

Part 1 – Getting Ready

- Ask two classmates the questions below. Write their answers in the spaces.

	How often do you exercise/play sports?	What sport do you like to watch most?	What sport do you like to play most?
Classmate 1			
Classmate 2			

Part 2 – Vocabulary Preview

- Complete the sentences below with the words in the box.

bored	badminton	racket	frisbee
push-ups	field	kick	sit-ups



- Let's sit down on the floor and see how many sit - ups we can do.
- I feel so _____. There's nothing fun to do.
- Throw the _____ to me!
- There's a nice, green, grassy _____ nearby. Let's go play there.
- How far can you _____ that football?
- I want to play _____, but we need another _____.
- You can do twenty sit-ups, but how many _____ - _____ can you do?

Part 3 – Listening Comprehension

- Listen to Tom and his father talking at the bus stop and choose the best answers.

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|---------------------------------------|--------------|---------------|---------------------|
| 1. Who says he is bored? | A. Tom | B. Dad | C. Tom and Dad |
| 2. Tom says he doesn't like to read. | A. True | B. False | |
| 3. Where are they going to play? | A. in a park | B. in a field | C. They don't know. |
| 4. When will they probably eat lunch? | A. 12:00 | B. 11:00 | C. in a few minutes |
| 5. Where is Tom's friend? | A. at home | B. outside | C. They don't know. |
| 6. Who is going to make lunch? | A. Tom | B. Dad | C. They don't know. |

LISTEN AGAIN – I'M SO BORED! (EXERCISE & SPORTS)

Part 4 – Listening, Spelling and Speaking Practice

- Listen again and write the missing words.

Tom I'm so bored! There's nothing to do.
Can I watch some TV?

Dad No, I think you watched enough TV
already. Why don't you read a book?

Tom But I already finished (1) _____ my
books! All of them!

Dad Oh. Well, then, let's go outside and
get some (2) _____.

Tom Oh ... I don't know.

Dad Yeah, come on, we can (3) _____
a ball around or something.

Tom Maybe

Dad Yeah, and don't forget your
(4) _____. And your badminton
rackets.

Tom Well, I guess so. Where do you want
to play? In the park, or in the
(5) _____ across the street?

Dad Let's play across the street. It's already
11:00, and we'll probably eat lunch at
(6) _____. The park is a little far
from here.

Tom I have an idea. Let's play badminton first,
and then the loser has to do ten push-
ups.

Dad Uh ... ten push-ups?

Tom Ha ha! You're afraid you'll (7) _____!

Dad No ... it's just that Well, how about
the loser does ten push-ups and the
(8) _____ does five sit-ups?

Tom What?! That doesn't make any sense!

Dad Ha ha! You're afraid you'll win!

Tom No, of course not. Okay, ... let's do it.

Dad Hey, wait a (9) _____. Before we
go outside, why don't you call your
friend, Marcel? He can (10) _____
us.

Tom No, I don't (11) _____ to.

Dad What? Why not?

Tom Because I see him out the
(12) _____. He's already outside
(13) _____ in the field.

Dad Hey, great.

Tom I'll (14) _____ you. The last person
there has to make lunch!

Dad Okay, no problem. Uh ... wait a minute.
If you lose, what are you going to make
for lunch?

Tom That's (15) _____. I'll just call and
order a pizza!

Dad What?!

