

Vocabulary

Sports and time expressions

- 1 19 Match the photos to the phrases in the box. Then listen, check and repeat.

go cycling	☐	go diving	☐
go swimming	☐	go hiking	☐
go fishing	☐	go surfing	☐
go horse-riding	☐	go skiing	☐
go skateboarding	☐		



- 2 In turns, say the activities you do. Use time expressions from the box or adverbs of frequency.

every day three times a week
at weekends once / twice a week
on Mondays / Tuesdays / ...

- I go cycling twice a week.
- On my holidays, I go surfing every day.
- I never go skiing.

- 3 Choose a friend or a family member. Write about the activities he/she does.

My brother has got a skateboard. He goes skateboarding every day. On holidays, he sometimes goes fishing.

I've got a friend in Bariloche. She always goes skiing in winter. She goes horse-riding in summer.

Listening

At the sports centre

- 4 20 Listen to three conversations at a sports centre. Tick the three activities mentioned.

a yoga	☐	d badminton	☐
b judo	☐	e aqua-aerobics	☐
c swimming	☐	f diving	☐

- 5 20 Listen again. Write T (true) or F (false). Correct the false sentences.

Conversation 1

- 1 He buys tickets for two adults and one child.
- 2 They've got ten hours in the pool.

Conversation 2

- 3 The classes are twice a week.
- 4 She books a place for next Thursday.

Conversation 3

- 5 The classes are once a week.
- 6 He can swim but he can't dive.

Reading

An interview

- 1 Before you read > Look at the title and the photo on the website. Do you know the girl in the photo? Who is she? What sport is she good at?

Home | News | Sports | Videos | **Interviews** | Games

Interview with Sky Brown, the best teenage skateboarder on the planet

Sky, where do you live?

I live part of the year in Miyazaki, Japan, and part of the year in California, USA.

I see. Are you from Japan or from the USA?

I'm from Japan. My mother is from Japan too, and my father is from Great Britain.

You're a great skateboarder! How often do you exercise?

I exercise every day at skateparks. I do cool tricks and high jumps. I love skateboarding! It's my happy place.

When do you go to school?

I travel for competitions about three months a year, so I sometimes go to school but I also study during my trips.

And what other activities do you do?

I usually go surfing. And I dance too. I love music.

What do you want to do in the future?

I want to travel, skate, surf, play the guitar and continue to help children in poor countries.

What do you do to help?

Well, I'm an ambassador of Skateistan, for example. All my skateboards say 'Skateistan'. I also make donations.

What's Skateistan?

It's an organization to help children in Afghanistan, Cambodia and South Africa. It combines school studies with a chance to skateboard.

That's great! You're a very active girl and you've got a very big heart. Congratulations!



- 2 Read for general ideas > Complete the file.



Name:

SKY BROWN

Town and country (1):

Town and country (2):

Main activity:

Other free time activities:

- 3 Read for details > Answer.

- 1 Where are Sky's parents from?
- 2 Does Sky exercise every day?
- 3 What does she do at skateparks?
- 4 Does she go to school?
- 5 Does she travel every month?
- 6 What does she do to help other children?



Give your opinion

Why is Sky special? What do you think about her life – is it fun, easy, hard? Explain.