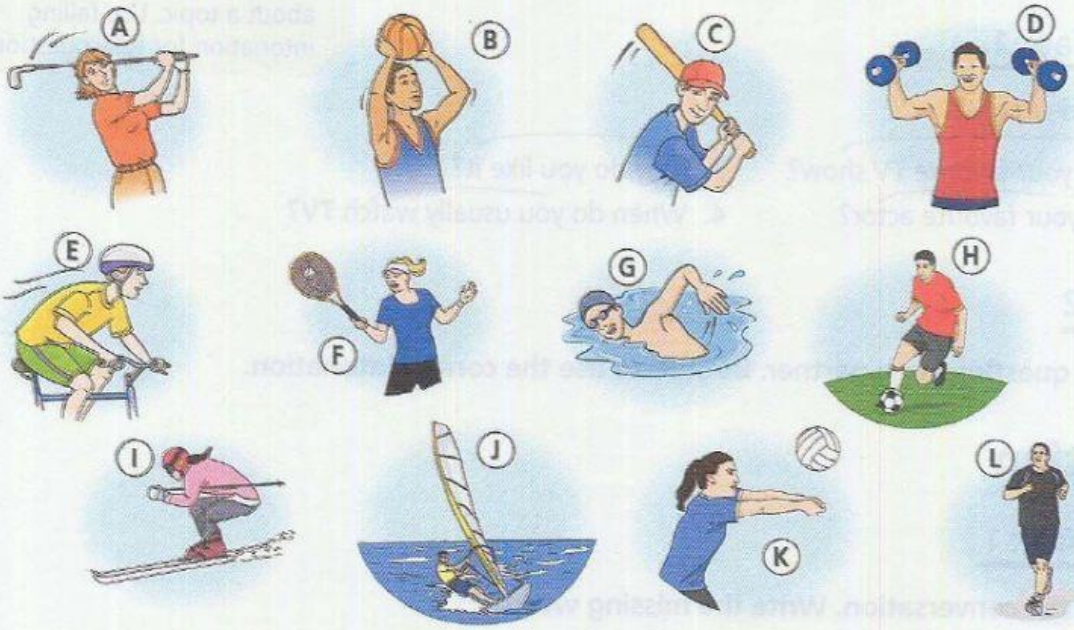
UNIT 8

Sports and Exercise

Getting Ready

Match each picture with the correct word.



1. windsurf J
2. play baseball ___
3. ski ___
4. play golf ___
5. go to a gym ___
6. play tennis ___
7. play basketball ___
8. play volleyball ___
9. swim ___
10. play soccer ___
11. ride a bike ___
12. run ___

Listening 1

CD 1-41

People are talking about sports and exercise. Listen and number the pictures.

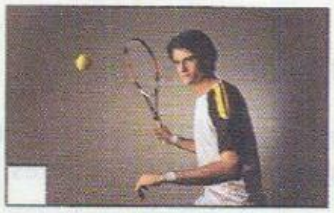
A. 

B. 

C. 1 

D. 

E. 

F. 

www.irlanguage.com

LIVEWORKSHEETS

Listening 2



CD 1-42 ▶ Task 1

What sport or activity is the person talking about? Listen and circle the correct answer.

1. a. swimming
   b. going to the gym
   c. jogging

2. a. playing volleyball
   b. playing golf
   c. playing soccer

3. a. playing baseball
   b. playing soccer
   c. playing tennis

4. a. playing tennis
   b. watching TV
   c. reading

5. a. swimming
   b. jogging
   c. windsurfing

6. a. diving
   b. riding a bicycle
   c. walking

CD 1-42 ▶ Task 2

Listen again. What do you think each person says next? Circle the correct answer.

1. a. Yes, about three times a week.
   b. Yeah, I'm getting lazy.
   c. Yeah, I'm tired.

2. a. Yeah, I'd love to.
   b. I enjoy skiing.
   c. Yeah, you're right.

3. a. Volleyball is tiring.
   b. Volleyball. It's my favorite.
   c. Tennis is expensive.

4. a. I know, but I'm lazy.
   b. No, thanks. I'm tired.
   c. Yeah, reading is fun.

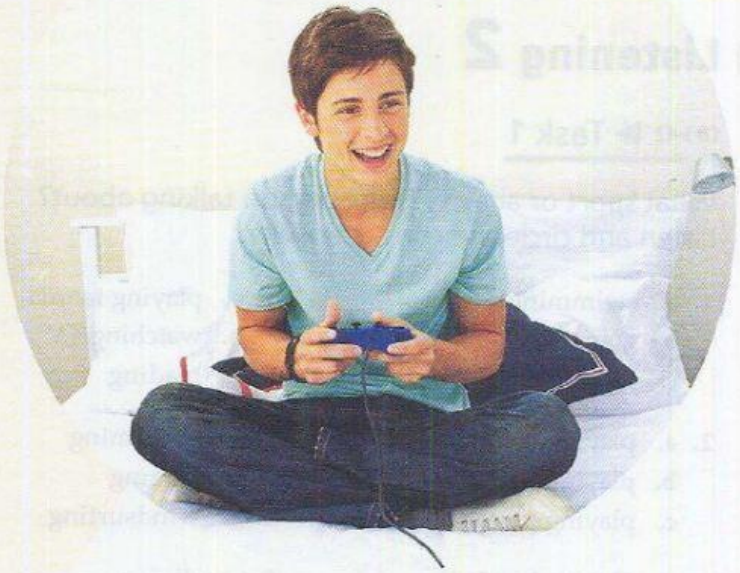
5. a. It's too hot.
   b. Yeah, I'd love to.
   c. I don't like the cold.

6. a. In the car.
   b. In the morning.
   c. In the park.

www.irlanguage.com

LIVEWORKSHEETS

Listening 3



CD 1-43 ▶ **Task 1**

People are talking about how they spend their free time. Listen and check (✓) the correct information.

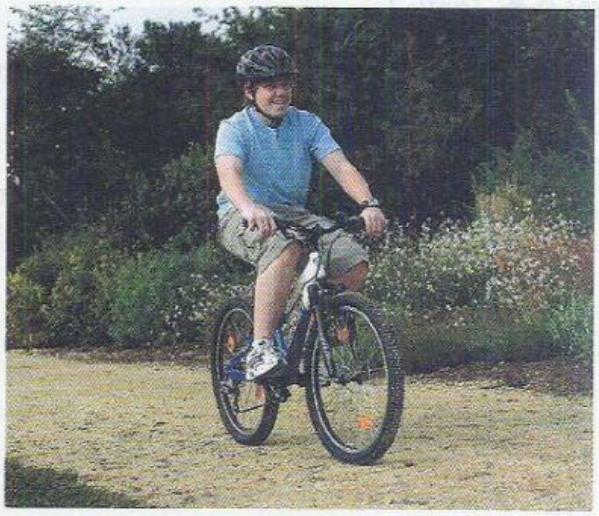
	Exercises a lot	Exercises a little	Never exercises
1. Bill	☑	☐	☐
2. Liz	☐	☐	☐
3. Victor	☐	☐	☐
4. Maria	☐	☐	☐
5. David	☐	☐	☐

CD 1-43 ▶ **Task 2**

Listen again. Match the names on the left with the activities on the right.

1. Bill _c_
2. Liz ___
3. Victor ___
4. Maria ___
5. David ___

a. golfs
b. bicycles
c. plays baseball
d. takes walks
e. plays video games



www.IRLanguage.com
Language
مرجع آموزش زبان ایرانیان

www.irlanguage.com

LIVEWORKSHEETS

Conversation Corner ▶ Talking about sports

Pronunciation

Sentence stress

Pronunciation Help

Tap your desk as you say the sentences. It will help you hear which words and syllables are stressed.

CD 1-44 ▶ **Task 1**

Listen and repeat.

1. I pláy ténnis a lót.
2. I líke to take wálks.
3. What spórts do you pláy?
4. Do you like wátching spórts?

CD 1-45 ▶ **Task 2**

Listen. Mark the stressed words.

1. I gó to the gým every dáy.
2. I watch a lot of baseball on TV.
3. What do you do on weekends?
4. Do you play tennis?

Dictation

CD 1-46 ▶ **Task 1**

Listen to the conversation. Write the missing words.

A: Do you _____ any _____, Nick?

B: Yes, I love playing sports. But my _____ sport is _____.

A: Really? Are you on a team?

B: Yeah, I am. It's a lot of _____.

A: How _____ do you _____?

B: Oh, about _____ a _____. So, how about you? Do you play sports?

A: Well, it depends. Do you think playing video games is a sport?

B: Umm. . . . I'm not sure about _____.

▶ **Task 2**

Practice the conversation with a partner. Be sure to stress the correct words.

Conversation

Work in pairs. Think about sports you like to play and watch. Then talk to your partner about why you like them.

TACTICS FOR TESTING
PAGE 100

www.irlanguage.com

LIVEWORKSHEETS