

Use the word given to form a word that fits the gap in the following sentences.

COMPETE

It is argued that encouraging children to be puts them under too much pressure.

2 There was disagreement between the teams about who should be the referee.

PERFECTION

3 Many athletes are and insist on getting it right every single time.

4 There are always slight in every gymnast's performance.

ATHLETICS

5 He's one of the best of his generation.

6 You need to be more to be a ballet dancer than a footballer.

Read the text and decide which is the best summary. Don't worry about the gaps yet.

- A superstitious athletes are the most successful
- B reasons why athletes are superstitious
- C the most common superstitions among athletes

Superstitious athletes

Athletes develop superstitions by associating particular behaviour with good (1) *performance*..... Typical examples include insisting on wearing the same item of clothing, only eating certain food or always listening to the same song before a match or a race. These superstitions usually have no

(1) with success but many athletes believe that they bring them good luck.

(2) sport at a professional level is extremely difficult and athletes are under pressure to achieve as close to (3) as they can possibly manage. Many athletes find this extremely (4) So anything that helps them to feel more (5) isn't necessarily a bad thing and some athletes maintain their lucky charms make them feel more (6) However, these little superstitions could also be potentially (7) for athletes' mental health because they can develop an unhealthy (8) on them.

They should be focusing on improving their athletic ability instead of worrying about superstitions. ■

PERFORM

CONNECT

COMPETE

PERFECT

STRESS

RELAX

CONFIDENCE

DANGER

DEPEND

Active
Verbs