

Sports



- 5 Listen and read the information sheet. Do you think windsurfing is dangerous? Why?

SPORTS INFORMATION SHEET

Name of sport:

windsurfing

Equipment:

You need a board and a sail to do this sport. You need to wear a helmet and a life jacket, too.

How to do the sport:

You stand on the board and you use the wind to move. The wind blows you along the beach or across a lake.

Safety:

- ✓ Always use the correct equipment.
- ✓ Always check the weather before you sail.
- ✗ Never practise where people are swimming.
- ✗ Never sail alone or far from the beach.

Famous windsurfers:

Bryony Shaw is a British windsurfer. She's got an Olympic medal for windsurfing and she takes part in competitions all around the world.

Interesting facts:

- Windsurfing is more than 50 years old.
- Top windsurfers can travel at 80 km an hour.
- Windsurfers can surf on waves that are bigger than a house.



- 6 Look at the sports information sheet again. Read and answer.

- How many sections has the sports information sheet got?
- Which of these does the sports information sheet contain? Tick (✓).
opinions ☐ facts ☐ descriptions ☐
- Is the sports information sheet easy to read? Why?



Heroes Connect say: What can you remember about our **Let's get healthy!** blog project?
Work with a partner and do this quiz. Good luck!

Quiz

UNIT
1

Review

- 1 Complete the sentences.

into along onto off out of across

- The boys walk along the beach.
- Tony jumps into the swimming pool.
- The children run onto school at 4 pm.
- Susan walks off the road carefully.
- Sam gets out of his bike to go to school.
- Sam gets across his bike to rest.

- 2 Complete the sentences. Use the present simple or the present continuous.

- Peter doesn't miss (not miss) breakfast. He always eats (eat) a lot.
- The boys are doing (do) exercise now. They are not studying (not study).
- I never go (go) to bed late. I always get (get) enough sleep.
- Oliver prefers (prefer) drinking cola. He doesn't drink (not drink) enough water.
- We wear (wear) sun cream today because we are playing (play) outside.

- 3 Complete the corrections. Use an adverb of manner.

- We don't swim slowly, we swim fast.
- I don't dance badly, I dance well.
- They don't skateboard safely, they skateboard dangerously.
- She doesn't eat noisily, she eats quietly.



- 4 Listen to the questions. Circle the correct answers.

- | | | | | | |
|-------------|------------|--------------|--------------|------------|-----------|
| 1 a by car | b on foot | c by bicycle | 4 a Jack | b Sophie | c Emily |
| 2 a one day | b two days | c three days | 5 a a tunnel | b a stream | c nets |
| 3 a fast | b slowly | c badly | 6 a 80 km/h | b 60 km/h | c 40 km/h |

- 5 Listen and check your answers for Activity 4.