

UNIT 1 SPORTS AND FREE TIME 1

1. Match the words in the box with the definitions:

discipline	determined	unfamiliar	opponent	inspire
promise	movement	generation	association	suffering

an age group	
a decision to definitely do something	
encourage and motivate	
experiencing in a negative way	
a group	
having made a definite decision	
personal control	
not known to you	
someone you play against in sport	
changes of position	

Complete the following sentences using the words in the box:

- After _____ several disappointing defeats, the young swimmer decided to change her training routine.
- The aim of the match is to hit the ball into a difficult position so that your _____ cannot return it.
- For those of you who are _____ with basketball, you should know that good teamwork is just as important as individual skill.
- After losing several important matches, the team was more _____ than ever to improve its performance.
- After losing his first professional fight, the boxer made a _____ to himself that he would work harder and come back stronger.
- Success in gymnastics requires a great deal of _____, as athletes have to train regularly and carefully control their movements.
- The athlete's incredible performances _____ many young people to take up athletics and work towards their own goals.

- h. The national football _____ introduced new rules to improve the safety of young players.
- i. A new _____ of cyclists is becoming interested in competitive racing because of the growing popularity of the sport.
- j. In fencing, even the smallest _____ can give your opponent an opportunity to attack.

2. Complete the following sentences using the correct form of the verbs in brackets:

He stopped _____ **(watch)** the football match on his way home.

He stopped _____ **(play)** football after injuring his knee.

Please remember _____ **(bring)** your swimming costume tomorrow.

I remember _____ **(watch)** the Olympics with my family when I was a child.

The doctor encourages _____ **(have)** a healthy lifestyle.

He also encourages the patients _____ **(take up)** any sports they like.

If you want to improve your stamina, try _____ **(run)** a little farther every week.

If you find running boring, try _____ **(listen)** to music while you exercise.

He continued _____ **(persuade)** her to quit her sport after the serious leg injury.