# Unit 5- Sports and interests

## I. Complete the conversations using the pairs of words in the list.

| | | |
|---|---|---|
| stamina / hand-eye coordination | // | junk / healthy lifestyle |
| shape / uncoordinated | // | breath / speed |
| demanding / sweat | // | flexibility / strength |

**1.** A: Wow! You look amazing. What have you been up to?

B: I've lost 10 kilos. I decided it was time to give up the _____ food and go for a _____

**2.** A: I get such a stiff back after sitting at the computer all day.

B: You should come to my yoga class. It's great for _____ . And it's good for _____ too. I can lift much heavier weights than before.

**3.** A: How's your squash course going?

B: Great, thanks. I couldn't last more than 20 minutes when I started but my _____ has really improved. You should come along.

A: Sorry but I can't even hit a ball. My _____ is awful.

**4.** A: The new teacher is much more _____ than the old one. She made us work an awful lot harder.

B: Tell me about it. I worked up a _____ in seconds!

**5.** A: I'm so unfit. I really need to get back into _____.

B: Why don't you try salsa dancing? It's great fun.

A: I think I'm too _____

for that. In fact, my boyfriend says I've got two left feet.

**6.** A: Can we slow down a bit? I'm getting out of _____ running up this hill.

B: Sorry, but we need to keep going. Keeping up your _____ is important if you want to get really fit.

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## II. Choose the correct word.

And now sport. First football – after dropping to the third (1) section / division , Wanderers' troubles don't get any easier. There were two near-misses for Martin Dale when he hit a (2) stick / post and the (3) bar / frame . He was just about to (4) shoot / score for the third time when he was tackled by Harper, who got a red (5) card / note . Final score: City 1 – Wanderers 0. On to rugby: three (6) drives / tries by O'Keefe gave Ireland a win over France. In the gymnastics, the (7) judges / coaches gave Russian Nina Paseka a perfect 10, taking her into the lead. The latest from the Grand Prix, Hans Kellermann has just spun off the (8) track / race , trying to (9) override / overtake the leader Mark Walker. And in the basketball, Boston have just called a (10) time-up / time-out to discuss (11) tactics / faults . More in our next news …'

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