

## Listening/ 10<sup>th</sup> / Sport

### Task 1. Cycling trainer

Listen to a sports trainer talking to a group of cyclists about different aspects of training. Before you listen, read through the notes below, & think carefully about the kinds of words that you will need to write in the spaces.

#### Cycling trainer

choice of bike is the first thing

1 having the right \_\_\_\_\_

protects you

2 need to develop a suitable

3 must have \_\_\_\_\_ to develop performance

4 learn how to \_\_\_\_\_ when not training

5 if you don't \_\_\_\_\_ well, performance will decrease

6 try to stay \_\_\_\_\_ at all times



### Task 2. Muhammad Ali

You will hear about a famous sportsperson. Read the statements & choose the best option: a, b, c, or d, to complete each statement about the recording.

1 Muhammad Ali

- a first became famous as a rapper.
- b organised anti-racist demonstrations.
- c won three Olympic gold medals.
- d was good at composing poems.

2 Ali's first boxing coach was

- a a policeman in his hometown.
- b the Louisville Club owner.
- c a television reporter.
- d a former thief.

3 Ali's career as an amateur boxer

- a lasted nearly 18 years.
- b ended when he was 18.
- c brought him only a few match victories.
- d didn't bring him popularity.

4 In the 60s, Ali

- a served in the American army.
- b spent five years in prison.
- c lost his champion's title.
- d refused to fight in championships.

5 In retirement, Muhammad Ali

- a stopped taking part in public activities.
- b supported his daughter's boxing career.
- c wrote for sports magazines.
- d was still very popular.



Muhammad Ali