



## READING

### 1 BEFORE YOU READ Discuss the questions below with a partner.

- Have you been playing any sport as a hobby? If so, how long have you been practicing that sport?
- Are you working? If so, how long have you been working? And what activities have you been doing in your work?
- Have you been doing any other activities? Talk about them.

### 2 Read the following text; then answer True or False.

1 John has been playing football for a long time.

True False

2 John has been playing basketball since his childhood.

True False

3 John doesn't like to run.

True False

4 John is not interested in playing chess with foreign people.

True False

5 John practices tennis every day.

True False

### 3 Answer the following questions.

1 How long has John been playing football?

.....

2 What sport does John love to play?

.....

3 What sport has John been practicing since he was a child?

.....

4 Why has John been running?

.....

5 What are the sports that John hasn't been practicing lately?

.....

## MY SPORT LIFE



Hi, I am John Miller. I am from Sao Paulo, Brazil. I am twenty-five years old and I will talk about my life related to sports and games.

I like to play football. I've been playing football for 10 years. Now, I am playing in a team from my university. Moreover, I love playing basketball. I have been playing it since I was 5 years old. Currently, I play in the official team from Brazil.

Another sport I practice is running; I have been running for two years. I practice this sport because of health. I read that running is good for having a healthy body. At the same time, I go swimming. I've been swimming for two months. I want to enter to a swimming competition; I want to win a price.

About games, I've been playing chess since I was 10 years old. At school, I always participated in Olympics. I would like to play with people from other countries, but I need to practice more. Another game I play is billiards. I play it just for sharing time with friends. I've been playing it for a year.

The sports that I haven't been practicing are tennis and cycling since I have no one to practice with and in my country those sports are not played often. And the games I haven't been playing are billiards and bowling. I haven't been playing them since last year. I lost interest in them.

Well, that's all about me. In the future, I hope to learn more sports and games and participate in some contest.



## LISTENING

**1** BEFORE YOU LISTEN Discuss the questions below with a partner.

- Have you participated in any competition or a race? Which one?
- How long have you been working on that in order to win?
- What activities have you been doing in order to improve?

**2** Listen the following story about Grace.

# AN IMPORTANT RACE

**3** Answer the following questions.

**01** What has Grace been training for?

.....

**02** Who has been helping her train?

.....

**03** Where have Grace and Buddy been running?

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**04** What has been happening to Buddy because of all the excitement?

.....

**4** Answer True or False.

a) Grace has been getting ready for a race.

T                    F                    Doesn't say.

b) The race is about running.

T                    F                    Doesn't say.

c) She doesn't like to spend time on her dog.

T                    F                    Doesn't say.

d) Her dog has been running with Grace.

T                    F                    Doesn't say.

e) Her dog won the race.

T                    F                    Doesn't say.

**FREEDOM  
ACADEMY**



SCAN ME



## READING

### 1 BEFORE YOU READ Discuss the questions below with a partner.

- Do you think it is difficult to achieve our dreams?
- Have you achieved some of your dreams yet?
- Have your goals changed while growing up?

### 2 Read the article about achievements then, choose True or False.

1 It is easy to achieve your objectives.	TRUE	FALSE
2 Just some people have dreams.	TRUE	FALSE
3 It is not necessary to have goals in life to be motivated.	TRUE	FALSE
4 Achievements are goals to do in a near future.	TRUE	FALSE
5 To achieve your goals, don't stop working on them.	TRUE	FALSE
6 Einstein had an easy life.	TRUE	FALSE

### 3 Answer the questions below.

- 1 What is achievement?
- 2 What have people learned?
- 3 Did Albert Einstein have mentally handicapped?
- 4 Did Albert Einstein get a Ph.D.?
- 5 According to the article what could be the meaning of the expression "Forward, don't lose your heart"?



### What is Achievement?

Achievement is what you have done so far. It's something you have worked hard for, and in the end, the results have been successful. Perhaps you have just passed your driving test, or maybe after many years of trying, you have learnt to play a musical instrument.

### Why is this important?

Everyone has a goal. Everyone wants to have something they can accomplish in life. It becomes our motivation to pursue what you want to achieve in life. In our lives, it is important to have goals so when you have reached them you can say you have some achievements. Think about when you were a child or younger, and your ambitions. Maybe you wanted to become an astronaut, so you studied hard, and you finally became an astronaut. Perhaps you wanted to have an incredible car. Can you remember the day you fulfilled this dream?

### Is it difficult to achieve your dreams?

If there is something people have learned in life is that when you pursue hard on what you want, you may fail in your first tries but don't give up. In the end you'll get the accomplishments you've ever dreamed of.

If asked to name a genius, most people would come up with the name Albert Einstein. Yet even for Einstein genius did not come easy. He had speech difficulties as a child and was once even thought to be mentally handicapped. As a teen he rebelled against his school's reliance on rote learning and failed. He tried to test into Zurich Polytechnic, but failed again (although he did very well in the math and physics section... as you might expect).

Einstein buckled down, received the requisite training and applied to Zurich Polytechnic again, and of course, was accepted. A few years later he had a Ph.D. and was recognized as a leading theorist. A few years after he had a Nobel prize for physics and began to be recognized as the genius of our modern era.

Achievement is not just about the happy, shiny thing, it is also about withstanding tough times and challenging situations. You must be strong to achieve your dreams; it means that you don't have to give up. So, forward, don't lose your heart. An accomplishment will give you fulfilment and happiness you'll forever treasure.

"Anyone who has never made a mistake has never tried anything new".

Albert Einstein



## LISTENING

1 BEFORE YOU LISTEN: Match the pictures with the names of people who achieved their goals.

The Rock J.K. Rowling Steve Jobs Beyoncé



2 Listen to a Youtuber talking about "Inspiring success stories." Choose True or False to answer the questions below.

Beyoncé

1 She won a contest where she sang Imagine by Jhon Lennon.

T F Doesn't say

2 She has developed his own ideas to record her first solo album.

T F Doesn't say

3 She has managed to start her own discography.

T F Doesn't say

The Rock

1 He invented his style of fighting.

T F Doesn't say

2 He has achieved his goal of being an actor.

T F Doesn't say

3 He had to overcome many difficulties in life.

T F Doesn't say

Steve Jobs

1 He had difficulty making friends.

T F Doesn't say

2 At 1976, he and his friend managed to form the company Apple.

T F Doesn't say

3 When Steve passed away, he left a legacy behind him.

T F Doesn't say

J.K. Rowling

1 Her real name is Jhenny.

T F Doesn't say

2 She got 2 nominations for her second book.

T F Doesn't say



## WRITING

1 Think about when you were a child or younger, and your ambitions. Make a bucket list about your goals in the past then. write about them and mention if you were able to achieve them or not. Give reasons.

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SCAN ME

## SPEAKING

1 Complete the sentences about your partner in the past simple or present perfect using the correct form of the verbs in brackets.

### HOW WELL DO YOU KNOW YOUR PARTNER?

a ..... (start) learning English .....  
 b ..... (have) his/her cellphone for .....  
 c Last year ..... (move) to another house or flat.  
 d ..... (be) to Japan.  
 e ..... (lose) his/her cellphone last year.  
 f ..... (watch) a horror movie yesterday.  
 g ..... (never/cry) for someone.

2 Now, discover how many of your sentences are correct making questions to a person you wrote about.

E.g. **Person a:** When did you start learning English?  
**Person b:** I started learning English in March.

3 Report your findings to your classmates

E.g. I've received an important award at the university. It was difficult at the beginning but I worked a lot and...