

FORM 3

CLOSE-UP

UNIT 6 : READY, STEADY, GO!

Reading : Page 70-71



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(illustration)

Upgrade your English with **CLOSE-UP!**

6 Ready, Steady, Go!

Reading

- A** Are you fit? Have you ever done any watersports or do you prefer to be on land?
- B** Work with a partner. Why do people do sport? Make a list of the reasons in your notebooks.
- C** Quickly read the descriptions of the people 1–5 in the *Exam Task* and underline any reasons they give for wanting to do sport.

Sport with a difference

Word Focus

- challenge:** something difficult that tests your ability
- equipment:** things you need to do a particular sport
- coordination:** the ability to make your arms, legs and other body parts move in a controlled way
- ice rink:** an area inside a building with ice for people to skate on



- a** **Paddleboarding** is the hardest adventure sport you'll ever try! If you like surfing and rowing, you'll definitely love this. You sit on your knees or lie on a board and use your arms to move over the water! If you're fit and you love a **challenge**, try it! You will need to buy or borrow a board.
- b** For an underwater challenge, try **scuba diving**. There are courses for all levels, including beginners. **Instructors** with years of experience can teach you, so you'll be in safe hands. Lessons are available all year at local swimming pools. The bad news? Lessons are expensive and you have to pay extra to hire the equipment.
- c** **Judo** could be the right sport for you if you like reaching your goals. It uses coloured belts to show your level. There are seven levels, from white to black. When students get their first belt, it shows them that they can **succeed**. It gives them **confidence** and makes them want to go higher.
- d** **Cycling** is an activity you can enjoy alone, or you can train and enter **competitions**. Who knows? You could be a future winner of the Tour de France! Whether you ride for health, **enjoyment** or competition, you must wear special **equipment**. Never cycle without a helmet to protect your head.
- e** If your **coordination** is good and you aren't afraid of falling over, **figure skating** (dancing on ice) is an excellent way to get exercise and have some fun. You only need a pair of skates. If you'd like to try it, ask about figure skating programmes at your nearest **ice rink**.
- f** You have heard of surfing, but what about ... **skurfing**? It's an exciting new sport that combines water-skiing and surfing. A fast motorboat pulls you along; you stand on a surfboard instead of skis, and ride the waves that the boat creates. You need to hold on tight and not fall. Don't forget your life jacket.

D Read the *Exam Close-up*. Then read the first description in the *Exam Task* again and underline any other key words.

E Now complete the *Exam Task*. Remember to check your answers when you have finished.

Exam Close-up



Matching descriptions

- When you match descriptions of people with texts in the exam, it's important to look for similar words and expressions.
- Read the description of the first person and underline the key words.
- Then read all the texts and look for words and expressions that are similar to the words you underlined in the first description.
- Do the same for each description until you have matched all the people to the texts.
- You will only need to match five of the eight longer texts, so check your answers carefully.

Exam Task

The teenagers below are all looking for a sport to do. There are eight descriptions of sports for young people. Decide which sport would be the most suitable for the teenagers. For questions 1–5, mark the correct letter a–h.

- 1 Juan is very interested in the environment and would like to study the oceans when he's older. He'd like to do an activity that will help him to explore the seas.
- 2 Inga has been doing snow sports all her life, so she wants to try something else. She wants to spend time exploring the countryside around her village.
- 3 Mario is new to the area and wants to meet people his age. He's a good athlete who loves basketball and football but he'd like to try something a bit different.

- 4 Cheryl really enjoys discovering new things, so she doesn't want to do any of the usual sports. She's fit and wants to do something that will push her body.
- 5 Nigel is shy and isn't really interested in sports, but his doctor has told him he needs to get fit. Nigel wants to see results for his hard work.



g Fast and exciting, **snowboarding** is one of the coolest winter sports. The baggy hip-hop clothing that snowboarders wear make it trendy. It's also an extreme sport, and that means it can be dangerous. If you've never done snow sports before and are trying snowboarding for the first time, make sure your instructor is experienced.

h **Handball** is one of the fastest team sports, so if you want to play it, make sure you have great coordination and are **athletic**. Good ball skills are important, too; you must be able to catch, throw and shoot a ball very quickly. Indoors or outdoors, it's a fantastic way to make friends and keep fit.

F Find the words with the form in brackets in the text. Then complete each sentence below with the correct word.

athlete – (adj) compete – (n) confident – (n)
enjoy – (n) instruct – (n) success – (v)

- 1 The most popular sports _____ in the world are the Olympics and the World Cup.
- 2 My judo _____ learnt the sport in Japan and has been teaching it for many years.
- 3 Nick can run fast, swim like a fish and play tennis like a champion! He's very _____.
- 4 Luke's coach always encourages him and this gives him the _____ to win races.
- 5 Harry only plays basketball for _____, but he is very good and should play for a team.
- 6 Work hard, listen to your coach, don't stop trying – this advice will help you to _____.

- In 2010, Jessica Watson became the youngest person to sail around the world on her own.
- Would you do it? Why? / Why not?
- Do you enjoy doing sports? Why? / Why not?

Ideas Focus

