

UNIT 1 SPORTS AND FREE TIME 2

1. 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.

I will never forget _____(meet) Keanu Reeves in person at my father's restaurant and getting an autograph from him.

I forgot _____(take) my medicine, so accidentally took a double dose.

She forgot _____(lock) the door, so I turned around and drove home to do it.

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.

She started _____(travel) abroad alone at the age of 20.

I'd advise _____(buy) your tickets well in advance if you want to travel in August.

We advise people _____(ride) bicycles during rush hours to avoid traffic jam.

The teacher encourages _____(read) for pleasure.

The teacher encourages us _____(read) for pleasure.

The gym requires _____(wear) appropriate sports shoes.

The gym requires members _____(wear) appropriate sports shoes.

The rules permit _____(use) the facilities after 6 p.m.

He suggested that she _____(be) on time for the audition.

They suggested _____bicycles during rush hours.

2. Read and choose the correct answer:

My sport: canoeing

I've been canoeing for ten years now. I joined a local club when I was twelve. At the time, I never imagined doing it for years! Like many of my friends, when I wasn't studying I was online a lot, and I thought I needed some fresh air. Some friends thought it sounded fun too, so we went together. I'll always remember the first session; we spent ages in the water, learning how to get back into the canoe! I go canoeing with the club twice a week. In bad weather, we have training sessions at the swimming pool, but we go out on the river whenever possible. We practise canoeing 'up river' – that means going against the flow of the water, which can be quite fast. There's no time to admire the surroundings as you have to concentrate a lot. In the pool, it's easy to make progress in terms of technical ability, but I always finish river sessions with aching muscles. That's a good sign I've been working hard – it's just not the same in the pool. I started competing as soon as I could canoe properly in a straight line. My coaches organised competitions, and they were very patient. They knew that being on the water was so exciting for everyone that any last-minute advice they gave on the day was unlikely to make a difference to our performances. For us, it was more about gaining competition skills: the result didn't really matter, but working out why someone had beaten me was useful. I was fortunate because I went on to win quite often as I got older. To be fair, I worked hard, so I know I deserved it. When I was 17, I moved from the Junior level to competing in Senior races. Although the race locations were new, I was glad to see the same faces I'd seen in previous competitions. The routes were longer and technically more complicated, as you'd imagine, so when we were given specific practice exercises I was enthusiastic to get started. You need to learn extra skills to have a chance of getting to the end of the race, and I often thought I'd never make it. I'm glad I didn't give up though! People sometimes ask for tips about starting canoeing. What I always say is that you need to be safe. By joining a club, you'll have access to life-jackets, wetsuits, and of course, canoes. You can spend a lot, so borrowing the equipment at a club helps you work out what's essential. You can also follow blogs by other canoeists; it's not a sport

1. Why did Adele decide to join a canoe club?

- A She thought it would teach her useful skills.
- B She wanted to spend more time outdoors.
- C She saw how much a friend enjoyed it.

2. Adele likes canoeing on rivers because

- A she can canoe more quickly there.
- B it offers more of a challenge.
- C there are lots of things to look at.

3. What point does Adele make about competing in the third paragraph?

- A Learning things was more important than winning.
- B Luck played a big part in her early achievements.
- C Listening to her teachers was the key to her success.

4. How did Adele feel about moving to a higher level of competition?

- A confident that she could cope with more difficult routes
- B excited about competing against different people
- C pleased about beginning a new race-training routine

you can learn by watching though – you have to get out there and do it yourself. That's because sea canoeing, for example, is completely different to being on a lake, so experiencing different environments is a great way to find your favourite. For me, canoeing is more than just a sport. Through joining a club, as you might expect, I've expanded my social circle. I'm spending time with people from diverse backgrounds but who I share a common interest with. I think it's only in clubs that you get that opportunity. It's also shown me that actually, I'm the sort of person who others look up to when the going gets tough. It's not something I'd realised before. And it's even had a positive impact on my job. If there's a particular issue with a project, an hour's canoeing after work helps me think things through, and my colleagues are amazed how often I'll come up with solutions at work, or new options to consider!

5. What advice does Adele have for other young canoeists?

- A buy high-quality safety equipment
- B try out a variety of locations
- C follow professional canoeists online for tips

6. What does Adele say has been a surprising benefit of canoeing?

- A She's discovered a personal quality she didn't know she had.
- B She's made friends from a wide range of backgrounds.
- C She's managed to make a decision regarding a future career

3. Click on the following button

,listen and choose the correct answer:

1. People are talking about these sports because a. they are becoming more and more popular b. they might be included in the 2020 Olympics c. a lot of people are getting injured doing them	2. In wakeboarding the rider is attached to a. the board b. another rider c. a speed-boat
3. In wakeboarding 1260 degree spins are a. impossible b. difficult c. surprisingly easy	4. Wakestock festival in Wales a. has a similar feel to California b. is a good place to see the best riders c. is really cool but not many people know about it yet
6. Wakeboarding tricks a. are unique to the sport b. have different names to skateboarding and surfing moves c. are often the same as skateboarding and surfing ones	7. Roller derby a. has had a revival in popularity in the last fifteen years b. has always had a small group of dedicated fans c. has continually grown in popularity since it started
8. In roller derby you score points by _____. a. going past other players b. arriving at a goal c. making people fall over	9. Roller derby teams are currently _____. a. mostly non-professional b. mostly professional c. about half professional and half amateur