

SPORTS AND HEALTH**READING****1. Match these comments to the texts A-C.**

1. This activity was practiced by children at first
2. This sport is usually for aggressive people
3. You don't need special equipment for this sport
4. This sport is played inside big buildings
5. You can lose weight by practising this sport

Text A) HoolaHooping

Sarah is 13 years old now and she has practised hoolaHooping everyday since she was very young. HoolaHooping basically involves swirling a plastic ring around your waist, hips and neck. It was a sport meant only for kids some years ago, but now is being used in gyms all over the world. Even Sarah's mother practises it to help her lose weight!

Text B) Kick Boxing

John loves kick boxing, a mix between boxing and martial arts. John knows quite a few people who do this sport to work off their aggression, and it can be dangerous, but he doesn't do it for that reason. He started kickboxing it when he was at school to maintain flexibility and meet new friends in the gym!

Text C) Tower Running

Peter likes reading about Tower Running. Tower Running means running up flights of stairs in skyscrapers. There are different Tower Running competitions held all over the world. It's not a sport for everyone. You must be strong enough as it puts a lot of strain on the knees and joints. These people are really fit!

VOCABULARY

2. Match these words from the text with their meaning.

- | | |
|----------------|---|
| 1. Competition | A. A sport in which two people fight each other with their hands, while wearing very large thick gloves. |
| 2. Swirl | B. The joint between the top and bottom parts of the leg where it bends in the middle. |
| 3. Knee | C. An event in which people compete with each other to find out who is best at something. |
| 4. Gym | D. A room or hall with equipment for doing physical exercise, for example in a school. |
| 5. Boxing | E. The area around the middle of the body between the ribs and the hips, often narrower than the areas above and below. |
| 6. Waist | F. Move around quickly in a circle. |

SPEAKING

3. Ask your partner and then tell the class about his/her opinion

- Which of these three sports would you like to do?
- Why?

WRITING

4. Your class is organizing an end-of-year *hoolaHooping* championship at school. You have to prepare an announcement at the school gym inviting students to participate. (40-60 words)

Advice

1. Use short sentences to **attract attention**
2. Specify if any equipment is required
3. Specify if there will be different categories (groups by age, male/female, etc)
4. Don't forget to mention prizes for winners!

GRAMMAR

5. Put **was, wasn't, were or weren't** in the gaps in these conversations.

- Peter: (... Was ...) Paul at work today?
 Julie: No, he (1) in the office. I think he's sick.
 Henry: (2) you in South America last year?
 Steve: Yes. I (3) in Bolivia on business, and then my wife and I (4) in Brazil for a holiday.
 Paula: Philip and I (5) at home in London last week. We (6) at Mike's house in Cornwall. It was lovely there. Do you know Mike?
 Jane: Yes, I (7) at Mike's party in Oxford in the summer. (8) you there?
 Paula: No, we weren't there. Philip and I (9) in Portugal in the summer.

6. Today is the first of January, the start of a new year. Most people are feeling a bit tired. What were they doing at midnight last night?

Use these verbs: *dance, drive, listen, watch, write*

Use these phrases after the verb: *an essay, his taxi, in the street, television, to a band*



Claire _____

1. Trevor and Laura _____
2. Vicky and Rachel _____
3. Tom _____
4. Andrew _____

ANSWER KEY

READING

1.

A - B - A - C - A

2.

1. C

Competition: An event in which people compete with each other to find out who is the best at something

2. F

Swirl: Move around quickly in a circle

3. B

Knee: The joint between the top and bottom parts of the leg where it bends in the middle

4. D

Gym: A room or hall with equipment for doing physical exercise, for example in a school

5. A

Boxing: A sport in which two people fight each other with their hands, while wearing very large thick gloves

6. E

Waist: The area around the middle of the body between the ribs and the hips, often narrower than the areas above and below

SPEAKING

3.

Students' own answers.

WRITING

4.

Students' own answers.

GRAMMAR

5.

- 1 wasn't
- 2 Were
- 3 was
- 4 were
- 5 weren't
- 6 were
- 7 was
- 8 Were
- 9 were

6.

- 1 were watching television
- 2 were dancing in the street
- 3 was driving his taxi
- 4 was writing an essay