2.1 VOCABULARY

Talk about staying fit.

2 Healthy living



1 a What can you remember about the vlog? Read the questions and write *C* (Callum) or *Z* (Zara).

Who …

1 plays football twice a week? ____
2 goes skateboarding at weekends? ____
3 plays tennis for the school team? ____
4 goes snowboarding? ____
5 does workouts at home to stay fit? ____
6 finds the workout quite difficult? ____

b 2.01 Watch or listen again. Check your answers.

2 Complete the table with the words below.

a dance class diving surfing
tennis volleyball a workout

do	go	play

3 Match the sentence halves.

1 I play ____
2 Do you go ____
3 Let's do ____
4 Does Boris play ____
5 I want to go ____
6 My dad doesn't do ____
7 Do you do ____
8 I love the sea! I go ____

A a team sport?
B some lunges for one minute!
C windsurfing in the summer.
D diving at the swimming pool?
E any exercise in the week.
F football three times a week.
G workouts at the gym?
H skateboarding.

4 Complete the blog posts with the words below. There is one word you do not need.

athletes dance classes fit gym play snowboarding stay
swimming volleyball windsurfing workouts

Leon @leon_22 · 4hr
Help! I'm not [1] _____ because I don't do any physical exercise. I really want to be active and healthy, but I don't know what to do. Don't suggest [2] _____ – I'm very bad at salsa!

Alejandra
Replying to @leon_22
I think a great way to do some exercise is to go [3] _____ in your local pool. Why not try it for 30 minutes three times a week? Do you prefer a team sport? Then try [4] _____! I [5] _____ it twice a week and love it!

Sue @Sue55 · 5hr
I like outdoor water sports – I go [6] _____ in summer. But how can I [7] _____ fit in winter? I don't enjoy going to the [8] _____ because I don't know how to use the machines!

Maya
Replying to @Sue55
There are personal trainers to teach you how to use the machines. They can plan good [9] _____ for you to do too. And don't worry about it, Sue! They're normal people like us, not Olympic [10] _____!

5 REAL ENGLISH Complete the sentences with the words below.

crazy just one pretty spot work

1 They're _____ good at windsurfing.
2 Do you do sport _____ for fun?
3 I need to _____ on my arms – they aren't very strong.
4 Nice _____, Kevin! That's a great workout.
5 Sally's _____ about dancing.
6 First, let's run on the _____ for 30 seconds!

6 Write sentences that are true for you. Use words from the lesson.

1 a sport or activity you do

2 a sport or activity you don't do

3 a sport or activity you would like to try

7 VOCABULARY BOOSTER Now practise **Crazy about sport** vocabulary on page 105.

LIVEWORKSHEETS