

READING AND LISTENING: SPORTS

READING

- 1- Look at the photo. What are the people doing? Do you like this sport?
- 2- Read the text.

Jasmine's Beach Volleyball Blog Saturday 25th June



Today was an important day – we trained for seven hours! Why? We've got a big beach volleyball competition tomorrow! There are eight teams in the competition with the best young players in the country. Every team has got two players. I'm in a team with Naomi – she's *really* good!

We started at 8.30 this morning – I don't mind getting up early! First, we went on our bikes for two hours. I love cycling – it's good exercise and you can become very fit. Next, we practised beach volleyball – it's a fast game and you need to move and jump all the time!

At 12.30 we were tired, hungry and thirsty, so we had a healthy lunch – it's important to have a good diet when you're doing a lot of sport!

In the afternoon, we played matches with friends, and we watched some other players. I'm very excited about the competition tomorrow!

LISTENING

1- Who were the champions? _____

2- Listen again and write TRUE or FALSE.

Jasmine ...

had fun at the competition.

- 1 went with her parents and her brother.
- 2 was at the competition all day.
- 3 won the first four matches with her team.
- 4 was in the final of the competition.
- 5 is in a beach volleyball competition in August.

true

