

VOCABULARY

practising and improving

1 Complete the blog with the correct words.

brilliant competitions improving practises skills successful

My sister, Adele, is only nine years old but she's quite famous in our town! She's a ¹ dancer and can do lots of different dances! She ² with her partner after school and they often take part in ³ They often win so she's got lots of prizes in her room. She loves learning new ⁴ and her dancing is ⁵ every week. My parents think she can have a career in dancing and be very ⁶



2 Choose the correct words to complete the sentences.

- 1 Wow! Look at those test results! You're **doing** / **making** excellent progress!
- 2 Don't **use** / **waste** time chatting online. You've got homework!
- 3 I'm **taking** / **making** part in a tennis competition tomorrow.
- 4 I **go** / **spend** about two hours practising the piano every evening.
- 5 Is your training **going** / **getting** well? Mine isn't!
- 6 Good! You're **doing** / **making** very well. Keep running!
- 7 You need to practise the song again and again to **go** / **get** it right.

3 Which sentences in Ex 2 do you think these people would say?

- A A friend
- B A parent
- C A teacher or trainer

4 Match the sentences from Ex 2 (1-7) with the responses (A-G) below.

- A I know. But I need to talk to Sophie.
- B OK, but when can I stop?
- C Thanks! My parents are really pleased.
- D OK, thanks. The competition's on Saturday.
- E I know - I'm making lots of mistakes.
- F Good luck! Can I come and watch?
- G That's a long time! I only do half an hour!

5 Choose the correct answers.

Practice makes perfect?

Some people say you need to start young and spend a lot of ¹ practising if you want to get ² at a sport. It's true that you have to do things again and again to get them right. But you need motivation and ambition to really ³ When children are really interested in a sport they are happy to train hard to get good ⁴ They enjoy ⁵ part in competitions and winning. But, many successful child sports stars lose interest when they're in their teens. They get tired of practising and there are other important things for them to do. They don't want to ⁶ hours swimming up and down a pool while their friends are going to the cinema or gigs!

- | | | | |
|-------------|----------|----------------|-----------|
| 1 A minutes | B time | C moments | D work |
| 2 A well | B fine | C better | D correct |
| 3 A pass | B gain | C succeed | D reach |
| 4 A results | B notes | C achievements | D points |
| 5 A playing | B taking | C making | D doing |
| 6 A lose | B last | C use | D waste |

Extend

6 Match the words (1-5) with their meanings (A-E).

- 1 score
 - 2 contest
 - 3 champion
 - 4 prize
 - 5 compete
- A a person who wins a lot of competitions
 - B the results of a sports competition, e.g. a football match
 - C to take part in a competition
 - D the person who wins a competition can get this
 - E another word for competition

7 Complete the sentences with the correct words from Ex 6.

- 1 Our team won the match! The was 5-0!
- 2 Jack and Brad often in table tennis competitions. Jack's our school
- 3 The winner's is a gold cup. It's very heavy!
- 4 The continued for two hours.