



## Grammar 1

### Present perfect simple, present perfect continuous

#### 1 Read about the uses of the present perfect simple and the present perfect continuous.

##### Present perfect simple

- something that started in the past and has continued until now  
*He has coached wrestling for eight years.*
- something that happened in the past, but we don't know or we don't say exactly when  
*The team has bought new uniforms.*
- something that happened in the past, but has a result or an effect in the present  
*Steven has broken his leg, so he isn't playing in the match this week.*
- an action that has just finished or happened  
*We've just scored a goal!*
- experiences and achievements  
*Our cricket club has won lots of prizes recently.*

##### Present perfect continuous

- for actions that started in the past and are still in progress now or have happened time and time again until now  
*We have been teaching basketball for years.*  
*He's been having tennis lessons since he was five.*
- for continuous actions that happened in the past and have finished recently, but have a result or an effect in the present  
*She's tired because she's been jogging.*
- to emphasise how long actions have been in progress  
*You've been practising for the badminton game for weeks.*

##### Present perfect simple vs present perfect continuous

We use the present perfect simple to focus on the result of a completed action or how many times something has happened. However, we use the present perfect continuous to focus on the action itself or how long something has been happening. It is unimportant whether the action has finished or not.

*Carol has played squash once.*

*Kevin's been practising in the skateboarding park all weekend.*

#### 2 Read the sentences. Which tense do they both use? In which sentence has the person not returned yet?

a Mona has been to an ice hockey game in Canada.  
b Mona has gone to an ice hockey game in Canada.

Read 3.1-3.3 of the Grammar Reference before you do the tasks.

#### 3 Complete the text. Use the present perfect simple or the present perfect continuous.

##### The history of sport

While people <sup>1</sup> \_\_\_\_\_ (play) games and <sup>2</sup> \_\_\_\_\_ (do) sport practically since the beginning of time, the rules which participants have had to follow <sup>3</sup> \_\_\_\_\_ (change) over the centuries. Experts, historians and archaeologists, <sup>4</sup> \_\_\_\_\_ (discover) that sport <sup>5</sup> \_\_\_\_\_ (be) a useful way for people to learn how to deal with nature and the environment better. They <sup>6</sup> \_\_\_\_\_ (also see) that as societies <sup>7</sup> \_\_\_\_\_ (develop), sport and games have too. Archaeologists <sup>8</sup> \_\_\_\_\_ (study) cave paintings for years now and they <sup>9</sup> \_\_\_\_\_ (find) many which show athletes doing sport. In France, the paintings show people participating in wrestling and running about 17,300 years ago, and in Libya, in the Cave of Swimmers, evidence <sup>10</sup> \_\_\_\_\_ (show) people taking part in competitive swimming. Although experts <sup>11</sup> \_\_\_\_\_ (not answer) all the questions about why people play games and do sport yet, they <sup>12</sup> \_\_\_\_\_ (prove) that nobody can argue about their importance in human history.



## Word Formation

1 Add the suffixes *-tion*, *-ment*, *-ance* or *-ship* to the verbs below to form nouns and then use them to complete the sentences.

1 pay	5 estimate
2 promote	6 appreciate
3 contribute	7 appear
4 sponsor	8 indicate

9 We're raising money to build a new fitness centre and your generous \_\_\_\_\_ will be a great help.  
 10 If Grant joins the gym, he'll have to make a \_\_\_\_\_ of €50 every month.  
 11 Pains in your feet and legs could be a(n) \_\_\_\_\_ that you aren't wearing the right shoes when you train.  
 12 This government department was started to deal with the \_\_\_\_\_ of health and fitness in teens.  
 13 Ian is a golfer. He's looking for \_\_\_\_\_ from a sportswear company to help with his expenses.  
 14 Did you know that Tiger Woods earns huge amounts of money for every \_\_\_\_\_ he makes?  
 15 Thanks, Mr Jones. We got you this gift to show our \_\_\_\_\_ for everything you've done.  
 16 In your \_\_\_\_\_, who's going to win the big match on Sunday?



## Collocations &amp; Expressions

2 Which words do these adjectives collocate with? Complete the table.

big devoted extreme individual indoor/outdoor keen key  
 loyal professional promising team top

1		1		1	
2		2		2	
3	SPORTS	3	PLAYER	3	FAN
4		4		4	

3 Now complete these sentences with some of the collocations from 2. Sometimes more than one answer is possible.

1 He's not very good at co-operating with others, so he prefers \_\_\_\_\_ like darts.  
 2 Joe's only been with us for two months, but he's our most \_\_\_\_\_. He'll be a great athlete one day.  
 3 At the moment, Julia plays golf for fun, but she hopes to become a(n) \_\_\_\_\_ in a few years.  
 4 Peter is a(n) \_\_\_\_\_ of wrestling. He never misses a match.  
 5 \_\_\_\_\_ like football, cricket and basketball are great for teens. They teach them how to work together and get along with the other players.

## Phrasal Verbs

4 Circle the correct words to complete the sentences.

1 Can you believe that the sponsorship fees he gets each year **come down to** / **come to** more than a million euros?  
 2 After the match, the players **took off** / **took to** their football kit, showered and changed into their tracksuits.  
 3 A good coach always **stands for** / **stands up for** his players no matter what happens on the pitch.  
 4 Manchester United wants you to join the team? You can't **pass out** / **pass up** a chance like that!  
 5 The boxer was seriously hurt and, sadly, doctors think he might not **pull off** / **pull through**.

5 Now match the phrasal verbs you didn't use in 4 with the meanings below and then write a sentence using each one in your notebook.

1 _____: start liking something	4 _____: manage to do something difficult
2 _____: faint	5 _____: be the most important part of solution or problem
3 _____: represent	



## Grammar 2

### Past simple, present perfect simple

#### 1 Read about past simple vs present perfect simple.

In general, we use the past simple to talk about a completed action that happened at a specific time in the past. We use the present perfect simple to talk about something that happened at an unspecified time in the past or that happened in the past, but that is still relevant to the present.

*I went to Spain to see Barcelona play in 2011.*

(specific time in the past)

*I've been to Spain to see Barcelona play.*

(unspecified time in the past)

The important point to remember is that the present perfect simple always has a connection with now, whereas the past simple only tells us about the past.

We also use the present perfect simple to give new information, but when we continue talking about it, we usually use the past simple.

A: 'I've seen Barcelona play.'

B: 'When did you see them?'

A: 'I saw them in 2011.'

#### 2 Complete the sentences with the past simple or the present perfect simple.

1 We use \_\_\_\_\_ with time expressions such as *ago*, *in 1990* and *the other day*.  
 2 We use \_\_\_\_\_ with time expressions such as *just*, *already*, *recently* and *so far*.

Read 3.4 of the Grammar Reference before you do the tasks.

#### 3 Circle the correct words.

- 1 I **just put on** / **have just put on** my football kit.
- 2 Maria **has already scored** / **already scored** five points!
- 3 **Did they spend** / **Have they spent** their holiday hiking in Greece last summer?
- 4 Theo **has taken** / **took** tennis lessons in 2005.
- 5 My friend **has been** / **was** at a rugby match two days ago.
- 6 I **didn't watch** / **haven't watched** an ice hockey game so far.
- 7 Last week Helen and Iris **went** / **have gone** to the new sports arena.
- 8 He can't play squash because he still **didn't buy** / **hasn't bought** a racket.
- 9 **Did you ever see** / **Have you ever seen** a rugby game?
- 10 We **have waited** / **waited** at the golf course for two hours ... where were you?



#### 4 Complete the dialogues. Use the past simple or the present perfect simple.

- 1 A: Last night I \_\_\_\_\_ (go) to a boxing match!  
 B: Oh, I \_\_\_\_\_ (already be) to two boxing matches.
- 2 A: Do you know that Joe \_\_\_\_\_ (work) at the sports arena for fifteen years?  
 B: Really? I thought he \_\_\_\_\_ (start) working there five years ago.
- 3 A: \_\_\_\_\_ (you / ever meet) a famous athlete?  
 B: Well, I \_\_\_\_\_ (see) Laila Ali box.  
 A: Wow! I \_\_\_\_\_ (watch) her father, Muhammad Ali, fight once. Sadly, he doesn't box anymore.
- 4 A: Tony \_\_\_\_\_ (break) his leg!  
 B: Really? How \_\_\_\_\_ (it happen)?  
 A: He \_\_\_\_\_ (fall) while he was skiing.
- 5 A: Yesterday I \_\_\_\_\_ (leave) the flat and \_\_\_\_\_ (ride) my bike to the gym. Then I \_\_\_\_\_ (realise) that I \_\_\_\_\_ (not have) my trainers with me.  
 B: Oh, no! That \_\_\_\_\_ (happen) to me before. What \_\_\_\_\_ (do)?  
 A: I \_\_\_\_\_ (call) Mum to bring them to me.
- 6 A: How long ago \_\_\_\_\_ (you / begin) coaching baseball?  
 B: Ten years ago. I \_\_\_\_\_ (recently take) a team to the national finals ... and we \_\_\_\_\_ (win)!