

Vocabulary

A Match each definition in A with its word in B. One word is not needed:

A	B
1. an advantage of something (f)	a. impact
2. a forceful consequence (a)	b. psychology
3. the study of mental life (b)	c. accomplish
4. succeed in doing something (c)	d. meditate
5. think for spiritual purpose (d)	e. injury
	f. benefit

B Give the synonym for the following words from the passage *What's good about swimming* in the student's book:

1 benefit	= <u>advantage</u>
2 injure	= <u>harm</u>
3 accomplish	= <u>achieve</u>
4 conclude	= <u>finish</u>
5 recreation	= <u>amusement</u>

C Use the meanings in B to fill in the blanks:

- 1 Students do a lot of activities for amusement.
- 2 It was an accident but no one got harmed.
- 3 I wonder what is advantage there is in fishing?
- 4 You'll become happy when you achieve your goal.
- 5 The success of doing something depends on advantageous/finishing touches.



D Fill in the missing parts in the columns with the right word. Some boxes may not have a word.

Noun	Verb	Adjective
injury	<i>injure</i>	<i>injurious</i>
meditation	<i>meditate</i>	<i>meditative</i>
conclusion	<i>conclude</i>	<i>conclusive</i>
benefit	<i>benefit</i>	<i>beneficial</i>
recreation	<i>recreate</i>	<i>recreational</i>

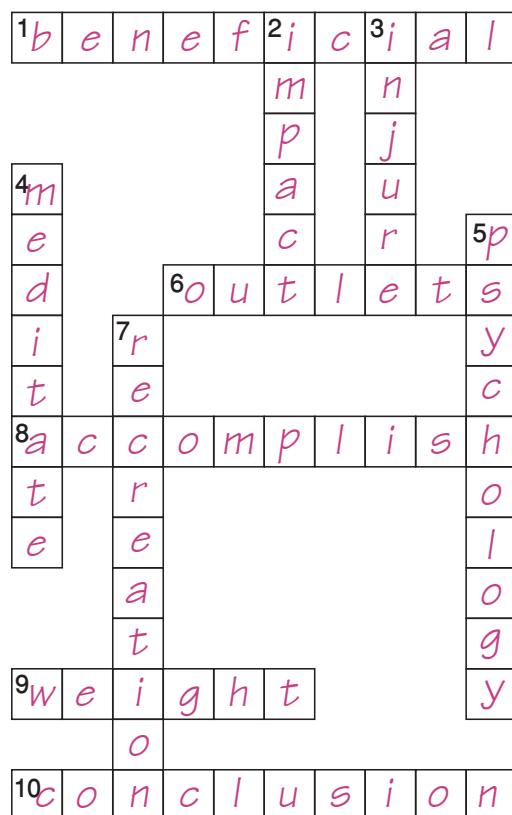
E Read the clues to fill in the crossword:

Across

- 1 having benefits
- 6 places where certain things are found/sold in plenty.
- 8 achieve
- 9 how heavy you are
- 10 an ending

Down

- 2 a forceful consequence
- 3 harm or hurt a person
- 4 think at length for spiritual purposes
- 5 the study of the way people behave
- 7 an activity that renews health



Reading

A Read the following passage, then answer the questions:

Lewis Gordon Pugh Breaks Two World Records in Antarctic Swim

Read the following passage then answer the questions below:

On the anniversary of the Norwegian explorer Roald Amundsen reaching the South Pole, British swimmer Lewis Gordon Pugh has plunged into the icy waters off the Antarctic Peninsula to smash the world record for the most southern long distance swim ever undertaken. Wearing only Speedo trunks, goggles and a swimming cap, Lewis swam 1 kilometre (0.6 Miles) in 0°C (32°F) water.

Pugh, who has pioneered more swims around famous landmarks than any other swimmer in history (including a swim near the North Pole in August this year) is now the first person to have completed a long distance swim in both the Arctic and Antarctic. After the swim he admitted that the Antarctic waters were the most **formidable**. He said: "As soon as I dived in, I had a screaming pain all over my body. After three minutes, I'd lost all feeling in my hands and feet. And after six minutes I lost all feeling throughout my arms and legs. I am not sure how I kept on going for so long. I had to concentrate all the time and swim as fast as I could to keep the cold out. I am ecstatic to have swum so close to the South Pole! To have done it on the anniversary of Roald Amundsen reaching the South Pole made it extra special. To break two world records on one expedition is overwhelming. The swim at Deception Island was without question the hardest of my life."

Lewis took 18 minutes and 10 seconds to complete the 1km (0.6 Miles) swim and was supported by a 10 person team based aboard the MV "Polar Star". It included a team of sports scientists from the University of Cape Town and the Sports Science Institute of South Africa who have collected physiological data during all his record polar swims.

Questions

1 What did Lewis Gordon Pugh do in the Antarctic Peninsula?

He wanted to smash the world record for the most southern long distance swim ever undertaken.

2 What equipment did Lewis take on his swim?

Speedo trunks, goggles, and a swimming cap.

3 Why did he decide to break a record at that time in particular?

Because it was the anniversary of Roald Amundsen reaching the South Pole.

4 How did Lewis Gordon feel in the cold water?

He felt pain all over his body. Then he started losing feeling throughout his body little by little.

5 What is the meaning of the underlined word?

Very difficult.

Speaking

A Read the following questions and give short answers about yourself:

1 What do you do to keep fit?

Answers will vary.

2 Do you like to exercise?

Answers will vary.

3 What are some of the benefits of sports?

It keeps you in good health and shape. It is good exercise for the body (etc.)

4 Do you play any sports?

Answers will vary.

5 Are you a member of any sports team? Explain the reason(s) why.

Answers will vary.

6 Are you good at sports? How can you prove it?

Answers will vary.

7 How often do you go swimming? Where do you go? Who do you go with?

Answers will vary.

8 Do you ever do any water sports such as scuba diving or surfing?

Answers will vary.

9 What is your favourite summer sport?

Answers will vary.

10 What is your favourite winter sport?

Answers will vary.

11 What new sports would you like to try?

Answers will vary.

Grammar

Answers will vary.

A Complete the following sentences with your own ideas using the past continuous tense. The first one has been done for you.

- 1 Mike phoned while we were having dinner .
- 2 When the telephone rang I .
- 3 When I arrived at the wedding, Jina .
- 4 I saw Suzan in town yesterday but she did not see me, she was with her family. They .
- 5 I met James at the airport last week, he .
- 6 I when suddenly I bumped into an old man. I was so ashamed.

B Change the following sentences into the negative and interrogative. Use the past simple or past continuous tense where suitable. *Answers will vary.*

- 1 She was reading a book at 6.00 yesterday.

She was not reading a book at 6.00 yesterday

What was she doing/reading at 6.00 yesterday ?

- 2 We know what to do.

We don't know what to do.

Do we know what to do/What do we do ?

- 3 When I was young, I wanted to be a doctor.

When I was young, I didn't want to be doctor

What did I want to be when I was young ?

- 4 They were dancing while I was studying.

They weren't dancing while I was studying

What were they doing while I was studying ?

- 5 He was crossing the street when a friend called him.

He wasn't crossing the street when a friend called him

Was he crossing the street when a friend called him ?

C Find the mistakes in these sentences and correct them:

- 1 We were shop when we ran into an old friend.

We were shopping when we ran into an old friend

- 2 What was you doing when I called you today?

What were you doing when I called you today?

- 3 Lilly was written a letter this morning.

Lilly was writing a letter this morning.

- 4 They was diving when a shark attacked them.

They were diving when a shark attacked them

- 5 Where were she going when you met her?

Where was she going when you met her?

Answers will vary.

D What were you doing yesterday at ____?

Use the past continuous tense:

At 11.30 a.m. _____

At 2.00 p.m. _____

At 4.30 p.m. _____

At 8.00 p.m. _____

At 2.00 a.m. _____

E Complete the conversations using the past simple tense or the past continuous tense. The first one is done for you:

1 Policeman: What were you doing (you, do) when the accident happened (happen)?

Colin: I was (be) at the bus stop. I was waiting (wait) for a bus.

Policeman: Did you see (you, see) the accident?

Colin: No, because I was reading (read) the newspaper.

2 Mum: Oh no! My beautiful new plate! What happened (happen)?

Angela: I'm really sorry, Mum. I broke (break) it when I was washing (wash) it.

Mum: How?

Angela: It was (be) wet and I dropped (drop) it on the floor.



A A compound noun is made from two words:

pan + cake = pancake

rain + bow = rainbow

Unscramble the following words:

1 etslbakbal	<u>basketball</u>
2 bsutspo	<u>bus stop</u>
3 hsrfele	<u>herself</u>
4 haghiwy	<u>highway</u>
5 gevenipra	<u>grapevine</u>
6 mheeomad	<u>homemade</u>
7 pglarnouyd	<u>playground</u>

B Underline the compound word in each sentence. Write the compound word and the two smaller words that form it.

1 The children were sleeping in the playground.

playground = play + ground

2 My brother and I went to watch the baseball game.

baseball = base + ball

3 I love to use mint flavoured toothpaste when I brush my teeth.

toothpaste = tooth + paste

4 Tommy and his brother love to go down to the riverbanks to catch fish.

riverbanks = river + banks

5 John takes the subway to work every morning.

subway = sub + way

6 Breakfast is my favourite meal.

breakfast = break + fast

7 The favourite part of my holiday was when I got to ride on the aeroplane.

aeroplane = aero + plane

A Complete the missing parts of the idioms you learnt in this unit:

1 When I came home last night, everyone was asleep. It was as silent as a grave.

2 I've worked much harder this month. A good income will be in the cards for me.

3 If you can't get my message, I am ready to make it clear to you.

4 I'm sure you can manage on your own. You are as tough as old boots.

5 Everything you do proves that you are as good as gold.

6 I have been struck with flu. I am as sick as a dog.

7 You know Harry when he is working. He cares about all the details. He is as keen as mustard.

8 I have to tell Jack the whole story myself. He always has his head in the clouds.

9 It was a heated discussion. I got hot under the collar.

10 I will always follow you in your projects as long as they are for a good cause.



Writing

Write an essay about the advantages and disadvantages of team sports. In addition to the introduction and the conclusion, the body should consist of two paragraphs at least of the two contrasting ideas. Look back at the writing section of units 4 and 6 for more clarification.

Answers will vary.



To the Max! Reporter

Maximise your fitness

With your partner, go through the survey. To what extent does your friend agree or disagree with the following? For each statement, tick the appropriate box for their answer:

	A Strongly Disagree	B Somewhat Disagree	C Somewhat Agree	D Strongly Agree
<i>Answers will vary.</i>				
1 I exercise regularly.				
2 I exercise only to keep in shape.				
3 I prefer doing sports rather than weights.				
4 I do exercise at home.				
5 I use special equipment.				
6 I exercise by myself.				
7 I usually practise under supervision.				
8 I exercise only at weekends.				
9 I do exercise to keep fit.				
10 I have a routine of doing exercise.				

How well do the following statements describe your partner? For each statement, tick the appropriate box for their answer:

	A Strongly Disagree	B Somewhat Disagree	C Somewhat Agree	D Strongly Agree
<i>Answers will vary.</i>				
1 I regularly do sports.				
2 I usually play sports outdoors.				
3 I do sports by myself.				
4 I prefer team sports.				
5 I practise sports daily.				
6 I do sports to keep fit.				
7 I play sports to prove myself to others.				
8 I do sports to meet other people.				
9 I sometimes play sports at home.				
10 I never get tired of sports.				

Swap information with your partner and compare your answers. Show the differences to your teacher.