

0.7 Sport

Grammar: *must, have to and should*
Vocabulary: Sport

SHOW WHAT YOU KNOW

1 In pairs, list all the sports you can think of in sixty seconds.

2 Put the sports from Exercise 1 in the correct group. Some sports can go in more than one group.

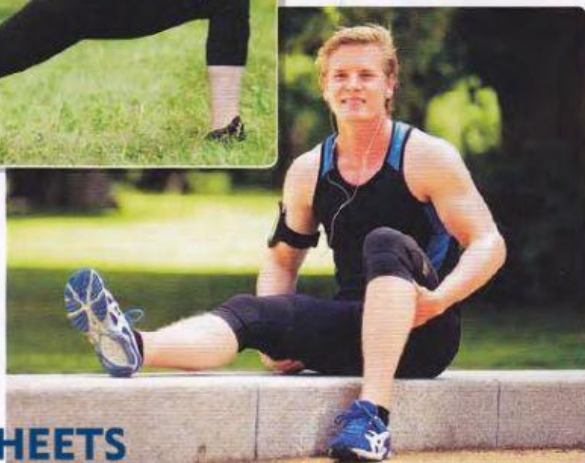
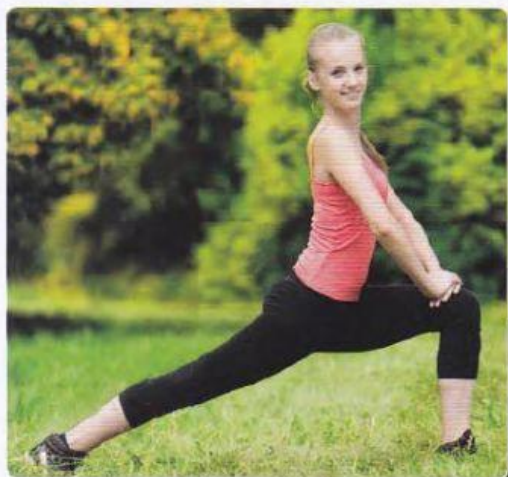
- 1 team sports: football,
- 2 indoor sports: _____
- 3 sports that collocate with *play*: football,
- 4 expensive sports: _____
- 5 sports you have tried: football,
- 6 sports you don't like: _____

3 Complete a sports teacher's sentences with *must* or *mustn't*. Which sport do you think he/she is teaching?

- 1 You _____ respect the other team.
- 2 You _____ accept the referee's decisions.
- 3 You _____ argue with the referee.
- 4 You _____ keep your eye on the ball.
- 5 You _____ criticise your own team mates.
- 6 You _____ get angry when you lose.

4 **CD-1.9 MP3-9** Listen to a gymnast and a triathlete talking about their diets. Answer the questions. Write G (gymnast) or T (triathlete).

- 1 Who has to train seven hours a day? ☐
- 2 Who *mustn't* eat more than 1,500 calories a day? ☐
- 3 Who has to eat six times a day? ☐
- 4 Who *mustn't* eat after 5 p.m.? ☐
- 5 Who has to eat a lot of carbohydrates (e.g. pasta)? ☐
- 6 Who has to have protein (e.g. fish) for lunch? ☐



5 **CD-1.9 MP3-9** Based on the interview in Exercise 4, complete the advice for a triathlete with *should* or *shouldn't*.

Before a race, a triathlete:

- 1 _____ drink lots of water.
- 2 _____ eat things like rice and pasta.
- 3 _____ eat lots of red meat.
- 4 _____ rest and sleep at least eight hours.
- 5 _____ drink coffee.

6 Read REMEMBER THIS. Then complete the cartoon captions with *should* or *have to*.

REMEMBER THIS

- You use *must* and *have to* to say, 'This is necessary.'
- You use *mustn't* to say, 'Don't do this.'
- You use *should* (or *shouldn't*) to say, 'This is (or isn't) a good idea.'

Remember, you ¹ _____ drink three litres of water a day.

I do. That's why I ² _____ go to the bathroom every five minutes!



Grammar Focus page 111

7 Rewrite the sentences using *should*, *shouldn't*, *mustn't* or *have to*.

- 1 It is necessary for sumo wrestlers to be very heavy.
Sumo wrestlers _____.
- 2 If you're a woman, don't enter the dohyo (or sumo ring).
Women _____.
- 3 It's a good idea for a sumo wrestler to eat around 20,000 calories a day.
Sumo wrestlers _____.
- 4 When you watch a sumo training session, don't speak.
When you watch a sumo training session, you _____.
- 5 It is necessary for sumo wrestlers to throw salt into the ring at the beginning of a match.
Sumo wrestlers _____.
- 6 It isn't a good idea for sumo wrestlers to show their feelings.
Sumo wrestlers _____.

8 Write three sentences about your favourite sport. Use *should/shouldn't*, *must/mustn't* and *have to*. Then compare with a partner.

Before you run, you should stretch.