

Unit 4: Sport and Leisure

Match the words in column A with the definitions in column B.

A	B
(1) lifestyle	(a) what you do in your free time that involves other people
(2) recreational	(b) a lazy person who sits in front of the TV all day and gets very little exercise
(3) social life	(c) the sort of life you have and the things you do
(4) couch potato	(d) related to leisure/your free time

A	B
(1) bungee jumping	(a) jumping off mountains and floating around while attached to a parachute
(2) scuba diving	(b) an activity where you jump from a very high structure, like a bridge, while attached to a stretchable rubber cord and then bounce up and down
(3) paragliding	(c) walking long distances in the countryside or mountains over a period of days or even weeks
(4) trekking	(d) swimming underwater using special breathing apparatus

A	B
(1) tenpin bowling	(a) the people who go to watch an event, especially a sporting event
(2) spectators	(b) a large building where people go to watch a sporting event
(3) stadium	(c) a person who watches a game, makes decisions, and penalises players or teams in order to ensure that they follow the rules
(4) referee	(d) an activity where you roll a hard rubber or plastic ball down a track in order to knock down skittles

A	B
(1) gymnastics	(a) to go to the countryside and eat a pre-packed meal in the open air
(2) running track	(b) a group of people who play a particular sport from whom a team is picked
(3) squad	(c) an artificial surface, usually in the shape of an oval, where athletes can run and compete in sporting events like running races
(4) have a picnic	(d) a sport involving complex body movements and special equipment, such as uneven bars and balance beams

A	B
(1) sedentary	(a) getting the balance right between work and leisure
(2) work-life balance	(b) not active or not involving physical activity
(3) equestrian	(c) a very long-distance running race
(4) marathon	(d) related to riding horses
A	B
(1) martial arts	(a) to do an activity to help you relax/unwind
(2) take a stroll	(b) to go for a leisurely walk
(3) let off steam	(c) various sports which originated in the Far East as forms of self-defence, such as judo
(4) Jacuzzi	(d) a large hot bath with bubbles in it that massages the body

Complete the sentences below with a word from this unit. You may have to change the form of the word so that it fits into the sentence grammatically.

- Despite the bad weather, we decided to _____ by the river. The food we had packed was delicious!
- He's a _____. All he does is sit and watch TV all day.
- At the weekend, I often _____ in my neighbourhood. It is good exercise and not too strenuous.

4. I really enjoy _____ in the mountains. I normally walk for about four or five hours a day.
5. She has a great _____. She often goes to parties and enjoys meeting new people. She has loads of friends and enjoys going out with them.
6. The football club is going to build a new _____. The one they have at the moment is too small, so not enough people can see their games.
7. He has a very _____ lifestyle. He hardly ever takes any exercise and spends most of his day sitting down.
8. I find playing football is a great way to _____. It really helps me to unwind.
9. The _____ cheered when the athlete broke the world record.
10. It's nice to relax in the _____ after going for a swim.
11. The _____ awarded a penalty for a foul by the goalkeeper.
12. Real Madrid have a large _____ of players from which to pick their team.