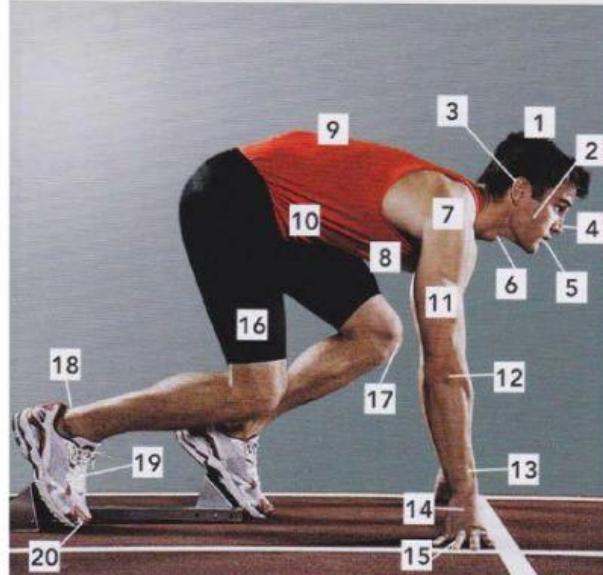




Fitness fanatics

Match the parts of the body

ankle • arm • back • chest • ear • elbow • face
 finger • foot (plural: feet) • hand • head • knee
 leg • mouth • neck • nose • shoulder • stomach
 toe • wrist

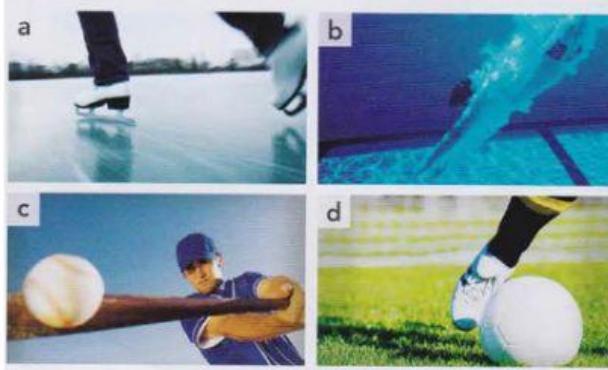


Complete the sentences with parts of the body.

- 1 You use your to listen.
- 2 Think! Use your!
- 3 Giraffes have very long
- 4 When you eat, the food goes down to your
- 5 On the end of your leg is your and then your foot.
- 6 On the end of your foot you have five
- 7 On the end of your arm is your and then your hand.
- 8 Your hand has five

Match the following:

climb • dive • fall • hit • jump • kick • rest
 ride (a horse/bike) • run • skate • ski • swim



LISTENING 32 Listen. What activities do you hear?

1	4
2	5
3	6

Work individually. What physical activities do you associate with these words?

1 mountains <i>climb, ski, fall</i>	4 the winter
2 triathlon	5 water
3 football	6 martial arts

Reading



READING Read the article and choose a good title.

- a The crazy world of diving
- b Cliff-diving – a dangerous sport
- c How to be a diver

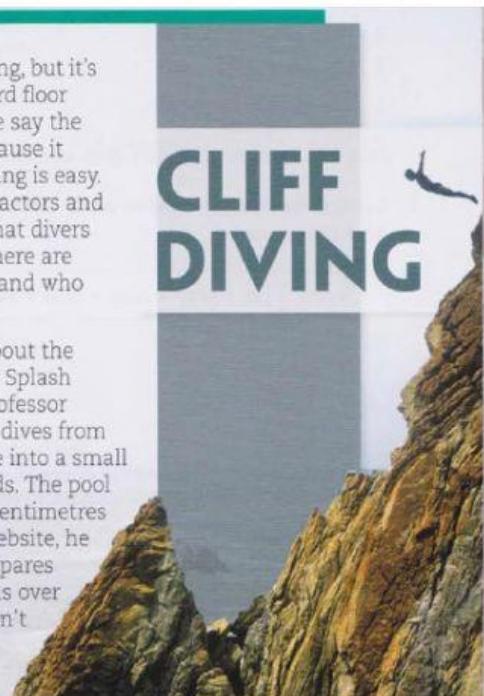
Do you love diving into the water on a hot summer's day? Diving can be great fun but it can also be really dangerous. Just imagine diving from a cliff that is 26 metres high! A cliff dive begins like any other dive, but the divers must always enter with their feet first, to protect their arms, shoulders and neck. The dive lasts only three seconds, but the divers train hard for hours and hours to be able to do it safely. When they hit the water, they're moving fast, at about 90 kilometres per hour (kph)! At that speed, if they make a small mistake, the consequences can be terrible. The weather and the state of the sea make a difference to each dive. When the sea is moving a lot, the divers can't calculate the dive well and the competition stops.

A sign of the recent popularity of diving is the British TV programme *Splash!*. In this programme, famous people learn to dive from a height of up to ten metres.

That's not as high as cliff-diving, but it's still like jumping from the third floor of a tall building. Some people say the programme is dangerous because it gives the impression that diving is easy. Others say it's dangerous for actors and musicians to do an activity that divers spend years training to do. There are competitors who can't swim and who hurt themselves quite badly.

One person who knows all about the dangers of diving is Professor Splash (real name Darren Taylor). Professor Splash is famous because he dives from a height of 11 metres or more into a small plastic swimming pool for kids. The pool sometimes contains just 34 centimetres of water! As he says on his website, he can only do it because he prepares each dive carefully and he has over 25 years of experience. 'So don't try this at home!' he says.

CLIFF DIVING



Choose the best option:

1 Why is it difficult to be a cliff-diver? <ul style="list-style-type: none">a Each dive is very short.b You need to prepare for a long time before you dive.c Divers hurt themselves in every dive.	2 In cliff-diving, it's always a bad idea to ... <ul style="list-style-type: none">a make impact with the water with your hands and arms first.b dive quickly.c hit the water at over 90 kph.
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3 They sometimes stop cliff-diving competitions when ...

- a the weather conditions are bad.
- b one competitor can't continue diving.
- c the water isn't warm.

4 Some people are unhappy with the TV programme *Splash!* because ...

- a the dives are not very high.
- b the competitors are not very good.
- c it gives the wrong idea about the sport.

Answer the following:

- 1 Why are small mistakes important in cliff-diving?
- 2 How do cliff-divers enter the water and why?
- 3 Why do some people say *Splash!* is dangerous?
- 4 What helps Professor Splash to do his dives?

Complete the text, use each word twice.

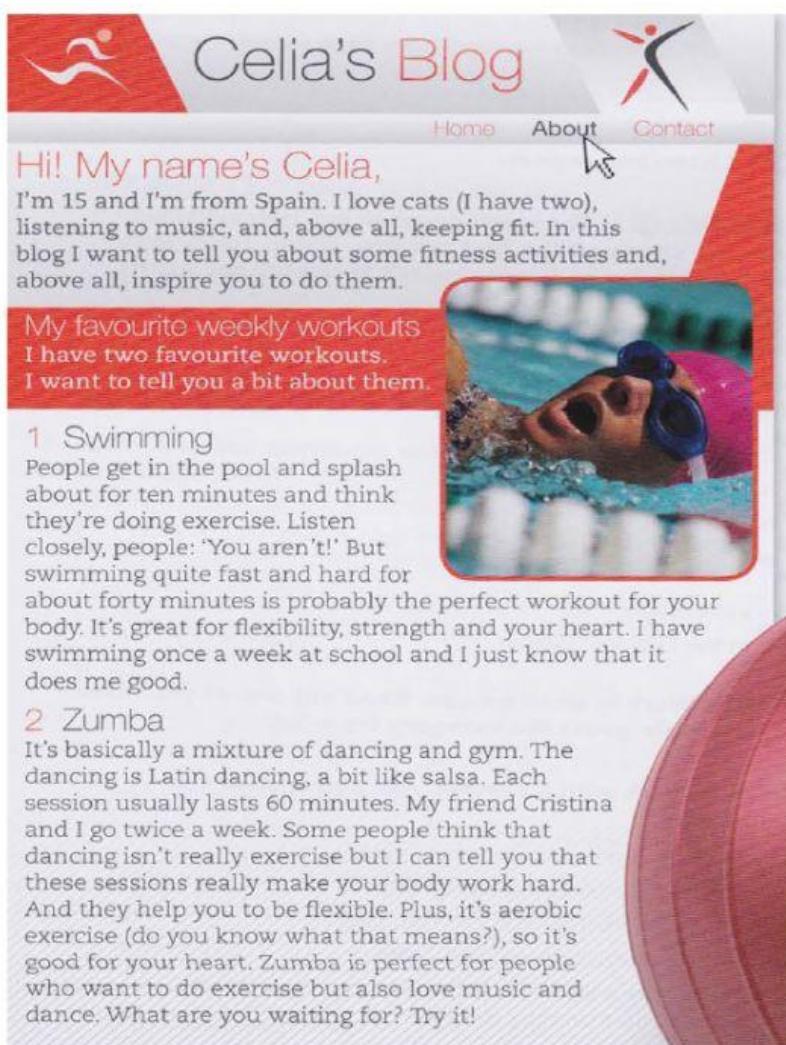
bad • careful • fast • good • hard
patient • slow

In my family, we like skiing. My brother loves skiing (a), sometimes he goes at 30 kph! I know that professional skiers go at 100 kph, but that's because they train and work (b) every day. I don't want to ski professionally, but I think it's important that you can ski (c) when you live in the mountains like we do. My little brother is learning to ski right now. At the moment, he skis quite (d) – he falls and has accidents all the time. But he's only four! My grandfather skis (e) and (f) now because he doesn't want to fall and hurt himself. The only person who doesn't like skiing in my family is my grandmother. But she sits and waits (g) for us to finish. Then we all go and eat together.

Designing a **FITNESS PROGRAMME**

**'MOST TEENAGERS
TODAY DON'T GET ENOUGH EXERCISE.'**

Do you agree or disagree with this statement?



Celia's Blog

Hi! My name's Celia,
I'm 15 and I'm from Spain. I love cats (I have two),
listening to music, and, above all, keeping fit. In this
blog I want to tell you about some fitness activities and,
above all, inspire you to do them.

My favourite weekly workouts
I have two favourite workouts.
I want to tell you a bit about them.

1 Swimming
People get in the pool and splash
about for ten minutes and think
they're doing exercise. Listen
closely, people: 'You aren't!' But
swimming quite fast and hard for
about forty minutes is probably the perfect workout for your
body. It's great for flexibility, strength and your heart. I have
swimming once a week at school and I just know that it
does me good.

2 Zumba
It's basically a mixture of dancing and gym. The
dancing is Latin dancing, a bit like salsa. Each
session usually lasts 60 minutes. My friend Cristina
and I go twice a week. Some people think that
dancing isn't really exercise but I can tell you that
these sessions really make your body work hard.
And they help you to be flexible. Plus, it's aerobic
exercise (do you know what that means?), so it's
good for your heart. Zumba is perfect for people
who want to do exercise but also love music and
dance. What are you waiting for? Try it!

Tick true/false

1 This is the blog of a fitness expert.	T/F
2 The idea of the blog is to motivate people to take exercise.	T/F
3 Zumba and swimming are the only sports that Celia does each week.	T/F
4 Celia spends two hours a week doing Zumba.	T/F
5 Celia agrees that dancing isn't physically hard.	T/F
6 Celia thinks that swimming is always great for your body.	T/F

Read the article:

3 DIFFERENT TYPES OF EXERCISE

A healthy body is one that is strong, flexible and can keep working over a long period. That's why it's important to do these three different types of exercise:

1 AEROBIC EXERCISE

This kind of exercise makes you use more oxygen and it's great for your heart. When you do aerobic exercise frequently, you build stamina, so you can continue to do exercise for a long time. Your body doesn't get tired immediately, because your heart becomes very efficient at sending oxygen to your muscles. Some examples of aerobic exercise are swimming, basketball, cycling, and dancing.

2 EXERCISE TO BUILD YOUR STRENGTH

When you do exercise, you want to make your heart strong, but also to make your muscles strong. This helps you to be active and full of energy. Strong muscles also protect your body. Running, cycling and skating are all good for strong legs, and some gymnastic exercises are great for strong arms and a strong stomach.

3 EXERCISE TO IMPROVE YOUR FLEXIBILITY

Exercise can help to make you flexible. That means your muscles are strong but they can also move easily and in lots of different positions. You need good flexibility to do some sports like dancing or swimming, but also to play football or basketball. Gymnastics, yoga and martial arts can all help you to become flexible.

Answer the questions:

- 1 What is the connection between this article and Celia's blog?
- 2 Who is the author of the text on the right?
- 3 What is the aim of this text?
- 4 How is the style of this text different from Celia's blog?

Complete the chart

Three different types of exercise		
	What exactly does it do for you?	Example sports/activities
1 Aerobic exercise		
2 Exercise to build your strength		
3 Exercise to improve your flexibility		



LISTENING 37 Watch and listen to some teenagers talking about sport. Write the name of the person who says these things. One statement goes with two people.

What types of sport do you like?

- 1 I prefer individual sports.

How often do you do sport?

- 2 I do sport every day.

How do you find time to do exercise?

- 3 I find time to do sport by doing it together with my friends.

- 4 I change my daily routine to do sports a few times a week.

What's important to consider when you're choosing a sport?

- 5 It's useful to decide if you prefer to do indoor or outdoor sports.

- 6 It's important to think about how fit you are before you start doing exercise.

What advice would you give to somebody who wants to start doing sport?

- 7 It's best to choose a sport you enjoy.