



How often do you work out each month and what do you do when you work out?

Let's practice some of the words from the previous lesson while completing the exercise.

Ex. 1 Match definitions with pictures and name each activity correctly.

1. you hit balls into a hole on the table athletics (**billiards**)
2. you kick a piece of leather into a net (**football**)
3. it's a game with kings and queens (**chess**)
4. if you do this sport, it's important you can swim (**sailing**)
5. running, jumping, throwing etc. (**athletics**)
6. you sit on a saddle and hold the handlebars (**cycling**)
7. winter sport played on skates (**ice hockey**)
8. for this sport you need a rod, line and hook (**fishing**)
9. for this pastime you need shoes with wheels (**roller-skating**)
10. a very popular English summer sport (**cricket**)
11. a pastime for people who like running (**jogging**)
12. a fighting sport (**wrestling**)
13. race down a winter mountain on a board (**snowboarding**)
14. this outdoor pastime is only possible in winter (**ice skating**)
15. a green ball flying over a net (**tennis**)

Ex.2 Quiz

1. What do we call the people who watch sport?

spectators

the audience

the viewers

the watchers



2. The _____ blew his whistle & the football match ended.

umpire
manager
referee
linesman



3. Where do you play golf?

a golf course
a golf track
a golf field
a golf rink



4. In which sport would you take a 'penalty'?

boxing
running
tennis
football



6. How do we say the following football score? 0 - 0

zero, zero
nil, nil
nought, nought
love, love



Quizlet link : <https://quizlet.com/4hmua8>

Ex.3 Make ten collocations by matching a word on the left with a word or phrase on the right.

personal **best**
blow **a whistle**
bring on **a substitute**
fail **a drug test**
enter **a competition**
set **a record**
achieve **your ambition**
enhance **your performance**
take **the lead, a drug test**
train **hard**

a substitute
a record
best
the lead
a whistle
a competition
your performance
a drugs test
hard
your ambitions

Ex. 4. Complete the collocations in this report of rugby match.

Cambridge were happy to win their last match 6:0. Oxford, the opposite team, put up a good fight and some people thought they deserved to win. They were fearless in tackling their opponents, but every time they took possession of the ball, Cambridge managed to win it back. Cambridge have now gained a place in the next stage/round of the competition. They will undoubtedly come up against some fierce competition. However, they have already managed to set/beat an interesting world record by having four members of the same family in their winning team!

Ex.5 Do, play or go? Choose the correct verb. Change the form where necessary.

1. We are off to the leisure center to play squash, if you fancy coming along.
2. He's quite well-built because he does a lot of weight-lifting.
3. I don't want to go jogging today. It is wet and miserable outside.
4. I've never done karate before. Is it fun?
5. Have you ever gone mountain climbing?
6. Sam's out with his friends this morning, playing a round of golf.
7. I find doing yoga every morning helps me to relax.

Ex. 6 Choose the most natural-sounding words.

1. Karate, judo and kung-fu are martial arts.
a. arts
b. sports
c. activities
- He's currently in training for a very important race.
rehearsal
practice
training
- I'll give you a game of chess, if you feel like it.
give you a game
play you a match
make you a contest
- I hoped to beat Simon at tennis but he wiped the floor with me.
cleaned the wall
wiped the floor
washed the dishes
5. The winning team will go through to the final in Manchester.
a. victorious team
b. winning team
c. beating team
6. The French team finished in first place, followed closely by the British team.
a. in the top position
b. in prime post
c. in first place
7. In the end it was no contest, and the residential team swept to victory, beating the visitors four nil.
a. residential team

- b. home team
c. local team
8. In the last five minutes of the match, Harrison scored _____.
- a. a goal
b. a team
c. a nil
9. We need three new players to join _____.
- a. the game
b. the team
c. the stadium
10. We need somebody to keep _____.
- a. the score
b. the goal
c. the team

Ex 7. Answer these questions, using full sentences.



1. How might you warm up before running a marathon?
2. Why would you be pleased if you pulled ahead of the other runners in a race?
3. Which sport is better for burning off calories and why – tennis or table tennis?
4. Would you prefer to join in a snooker game or a football game after work?
5. Would you like to make a career in professional sport? What sport would it be?

You can play a memory game now:

<http://enjoyenglish.free.fr/english/primaire/concentration/winter/winter.htm>