

Keep Fighting!



VOCABULARY

1. Circle the word you think is different.

1	Boxing	Wrestling	Karate	Parkour
2	Rugby	Diving	Tennis	Soccer
3	Table Tennis	Bowling	Archery	Rifle Shooting
4	Cycling	Running	Water Polo	Skateboarding
5	Kayaking	Arm Wrestling	Weightlifting	Rope Climbing
6	Bungee Jumping	Parkour	Rock Climbing	Swimming
7	Badminton	Volley Ball	Gymnastics	Basketball
8	Car Racing	Basketball	In-Line Skating	Running

2. Fill in the blanks with the words from the box. There are more options than blanks.

archery	regimen	doesn't happen overnight	challenges	boxing has struggled
has struggled	victory	tennis	extreme sports	beyond her wildest dreams

- Getting fit _____.
- Precision and accuracy are very important in _____.
- Bungee jumping, freestyle skiing, wingsuit flying are some examples of _____.
- My father _____ a lot to master diving since last year.
- _____ is a combat sport where two people throw punches at each other for a set time.
- For Liliyana Natsir, winning the gold medal with Tontowi Ahmad at the 2016 Rio Olympics was _____.
- There are many _____ to overcome if you want to be a champion.
- _____ is a game sport that can be played by anyone who can hold a racket.



LISTENING

3. Listen to people talking about sports. Number the pictures.



A



B



C

4. Listen again and answer the questions.

1. What is Novita's sport? _____
2. What is the goal of her sport? _____
3. What made Pandu take up his sport? _____
4. What does Pandu think is the best thing about this sport? _____
5. What has Orlando's uncle been doing? _____
6. What do you call taking the barbell from the ground to overhead in one single motion? _____



PRONUNCIATION

5. Listen and repeat.

1. She's always been a disciplined athlete.
2. We've wanted to go diving in Raja Ampat for a long time.
3. Haven't you bought a new board yet?
4. The coach hasn't started the training plan yet.
5. It's never been easy to lose weight.
6. He's trained the new athlete for two months.
7. Serena's faced many challenges to become the number one tennis player.

6. Listen and tick the correct column for the reduced form of *have* in the sentences.

No	/əv/	/z/	/hi:z/	/ʃi:z/	/its/	/'hæv(ə)nt/	/'hæz(ə)nt/
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							

