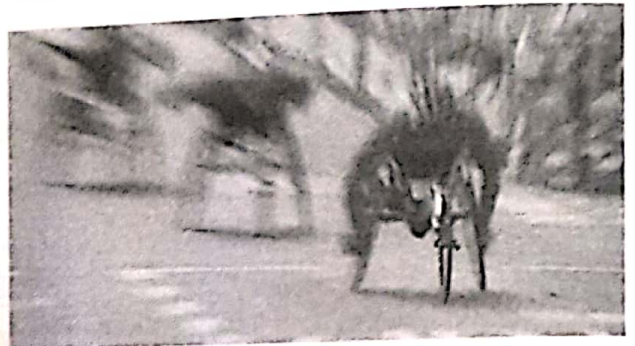
2 Read the article and circle the correct option.

Mohammed Alhammadi is a Paralympic athlete from the UAE. He became / became disabled because of an illness when he was a child, but this didn't stop / wasn't stopped him from becoming a top athlete.

Alhammadi started / starting to do athletics in 2003 when he was a teenager. He join / joined the Al Thiqah Club in Sharjah, and became a wheelchair racer.

He competes / competed in the London Paralympic Games in 2012, and won / is winning a silver medal in the 200 metre race and a bronze medal in the 100 metre race.

At the Paralympic World Championships in Doha in 2015, Alhammadi got / get three silver



medals and one bronze. At the Rio Paralympic Games, he taking part / took part in only two races: the 100 metre and the 800 metre races.

Alhammadi wasn't / isn't happy to finish in fourth position in the 100 metres, but two days later he won a gold medal in the 800 metre race. His time of 1 minute, 40.24 seconds was / is being a new Paralympic record.

3 Complete the fact file about Mohammed Alhammadi.

Nationality: Emirati

Sport: wheelchair racing

Club: Al Thiqah club, Sharjah

Number of medals in Rio 2016: one (gold in the 800m)

Complete the sentences with the correct prepositions.

• at • by • for • in • of • on • with

- 1 Alan Oliveira was born in Marabá, Brazil in 1992.
- 2 By the age of two, he had learned to walk using wooden legs.
- 3 When he was eight years old, Alan saw a famous Brazilian sprinter, Robson Caetano da Silva, on TV and he knew that he wanted to run too.
- 4 He began to compete using wooden legs that were not at all good for sprinting.
- 5 At school he started doing athletics with the other children.
- 6 He found that he could run as fast as any of them.
- 7 When he was 13 years old, he was noticed by Brazil's youth talent team.
- 8 He went to live and train in São Paulo.
- 9 He began to use carbon fibre blades at the age of 15, shortly before competing in his first Paralympics at in Beijing in 2008.
- 10 In 2012, he won the gold medal in the 200 metres at the 2012 London Paralympics.

5 Choose the correct options to complete the sentences.

- 1 He is a really fast sprint (sprinter).
- 2 He started competing / competitions when he was a child.
- 3 He gets around in a wheelchair / wooden legs.
- 4 They didn't win any notices / (medals) at the Paralympics.
- 5 You need to do a lot of talent / (training) to get better.



## Lesson 7 Practise and prepare

1 Complete the sentences with words from the box.

• countries • football • players • spectators • sports • stadiums • TV • winners

- 1 It is one of the most popular sports in the world.
- 2 The World Cup has teams from lots of different countries.
- 3 The games are played in large stadiums.
- 4 There are eleven players in each team.
- 5 Millions of fans watch the matches on TV.
- 6 There are also many spectators watching the matches.
- 7 The winners get to hold the World Cup.
- 8 The name of the game is football.

2 Match the questions to the answers.

- |  |  |
|--|--|
| 1 Where did you see this sporting event? (c) | a No. It happened on the streets.                      |
| 2 Is it a team game? (f)                     | b There were medals for first, second and third place. |
| 3 Did it happen in a stadium? (a)            | c I saw it on TV.                                      |
| 4 Were there any spectators? (d)             | d Yes, a lot of local people came out to watch.        |
| 5 What did the winners get? (b)              | e Yes, that's right. It was in New York City.          |
| 6 Is it a marathon? (e)                      | f No, but there were lots of competitors.              |

## Reflect on your learning

Think about the activities you have completed in this unit so far. Write answers to these questions.

- What new words and phrases did you learn? Paralympics, spectators
- What did you do well?
- What did you find difficult?

# Lessons 8-9 Everyone cheered

1 Circle the correct word in each sentence.

1 Everybody / Anybody is talking about the Paralympics.

2 It's OK, there's nothing / anything to worry about.

3 I didn't see nothing / anything.

4 Can I do anything / everything to help?

5 It's so boring. There's anything / nothing to do.

6 I didn't know nobody / anybody at the party.

7 Kamil is very friendly. Everyone / Anyone likes him.

8 Anybody / Nobody likes getting up early.

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2 Complete the conversation.

A: Is there anything on TV?

B: What do you want to watch?

A: anything. I don't mind.

B: Everybody is talking about that new sports quiz.

A: Really? I don't know anybody who's watched it.

B: Don't you remember? Alex said it was really good.

A: Well, I don't know anything about sport. You're the expert. You know everything about it. Nobody knows as much as you.

B: The questions aren't difficult. anybody can answer them!

A: Well, not me. I know nothing about sport.

B: Let's watch it anyway and I'll answer the questions.



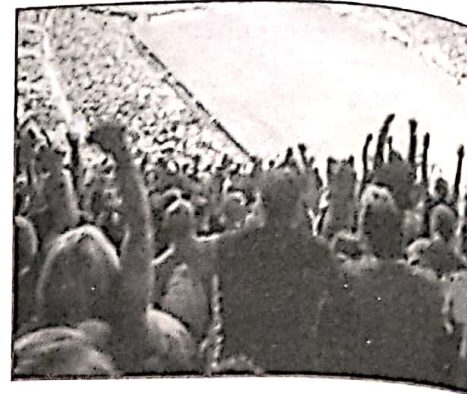
3 Complete the words.



1 race



2 stadium



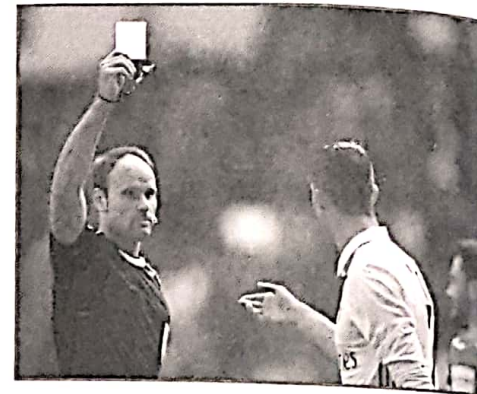
3 spectators



4 tennisplayer



5 football team



6 referee

4 Join the sentence halves to make a description of a sporting event.

- |  |   |
|--|---|
| 1 My uncle took me (d)                                     | a everybody cheered.                      |
| 2 There were thousands (b)                                 | b of people there.                        |
| 3 Our team was playing against (f)                         | c brilliant!                              |
| 4 Nobody scored for a long time, but then near the end (e) | d to see a football match at the stadium. |
| 5 When our player scored the penalty (a)                   | e we got a penalty.                       |
| 6 It was (c)   | f another local team in a cup match.      |

*Handwritten signature*

# LESSONS 10-11 Higher, faster, further

Match the words in the box to their explanations.

• Poland • shot put • discus • Japan • plane • cheetah • Sydney Harbour

- 1 A country in Asia: Japan
- 2 A thing that you can make with paper: plane
- 3 A heavy ball that athletes throw: shot put
- 4 A place which has a famous bridge: Sydney Harbour
- 5 A kind of metal plate that athletes throw: discus
- 6 A country in Europe: Poland
- 7 An animal that can run fast: cheetah

12.1

2 Complete the sentences by making adverbs from the adjectives.

Adjectives	Adverbs
She's <b>fluent</b> in Spanish.	She speaks Spanish <sup>1</sup> <u>fluently</u> .
He's a <b>quick</b> learner.	He learns <sup>2</sup> <u>quickly</u> .
It's an <b>easy</b> exercise.	You'll do it <sup>3</sup> <u>easily</u> .

3 Write six sentences about you, using the adverbs in the box.

• fluently • quickly • easily • well • clearly • slowly

I can understand English well, if people speak clearly.

If I live in Europe, I will speak English fluently.

The exam was very easy, I solved it quickly.

If you study hard you will pass the exam easily.

I can do my job well in the morning.

The weather is foggy, I can't see clearly.

During summer nights, time goes slowly.



4 Complete the chart.

Adverb	Comparative	Superlative
I run fast.	Omar runs <sup>1</sup> <u>faster</u> .	Zak runs the <sup>2</sup> <u>fastest</u> .
I didn't wait long.	You waited <sup>3</sup> <u>longer</u> .	But Eman waited the <sup>4</sup> <u>longest</u> .
I jumped high.	You jumped <sup>5</sup> <u>higher</u> .	Omar jumped the <sup>6</sup> <u>highest</u> .

5 Complete the sentences with adverbs in the correct form. Use the prompts to help you.

- Athletes can throw the discus further than the shot put. But they can throw the javelin the furthest. (far)
- A leopard doesn't run as quickly as a lion, but a cheetah runs more quickly than both of them. (quick)
- A dolphin can jump much higher than a kangaroo. (high)
- Parrots and mynah birds can imitate language more easily than other birds. (easy)
- A seal can stay underwater for much longer than a polar bear. (long)

6 Read the sentences, then tick the ones that are true for you. If a sentence is not true, write the correct sentence, using a comparative or superlative adverb.

- I usually do my Maths homework faster than my English homework.
- I speak Arabic more fluently than any other language.
- I study best when I am with my friends.
- I learn more quickly when I work on my own.
- I remember things more easily when I write notes.
- I like indoor activities the most.

1. ✓

2. ✓

3. I study best when I am alone.

4. I learn more quickly when someone helps me.

5. ✓

6. I like indoor activities the least.

# Lessons 12-13 What can you do?

9: World records

1 Join the words.

- 1 world record
- 2 animal (f)
- 3 short (e)
- 4 100 (b)
- 5 North American (g)
- 6 weight- (c)
- 7 leaf-cutter (a)
- 8 rhinoceros (d)

- a ant
- b metres
- c lifter
- d beetle
- e distance
- f kingdom
- g pronghorn
- h holder

2 Complete the sentences with words and phrases from Activity 1.

- 1 A North American pronghorn is a kind of antelope.
- 2 Kenenisa Bekelele is a world record holder.
- 3 A weightlifter is an Olympic athlete who is very strong.
- 4 Some members of the animal kingdom are stronger and faster than humans.
- 5 A patas monkey could win a 100 meters race against a human.
- 6 Cheetahs are very fast short distance runners, but they don't run for a long time.
- 7 A rhinoceros beetle can lift 850 times more than its own weight.
- 8 A leaf-cutter ant can carry a piece of leaf that is 50 times heavier than its weight.

3 Read the story and circle the correct option.

Once, there was a hare that could run <sup>1</sup> fast / faster than all of the other animals in the forest. He loved talking about how he was <sup>2</sup> faster than / the fastest.

One day, a tortoise decided to ask the hare to race him. The hare knew that he could win, so he said, 'Yes, of course!'. All of the other animals <sup>3</sup> wanted / were wanting to watch.

When the race <sup>4</sup> started / could start, the hare ran off very <sup>5</sup> quick / quickly. But the tortoise started very <sup>6</sup> slowly / slower. After a short distance, the hare stopped for a rest. He was so sure that he

could <sup>7</sup> beating / beat the tortoise that he decided to have a short sleep.

But the tortoise didn't <sup>8</sup> stop / stopping running. After a while, he passed the sleeping hare. Soon he came near to the finish line.

All of the other animals were so pleased that they started cheering <sup>9</sup> loud / loudly, and they woke the hare.

The hare saw the tortoise <sup>10</sup> getting / got close to the end. He ran <sup>11</sup> as quickly as / quicker than he could but it was too late. The tortoise <sup>12</sup> won / was winning the race!



4 Join the words to make common expressions.

1 That's

2 Of (b)

3 No (d)

4 I don't (h)

5 I don't think (a)

6 Don't (j)

7 It's (c)

8 Sure, why (e)

9 Are you (g)

10 That's a (i)

a so.

b course.

c no problem.

d way!

e not?

f good.

g sure?

h know.

i good point.

j worry.

5 Use the prompts to write questions. Then answer them.

1 What / fastest / you / run / ?

Q: what's the fastest you can run?

A: I can run as fast 40 mph.

2 What / highest / you / jump / ?

Q: what's the highest you can jump?

A: I can jump as high 1.5 m

3 What / furthest / you / throw / ?

Q: what's the furthest you can throw?

A: I can throw as far 12 meters

4 What / other things / you / do / ?

Q: what other things can you do?

A: I can sail very quickly.

# Lesson 14 Practise and prepare

1 Complete the plan with words from the box.

• Awards • Discus • Jump (x2) • lunch • metres (x2) • relays • Shot

## Sports Day plan

The whole school will be divided into four teams: Red, Blue, Green and White.

### Timetable

10:00	100 (1) <u>meters</u>	
10:30	High (2) <u>jump</u>	
11:00	Long (3) <u>jump</u>	سجل
11:30	400 (4) <u>meters</u>	
12:00	break for (5) <u>lunch</u>	
13:00	Javelin	
13:30	(6) <u>shot</u>	Put
14:00	(7) <u>Discus</u>	
14:30	100-metre (8) <u>Relays</u>	
15:00	(9) <u>Awards</u>	ceremony

2 Order the sentences to make a conversation. Use the timetable in Activity 1 to help you.

The conversation has been started for you with (f).

- a What happens after lunch? (7)
- b I think we'll have the 100-metre race first. (2)
- c So, what's the final event? (9)
- d Is that at 10 o'clock? (3)
- e Three o'clock. (12)
- f Ok, what's the first event? 1



- g That's right. Then we'll have the high jump followed by the long jump. (4)
- h Sounds good. Is there going to be a 400-metre race? (5)
- i Good, and what time is the award ceremony? (11)
- j Yes, at 11.30, just before lunch. (6)
- k There'll be the javelin, and then the shot put and the discus. (8)
- l That will be the 100-metre relay. (10)

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## Reflect on your learning

Think about the skills you have practised in the last seven lessons.

Write answers to these questions.

- Which of the four main skills do you find the most challenging: speaking, listening, reading or writing? Why?
- What do you think you can do to improve this skill?

