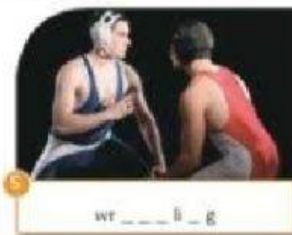


1 Label the pictures. Some of the letters are given to help you.



2 Complete the compound nouns with these words.

arena course court park pitch ring rink track

- | | |
|--------------------------------|---------------------------------|
| 1 ice-hockey/ice-skating _____ | 5 football/rugby/cricket _____ |
| 2 golf _____ | 6 tennis/squash/badminton _____ |
| 3 skateboarding _____ | 7 race/athletics _____ |
| 4 boxing/wrestling _____ | 8 horse-riding/sports _____ |

3 Complete the sentences with some of the compound nouns from 2.

- A(n) _____ has got lines painted on it and a net in the middle of it.
- The local _____ is a noisy fun place where teenagers like to hang out and practise their latest tricks.
- Once you get to the _____, put on your skates, grab your stick and go out onto the ice.
- There are ropes around the _____, so the athletes don't fall out when they get hit.
- This is a difficult _____; there are lots of places where you can lose your ball while trying to get it into the holes.
- After three days of rain, the grass on the _____ was very wet and the players slipped a lot.
- The _____ was full of excited fans who were waiting for the race to start.
- Luckily, the driver wasn't hurt when his car went off the _____.

4 Match the verbs to their meanings.

- | | |
|-----------|---|
| 1 breathe | a to straighten your body, arms or legs to full length |
| 2 stretch | b to take air into your body and then let it out again |
| 3 balance | c to use your hands to make someone or something move towards you |
| 4 inhale | d to stay in one place without falling to one side or the other |
| 5 push | e to take air into your body |
| 6 exhale | f to make someone or something move away from you by pressing on them or it |
| 7 pull | g to move your body, or a part of it, so that it is not straight |
| 8 bend | h to let air out of your body |



Grammar 1

Present perfect simple, present perfect continuous

1 Read about the uses of the present perfect simple and the present perfect continuous.

Present perfect simple

- something that started in the past and has continued until now
*He **has coached** wrestling for eight years.*
- something that happened in the past, but we don't know or we don't say exactly when
*The team **has bought** new uniforms.*
- something that happened in the past, but has a result or an effect in the present
*Steven **has broken** his leg, so he isn't playing in the match this week.*
- an action that has just finished or happened
*We've **just scored** a goal!*
- experiences and achievements
*Our cricket club **has won** lots of prizes recently.*

Present perfect continuous

- for actions that started in the past and are still in progress now or have happened time and time again until now
*We **have been teaching** basketball for years.
He's **been having** tennis lessons since he was five.*
- for continuous actions that happened in the past and have finished recently, but have a result or an effect in the present
*She's tired because she's **been jogging**.*
- to emphasise how long actions have been in progress
*You've **been practising** for the badminton game for weeks.*

Present perfect simple vs present perfect continuous

We use the present perfect simple to focus on the result of a completed action or how many times something has happened. However, we use the present perfect continuous to focus on the action itself or how long something has been happening. It is unimportant whether the action has finished or not.

*Carol has played squash **once**.*

*Kevin's been practising in the skateboarding park **all weekend**.*

2 Read the sentences. Which tense do they both use? In which sentence has the person not returned yet?

- Mona has been to an ice hockey game in Canada.
- Mona has gone to an ice hockey game in Canada.

Read 3.1-3.3 of the Grammar Reference before you do the tasks.

3 Complete the text. Use the present perfect simple or the present perfect continuous.

The history of sport

While people ¹ _____ (play) games and ² _____ (do) sport practically since the beginning of time, the rules which participants have had to follow ³ _____ (change) over the centuries. Experts, historians and archaeologists, ⁴ _____ (discover) that sport ⁵ _____ (be) a useful way for people to learn how to deal with nature and the environment better. They ⁶ _____ (also see) that as societies ⁷ _____ (develop), sport and games have too. Archaeologists ⁸ _____ (study) cave paintings for years now and they ⁹ _____ (find) many which show athletes doing sport. In France, the paintings show people participating in wrestling and running about 17,500 years ago, and in Libya, in the Cave of Swimmers, evidence ¹⁰ _____ (show) people taking part in competitive swimming. Although experts ¹¹ _____ (not answer) all the questions about why people play games and do sport yet, they ¹² _____ (prove) that nobody can argue about their importance in human history.

