

2.1

VOCABULARY

Sport • phrasal verbs
• collocations • people in sport

SHOW WHAT YOU KNOW

1 Complete the dialogues with the correct form of the words in brackets.

John: Quick! Catch the ball!

Roger: Ouch! Sorry, I'm a hopeless basketball player (PLAY).

1 Graham: It's a beautiful day. Let's go to the pool.

Harry: I'm not a very good _____ (SWIM), I'm afraid.

2 Claire: Did I see your brother riding a bike on TV yesterday, Sam?

Sam: Possibly. He's a professional _____ (CYCLE) doing the Tour de France.

3 Paulo: Wow. You've got a lot of medals. Running, jumping, throwing the javelin ...

Tess: Yes, I used to be a good _____ (ATHLETICS) when I was younger.

4 Karl: Who's that guy in the picture?

Jan: You are joking! That's Lionel Messi – the best _____ (FOOTBALL) in the world!

5 Aman: Look! It's snowing! Let's go skiing this weekend!

Rafał: Oh, no – you're not a _____ (SKI), are you? I hate all winter sports.

2 Choose the correct words.



SPORTS FOR ALL!



At Abbeydale sports club we offer a wide range of sports and activities. In the main sports hall, club members can ¹do / play basketball or volleyball on our indoor ²courts / pitches. Outdoors, you can ³do / play hockey, cricket, football and rugby on full-size ⁴pitches / courses. In our fantastic new building we offer the chance to ⁵do / go judo, karate and aerobics as well as ⁶do / play tennis or table tennis. Plus, we have a brand new badminton ⁷court / course and indoor ⁸ring / rink for ice-skating too! In the summer, you can ⁹do / go athletics on the main field or run around our running ¹⁰ring / track and members can also ¹¹do / go canoeing and sailing on our beautiful lake. We are currently building a pool, so very soon you will be able to ¹²do / go swimming at the club too.

Contact us at abbeydale_sc@hitmail.com

REMEMBER BETTER

Aby łatwiej i szybciej zapamiętać większą liczbę słów, postaraj się je grupować w kategorie. Zapisz każdy wyraz na osobnej karteczce, a następnie twórz różne grupy i podgrupy, np. w przypadku słów związanych ze sportem mogą to być: sporty zespołowe i indywidualne, sporty uprawiane na wolnym powietrzu i w zamkniętej przestrzeni, sporty ekstremalne i tradycyjne, sporty wymagające użycia piłki itd.

FOCUS ON WORDS | Phrasal verbs

3 Complete the sentences with the correct prepositions.

How could Jane let us down like that? She's the best player on the team and she didn't arrive for the match.

1 Adam's hurt his arm, so he has to drop _____ of the tennis competition this weekend.

2 Williams has to take _____ last year's champion in the final game of the season.

3 Uma is an excellent sailor. She got _____ it when her dad first took her sailing at the age of six.

4 My mum's running in the marathon this Sunday.

Do you want to come and cheer her _____ with me?

5 I've decided to go _____ for a karate tournament. Do you think I can win it?

6 How many calories do you think 45 minutes of yoga burns _____?

FOCUS ON WORDS | Collocations

4 Choose the correct words.



'Welcome to 'Sports Thoughts' on Radio Sport. This week we will ask marathon runner, Jeremy Bradshaw, what it was like to ¹come / win / score first in the London Marathon. We'll talk to Pat Goodhill who ²kept / beat / lost the national speed-climbing champion

and ³scored / won / broke a world-record at last week's UK climbing championships. Skier Daisy Leader will tell us how she ⁴loses / scores / keeps in shape during the summer and give us some expert advice on ⁵beating / keeping / coming fit during the winter season. We'll also ask footballer, Alastair Madson, what he feels is more important for his career: ⁶scoring / breaking / winning goals or ⁷beating / winning / breaking matches. Finally, you'll have the chance to ⁸win / score / keep a prize in our weekly phone-in competition.

Now, this news has just come in – US basketball player Dick Boyd amazed fans and teammates earlier this evening when he ⁹scored / kept / won more than 100 points in a single game. And we have heard that AFC Woolwich's Donny Wellard says he might quit professional football after he managed to ¹⁰miss / lost / broke a goal in Saturday's World Cup final from just one metre ...'

- 5 Look at the sports results and complete the gaps with the correct names.

FOOTBALL: United 2 - City 1

United won the game.

- 1 ^a _____ defeated ^b _____.
- 2 _____ scored one goal.
- 3 _____ lost the match.

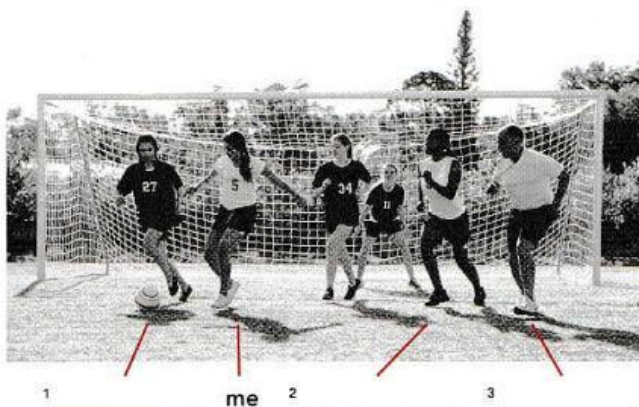
TENNIS: WILLIAMS 3 - WOZNIACKI 6

- 4 _____ won the game.
- 5 ^a _____ beat ^b _____.
- 6 _____ lost the match.

FOCUS ON WORDS | People in sport

- 6 Use the words in the box to label people in sport. There are two extra words.

opponent referee supporter
spectator teammate



1 _____ me 2 _____ 3 _____

- 7 Complete the dialogue with the names of people in sport. The first letters are given.

Reporter: Here we are live from the National Stadium with Zoe Striker of Team UK, the new women's 100m sprint **champion**. Zoe, you are finally the **champion** of the world. How does it feel?

Zoe: Wonderful! I've been training hard with the help of my ¹**c** _____, and the other athletes in the UK team – my fantastic ²**t** _____. I couldn't have done it without them or all of the ³**s** _____ that were watching and cheering me on here in the stadium. I've got the best ⁴**f** _____ in the world!

Reporter: And how about the ⁵**r** _____? For a moment I thought he was going to stop the race.

Zoe: That was a little worrying, yes. But I've been practising all week with my ⁶**t** _____ and I was prepared for any of my ⁷**o** _____ trying to stop me winning.

Reporter: Thank you Zoe. The UK is proud of you and your thousands of ⁸**s** _____ around the world can't wait for your next competition.

SHOW WHAT YOU'VE LEARNT

- 8 Complete each pair of sentences with the same word A-C.



- 1 How old were you when you first _____ into rowing?
Don't worry – I've _____ a pair of skates I can lend you.
A been B got C had
- 2 I feel that my team really _____ me down after they failed to win the cup.
James _____ me borrow his tennis racket, so we can play tomorrow.
A put B took C let
- 3 Swimmer Simon Davies said his main aim this year is to _____ his own world record.
You look exhausted, Mike. Let's have a _____ at this café.
A break B rest C keep
- 4 The best way to lose weight is to keep _____ and watch what you eat.
The jacket really suited Rachel, but unfortunately it was the wrong size and didn't _____ her.
A shape B fit C healthy
- 5 My sports _____ told me I need to lose some weight if I want to win the trophy.
I think we'll take the _____ to the stadium. There shouldn't be too much traffic.
A trainer B fan C coach

- 9 Complete the sentences with the correct form of the words from the box. There are two extra words.

beat come goal point referee
spectator **teammate** win

My **teammates** threw me into the river after we won the boat race.

- 1 I know I can't run very fast but I didn't think I'd _____ last in the race.
- 2 With two minutes of the match left, the fans were screaming at the _____ to blow the whistle.
- 3 The _____ had paid £275 each for tickets to watch the game from the VIP area.
- 4 Mai Lee _____ the favourite Jinjing Ho to become this year's women's table tennis world champion.
- 5 If Barlow scores the next _____, he'll win the match and be the new table tennis champion.

/10

SHOW WHAT YOU KNOW

1 Put the story in the correct order.

Ray didn't finish the race.

- ☐ She tried to help him get up.
- ☐ When the ambulance arrived, Lisa and Ray were chatting and laughing.
- ☒ 1 He had only run three miles when he fell over and hurt his foot.
- ☐ When Ray's leg was better, he asked Lisa on a date.
- ☐ But he couldn't stand because he had hurt his ankle.
- ☐ Lisa was watching the race when Ray fell over.
- Six months later they got married.

2 ★ Complete the sentences with the correct form of the verbs in brackets.

The official fired the gun and the race began (begin).

- 1 It was raining heavily when Ferguson _____ (crash) his Ferrari.
- 2 When I reached the 10km sign, the fastest runners _____ (already/cross) the finishing line.
- 3 The race began at 16:00 and the last cyclist _____ (finish) at exactly 17:08.
- 4 Diane was already at the gym when she realised she _____ (forget) her towel.
- 5 Fyfe and Scott _____ (climb) Everest when the accident happened.

3 ★ ★ Choose the correct verb forms.

- 1 R: Right Jones! It's a yellow card for you.
J: Oh Ref! What **did I do / had I done / was I doing?*
R: I **already blew / had already blown / was already blowing* the whistle three times Jones, but you carried on playing!
- 2 F: Did you see the ice hockey last night, Ben?
Great goal by Grabic, huh?
B: Well, I **watched / had watched / was watching* the game when the doorbell rang. I went to answer it; it was some sales person, and when I got back I **missed / had missed / was missing* the goal!
- 3 TV J: Arthur, at 76 years of age you're the oldest competitor to finish the marathon today.
Why **did you decide / had you decided / were you deciding* to run?
A: Oh, well, last year my grandson and I were watching the race on TV when he **asked / had asked / was asking*: 'Granddad, have you ever done that?' I told him that I hadn't run a marathon and he said: 'Maybe you should try'. So, I **did / have done / have been doing* it for my grandson, Timmy.

4 ★ ★ ★ Look at the signs and complete the sentences and questions with the correct form of the verbs in brackets.

BIKE RACE

9 a.m. – 10 a.m.



At 8 a.m. the race hadn't started (start).

- 1 It _____ (begin) at 9 a.m.
- 2 At 9:30 a.m. the competitors _____ (cycle).
- 3 A: _____ the race _____ (finish) at 10:30 a.m.?
B: Yes, it had.

SKI JUMPING
COMPETITION

11 a.m. – 1 p.m.

- 4 When I arrived at 11:30 a.m., the competition _____ (begin).
- 5 A: _____ it _____ (snow) when you got there?
B: Yes, it was.
- 6 At exactly 12:45 the last competitor _____ (jump).
- 7 By 2 p.m. the crowd _____ (leave).

SHOW WHAT YOU'VE LEARNT

5 Find and correct the mistakes.

I played rugby when I broke my arm. was playing

- 1 We went to the Alps in April, but we couldn't ski because the snow already melted. _____
- 2 I watched the race when Hope won the gold medal and broke the world record. _____
- 3 Were City beating Arsenal in last night's game? _____
- 4 The referee didn't concentrate when Burton touched the ball with his hand. _____
- 5 In yesterday's Brazilian Grand Prix, Lewis was finishing in second place. _____
- 6 Boxer, Joe Foster was fighting over 100 opponents when he retired in 1994. _____

LISTENING LANGUAGE PRACTICE

2.3

Collocations • phrasal verbs

1 Look at the recording extract. Put questions 1–4 in gaps A–D.

So, why did you take up windsurfing?

- 1 What other water sports did you do?
- 2 Are your mum and your cousin still your role models?
- 3 Was your cousin a good windsurfer?
- 4 Who inspired you?

Extract from Students' Book recording 01.24

- P: First of all, congratulations Jackie. Last month you became the world under eighteen windsurfing champion!
- J: Yes, that's right. Thank you.
- P: *So, why did you take up windsurfing?* A _____
- J: Two people really: my mum and my cousin, Rachel. I first ¹ _____ windsurfing with my mum. We lived near the sea, and we spent every summer on the beach. My mum had entered windsurfing competitions when she was a teenager. She ² _____ anything, but she really enjoyed it. She started to ³ _____ me windsurfing as soon as I could swim [...]. I was only about 7 years old. My cousin Rachel was there too. She and her family lived near us. My mum gave us both lessons together. Rachel's two years older than me and I've always looked up to her. I still do.
- P: B _____
- J: Yes, but she was good at a wide range of sports. [...] She was a really good example for me – I wanted to be sporty like her.
- P: So you grew up near the sea. C _____
- J: All sorts. At first, windsurfing wasn't my favourite thing. I liked other water sports like swimming and sailing. Rachel talked me into ⁴ _____ a children's sailing club. We ⁵ _____ all our weekends there, even in winter. We did lots of sailing, and then Rachel thought we should try out rowing. I wasn't sure about rowing at first, [...] but my mum thought it was a good idea. Now I'm glad I did it because it made my arms strong, and that helped my windsurfing. [...]
- P: D _____
- J: Yes, definitely. I think I take after my mum – I hope I have some of the same qualities anyway. And Rachel is like a big sister to me.

2 Complete gaps 1–5 in the interview with Jackie in Exercise 1 with the verbs from the box. Change the forms if necessary. There are two extra verbs.

(become do go join
not win play spend teach)

3 Choose the combination which is not possible in each group.

- 1 spend sports ... / hours ... / the weekend ...
- 2 win a competition / a goal / a race
- 3 teach a subject / someone the rules / first place
- 4 go surfing / aerobics / running
- 5 join the gym / a club / athletics

4 Complete the sentences with verbs from Exercise 3. Change the verb forms if necessary.

If you want a body like a fitness instructor, you'll have to spend hours in the gym every week.

- 1 After Greg finishes studying Sports Science at university, he wants to _____ Physical Education at a secondary school.
- 2 Sarah didn't buy that snowboard. She _____ a competition and that was the first prize.
- 3 Hey, can I play too? Will you _____ me the rules?
- 4 Now that you've spent so much money on trainers and equipment, don't you think you should actually _____ running?
- 5 Most students _____ several clubs during their first few weeks at university. It's a good way to meet new people.
- 6 Finally it has snowed and we are going to _____ the weekend in the mountains. I can't wait!

REMEMBER BETTER

Kiedy uczysz się nowych czasowników lub utrwalasz znaczenie tych już poznanych, skorzystaj ze słownika i sprawdź, z jakimi rzeczownikami tworzą one wyrażenia. Następnie użyj tych wyrażeń w zdaniach o sobie lub swoich znajomych, aby łatwiej je zapamiętać. Duży zasób słownictwa, a szczególnie stałych związków frazeologicznych, będzie bardzo pomocny na maturze.

Write sentences with the verbs and nouns from Exercise 3.

SPEND hours

My brother spends hours playing online games.

FOCUS ON WORDS | Phrasal verbs

5 Choose the correct words.

- 1 I really look up / over / across to Ronaldo. He's a true professional athlete.
- 2 My sister takes up / on / after my mum – they're both excellent skiers.
- 3 How did you ever talk me in / into / to climbing? I'm terrified of heights.
- 4 Karen was put off / on / out snowboarding after I told her how I broke my leg last winter.
- 5 A true champion would never give over / down / up after losing one match.
- 6 Rob's always wanted to try out / on / in canoeing, so let's invite him too.
- 7 Sarah had trouble picking on / up / at how to play badminton at first, but she's good now.

- A high school hero • collocations
 • rituals and routines
 • word families

1 Read the text quickly and choose the best title for it.

- 1 Autistic boy's dream job as school basketball team manager ☐
 2 Autistic boy joins national basketball team ☐
 3 Autistic boy's basketball dream becomes a reality ☐

It sounds like fantasy: an autistic schoolboy is brought onto the basketball court as a last minute substitute*, scores 20 points in four minutes and becomes a national hero. However, in February 2006 that is exactly what happened to 17-year-old Jason McElwain, from Rochester, New York.

1 _____

Jason has autism, a condition that makes communicating, socialising and reading other people's feelings difficult. However, that did not prevent coach Jim Johnson from making him 'manager' of Greece Athena High School's basketball team. Before that, apart from a couple of minutes in a junior game in 2004, Jason's autism had always stopped him from actually playing for the team. But on the evening of the annual 'Senior Night' game, which was held in the students' final year of high school, the team's coach gave J-Mac, as he is called, a shirt with the number 52 on the back, and told him he would let him play in the all-important game at some point.

2 _____

In the final few minutes, Jason was sent onto the court. When his teammates passed him the ball, Jason calmly aimed* and scored seven baskets* from 13 shots, scoring five points a minute and breaking school records. Athena beat their opponents Spencerport 79-43. At the end of the game, spectators carried Jason off

the court on their shoulders. His teammate Rickey Wallace said: 'I knew he could shoot, but I didn't know he could score 20 points.' Jason's father, David McElwain, 51, said: 'He was really happy on the way home. He didn't sleep a lot that night.'

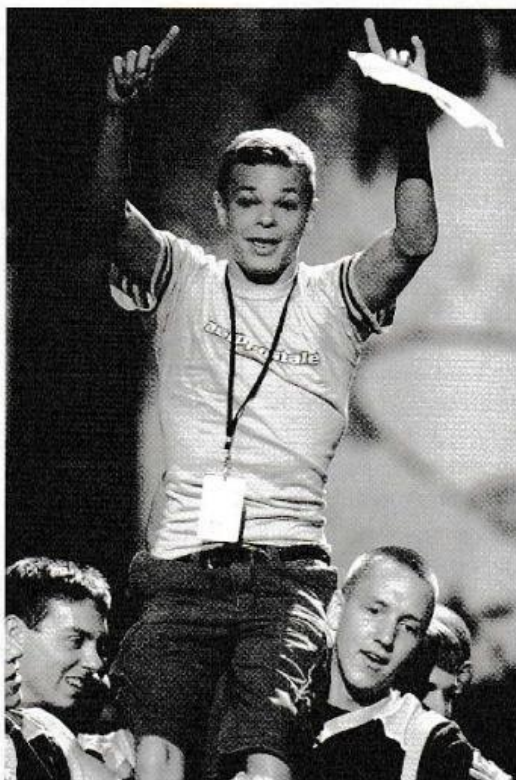
3 _____

Jason's sporting achievement was filmed, and by the evening, a video of him in action had already

gone viral*. Eventually, the video reached the television sports channel ESPN and Jason quickly became famous around the country. He received offers from celebrities, such as basketball hero Earvin 'Magic' Johnson and TV star Oprah Winfrey, as well as film companies and publishers keen to tell his story. Jason even met the American President at the time, George W Bush, who presented him with a special award.

4 _____

Since 2006, Jason has graduated from high school and found part-time work with a well-known food store. He wrote a book, *The Game of My Life* which was published in 2008 and he now travels across the United States raising money for autism charities. He is also involved in public speaking, and is a talented runner. In September 2012, he completed his first marathon in 15th place, in only 3 hours, 1 minute and 41 seconds. With all the activity that is going on in his life, Jason admits that he hasn't been playing as much basketball, but says: 'Occasionally, I'll go and shoot baskets.'



GLOSSARY

substitute (n) – in team sports: a player who is sent onto the pitch/court to replace another player who is tired, injured or playing poorly; zawodnik rezerwow

aim (v) – in sports: to look carefully and choose the place you want to throw or kick a ball, or shoot a weapon; celować

basket (n) – in basketball: the rings at either end of the court; also, the point which is scored when you throw the ball successfully into one of those rings; kosz

go viral – if a picture, video, joke, etc goes viral, it spreads widely, especially on the Internet; rozjechać się w Internecie

- 2 Match headings A–F with paragraphs 1–4. There are two extra headings.

- A America's new sporting hero
- B Autism fully explained
- C Jason's success continues
- D A gift and a promise
- E J-Mac's magic moment
- F Jason the best autistic runner

- 3 Read the text again. Answer the questions about the text in your notebook.

- 1 What is autism?
- 2 Who gave Jason the opportunity to play in the 'Senior Night' game?
- 3 At what point did Jason join the game?
- 4 Which team won the game?
- 5 Who described Jason's feelings after the game?
- 6 What did certain celebrities, film companies and publishers want to do?
- 7 Where does Jason do his charity work?
- 8 Which of Jason's other sporting achievements is mentioned in the text?

- 4 Complete the collocations with the verbs from the box. Use the text to help you. There are two extra verbs.

(beat bring complete go pass
play present raise score)

play for a team

- 1 _____ someone on as a substitute
- 2 _____ the ball
- 3 _____ a basket
- 4 _____ someone with an award
- 5 _____ money for charity
- 6 _____ a marathon (or any other race)

REMEMBER BETTER

Kiedy uczysz się nowego wyrażenia składającego się z czasownika i rzeczownika, sprawdź w słowniku inne czasowniki, które łączą się z tym samym rzeczownikiem. W ten prosty sposób poszerzysz zasób swojego słownictwa.

Complete the collocations with **ball** with the correct verb and form. The first and last letters are given. First, try to do the exercise without using a dictionary or checking online.

The best golfers can **h**it the ball incredible distances and with great accuracy.

- 1 In football, you can't use your hands. You use your feet to ***k**__**k** the ball, or you can ***h**__**d** the ball.
- 2 If the batter **m**____**s** the ball three times in baseball, he or she is 'out'.
- 3 Barnes is a very selfish player. He rarely **p**____**s** the ball to another player.
- 4 When I ***t**____**w** the ball to you, try and ***c**____**h** it using both hands.
- 5 In basketball you can't just run with the ball. You have to **b**____**e** it on the floor as you run.
- 6 Our dog will happily ***f**____**h** a ball or a stick all day long, but it's very hard to get him to ***d**____**p** it once he's got it in his mouth.

FOCUS ON WORDS | Rituals and routines

- 5 Complete the sentences with a phrase from the box. You may need to change part of the phrase.

a decisive moment break from sb's routine
do the same thing over give sb peace of mind
repeat a sequence the first step
the last phase **the point of no return**

As soon as we go around the next bend, we will go past **the point of no return**. The water moves so fast that we will only be able to move in one direction – down the river towards the sea!

- 1 As a _____ I chose to run around the hill rather than over it. It's good to do something different once in a while.
- 2 The referee sent off our best player for cheating. That was _____ in the game. What a joke!
- 3 The _____ in becoming a professional athlete is to decide which specialisation to focus on.
- 4 You can beat this boxer. He always _____ of punches after he moves back two steps. Watch! Left, left, right, left, right. It's the same every time!
- 5 It might be boring _____ but every successful tennis player knows it's the only way to hit the ball perfectly with your racket.
- 6 The fact that winning or losing isn't important can really _____ and help you see the bigger picture. It's simply a game and we're playing for fun – so just enjoy it!
- 7 This is _____ of our yoga class this morning and then you can all go home. Take a deep breath, touch your toes and hold the position for three minutes.

FOCUS ON WORDS | Word families

- 6 Complete the sentences with the correct form of the words in brackets.

I'm quite lazy, so I prefer less **active** (ACT) sports like darts or snooker.

- 1 Plenty of sportspeople are _____ (SUPER). For example, Michael Jordan used to wear his college shorts under his official NBA sports kit.
- 2 Why can't I be more _____ (DECIDE)? I just don't know which team I want to play for the most.
- 3 You need pretty _____ (POWER) legs to be a professional long jumper.
- 4 Don't you find playing chess rather _____ (REPEAT)? You do the same moves over and over again.
- 5 Athletes need a lot of _____ (RESILIENT) if they are to return after a serious injury and compete at the highest level again.