

Sport and Keeping fit

 1.18 Match the icons (1–18) with the words below. Then listen, repeat and check.

Sports archery athletics badminton baseball
basketball boxing cricket fencing ice hockey
karate netball rowing ski jumping snowboarding
surfing volleyball wrestling weightlifting



 1.19 Listen to eight commentaries and identify the sports. Choose from the sports in exercise 2.

SPEAKING Work in pairs. Ask and answer the questions.

- 1 Which sports do you enjoy watching? Who are your favourite players and teams?
- 2 Which sports do you enjoy doing? When do you do them?
- 3 Which sports do you find boring? Can you explain why?

Sport in England

Sport is very important in England and people enjoy going to big sports events or watching them on TV and playing sport in their free time. Some of the most popular world sports- football, rugby, cricket, golf and tennis- first started in England, and people from all over the world come here for some of its great sports events.

The most popular sport in England is football. and there are professional matches every week from August till May. Many thousands of people also play in the parks, at local clubs and at schools or universities. Football has been played in England for hundreds of years, and the best football teams, for examples Manchester United, Liverpool, Chelsea and Arsenal are famous around the world. The most important day in England's football calendar is the Football Association (FA) cup Final day in May at London's Wembley Stadium.

Cricket was first played in England in the sixteenth century, and by the eighteenth century, it had become the country's national sport. Every summer, teams from other countries play five-day Test matches against the English national team. Cricket is also played on village greens-small fields in villages- around the country in the summer months. Because cricket matches are so long, a new kind of match called the Twenty20 was introduced in 2003. Twenty20 matches are only three hours long, so people can watch them in one day.

Water sports are popular in England, and many people, especially on the south coast, enjoy sailing. There are good waves for surfing at many of the beaches in the south-west, and canoeing is also popular on England's many rivers and canals. Golf is a very popular sport for English people. There are many golf courses in England, and every July the Open Championship, one of the four biggest **tournaments** in the world, is held in England or Scotland. Motor -racing is also well-liked, and many people go to a course called Silverstone in Northamptonshire every year to watch the British Grand Prix.

At school children play football, rugby, netball, and cricket and do athletics in summer. There are public swimming pools and gyms in most towns and many people enjoy cycling and walking. Other outdoor activities like mountaineering-climbing and walking in the hills and mountains-are also very popular in England. English people love sport. Sport continues to be a very important part of life in England.

1. Find the names of sport in the text and places to do sport. Put them into 2 columns.

Sports	Places

2. Answer the questions.

- Name five sports that first started in England.
- What is the most popular sport in England?
- What is England's most famous tennis tournament?
- What sport do you watch at Silverstone?

Vocabulary SPORT

to do sports
to do aerobics
to go riding, skiing
to play a game
an indoor/ outdoor sport
a national /an international sport
a winter/ summer sport
an individual/ a team sport
a spectacular sport
aerobics
athletics
baseball
basketball
boxing
chess
cross-country skiing
cycling
dancing
diving
football/ soccer
golf
gymnastics
handball
hockey
horse riding
ice skating/ skating/ figure skating
jogging
judo
karate
kickboxing
long jump/ high jump
marathon
mountain biking
polo
rock climbing
roller-skating
rugby
running
skateboarding
skiing/ mountain skiing/ski jumping
water skiing
snowboarding
surfing/ windsurfing
swimming
table tennis/ ping pong
tennis/ lawn tennis
track-and-field
volleyball
water polo
weightlifting
wrestling
Sports facilities
a stadium
a gym (gymnasium)
a swimming pool
a skating rink
a court
a football field
a ski jump
a ski station
a sports club

Competition
Event
Race
Regatta
Tournament
Grand-Prix

Verbs

Kick
Lose
Miss
Pass
Score
Win
Serve

Word-building

To win-winner
Tour-tournament
Athletics-athlete
Compete-competition-competitor-competitive
Swim-swimmer-swimming

Write which sports you prefer and give your reasons. Use the phrases below and your own ideas.

Example: cycling / horse riding

I prefer cycling to horse riding because I'm afraid of horses. As for cycling, I can do it very well.

1. football/dance
2. badminton/tennis
3. hockey/aerobics
4. chess/windsurfing
5. rugby/skiing
6. gymnastics/kickboxing

I can't swim

I'm afraid of...

I don't know how to play..

I enjoy doing sports with music

I'm good at it

It's easy to play and I know the rules

It develops the muscles

It develops not only the muscles but the brains too.

Fill in the gaps with the correct words.

football events green team game sailing long regattas competition popular Cup
tournament stadium

The British are a sporting nation. Like everyone else they love –in fact, they invented it. Most British town and cities have a football Every year each team plays in the football association The two best teams play in the Final at Wembley in London. Some fans pay up to 200 pounds for a ticket for the Cup Final. It is one of the biggest sporting of the year.

Cricket is a typically British The only other countries that play cricket are Pakistan, India, the West Indies, South Africa, Australia and New Zealand. Cricket is a summer game, lovely to watch from under old trees on a village It looks slow, but it can be exciting if you understand what's going on. Cricket is a verygame. The big international matches go on for five days. But in the real English way, the players always stop for tea.

Tennis is another game in Britain. Every summer, in June, the biggest international tennis takes place at Wimbledon. Many British people who live near the sea or lake or river, enjoy If you are really enthusiastic and rich enough to but your own boat, you can take part in one of the annual sailing races or..... .