



1 Match sentences 1–8 to rules A–F.

- 1 This bike is the most expensive one I've ever owned. ____
 - 2 Exercise is as important as diet for good health. ____
 - 3 Abe listens to music while he's cycling to school. ____
 - 4 Ellie spent ages looking online for a new exercise class. ____
 - 5 The government has just published some new safety rules. ____
 - 6 My cousin is an engineer, and a football referee in her free time. ____
 - 7 I love going to the cinema. It's so much better than watching films online. ____
 - 8 When Kaheem visits a new city, he always goes for a run to help him get to know the place. ____
- A We use *a* / *an* when we talk about something for the first time and *the* when we mention it again.
 B We use *a* / *an* to say what someone's job is.
 C We use no article when we talk generally about something.
 D We use *the* when it is clear what we are talking about or when there is only one of something.
 E We use *the* with superlatives.
 F Some set phrases do not have rules. We say *go to school* / *work* / *hospital*; *go to the cinema* / *gym* / *shops*; *in the morning* / *evening*; *listen to the radio* / *watch the news*.

2 Choose the correct alternative.

- 1 Eva plays for **a** / – local football team. – / **The** team won the championship last season.
- 2 My dad is **a** / **the** teacher and my mum is **the** / – manager of our local sports centre.
- 3 Senyo doesn't enjoy playing – / **the** sport. He prefers to be **a** / – spectator.
- 4 I watched – / **the** news on TV last night and it had **a** / **the** report about GoodGym.
- 5 Do you prefer to do **an** / – exercise in **the** / – morning or after you come home from **the** / – school?
- 6 **A** / **The** best way to stay healthy is to take – / **the** regular exercise.

3 Complete the dialogue with *a* / *an*, *the* or – (no article).

- A Are you watching sports on ¹ _____ internet again?
 B No, I'm just downloading ² _____ new app.
 A What's it for?

- B I've decided to start ³ _____ running. I've found ⁴ _____ app that helps you get up off your sofa and become ⁵ _____ runner. ⁶ _____ app is called 'Couch to 5K'.
 A How does it work?
 B Well, you do three training sessions every week, and you can complete ⁷ _____ 5km race after just nine weeks. There's ⁸ _____ virtual coach that helps you with your workout. It makes ⁹ _____ training really easy, apparently.
 A What ¹⁰ _____ information does it record?
 B It records data to help you analyse ¹¹ _____ progress of your running – for example, how far you run in each workout, and your time. You can also share ¹² _____ data with other runners.

4 Match the words below to the definitions.

coach compete court referee
spectator track train

- 1 someone who makes sure players obey the rules in a sports game _____
- 2 the place where you run or cycle in a race _____
- 3 to practise in order to prepare for a sports event _____
- 4 the place where you play basketball, tennis or volleyball _____
- 5 to take part in a sport and try to win _____
- 6 someone who watches a sport _____
- 7 someone who instructs and advises a sports person or team _____

5 Complete the sentences with the words below.

athlete get fit opponent points race
scores takes part in works out

- 1 The rules are simple: if you get more _____ than anyone else, you win the game.
- 2 Carlo _____ at the gym every evening after school – that's why he's so fit.
- 3 Your _____ in this game is a very good player – it will be hard to defeat her.
- 4 Until 2020, the Dubai World Cup was the world's most expensive horse _____.
- 5 There's no quick solution – if you want to _____, you have to do more exercise.
- 6 The winner of the Golden Boot is the player who _____ the most goals in the competition.
- 7 My aunt competed in the marathon in the 2004 Olympics – she was a really good _____.
- 8 Yasmin's a very keen tennis player – she _____ at least one competition a month.

6 Complete the questions with *a* / *an*, *the* or – (no article). Then write an answer for each question.

- 1 Which _____ sports do you enjoy watching?

- 2 Do you have _____ favourite way to keep fit?

- 3 What is _____ most popular sport in your country?
