Module 7

Vocabulary

- **Sports**

A **Match the words.**

1		bungee	a	tubing
2		hang	b	skating
3		ice	c	lining
4		martial	d	jumping
5		snow	e	arts
6		zip	f	gliding

B **Fill in:** *adventure, challenge, finishing, floating, heights, injury, popular, training.*

1 Football is one of the most ..... sports in the world.
2 If you have a fear of ....., you may not like paragliding.
3 Karen can't play tennis anymore due to a serious elbow ..... .
4 Ned loves being outdoors and does a lot of ..... sports.
5 You need a lot of ..... to be able to run a marathon.
6 She felt very proud of her brother when she saw him cross the ..... line first.
7 Fans of skydiving claim that ..... in the air gives you a great sense of freedom.
8 Climbing Mount Everest is a big ....., even for the most experienced climbers.

C **Choose the correct verb.**

1 How often do you **do/play/go** bowling, Liz?
2 Anna wants to start **playing/going/doing** aerobics to keep fit.
3 We **played/went/did** skydiving yesterday, and it was fantastic.
4 Sam twisted his ankle while **playing/going/doing** squash.
5 Emily **goes/does/plays** gymnastics twice a week.
6 Have you ever **played/gone/done** archery?

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▪ Sports equipment

D Complete the sentences with words form the list.

• bat • hurdle • headgear • puck • shuttlecock • javelin

1 Nigel fell while jumping over the last ..... and lost the race.
2 The athlete threw the ..... a record length and won the gold medal.
3 Do you know where I can buy a cricket .....?
4 American football players wear ..... to protect themselves from injury.
5 We need to buy a new ..... for our badminton match tomorrow.
6 The ice hockey team captain hit the ..... into the net and won the game.

▪ Sports venues

E Fill in: *court, track, pitch, pool, ring, rink.*

1 The PE teacher booked the ..... for the upcoming water polo match.
2 Charles slipped on the badminton ..... and fractured his wrist.
3 An ice hockey ..... has to be cleaned and maintained very carefully.
4 The cricket match was cancelled because the ..... was flooded.
5 Ian is practising for the race on the running ..... now.
6 The two boxers shook hands in the centre of the ..... .

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F Choose the correct item.

1 The ..... gave the striker a red card for dangerous play.
A referee B umpire C judge

2 The stadium was full of ..... two hours before kick-off time.
A audience B spectators C viewers

3 The diver took a deep breath and ..... into the water.
A deepened B plunged C soared

4 The ..... of the marathon received a trophy and a cash prize.
A champion B defender C winner

5 No athlete feels good about coming last ..... in a race.
A place B point C position

6 Traditionally, the men's marathon is the last sports ..... of the summer Olympics.
A tournament B contest C event

7 Peter is such a good tennis player that no one has ..... a match against him.
A gained B succeeded C won

8 Nina prefers sitting under the ..... of an umbrella to lying in the sun.
A darkness B shade C shadow

G Choose the correct word.

1 The referee **blew/sounded** his whistle to end the game.
2 You need lots of protein to **build/make** muscle.
3 The striker couldn't believe he **missed/lost** the penalty.
4 How long does a rugby match **keep/last**?
5 I am going to get a **private/personal** karate instructor.
6 Weightlifting requires a lot of **physical/natural** strength.
7 All players dream of **scoring/gaining** a goal in a cup final.
8 Our team **won/beat** our old rivals in the county finals.
9 When I need help, I know I can **depend/turn** to my dad.
10 Are you sure you can **rely/trust** her?
11 The old coach had a **massive/vast** heart attack and died.
12 Would you like to have a **trial/go**? I think you'll like it.

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▪ Word formation

H Complete the sentences with the correct form of the word in bold.

1 Alan is quite ..... and has tried many extreme sports. **FEAR**
2 Swimmers tend to have strong shoulders and ..... arms. **POWER**
3 Sam was ..... injured during a basketball game. **SERIOUS**
4 All the race ..... had to sign a safety release form. **ENTER**
5 The ..... waited at the airport to welcome their team home. **SUPPORT**
6 Mary always uses brown sugar to ..... her tea. **SWEET**

▪ Phrasal verbs

I Replace the word/phrase in brackets with the correct phrasal verb:
put aside, put off, put on, put up with.

1 The match was ..... **(postponed)** due to bad weather.
2 Barry ..... **(saved)** money so he could attend the Olympic Games.
3 I don't know how he can ..... **(tolerate)** all the hounding from the media.
4 Linda ..... **(got dressed in)** her team colours for the match.

▪ Prepositions

J Choose the correct preposition.

1 The secret **to/for/with** success is determination and hard work.
2 **In/On/For** the whole, the players played pretty well.
3 The coach was afraid **to/of/about** putting too much pressure on the players.
4 Fred takes a lot of pleasure **with/in/on** trying different sports.
5 The game is **at/on/in** risk of being called off due to the rain.
6 Several fans were removed **for/from/off** the stadium for causing trouble.
7 Sports coaches sometimes have to deal **for/to/with** difficult situations.
8 Following the incident the player was disqualified **from/of/for** playing for two months.

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Grammar

- **Infinitive/-ing form**

A **Choose the correct item.**

1 A: How about **to go/going** to a Chinese restaurant this evening?
B: No way! We can't afford **to eat/eating** out all the time.

2 A: How did Bill get such big muscles?
B: He spends hours **to train/training** at the gym every evening.

3 A: There's no point **talking/to talk** to Judith. She's really stubborn!
B: You're right. I wouldn't waste my time **try/trying** to convince her.

4 A: I'm thinking of **going/go** to the beach. Why don't you come along?
B: No, thanks. It's too cold for me **to swim/swim** in the water today.

5 A: Would you like **doing/to do** something this weekend?
B: Sure! What about **going/to go** for a bike ride?

6 A: I have difficulty **to follow/following** our trainer's instructions.
B: **To tell/Telling** you the truth, so do I, sometimes.

7 A: Let's **grab/to grab** some coffee before our next lecture.
B: I'm sorry but I must **to go/go** to the library.

8 A: Do you want me **helping/to help** you pack your things?
B: I appreciate you **to ask/asking** me, but I'm OK, thanks.

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B **Complete the email with the correct *-ing* or *infinitive* form of the verbs in brackets.**

Dear Elizabeth,
I was happy **1)** ..... **(hear)** that you've finally decided **2)** ..... **(switch)** to a healthier lifestyle. You might have trouble **3)** ..... **(give up)** your old habits at first, but eventually you'll get used to **4)** ..... **(exercise)** daily and **5)** ..... **(follow)** a healthier diet.

6) ..... **(be)** in the same boat myself a couple of years back, I can **7)** ..... **(tell)** you that the first week of trying **8)** ..... **(keep)** to your new routine may be especially tough. After that, it gets easier and easier though! The people around you can help you in your effort too. I was lucky **9)** ..... **(encourage)** by my family every step of the way; especially on those days when I hated **10)** ..... **(get up)** to go to the gym or a meeting with my nutritionist.

Anyway, I'd better **11)** ..... **(go)** now. I've promised **12)** ..... **(help)** my sister with a school project and she's calling me. Good luck in your effort and let me know how it goes.

Love,
Anita

C **Fill in with the correct *-ing* or *infinitive* form of the verbs in brackets.**

1 Mr Bond stopped ..... **(coach)** the youth basketball team last year.
2 Wanting to win means ..... **(train)** very hard every day.
3 The referee doesn't remember .... **(see)** any foul.
4 The cyclists stopped ..... **(drink)** from a freshwater spring.
5 Please don't forget ..... **(record)** tonight's match for me.
6 I meant ..... **(tell)** Jessica that our training session had been cancelled but I forgot.
7 We regret ..... **(inform)** you that you have not been selected for the team.
8 Beth kept trying ..... **(beat)** the world record but she couldn't manage it.
9 Janet forgot ..... **(lend)** the yoga mat to Christine and spent an hour looking for it.
10 You should..... **(use)** honey instead of sugar to sweeten your tea; it's healthier.

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D Rewrite the sentences using the correct *-ing* or *infinitive* form. Mind the tenses.

1 He says he was training all week.
He claims .....
..... .

2 It seems that they're arguing about something.
They seem .....
..... .

3 Someone needs to water the plants.
The plants need .....
..... .

4 I can tell you bungee jumping is safe, as I have done it many times myself.
I can tell you bungee jumping is safe,
.....
..... .

5 It is rumoured that he was injured in a skiing accident.
He is rumoured .....
..... .

6 I hate to see people wasting so much money on useless things.
I hate to see so much money .....
..... .

E Choose the correct item.

1 Judy was reluctant ..... the promotion because she didn't want to work on Saturdays.
A to accept B having accepted C accepting

2 I strongly object ..... young children train so hard in preparation for a sports competition.
A making B to make C to making

3 Gregory announced that he was quitting the team and, ... that, he got up and left the room.
A to have said B having said C having been said

4 She's hired a personal trainer ..... her get in shape.
A for helping B help C to help

5 As she was jogging, she felt a sharp pain ..... up her leg.
A shoot B to be shooting C to shoot

6 The athlete refused to comment on ..... from the tournament.
A disqualifying B being disqualified C having disqualified

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▪ Prefer/Would prefer/Would rather/Had better

F **Complete the gaps with** *would rather*, *prefer(s)* **or** *would prefer*.

1 Monica ..... playing sports to surfing the Net in her spare time.
2 I ..... go to the stadium than watch the game on TV.
3 She ..... her neighbours hadn't invited themselves to dinner.
4 We ..... to buy season tickets rather than pay each time we go to the stadium.
5 Kim ..... to stay home tonight rather than go to the gym.
6 The comedy was funny, but I ..... have watched the adventure film.

G **Put the verbs in brackets into the correct form.**

1 I'd rather we ..... **(reschedule)** our tennis game for Friday, if you don't mind.
2 It would have been better if he .... **(see)** a doctor immediately after he was injured.
3 You'd better ..... **(let)** the coach know that you won't be coming to practice tomorrow.
4 Michael prefers ..... **(cook)** his own meals to ..... **(order)** takeaway.
5 I'd rather you ..... **(not/tell)** me the final score; now there's no point in me seeing the match I've recorded.
6 Lydia says she would prefer .... **(drive)** to Brighton rather than ..... **(catch)** the train.
7 Stefanie prefers ..... **(work out)** at home rather than .... **(pay)** money to join a gym.
8 Do I have to come to the museum with you? I'd rather ..... **(go)** bowling!

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Reading

Read the text and choose the best answer, A, B, C or D.

Queen of the Waves

There have always been people who push themselves to their physical limits to achieve something than no one else has ever done before. Gertrude Ederle was one of those athletes who not only broke records but changed the way women were perceived and inspired generations of young female athletes after her.

Gertrude Ederle was an American competitive swimmer who won gold for her country at the 1924 Olympic Games and went down in history for her great achievements. In June 1925, at the age of 18, Ederle became the first woman to swim the length of New York Bay. She completed the swim in 7 hours 11 minutes, breaking the men's record. That same summer, she made her first attempt at crossing the notoriously cold and choppy English Channel, a feat only five men had successfully completed. Unfortunately, eight hours and 46 minutes into her challenge, her coach, Jabez Wolff, decided to stop the swim due to concern that she was swallowing too much saltwater. Ederle disagreed with her coach's decision and decided to replace him with T.W. Burgess, a skilled Channel swimmer.

At 7:08 on August 6, 1926, nearly one year after her failed attempt at what was considered the swimmer's Everest, Ederle plunged into the sea at Cape Gris-Nez in France. The water was particularly cold but calm as she set out. However, by mid-afternoon Ederle was confronted with rain, wind, and heavy swells that forced her to swim the equivalent of 35 miles to cover the 21-mile distance. Twice, she encountered squalls along her route and her coach urged her to end the swim. Ederle's father and sister, though, who were riding in the boat along with Burgess, agreed with Ederle that she should stay the course. Her father had promised her a new car if she finished the swim and called out to her in the water to remind her that the car was hers only if she finished. This motivation and her determination kept her focused and at 9:04 pm she reached the English coast at Kingston. She had crossed the English Channel in a time of 14 hours, 31 minutes. She not only became the first woman to do so, but she also shattered the previous record by more than two hours.

After the swim, Ederle became known as 'Queen of the Waves'. She told a reporter from *The New York Times* that she knew it could be done, that it had to be done and that she did it. Her record-breaking time clearly proved that women were not physically inferior to men and were capable of great athletic feats. Her determination and hard work demonstrated the potential for women who practised hard and maintained their dedication. She was among the first sports heroines to dispel the myth of the 'weaker sex' and her achievements still serve today as inspiration for female athletes. She spent most of her adult life teaching deaf children how to swim. She passed away in 2003 at the age of 98.

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1 **Gertrude Ederle succeeded in swimming the English Channel**
- **A** on her first attempt.
- **B** on her second attempt.
- **C** on her third attempt.
- **D** after many attempts.

2 **Jabez Wolff stopped the swim because**
- **A** of concerns about the weather.
- **B** he believed Ederle couldn't do it.
- **C** of concerns about Ederle's safety.
- **D** Ederle was running behind time.

3 **During the successful swim, Ederle was motivated by**
- **A** a promise made by her sister.
- **B** a similar achievement of her father's.
- **C** an award for the achievement.
- **D** the promise of a gift.

4 **She ended up swimming**
- **A** a greater distance than planned.
- **B** a different route than planned.
- **C** a shorter distance than planned.
- **D** for longer than planned.

5 **Based on the text, how did Ederle feel about her achievement?**
- **A** She was relieved to have managed it.
- **B** She was surprised she managed it.
- **C** She wasn't surprised that she managed it.
- **D** She felt she could have performed even better.

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