

6 Go for it!

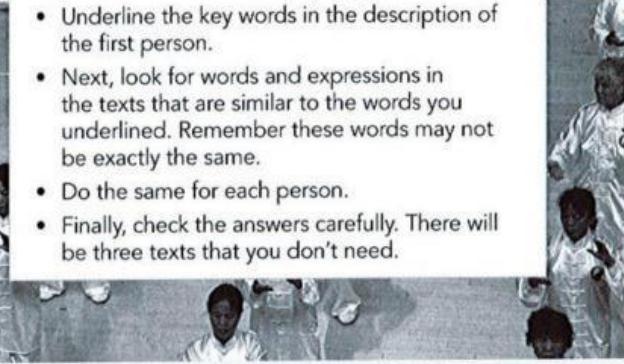
Reading identifying the key points; matching people to texts

1 Read the Exam Reminder. Do you need to match all of the texts to a description?

Exam REMINDER

Identifying the key points

- Remember to look for the most important points for each of the five people.
- Underline the key words in the description of the first person.
- Next, look for words and expressions in the texts that are similar to the words you underlined. Remember these words may not be exactly the same.
- Do the same for each person.
- Finally, check the answers carefully. There will be three texts that you don't need.



A new you?

Do you want to try something different from the usual game of football or tennis? Here are eight unusual but cool sports that you might like to try.

A Bandy

1 Do you fancy playing bandy? It's a mix between ice hockey, field hockey and football. It's popular in Russia and Scandinavia. You play outdoors on ice and there are eleven players in each team. You try to hit a small round ball into a small goal with a stick. If you like football, you'll love bandy because the rules are exactly the same.

B Lacrosse

2 If you want to play lacrosse, you'll need a field, some special sticks with nets, gloves, a helmet and a few 10 good friends. Lacrosse is a great team sport and there are different types. In some, you can have contact with another player but, in others, only the sticks can be in contact with each other. You can play either of these indoors or outdoors depending on the weather.

C White water canoeing

3 This is a great sport for a person who loves to be alone with nature and is looking for some real adventure. Most people know white water rafting, but that's for groups. Here it's just you, your strength, your skill and some really fast water. You'll need a swimming 20 costume, life jacket and a really good helmet.

D Climbing

4 Climbing is a good way to really escape from everything ... and everyone. Climbing is a special skill and if you practise on an indoor rock face you'll soon

be ready to try something more difficult. When you're up by yourself at 3,000 m with blue skies all around it's the best feeling in the world!

E Sepak Takraw

5 There's a big net and two teams, one on each side. If you've played volleyball, this might sound familiar. Well, in this sport you don't score points with your 30 hands and arms but just your feet, so you need good football skills. There are five players on each side and it's the perfect winter sport for anyone who likes doing indoor activities and meeting new people.

F Cross-training

6 Want to try a bit of everything? Cross-training is perfect for anybody who gets bored just doing one sport all the time. In cross-training you can choose a fitness programme that's perfect for you. For example, do fifteen minutes on the track then a fast bike ride. The important thing is that you do lots of different 40 activities in a thirty-minute or one-hour workout.

G Walking basketball

7 If the gym isn't for you or you can't run fast, try walking basketball. You just walk with the ball and pass it to someone in the team or try to score a basket in the usual way. It's great for older people who want to keep active and meet others.

H Tai Chi

8 This is a bit like karate, but it teaches you how to defend yourself rather than attack. It's good for people who have a lot of stress in their lives as our instructors will show you how to really relax. We meet in the gym 50 on Saturdays and Sundays and you'll have the chance to practise with a small group of friendly people.

Vocabulary 1

sports and sports equipment; finding the wrong options; multiple-choice cloze

2 Read and complete the Exam Task.

Exam TASK

Matching people to texts

These people all want to try a new sport. Read the descriptions of eight sports. Decide which sport / activity would be the most suitable for the people below.

1



Maggie is 50 and has always loved athletics, but she recently injured her knee, so needs a new activity where she doesn't have to run too much. She would also like to make some new friends.

2



Lori is 17 and a very active person. She already does a number of water sports like water-skiing and paddleboarding and is an excellent swimmer. She has a real sense of adventure and loves exciting sports activities.

3



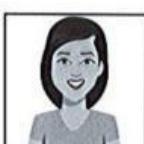
Matt is 20. He lives in the mountains and does a lot of ice-skating competitions in the winter. As he spends a lot of time indoors training by himself for these, he would like to do an open-air team activity.

4



Philippe is 25 and loves to go to the mountains at the weekend. He likes walking there, but generally prefers adventure sports. His job is stressful and he also wants something to do by himself after work.

5



Suela is 35 and loves team sports. She used to play women's football. She stopped because she didn't like training in the cold in winter. She wants to keep a good level of fitness and to make some new friends if possible.

1 Choose the correct option to complete the sentences.

- 1 I love to go / do swimming early in the morning.
- 2 Shall we do / play tennis in the afternoon?
- 3 My sister does / goes athletics every weekend.
- 4 My friend and I go / do running every evening.
- 5 I play / do judo with a teacher every week.
- 6 I never learned to play / do basketball at school.
- 7 My parents do / go yoga most evenings.

2 Read the Exam Reminder. What do you need to do with the options?

Exam REMINDER

Finding the wrong options

- Get a general idea of the meaning by quickly reading the text.
- Read it again and stop at each gap. Look at the four options. Try to find words that clearly don't go in the gap and cross them out.
- When you've finished, go back and check all your answers one final time.

3 Read and complete the Exam Task.

Exam TASK

Multiple-choice cloze

For each question, choose the correct answer A, B, C or D.

Did you know that when people began playing football there were several hundred 1 _____ on each side and no 2 _____ in which to score? There were just lots of jackets that people put on the ground!

Nearly all sports started out in the streets because there were no 3 _____ places to play sports.

When people first played tennis in 1526 CE they used to throw the ball and not use a 4 _____ like now. And in the early Olympics, 5 _____ didn't run on expensive 6 _____ like they do today. They just ran across ordinary ground.

- 1 A riders B players C matches D goals
- 2 A courts B tracks C goal posts D baskets
- 3 A inside B interior C internal D indoor
- 4 A racket B bat C stick D goal
- 5 A players B riders C athletes D individual
- 6 A courts B tracks C pitches D games