

## A2: Revision U3

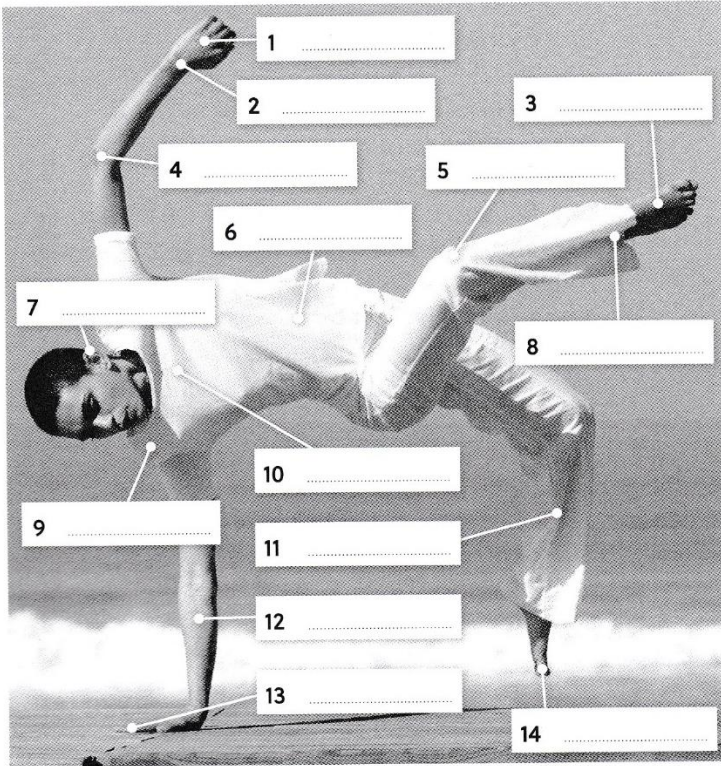
ATTENTION: Il est vivement conseillé de revoir la matière AVANT de faire les révisions !

### 3. Unit 3: Stay fit.

#### 3.1. Vocabulary.

#### Parts of the body

1 ☆ Label the photo with the parts of the body.



2 ☆☆ Complete the sentences with the names of parts of the body.

- 1 Your ..... joins your arm to your hand.
- 2 Your ..... is below your mouth.
- 3 You smell with your .....
- 4 Your ..... joins your head to your body.
- 5 Your ..... are on your face and they are around your mouth.
- 6 The top part of your face is your .....

#### Physical activities

3 ☆☆ Choose the correct alternative.

- 1 We don't really play football, we just kick/jump the ball around for an hour.
- 2 I've got some new shoes to go running/surfing in the park after school.
- 3 In baseball, you dive/hit a ball with a bat.
- 4 I try to exercise by kicking/dancing to music!
- 5 I'm good at jumping/hitting over high walls.
- 6 He likes riding/running his bike in the park.
- 7 You can't sail/swim here because the water is very cold.
- 8 Don't dive/skate into the swimming pool, it's only one metre deep!
- 9 We often go climbing/jumping in the mountains.
- 10 My friends go sailing/running in a small boat.

4 ☆☆☆ Complete the text with the correct form of these verbs.

climb • hit • jump • kick • ride • surf

## FOUR NEW SPORTS FOR THE GAMES!

At every Olympic Games® there are new sports. The latest sports in the Games are karate, skateboarding, surfing and climbing. In the karate event, competitors use their hands to (a) ..... and their legs to (b) ..... each other to win points. In the new Olympic skateboarding competition, skaters (c) ..... their skateboards in two different competitions: street and park. In both, they do tricks and (d) ..... high in the air, often over a metre! In the latest beach sport to enter the Olympics, competitors (e) ..... their boards on the sea. They get points for the number of tricks they do and how difficult the tricks are. In the final new Olympic event, contestants (f) ..... a 15-metre wall. The one with the best time wins!

#### Vocabulary extension ☆☆☆

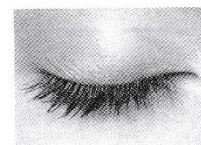
5 Label the photos with these words.

eyebrow • eyelashes • jaw • hip • nail • tongue



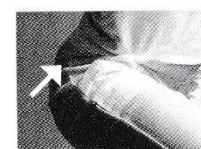
1 .....

2 .....



3 .....

4 .....



5 .....

6 .....



### 3.2. Reading.

#### 1 Read the article quickly. What is it about?

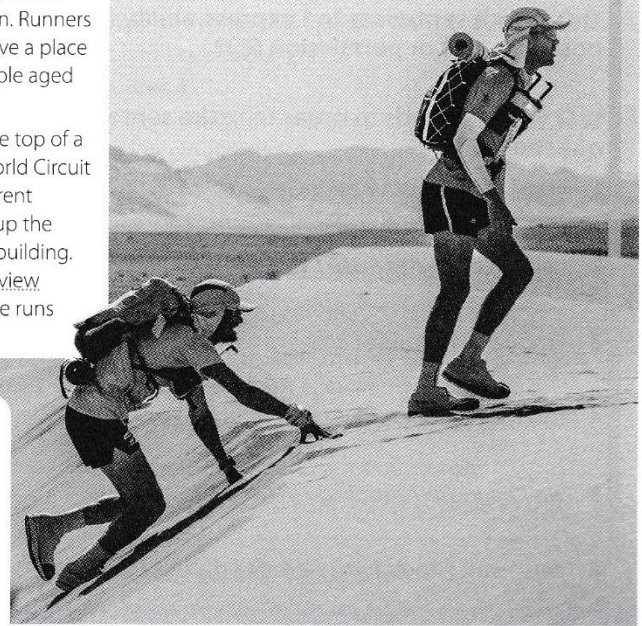
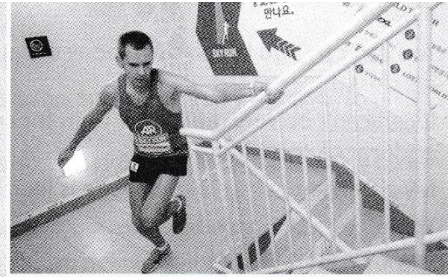
- 1 difficult sports      2 running marathons      3 f

# RUNNING TO THE LIM...

Endurance sports are becoming popular all over the world. They are different to normal sports because in endurance sports people want to test how fit and strong they are. They aren't easy to do. You have to have a lot of stamina to do an endurance sport. Typical endurance sports are swimming, cross-country skiing and cycling. Running is also popular because it is easy to train for competitions. Two famous endurance running events are the Marathon des Sables and The Vertical World Circuit.

The Marathon des Sables isn't only a marathon, it's an ultra-marathon. The Marathon des Sables is in the Sahara Desert in Morocco. The run is around 250 km. That's almost six normal marathons! The temperature is around 30 °C and it can sometimes be above 50 °C! It usually takes six days to finish the marathon. Runners carry the things they need (usually food) on their backs in a bag. They have a place to sleep and rest at the end of each day. The competition is open to people aged 16 and above, and about 1,200 people take part in this run every year.

Running a normal marathon is difficult, but what about running up to the top of a skyscraper? Tower-running is popular in a lot of countries. The Vertical World Circuit tower-running competition is from April to December every year in different cities around the world. For example, in Seoul, South Korea, runners run up the 100 floors of the Lotte World Tower – that's 2,917 steps to the top of the building. Your knees hurt, but you feel great when you get to the top and see the view of the city! Over 100,000 runners from around the world take part in these runs and some of the money from the events goes to charity to help people.



#### ✓ Great students' tip

##### Reading the question carefully

Take your time to read the question and underline the key words. Look for these words, or words with a similar meaning, in the text.

#### 2 Read the article again. Choose the best answers. 3 Match the underlined words in the text to the definitions.

- What does the writer say about endurance sports?
  - They aren't different to normal sports.
  - It is important to win.
  - They are difficult to do.
- Why do a lot of people do endurance running?
  - It is easy to do compared to other sports.
  - It's not difficult to prepare for races.
  - There aren't many sports to choose from.
- Why is the Marathon des Sables difficult?
  - It can get very hot during the race.
  - Runners need to carry a lot of food.
  - There's no place for runners to rest.
- According to the text, one good thing about the run in Seoul is ...
  - you can see the city when you finish.
  - it's good for your knees.
  - it's popular around the world.
- The Vertical World Circuit ...
  - happens every month of the year.
  - makes about €100,000 for charity.
  - is an international competition.

- do an activity
- an object you walk on to go up or down in a building
- a very tall building
- what you can see from a place
- do something to see how well you can do it
- the ability to do something difficult for a long time

#### Critical thinkers

##### 4 Do you agree (A) or disagree (D) with these statements?

- People do endurance sports because they are difficult. A / D
- You don't have to train to do endurance sports. A / D
- Endurance sports are only for young people. A / D
- You can improve your stamina with practice. A / D



### 3.3. Grammar: part 1.

#### can/can't

- 1 ☆ Choose the correct alternative.
- You can/can't talk in here because this is the quiet room. ....
  - My brother can/can't play the guitar so he's in a band. ....
  - You can/can't go to the gym today because it's closed. ....
  - It can/can't be very difficult to train for an endurance competition. ....
  - My sister can/can't drive, but she is learning! ....
  - There's an exam tomorrow so you can/can't go to bed late this evening. ....
- 2 ☆☆ Which sentences in 1 express ability (A), possibility (B) or permission (C)?
- 3 ☆☆ Put the words in order to make sentences or questions.
- you / that / again / say / Can / ?  
.....
  - can't / computer / use / this / You / .  
.....
  - languages / speak / you / can / Which / ?  
.....
  - the rugby match / TV / on / watch / We / can / .  
.....
  - we / can / go / running / Where / ?  
.....
  - can / wait / You / here / break / during / the / .  
.....
- 4 ☆☆ Write questions and short answers using the prompts below.
- you / swim? (✓)  
A: *Can you swim?*  
B: *Yes, I can.*
  - she / ride a horse? (✗)  
A: .....  
B: .....
  - Mark and Simon / play tennis? (✓)  
A: .....  
B: .....
  - they / fix your computer? (✗)  
A: .....  
B: .....
  - we / climb a 15-metre wall? (✓)  
A: .....  
B: .....
  - Maria / ski? (✗)  
A: .....  
B: .....

#### Adverbs of manner

- 5 ☆ Complete the table with the adverb forms of these adjectives.

beautiful • calm • careful • early • fast • good • hard • quick • slow • usual

add -ly	irregular

- 6 ☆☆ Complete the text with the adverb form of the words given.



Simone Biles is a world-famous Olympic gymnast. She's the winner of several gold and silver medals. What do you need to be a top gymnast? First, you need to work **(a)** ..... (hard) to be great at the sport. Simone practises for five hours every day. Gymnasts can **(b)** ..... (easy) hurt their wrists and ankles when they are training, so they need to have strong bodies. Second, you need to plan your day **(c)** ..... (good). Simone gets up **(d)** ..... (early) every day – at 7 am – and doesn't go to bed **(e)** ..... (late) at night. Third, you have to eat a healthy diet. Simone chooses food **(f)** ..... (careful) to help her stay fit. Finally, you can't work every day. Simone takes one day off every week to spend time with her family and relax!

#### Grammar challenge ☆☆☆

- 7 Rewrite the sentences with the same meaning using the adverbs given.

- Luisa is not a good driver.  
*Luisa doesn't drive well.* ..... **well**
- Leon doesn't talk loudly.  
..... **quietly**
- They speak fast on TV.  
..... **slowly**
- Please get up early tomorrow.  
..... **late**
- Her brother is a hard worker.  
..... **hard**
- Be careful when you answer the question.  
..... **carefully**



### 3.4. Vocabulary and listening.

#### Sports

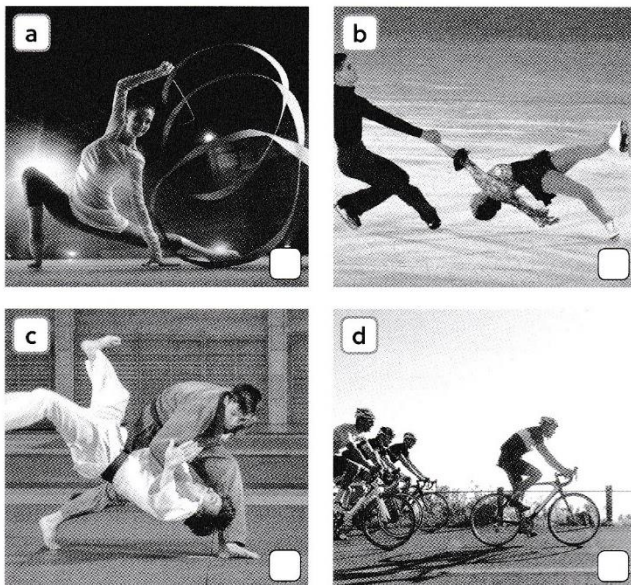
1 ☆ Find ten sports in the word search.

S	L	Y	S	H	M	O	X	B	D	W	X	V
W	T	L	C	K	W	H	A	J	G	O	R	O
J	F	N	A	R	I	D	I	F	N	Q	O	L
B	L	Q	U	B	M	I	G	S	I	M	H	L
W	F	G	H	I	T	N	N	M	N	Q	T	E
Q	B	E	N	T	I	O	A	G	N	S	E	Y
Y	S	T	B	F	A	F	O	W	U	C	N	B
Z	O	Z	R	R	O	K	D	F	R	B	N	A
N	H	U	W	A	H	O	C	K	E	Y	I	L
S	S	F	U	P	K	O	V	S	T	P	S	L
T	K	A	H	B	F	Z	M	K	P	P	O	U
G	N	I	B	M	I	L	C	X	K	K	F	Z
U	X	X	W	H	Y	G	Q	C	S	R	H	J

2 ☆☆ Write the sports for these definitions.

- 1 a boat travels over water .....
- 2 two teams throw a ball into a net .....
- 3 it takes place on ice .....
- 4 you ride waves on a board in the sea .....
- 5 you jump and do tricks on a board .....
- 6 you do this with an animal and the animal can run or jump .....
- 7 you go underwater to do this .....
- 8 one player hits a small ball across a table with a small wooden bat .....
- 9 you do this on a bicycle .....
- 10 somebody throws a ball at you and you hit it with a long wooden bat .....

3 🎧 12 ☆ Listen to four people talk about their favourite sport. Number the photos in the order the people talk about them.



4 🎧 12 ☆☆ Listen again and complete the notes with one or two words.

#### Speaker 1

She does her sport (a) ..... and sometimes after school.

You need to remember to wear (b) ..... on the ice.

#### Speaker 2

He does his sport every day to travel to (c) .....

He's also in a club and they sometimes travel (d) ..... kilometres in a day.

#### Speaker 3

He fights against other people in his sport. He wears a (e) ..... belt.

His friends think this sport is dangerous because you can break your (f) ..... or leg.

#### Speaker 4

She likes the floor exercises in her sport because they are similar to (g) .....

You have to be careful because you can have problems with your wrists and (h) ..... in this sport.

#### Critical thinkers

5 Which of the statements are advantages of doing a team sport?

- 1 You can make friends.
- 2 You don't spend a lot of money.
- 3 You can learn from other people in the team.
- 4 You feel motivated in a team.

#### Vocabulary extension ☆☆☆

6 Complete the table with the names of people who do these sports.

baseball • basketball • climbing • cycling • diving • football • gymnastics • hockey • sailing • surfing • tennis • volleyball

Player	-er/-or	-ist/-ast
baseball player	climber	cyclist





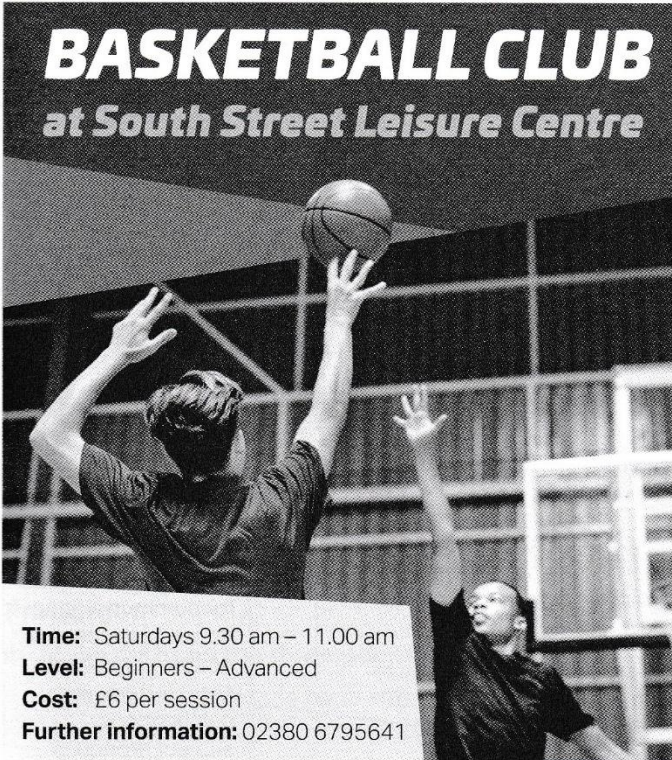


### 3.6. Speaking.

#### Asking for information

- 1 ☆ Look at the poster for a basketball club. Which information **isn't** included?

age • clothing • cost • level • place • start date • time



**BASKETBALL CLUB**  
at South Street Leisure Centre

**Time:** Saturdays 9.30 am – 11.00 am  
**Level:** Beginners – Advanced  
**Cost:** £6 per session  
**Further information:** 02380 6795641

- 2 🎧 13 ☆☆ Listen to the conversation between Habib and a receptionist at South Street Leisure Centre. Tick (✓) the information that Habib asks about.

- |         |                          |              |                          |
|---------|--------------------------|--------------|--------------------------|
| 1 cost  | <input type="checkbox"/> | 5 equipment  | <input type="checkbox"/> |
| 2 time  | <input type="checkbox"/> | 6 clothing   | <input type="checkbox"/> |
| 3 place | <input type="checkbox"/> | 7 age        | <input type="checkbox"/> |
| 4 level | <input type="checkbox"/> | 8 start date | <input type="checkbox"/> |

- 3 🎧 13 ☆☆ Listen again. Are the sentences True (T) or False (F)?

- |   |       |
|---|-------|
| 1 You have to be over 11 years old to join. | T / F |
| 2 It costs £60 for ten weeks.               | T / F |
| 3 You don't have to bring a basketball.     | T / F |
| 4 You don't have to bring any clothes.      | T / F |
| 5 The club starts this week.                | T / F |

- 4 ☆☆ Match the halves to make sentences or questions.

- |                 |       |  |
|-----------------|-------|--|
| 1 I'd like some | ..... | a for your help.                                 |
| 2 How can I     | ..... | b it cost?                                       |
| 3 What time     | ..... | c are the classes?                               |
| 4 How much does | ..... | d welcome.                                       |
| 5 Thanks        | ..... | e information about the basketball club, please. |
| 6 You're        | ..... | f see you soon!                                  |
| 7 Thank you for | ..... | g help you?                                      |
| 8 Hope to       | ..... | h calling.                                       |

- 5 🎧 14 ☆☆ Check your answers. Then listen and repeat.

#### Pronunciation

- 6 🎧 15 ☆☆ Listen and complete the table with these words according to their stress pattern.

afternoon • badminton • basketball • equipment • gymnastics • horse-riding • ice skating • skateboarding • volleyball

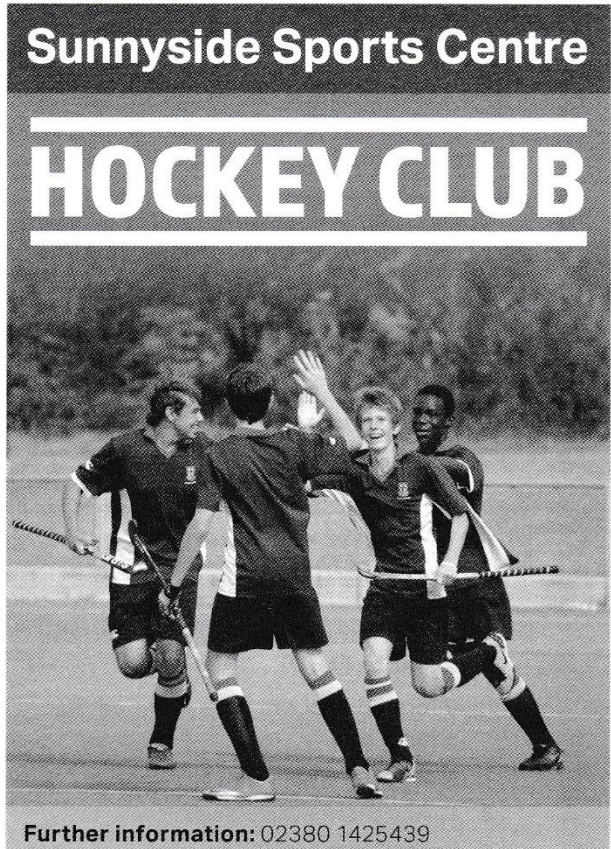
1 0 0 0	2 0 0 0	3 0 0 0

#### Great students' tip

##### Notice natural speech

Use an online dictionary to check how new words and expressions are stressed, and listen to how native speakers say them in conversation. Try to copy this when you practise speaking. Relax and don't worry about making mistakes.

- 7 ☆☆☆ Look at the poster. Think of all the questions you want to ask about the hockey club and practise saying them. Use the phrases in 4 to help you. Then record your questions.



**Sunnyside Sports Centre**

**HOCKEY CLUB**

**Further information:** 02380 1425439

3.7. Writing.

See "Writing Bank"

## Answers.

### 1. Vocabulary.

1 1 hand 2 wrist 3 foot 4 elbow 5 knee 6 stomach 7 ear 8 ankle 9 shoulder 10 chest 11 leg 12 arm 13 finger 14 toe  
2 1 wrist 2 chin 3 nose 4 neck 5 lips 6 forehead  
3 1 kick 2 running 3 hit 4 dancing 5 jumping 6 riding 7 swim 8 dive 9 climbing 10 sailing  
4 a hit b kick c ride d jump e surf f climb  
5 1 nail 2 eyebrow 3 eyelashes 4 jaw 5 hip 6 tongue

### 2. Reading.

1 1  
2 1 c 2 b 3 a 4 a 5 c  
3 1 take part 2 step 3 skyscraper 4 view 5 test 6 stamina  
4 Students' own answers

### 3. Grammar: part 1.

1 1 can't 2 can 3 can't 4 can 5 can't 6 can't  
2 1 C 2 A 3 B 4 B 5 A 6 C  
3 1 Can you say that again? 2 You can't use this computer. 3 Which languages can you speak? 4 We can watch the rugby match on TV. 5 Where can we go running? 6 You can wait here during the break.  
4 2 A: Can she ride a horse? B: No, she can't. 3 A: Can Mark and Simon play tennis? B: Yes, they can. 4 A: Can they fix your computer? B: No, they can't. 5 A: Can we climb a 15-metre wall? B: Yes, we can. 6 A: Can Maria ski? B: No, she can't.  
5 add -ly: beautifully calmly carefully quickly slowly usually  
Irregular: early fast hard well  
6 a hard b easily c well d early e late f carefully  
7 2 Leon talks quietly. 3 They don't speak slowly on TV. 4 Please don't get up late tomorrow. 5 Her brother works hard. 6 Answer the question carefully

### 4. Vocabulary and listening.

1 badminton, climbing, football, hockey, rugby, running, skiing, surfing, tennis, volleyball  
2 1 sailing 2 basketball 3 ice skating 4 surfing 5 skateboarding 6 horse-riding 7 diving 8 table tennis 9 cycling 10 baseball  
3 1 b 2 d 3 c 4 a  
4 a every weekend b warm clothes c school d 50 e white f arm g ballet/dancing h knees  
5 1, 3 and 4  
6 player: football player, hockey player, tennis player, volleyball player ; -er/-or: diver, footballer, sailor, surfer ; -ist/-ast: gymnast

### 5. Grammar: part 2.

1 1 Does Ali have to buy a sports kit? 2 How often do they have to practise gymnastics? 3 He doesn't have to go to training today. 4 I have to get up early tomorrow. 5 We don't have to do any sports after school today.  
2 1 don't have to 2 doesn't have to 3 have to 4 Does, have to 5 have to 6 do, have to  
3 2 must 3 mustn't 4 must 5 mustn't 6 mustn't  
4 1 f, don't have to 2 d, mustn't 3 a, mustn't 4 c, don't have to 5 b, doesn't have to 6 e, mustn't  
5 2 You must wear pool shoes. 3 You mustn't run around the pool. 4 You must be quiet/talk quietly. 5 You mustn't use/talk on your phone. 6 You mustn't eat or drink/ have food or drink in the gym.  
6 1 I have to feed the cat. 2 I have to tidy my room. 3 I have to buy milk and biscuits. 4 I don't have to make dinner. 5 I don't have to wait for Dad for dinner. 6 I don't have to do the washing. 7 I mustn't forget to phone Mum. 8 I mustn't go to bed late. 9 I mustn't eat all the biscuits.

### 6. Speaking.

1 age, clothing, start date  
2 1, 2, 5, 6, 7, 8  
3 1 T 2 F 3 T 4 F 5 F  
4 1 e 2 g 3 c 4 b 5 a 6 d 7 h 8 f  
5 Students' own answers  
6 O o o badminton basketball horse-riding ice skating skateboarding volleyball  
o O o equipment gymnastics  
o o O afternoon  
7 Students' own answers