

UNIT  
8

# Sports and Exercise

## Getting Ready

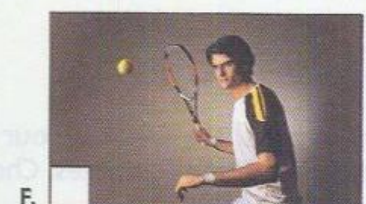
Match each picture with the correct word.



- |                        |                      |                          |                       |
|------------------------|----------------------|--------------------------|-----------------------|
| 1. windsurf <u>J</u>   | 4. play golf _____   | 7. play basketball _____ | 10. play soccer _____ |
| 2. play baseball _____ | 5. go to a gym _____ | 8. play volleyball _____ | 11. ride a bike _____ |
| 3. ski _____           | 6. play tennis _____ | 9. swim _____            | 12. run _____         |

## CD 1-41 Listening 1

People are talking about sports and exercise. Listen and number the pictures.





## Listening 2

### CD 1-42 ▶ Task 1

What sport or activity is the person talking about? Listen and circle the correct answer.

- a. swimming  
 b. going to the gym  
c. jogging
- a. playing volleyball  
b. playing golf  
c. playing soccer
- a. playing baseball  
b. playing soccer  
c. playing tennis
- a. playing tennis  
b. watching TV  
c. reading
- a. swimming  
b. jogging  
c. windsurfing
- a. diving  
b. riding a bicycle  
c. walking



### CD 1-42 ▶ Task 2

Listen again. What do you think each person says next? Circle the correct answer.

- a. Yes, about three times a week.  
b. Yeah, I'm getting lazy.  
c. Yeah, I'm tired.
- a. Yeah, I'd love to.  
b. I enjoy skiing.  
c. Yeah, you're right.
- a. Volleyball is tiring.  
b. Volleyball. It's my favorite.  
c. Tennis is expensive.
- a. I know, but I'm lazy.  
b. No, thanks. I'm tired.  
c. Yeah, reading is fun.
- a. It's too hot.  
b. Yeah, I'd love to.  
c. I don't like the cold.
- a. In the car.  
b. In the morning.  
c. In the park.



## Listening 3

### CD 1-43 ► Task 1

People are talking about how they spend their free time. Listen and check (✓) the correct information.

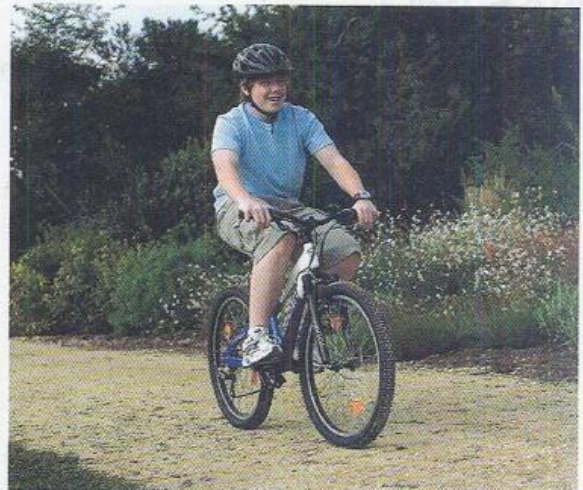
	Exercises a lot	Exercises a little	Never exercises
1. Bill	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Liz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Victor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Maria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. David	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### CD 1-43 ► Task 2

Listen again. Match the names on the left with the activities on the right.

- |                      |                      |
|----------------------|----------------------|
| 1. Bill <u>c</u>     | a. golfs             |
| 2. Liz <u>   </u>    | b. bicycles          |
| 3. Victor <u>   </u> | c. plays baseball    |
| 4. Maria <u>   </u>  | d. takes walks       |
| 5. David <u>   </u>  | e. plays video games |





## Pronunciation

### Sentence stress

#### CD 1-44 ▶ Task 1

#### Listen and repeat.

1. I **pláy** ténis a lót.
2. I **líke** to **táke wá**lks.
3. What **spó**rts do you **pláy**?
4. Do you like **wá**tching **spó**rts?

#### CD 1-45 ▶ Task 2

#### Listen. Mark the stressed words.

1. I **gó** to the **gým** every **dáy**.
2. I watch a lot of baseball on TV.
3. What do you do on weekends?
4. Do you play tennis?

### Pronunciation Help

Tap your desk as you say the sentences. It will help you hear which words and syllables are stressed.

## Dictation

#### CD 1-46 ▶ Task 1

#### Listen to the conversation. Write the missing words.

- A: Do you \_\_\_\_\_ any \_\_\_\_\_, Nick?
- B: Yes, I love playing sports. But my \_\_\_\_\_ sport is \_\_\_\_\_.
- A: Really? Are you on a team?
- B: Yeah, I am. It's a lot of \_\_\_\_\_.
- A: How \_\_\_\_\_ do you \_\_\_\_\_?
- B: Oh, about \_\_\_\_\_ a \_\_\_\_\_. So, how about you? Do you play sports?
- A: Well, it depends. Do you think playing video games is a sport?
- B: Umm. . . I'm not sure about \_\_\_\_\_.

#### ▶ Task 2

Practice the conversation with a partner. Be sure to stress the correct words.

## Conversation

Work in pairs. Think about sports you like to play and watch. Then talk to your partner about why you like them.

**TACTICS FOR TESTING**  
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