ESLWORKSHEETS

Colegio Guadalupe

Name:			Group:		L. N.:
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I. Read the text below.



Winning or losing. The distance between can be so slim – a mistimed gear change; a snapped lace; a stumble, an overshot pass. In the midst of any competitive sport, the frustration felt at not reaching our full potential can be great. But imagine what that feels like if you are an elite athlete. In this rarefied realm being second best can have huge consequences. For mere mortals failure tends to be a temporary embarrassment. For the Olympian it can mean loss of status, sponsorship, and lucrative endorsements that all assist in staying at the top of the game. Understandably, there is a great deal of focus in the sporting world on how to eliminate error, or at least minimize any circumstance which will unduly affect performance.

Numerous studies have been conducted into the physiology and psychology of winners, with particular attention given to the traits that seem pervasive in those who regularly perform to the best of their abilities. This data has led to improvements in training regimes, nutrition, and post-event recovery. Yet, while we know more about how to win, there is still the nagging doubt that something can always be found which will give us the edge. So, **1 _____?** Evidently the answer lies in the smallest of things. Much of the focus is on a concept known as marginal gains. These are the small incremental improvements in any given process which, when added together, result in a significant improvement. **2 _____?** Perhaps that difference between a place on the podium and the shame of being the also-ran. Marginal gains first came to prominence when Dave Brailsford took over as Performance Director for Team Sky. In his goal to achieve cycling success, namely a British cyclist winning the Tour de France, he targeted the 1% margin for improvement in everything that the riders did. Starting with the more obvious aspects of the sport – nutrition, weekly training programs, bike weight and seat position – the project started to see some results. But then it got more interesting. Brailsford and his team looked at all the other areas surrounding the event that could possibly impact on their accomplishments – pillows which provided the best quality sleep; how to wash hands to avoid infection; the most effective kind of massage gel. **3 _____?** Well, initially the goal was to win the race within five years. It took three. In the run up to the 2012 Olympics Brailsford used the same approach as the coach of British cycling. At those games Team GB's cyclists defied the odds and won 70% of gold medals available.

Given the high-profile nature of such successes, it wasn't long before other athletes were exploring the theory. Although there is some scepticism as to whether marginal gains has had more impact than any other approach to achieving success, its repercussions snowballed. Take winter sports. Winter weather can severally impact an athlete's ability to maximise their potential. Exposure to the cold causes a drop in core body temperature and in order to defend against the onset of hypothermia, the body reduces blood flow to the skin. However, this primary defence mechanism causes a loss of dexterity in the fingers and toes. Which doesn't help if your sport requires fine motor skills and accuracy. Also, prolonged cold exposure means that muscles fail to contract, limiting aerobic exercise. Yet, there are ways to beat nature, for example you can habituate yourself by taking cold baths and showers on

consecutive days. **4 _____?** Well, detailed studies, prompted by the desire to claw back marginal gains, have shown that the effect of this is to reduce the shock response normally caused by the cold, and to increase an individual's resting metabolic rate. This results in the body producing more heat as a by-product of converting food into energy. Which could ensure more speed and accuracy - compelling reasons to give it a go. Reprogramming one's metabolism can be a drawn out process, so marginal gains are made through other means. Many athletes now literally warm-up before racing via the use of electrical heating pads within their clothing. Warmer muscles mean faster, injury-free sprint starts – and a good start often equates with success. It's not just in the warm-up stage that understanding precise physiology helps make the small differences. Smart clothing is being utilised in many different ways. For a long time most elite athletes have worn footwear specifically designed for them. In the past moulds were made, and materials shaped to ensure maximum comfort. However, advances in digital modelling have meant that an individual's gait can be analysed, and biometric data used to 3D print shoes which take into account specific joint movements. **5 _____?** Well, by reducing impact on the joints, athletes build levels of endurance which may assist them to succeed for longer. It seems, on the whole, that marginal gains really can help. **6 _____?** Well, perhaps next time you face a momentous task, don't be overwhelmed. And don't rule out making the smallest of changes – they could be what really matters.

II. Match the questions (a-f) to the correct part of the text. Write the letter next to the number.

a. but why would you choose to do that?
b. b and what was the outcome of all this work?
c. c what advantage does that create?
d. d what does that mean in terms of achievement?
e. e so, how can they help us in our everyday quests to achieve?
f. f what can be done to ensure that during participation we reach our full potential?

III. Write the letter of the correct option on the line.

1. _____ According to the author, failure for an athlete can have

A notable financial implications.
B an impact on how they are perceived
C both A and B.

2. _____ The author suggests that, with regard to winning,

A there has been limited academic research.
B there has been considerable academic research.
C there has been inconclusive academic research.

3. _____ The author suggests that marginal gains

A were unknown before Dave Brailsford.
B were invented by Dave Brailsford.
C were made popular by Dave Brailsford.

4. _____ According to the author, there is

A a direct correlation between marginal gains and cycling success.
B minimal connection between marginal gains and cycling success.
C no evidence linking marginal gains and cycling success.

5. _____ According to the author, winter athletes can achieve marginal gains

A by adapting their behaviour.
B by adapting their clothing.
C both A and B.

6. _____ The author suggests that specially designed footwear is

A a new concept for athletes.
B a familiar concept for athletes.
C an outcome of marginal gains theory.

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GRAMMAR

IV. Match the columns. Write the correct number on the line.

1.	The reason we chose Austria was…	_____ I forgot to add the flour.
2.	What he suggested…	_____ because of the skiing.
3.	All you can do is	_____ is hearing people complain.
4.	It was at the meeting…	_____ was never going to work.
5.	What I really need now is...	_____ hard to describe.
6.	What happened to me on holiday is…	_____ try your very best.
7.	What really annoys me…	_____ a nice cup of tea.
8.	What went wrong was…	_____ that everybody got a chance to speak.

V. Complete the dialogue with the appropriate phrases from the box.

could have - couldn't have - quite possible - looks like - there's even an outside chance - no way - we seem to be

Frank: Hi Peter. Good to see you again. What are you doing here? I thought you worked in the Birmingham office.

Peter: I do but I'm here for an interview. Account executive.

Frank: Wow! You should have told me. We 1. _____ met up last night.

Peter: I had a dinner with Tom. I 2. _____ prepared for the interview without his help.

Frank: So what are you going to tell them?

Peter: The new system 3. _____ a great improvement. 4._____ having difficulties getting paid so the new process should improve things.

Frank: So what are your chances?

Peter: Pretty good, I think. There's 5._____ they could give it to an external candidate and 6. _____ I am the only applicant!

Frank: Good luck, anyway. Seems like it's 7._____ we'll be seeing more of each other.

VI. Choose the correct verb form and write it on the line.

1. If I go to bed after midnight, I _____ **am always / 'll always be / would always be** tired in the morning.
2. I _____ **don't / won't wouldn't** tell you anything if you can't keep a secret.
3. If he could speak good English, he _____ **finds / will find/ would find** a well-paid job in London.
4. I _____ **don't / won't / wouldn't** trust these people if I were you.
5. George _____ **comes / will come / would come** if you promise not to talk about school all the time.
6. If plants don't have enough water, they _____ **die / will die / would die**.
7. _____ **Is it / Will it / Would it** be all right if I used your mobile phone?
8. If my Dad _____ **haven't had / hasn't had / hadn't had** a toothache, he wouldn't have met my Mum. She was his dentist!
9. If I _____ **have had / had have / had had** a sister instead of a brother, she would have played dolls with me.
10. That contribution would have been granted provided that the Member State _____ **had complied / has complied / have complied** with the requirements.

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VII. Finish these sentences using a gerund or an infinitive verb without changing the meaning of the original statement.

1. Peter is sure that he posted the letter yesterday.
Peter remembers _____.
2. Ellen didn't have enough money for the ticket.
Ellen couldn't afford _____.
3. Marie does not like chicken curry.
Marie is hesitant _____.
4. Human beings evolved from ancient primates.
Some people believe in human beings'_____.
5. In Christianity people baptize their children.
Members of Christianity agree _____.

VIII. Complete the paragraph with the correct form of the verbs in the box. Choose between the gerund or the infinitive form.

Cigarettes

They're bad for your health. Your doctor recommends **(1)** _____. Your friends keep **(2)** _____ you to stop. Even your dry cleaner suggests that you stop **(3)** _____. (He says you burned holes in your suit jacket.) You want to stop, but **(4)** _____ an old habit is difficult. **(5)** _____ these suggestions can help.

- List your reasons for quitting. Are you quitting **(6)** _____ better? **(7)** _____ money? Keep your list nearby **(8)** _____ when you want a cigarette.
- Stop **(9)** _____ coffee and tea. Caffeine causes people to want a cigarette.
- When you feel the desire to light up, put it off for five minutes. Use the time **(10)** _____ some deep breaths. The urge will pass quickly.
- Avoid **(11)** _____ big meals for a few weeks.
- Save the money that you aren't spending on cigarettes. Go **(12)** _____ for something special **(13)** _____ yourself for your success.

If you follow these suggestions, it shouldn't be too hard to give up this unhealthy habit.

drink
eat
feel
follow
give up
quit
read
reward
save
shop
smoke
take
tell

VOCABULARY

IX. Write the letter of the correct word on the line.

1. I am afraid that ____, a complete disregard for others, is quite common these days.
   a) exclusion **b) selfishness** **c)rudeness**
2. In most countries, serious crime is punished by some form of ____.
   a) exclusion **b) selfishness** **c)rudeness**
3. As spiritualism declines, ___ and an interest in ownership is on the raise.
   a) capitalism **b) separation** **c)materialism**
4. One of the main effects of _____ is the widening of the gap between the rich and the poor.
   a) capitalism **b) separation** **c)materialism**
5. Divorce or legal ___ is more and more common in Western societies.
   a) capitalism **b) separation** **c)materialism**
6. Throughout history minorities have suffered from ____ from mainstream society.
   a) ostracism **b) capitalism** **c)distribution**
7. Certain political philosophers advocate a fairer _____ of wealth.
   a) ostracism **b) capitalism** **c)distribution**
8. Footballers are always displaying ___ towards the referee.
   a) exclusion **b) selfishness** **c)rudeness**

X. Match columns. Write the number of the correct definition next to the word.

1. frightening and exciting	_____ hair-rising
2. irregular patch of skin	_____ freckles
3. stunningly amazing	_____ clear-headed
4. small light brown spot on the face or back	_____ insomnia
5. physically very demanding	_____ blank-eyed
6. find it difficult to sleep	_____ moisturising
7. tending to forget things	_____ tongue-twisted
8. healthy skin	_____ glowing complexion
9. calm and logical	_____ mouth-watering
10. cream to make skin softer	_____ arthritis
11. showing no emotion at all	_____ jaw-dropping
12. swollen joints condition	_____ blotch
13. so shy and nervous, you cannot speak	_____ back-breaking
14. looking and smelling delicious	_____ absent-minded

XI. Replace the underlined words with the words in the box.

1. The speakers at the conference came from <u>many places</u>. _____
2. I've just started ballet classes. They're supposed to be for adult beginners, but I'm <u>easily</u> the worst there! _____
3. The doctor says the pain in my knee is from <u>damage caused by everyday use</u> so there's not much he can do. _____
4. I didn't do much at the weekend. Just <u>small tasks</u> around the house, like vacuuming.
5. My children argue all the time. I'm <u>getting really annoyed about</u> it. _____
6. As an infant, she was <u>someone who wakes up easily</u> and any noise would start her crying. _____
7. Be sure to set your alarm clock so that you don't <u>wake up too late.</u>_____

bits and pieces
far and wide
far and away
light sleeper
oversleep
sick and tired
wear and tear