8d

A. Complete with *go*, *do* or *play*. Then match with the pictures.

1. _____ hiking
2. _____ karate
3. _____ skydiving
4. _____ tennis
5. _____ mountain biking
6. _____ athletics













Vocabulary

Complete the table by ticking (✓) the correct boxes. Then listen and check your answers.

play	go	do	
			team sports
			karate
			hiking
			in/for a team
			skydiving
			athletics
			mountain biking
			water sports
			tennis



LIVEWORKSHEETS

B. Complete the sentences with the words/phrases in the box.

excitement	water sports	recorded	complete	team sports	safety	weighs	cancelled

1. I usually don't like _____, but I really enjoyed surfing today.
2. When you go to the swimming pool, you have to follow the _____ rules.
3. I really enjoy playing _____ like basketball and football.
4. Little Kelly couldn't hide her _____ with the present she got from her parents.
5. All group leaders must _____ a forty-hour course on first aid before they go hiking with a group.
6. There's no way anyone can lift a car. A car _____ about 1,500 kg.
7. The head teacher told us that if it's rainy, the trip to the countryside will be _____.
8. This has been the warmest summer ever _____ in this area.

Listen

Listen to an online personal trainer describing an exercise. Put the pictures in the correct order. Write 1-3.

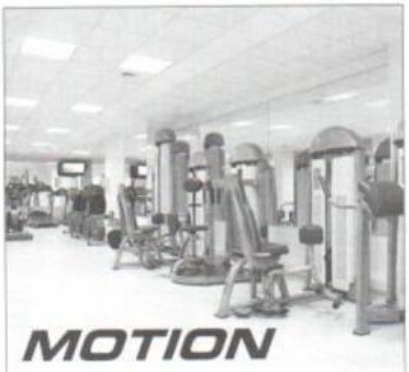






LISTENING

Listen to two teenagers talking and complete the poster.



- Weights and (1) _____
- Dance and (2) _____ classes
- Personal trainers available at all times

€50 a month

(3) _____ a year

Open:

Monday-Friday: 5 a.m. – 11 p.m.

Saturday & Sunday: 5 a.m. – (4) _____

49 Rose Road, Lincoln
Phone: 5777-5965

LIVEWORKSHEETS

Looking for some excitement?

Come to Sandy Bay Skydiving Centre for a safe and enjoyable experience.

A jump you will never forget!



- You must be between 18 and 65 years old.
- You mustn't be over 100 kg.
- You need to be in good shape.
- You have to complete our six-hour ground training programme. You can't jump with us if you don't.
- You don't have to bring anything – not even a helmet! We provide all necessary parachute equipment.

info@sandybayskydivingcentre.com

To: Victor Harper

Fri 26 March 9.45 a.m.

Congratulations VICTOR HARPER! You've booked your first skydive with Sandy Bay!

Some tips before your big day:

- Get a good night's sleep.
- Eat a healthy breakfast. You need to have lots of energy to make the most of the experience.
- Don't forget to wear comfortable clothes tomorrow.
- If it's too windy, wet or cloudy, we will contact you on the phone number you have provided. We will have to cancel your jump and book for another day when the weather is better.
- If you are ill, please inform us immediately.
- We can take photos or video to record your experience (at an extra cost). If you're interested, let us know as soon as you arrive.
- Don't be nervous! For us, safety always comes first.

If you have any questions, feel free to ask.

B. Read again and complete the sentences.

1. You need to be at least _____ to skydive at Sandy Bay Skydiving Centre.
2. If you weigh more than _____, you can't jump.
3. The training lasts for _____.
4. The centre gives you _____ and a(n) _____.
5. On the day of your jump, you should wear comfortable clothes and have a(n) _____ in the morning.
6. The centre will contact you if _____ is bad.
7. If you pay a little extra, you can receive _____ or a(n) _____ of your experience.

LIVEWORKSHEETS