

UNIT 1 SPORTS AND FREE TIME 3

1. Complete the following sentences using the correct form of the verbs in brackets:

She tried _____ (improve) her swimming technique by hiring a professional coach.

After several hours of hiking, we stopped _____ (take) a short break and enjoy the view.

He managed _____ (complete) the marathon despite having trained for only three months.

We continued _____ (explore) the coastline even though the weather was getting worse.

He hates _____ (wait) around before a competition because it makes him nervous.

The instructor reminded the participants _____ (bring) enough water for the hike.

The organisers postponed _____ (hold) the marathon because of the extreme weather conditions.

She considered _____ (give) up competitive gymnastics after suffering another serious injury.

Many teenagers prefer _____ (spend) their free time outdoors rather than playing video games.

The coach urged the players _____ (remain) focused during the final minutes of the match.

The athlete failed _____ (qualify) for the final after making a serious mistake in the last round.

Kate resented her boss _____ (treat) her like a child.

Joe recommends that she _____ (book) the campsite several weeks in advance during the peak season.

2. Read and write the answers:

Jenny Talbot: mountain bike rider	
Mountain bike rider Jenny Talbot recently won her first mountain bike race, and is planning to become a professional rider soon. She and her brother enjoyed exercising from a young age with their parents, and the family often went cycling at weekends, but it was hearing a teacher at school talking about the sport that made Jenny want to try mountain biking herself. She persuaded her parents to get her a suitable bike. There were fields at the back of her house where she could have gone riding. However, they were too flat to be worth considering, so instead, every weekend she went to a valley popular with local riders. Its steep sides took an hour to walk up, but only 10 minutes to come down! Whenever she felt tired, the other riders told her to never give up. Later on, she discovered various	1. Who introduced Jenny to mountain biking? _____ _____
	2. Where did Jenny prefer to practice mountain biking at first? _____ _____

tracks with different conditions, including a 15-kilometre forest track with jumps and tight turns.

Jenny enjoyed various sports, including playing football for the school. She swam regularly at a local pool and was asked to join her regional swimming team, which she seriously thought about. She wasn't completely sure as it would take up lots of time, and she was really into her mountain biking. As her parents always said you should choose what makes you happy, she turned down the offer and continued riding whenever she could.

She used her bike a long over the next couple of years and eventually needed an upgrade. She spent eight months doing jobs for her family to get enough money for a proper downhill bike. She was then able to buy the expensive bike and kit that she needed to take her riding to another level. Shortly after getting her new bike, she heard about a race taking place nearby. Although she was worried she might be the youngest competitor there, she still entered. A few days before the race, she received a letter with race information, including a list of the other riders. She recognised one of the names – top mountain biker Helen Foxton, who Jenny had read about in a magazine. Jenny found her details online and emailed her to see if she had any tips for the race. Helen replied, explaining how it was important to enjoy every race, and said she would look out for Jenny on the day.

On the race morning, Jenny arrived early with her parents. It had been very rainy over the previous few days, which made the route muddy, but this wasn't a problem, and the spectators enjoyed watching the race in sunny conditions. Jenny was amazed to come 17th out of 30 riders. All the finishers were given a certificate, and the first 10 received helmets and sunglasses. Helen, who came first, won a cash prize. Jenny was also presented with a medal for being the youngest rider.

Jenny met up with Helen, who explained how useful it was to vary the places where you practise. Helen picked up a leaflet about a training weekend which, by chance, Helen was involved in, called 'Biking for All'. Helen was running a popular session called 'Competitive Skills', and another top rider was leading one called 'Safe Mountain Biking', aimed at new riders, so Jenny decided to go to the former. She went on the course and really enjoyed it. She says the things she was taught, such as how important it is to learn from

3. Which team was Jenny a member of at school?

4. How long did it take Jenny to save up money for a better bike?

5. Where did Jenny get the information she needed to contact Helen Foxton?

6. What was the weather like when Jenny was competing in the race?

7. What things did Jenny get to take home with her after the race? Give TWO details.

8. Which part of the cycling training course did Helen teach?

9. What advice has helped Jenny in her sport? Give 4 details.

mistakes, have played a big part in getting her to her current position, and will support her in her future career.
