



UNIT 6: SPORTS



PRACTICE

VIII. Choose the word or phrase that best fits the blank space in the following passage.

Passage 1

Physical activity is the (1) _____ obvious benefit of sports participation. Children often spend too much time watching television or (2) _____ video games. But sports practices and games provide an opportunity for exercise that can help keep kids in shape and (3) _____.

Sports participation can help children develop social skills that will benefit them (4) _____ their entire lives. They learn to interact not only with other children their age, (5) _____ also with older individuals in their coaches and sports officials. Kids learn leadership skills, team-building skills and communication skills that will help them in school, their future (6) _____ and personal relationships.

- | | | | |
|---------------|------------|-----------|---------------|
| 1. A. more | B. much | C. most | D. least |
| 2. A. doing | B. playing | C. paying | D. watching |
| 3. A. healthy | B. wealthy | C. happy | D. funny |
| 4. A. for | B. on | C. at | D. throughout |
| 5. A. and | B. so | C. but | D. then |
| 6. A. world | B. career | C. game | D. shape |

Passage 2

(1) _____ the 20th June, 2011, Krista Ceplite became the 400m swimming (2) _____ of Latvia. Then, on the 22nd June, she became the 800m champion, too. She was only 12 years old.

Krista lives in Dubai (3) _____ her parents. She is half Latvian and half Australian. Everyday at 5 am she goes into her parents' room to ask who is taking her to the swimming pool to train. Then she goes to school.

In the afternoon she goes back to the pool and trains (4) _____ three hours. "I train every day, except on Friday." Krista says "It's (5) _____ work, especially in the winter when it's cold."

What does she do at the weekend? "I swim and I study. That's my life!" Krista hopes to (6) _____ in the Olympic games in 2016.

(Source: Complete Key for School)

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|--------------------|-------------|---------------|----------------|
| 1. A. in | B. on | C. at | D. with |
| 2. A. championship | B. champion | C. footballer | D. medalist |
| 3. A. with | B. on | C. from | D. for |
| 4. A. from | B. next to | C. for | D. in front of |
| 5. A. easy | B. hardly | C. hard | D. fast |
| 6. A. run | B. compete | C. surf | D. watch |

VIII. Read the following passage. Decide if the statements are True or False and choose the correct answer (A, B, C or D) for the questions

Passage 1

Sport is beneficial to our life. It helps us to keep fit and healthy. So, if you want to be healthy, you should do sports. It also helps people to lose weight and avoid many diseases. There are many kinds of sports such as swimming, running, riding the bicycle, tennis, wrestling, etc. I like swimming very much. It makes me healthy and strong. I like tennis too. It makes me feel energetic. It is obvious that many of us want to stay at home, watch TV and eat snacks. But it is an unhealthy lifestyle. Only sport will help us be healthy and happy. That's why I think sport is very important in my life.

A. Decide True or False

1. Playing sports is helpful for us to stay fit and healthy. _____
2. Playing sports help us gain weight and avoid some diseases. _____
3. The writer never goes swimming. _____
4. Many people prefer to watch TV and eat snacks at home. _____

B. Choose the best answer to each of the following questions

5. The writer thinks that playing sports _____.
A. is the only way to help us be healthy and happy.
B. is the only way to help us have a lot of health.
C. is the only way to help us learn better.
D. is the only way to help us eat better.
6. The word "it" in line 2 means _____.
A. health B. activity C. competition D. sport

Passage 2

Joanna Middleton - a young gymnast

Do you have to train a lot Joanna?

Yes, I usually get up at 6 o'clock and go running. I don't run with my friends. It's great to have some time to myself in the morning. After that, I have breakfast. Then Dad takes me to the gym. I train for 20 hours over six days and rest on Sunday. I often spend full days at the gym. I do different things there. Sometimes I dance or do other exercises. I like it because every day there's something different to do.

Is it difficult to do your school work as well?

Yes, it is. My teachers are lovely and they know the situation. It's true that I'm not good at school every day. But I try to do as much work as I can. I'm sad that I can't spend more time with my classmates. They're fun.

What do you do in your free time?

I love being with my family. My brother also does sport – for him it's football – but we both have Sunday afternoons free. So we often go for picnics with Mum and Dad in the mountains near my home. We also like watching TV together and of course I always have homework to do.

Tell us more about the things you like

My friends and I like shopping. I live in a village, so I get the bus to town and meet them there. Then we visit our favourite shops and we usually have hot chocolate.

A. Decide True or False

1. Joana always runs with her friends.

2. Joana spends half a day at the gym.

3. Joana feels unhappy for not spending time with her classmate.

4. Joana and her friends like to go shopping in her village.

B. Choose the best answer to each of the following questions

5. Joana enjoys running in the morning because she likes to _____.

A. get up early

B. talk with her friends

C. be alone in the morning

D. All are correct

6. What does Joana say about her family?

A. They all like sport.

B. They enjoy spending time together.

C. They help with her homework.

D. They don't like to go for picnics.