

# 6

## SPORT AND HEALTH

Health is better than wealth.

A proverb

### UNIT LANGUAGE AND SKILLS

#### Vocabulary:

- types of sport
- health

#### Grammar:

- Past Simple: affirmative (regular and irregular verbs)
- Past Simple: questions and negative (regular and irregular verbs)

#### Listening:

- a conversation about Physical Education

#### Reading:

- an article about two sportspeople

#### Watching and Speaking:

- asking for and giving advice

#### Writing:

- a description of an event

### FOCUS EXTRA

- WORD STORE booklet ➤ pages 14-15
- Literature Focus ➤ pages 102-103
- Grammar Focus ➤ pages 162-163
- Workbook ➤ pages 240-249 or MyFocusLab
- Grammar Trainer ➤ pages 250-251

### FOCUS DIGITAL

Digital talking book

Vocabulary extra practice

Grammar in Focus video

Interactive videodialogues

Certification and vocabulary practice

## Vocabulary

### Types of sport • Health

*I can talk about sport and health.*

#### SHOW WHAT YOU KNOW

- 1 In pairs, add as many sports as you can to the table in sixty seconds.

Summer sports	skateboarding, beach volley ball, surfing, swimming, cycling, sailing
Winter sports	hockey, skiing, snowboarding, snowshoeing, ice skating
Both	basketball, football, volleyball, tennis, rugby, judo

- 2 **Focus on you** Which sports do you like? Which don't you like? Tell your partner.

- 3 In pairs, look at the photos of Harry, Sally and Luke. What sports are their favourite? Choose from the words in the box.

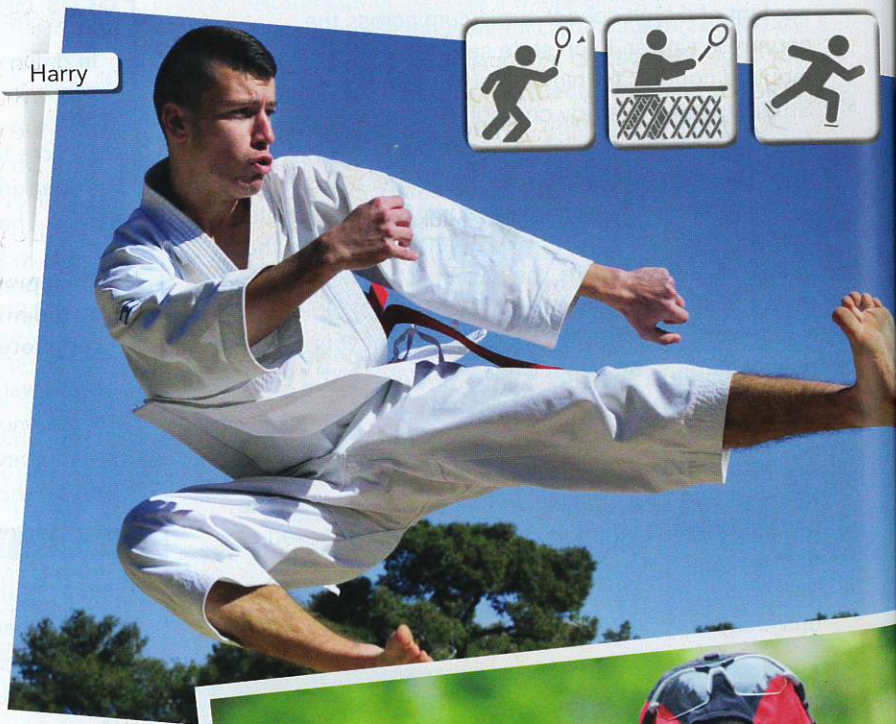
badminton • cycling • football • ice skating • jogging  
karate • kayaking • kung fu • sailing • skiing • swimming  
table tennis • tennis • volleyball • yoga • Zumba

Harry: karate

Sally: cycling

Luke: kayaking

Harry



Sally





- 4 In pairs, look at the icons for each photo and guess what other sports Harry, Sally and Luke do.

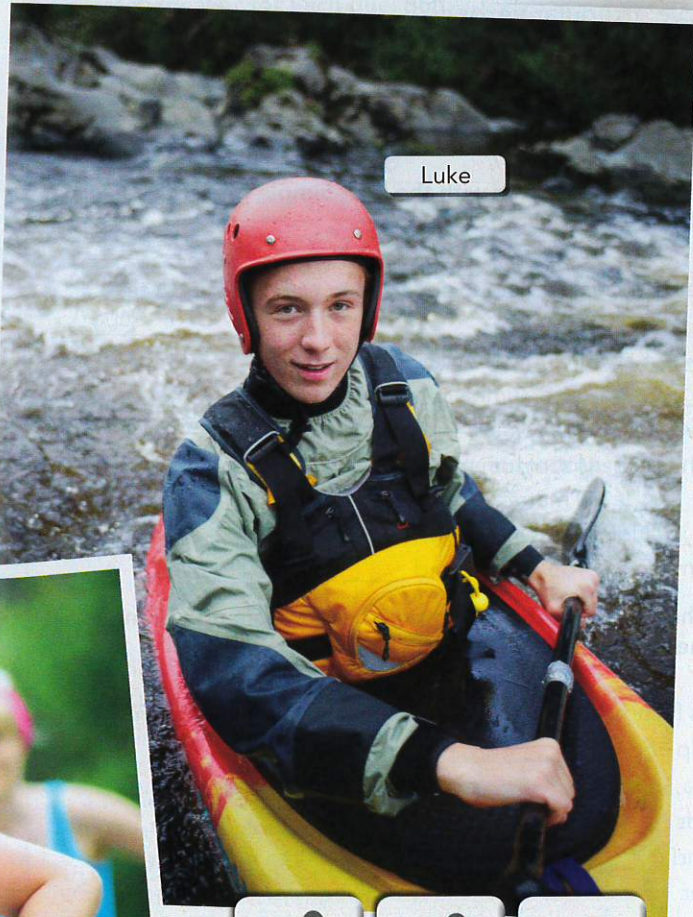
Harry: badminton, tennis, ice skating

Sally: table tennis, volleyball, skiing

Luke: football, jogging, swimming

- 5 **111** Complete the sentences with Harry, Sally or Luke. Then listen and check.

- 1 Harry goes ice skating on Monday evenings.
- 2 Luke goes jogging before school three times a week. After jogging he has a healthy breakfast.
- 3 Sally plays table tennis for a team. His/Her team often wins.
- 4 In summer, Luke goes swimming and kayaking. He/She has a very healthy lifestyle.
- 5 Sally and his/her friends go skiing in winter. They go to the gym to play volleyball twice a week, to keep fit.
- 6 Harry plays tennis or badminton every week.
- 7 Luke plays football at the weekend with his/her friends.
- 8 Harry takes part in karate competitions.



## WORD STORE 6A

- 6 **112** Complete WORD STORE 6A with the sports in Exercises 1 and 3. Then listen, check and repeat.

## WORD STORE 6B

- 7 **113** Look at the phrases in red in Exercise 5 and complete WORD STORE 6B with go, play or do. Then listen, check and repeat.

- 8 **Focus on you** In pairs, follow the instructions.

- 1 Make a list of at least six sports you or your friends do.
- 2 For each sport on your list write go, play or do.
- 3 Tell your partner about the sports you do, when you do them and who you do them with.

*In winter I go skiing with my family.*

*I play tennis with my friend Daniel on Mondays.*

## WORD STORE 6C

- 9 **114** Look at the underlined phrases in Exercise 5 and complete WORD STORE 6C. Then listen, check and repeat.

- 10 **Focus on you** Complete the questions with the verbs in WORD STORE 6C. Then ask and answer in pairs.

- 1 Do you have a healthy breakfast? What do you have?
- 2 What do you do to keep fit?
- 3 Do you play for a sports team? What sport do you play?
- 4 Do you have a healthy lifestyle? What do you do?
- 5 How often do you go to the gym?
- 6 Do you take part in any sports competitions? What kind?

- 11 Complete the text with one word in each gap. Use WORD STORES 6B and 6C to help you.

### EXAMS AND YOUR HEALTH

- Don't study all night. You learn better when you're not tired.
- Try to have a healthy diet. A healthy <sup>breakfast</sup> first thing in the morning gives you energy for the whole day.
- Exercise is important. You're never too busy to <sup>3</sup> go jogging or swimming. If you don't have time to <sup>4</sup> play tennis or football, walk or cycle to school. Or <sup>5</sup> go to the gym for an hour.
- If there isn't a gym near your home, <sup>6</sup> do exercises for ten minutes every morning.
- And take regular breaks when you're studying.

- 12 **Focus on you** In pairs, find these things in the text in Exercise 11.

- two things you already do  
*I have a healthy diet.*
- two things you'd like to do  
*I'd like to do more exercise.*

Vocabulary Focus • Word list page 144

Vocabulary extra practice