

Unit 2 Competitions

2a Sports and leisure activities

1 Vocabulary extra talking about likes and dislikes

a Match the highlighted verbs (1–6) with the emoticons (a–f).

- 1 I **enjoy** swimming when I have time.
- 2 I **love** winning!
- 3 I **really like** watching sports on TV.
- 4 I **hate** boxing.
- 5 I **can't stand** losing!
- 6 I **don't mind** playing soccer but I **don't like** watching it.

- a 😊😊😊 _____
- b 😊😊 _____
- c 😊 like, _____
- d 😊 _____
- e 😞 dislike, _____
- f 😞😞 _____

b Complete the sentences with your information.

- 1 I love playing _____.
- 2 I enjoy _____ when I have time.
- 3 I don't mind _____.
- 4 I don't like watching _____ on TV.
- 5 I can't stand _____.

Grammar verb + *-ing* forms

2 Complete the sentences with the *-ing* form of these verbs.

be fly learn play sit

- 1 Playing tennis is fun and it's good exercise.
- 2 _____ to play the piano takes years of practice.
- 3 _____ in front of the TV all day isn't good for you.
- 4 Are you interested in _____ on our team?
- 5 I don't like traveling by plane because I'm afraid of _____.

Grammar *like -ing / 'd like to*

3 Choose the correct phrases to complete the sentences.

- 1 I like playing / I'd like to play golf later today.
- 2 They like playing / They'd like to play against us. Is that OK with you?
- 3 No one likes finishing / would like to finish last, but someone always has to.
- 4 One day in the future, my family likes going / would like to go on a trip to Antarctica.
- 5 I like parachuting / I'd like to parachute. It's a lot of fun.
- 6 At some point in life, everyone likes being / would like to become famous.
- 7 We don't like playing / wouldn't like to play on a clay court. We prefer grass.
- 8 What do you like doing / would you like to do when you finish school?

4 Match the two parts of the sentences.

- 1 Every day, Richard likes _____
- 2 I'd like to _____
- 3 Do you like _____
- 4 She'd like to _____
- 5 Would you like to _____
- 6 They always like _____
 - a be on my team?
 - b playing tennis?
 - c running a few miles before breakfast.
 - d to compete in the Olympics one day.
 - e visit New Zealand one day.
 - f competing against each other.

5 What do you think about these activities? Write a sentence with information that is true for you using the grammar structures from this lesson.

- 1 golf _____
- 2 ballet _____
- 3 soccer _____
- 4 video games _____
- 5 skiing _____

2b Paddleboard racing

Reading adventure sports

1 Read the article. Are the sentences true (T) or false (F)?

- 1 Paddleboarding is a combination of two other sports.
- 2 Competitive paddleboard races are usually on rivers.
- 3 The most important race is on the ocean around Hawaii.



Paddleboarding is a mixture of two water sports, surfing and rowing. Paddleboarding uses a surfboard and the paddleboarder "rows" the board. However, there are two big differences. In surfing, you have to stand but in paddleboarding you can kneel or lie on the board. In rowing you use oars, but in paddleboarding you can't use oars. You have to use your arms to move along. Competitors must be very strong and athletic.

You can do the sport on rivers, but most of the big competitions are on the ocean. The main competition for paddleboarders is the annual race from Molokai to Oahu in Hawaii. The distance is 50 kilometers. On a good day, with the right kind of waves, you don't always have to use your arms because the water carries you some of the way, but on a bad day, you are using your arms the whole way.

Grammar modal verbs for rules

2 Rewrite these sentences with a modal verb for rules. Sometimes you can use more than one verb. Then compare your answers with similar sentences in the article in Exercise 1.

- 1 In surfing, it's necessary to stand on your board.
In surfing, you have to stand on your board.
- 2 Paddleboarders are allowed to kneel or lie on the board.
Paddleboarders _____ kneel or lie on the board.
- 3 In paddleboarding, you are not allowed to use oars.
In paddleboarding, you _____ use oars.
- 4 It's necessary to use their arms to move along.
They _____ use their arms to move along.
- 5 On a good day, with the right kind of waves, it isn't always necessary to use your arms because the water carries you some of the way.
On a good day, with the right kind of waves, you _____ use your arms because the water carries you some of the way.
- 6 It's necessary for competitors to be very strong and athletic.
Competitors _____ be very strong and athletic.

3 Make one rule for each sport (1-3) with the words in the table. Use a word or phrase from each row of the table. You do not need to use all of the phrases and words.

Each team The ball The fighters You Players

has to / must can don't have to can't

get a red card. have five people on the court.
go over the net. use any special equipment.
leave the ring during the fight.

- 1 Basketball: *Each team has to / must have five players on the court:* _____
- 2 Soccer: _____
- 3 Boxing: _____

2c Dangerous sports

Reading freediving

Freediving is the general word for any type of underwater sport without any kind of breathing equipment. So you have to take a deep breath before you go underwater. One of the most competitive types of freediving is when a diver goes deep under the water. A Swedish woman called Annelie Pompe has the world record in freediving. She went down 413 feet into the Red Sea with no air.

Annelie loves being in the water and she likes swimming without lots of equipment. She spends every weekend training in the ocean, and before a competition she trains for about twenty hours a week. However, she also has time for other sports and these help her prepare for freediving. For example, she does yoga in the morning because it helps her to relax. She also goes running, does some weightlifting, and goes cycling.

1 Read the article about Annelie Pompe. Choose the correct option (a, b, or c).

- 1 Freediving is an underwater sport. The diver _____.
a has to use breathing equipment
b doesn't have to use breathing equipment
c can't use breathing equipment
- 2 Annelie's world record is a dive of _____ feet.
a 410 b 413 c 436
- 3 She spends every _____ training in the ocean.
a day b week c weekend
- 4 She _____ other sports.
a likes doing
b doesn't have time for
c doesn't like doing

Vocabulary review competitions

2 Complete the sentences with one word. The first letter is given.

- 1 My team won the final and got this t _____.
- 2 The final s _____ was seven to five.
- 3 The f _____ were excited to watch the game.
- 4 The stadium was full of s _____.
- 5 We need to b _____ the other team in order to make it to the next round.

Word focus *like*

3 Match the sentences (1–7) with the different uses of *like* (a–g).

- 1 He's like his older brother. He was good at athletics too.
 - 2 He looks like his older brother. He has black hair too.
 - 3 I'd like to win a gold medal one day.
 - 4 I'd like a cup of coffee, please.
 - 5 Do you feel like going out later?
 - 6 I like most sports.
 - 7 I like watching most sports.
- a to say you feel people or things are good (*like + noun*)
 - b to say you enjoy doing something (*like + -ing*)
 - c use with *would* to say you want to do something in the future (*would like + to + infinitive*)
 - d use with *would* to say you want something (*would like + noun*)
 - e to describe similar behavior to something or someone
 - f used with the verbs *look, smell, sound, and taste* to describe similarities with someone or something (*look like, etc.*)
 - g use with *feel* to talk about wanting to do something (*feel like -ing*)

4 Rewrite the sentences using the word *like*.

- 1 They want to play tennis later.
They 'd like to play tennis later. OR
They feel like playing tennis later.
- 2 You're very similar in appearance to someone else I went to school with.
You _____ I went to school with.
- 3 She wants to play tennis professionally one day.
She _____ tennis professionally one day.
- 4 We want some ice cream, please.
We _____, please.
- 5 He isn't similar to his sister. She always worked very hard.
He _____ his sister. She always worked very hard.

2d Joining an exercise class

Reading a brochure for an exercise class

- 1 Read the brochure for exercise classes at a local gym. Then match the sentences (1–7) to the classes (A–C).
- 1 You have to get up early for this class.
- 2 The person in charge tells you what to do.
- 3 This class is good after a day at work.
- 4 This class mixes fun with exercise.
- 5 Take a break from work and come for some exercise.
- 6 You will notice a difference very quickly.
- 7 It lasts for an hour and a half.

Real life talking about interests

- 2 Read and complete the conversation with these phrases.


Come on	not very
I'd prefer	sounds good
interested in	we should
it looks	What about

- A: Hey, this looks interesting.
 B: What?
 A: This brochure for fitness classes at the gym. Are you ¹ _____ doing something like that?
 B: Maybe. But I'm ² _____ good at sports.
 A: But this isn't competitive. It's for getting in shape. This one ³ _____.
 Boot Camp. What about joining that?
 B: What is Boot Camp?
 A: It's like the army. You have someone who tells you what to do. I think ⁴ _____ do it. It's at 6 a.m.
 B: What?! You must be joking. I hate getting up early. ⁵ _____ doing something later?
 A: Well, there's one at lunchtime. It's called Zumba. It's a kind of dance, I think.
 B: I don't like dancing.
 A: ⁶ _____. It looks fun.
 B: What about something after work?
 A: There's a Pilates class. It doesn't say an exact time, but it says it's after work.
 B: Well, ⁷ _____ that to Boot Camp or dancing.
 A: Yes, ⁸ _____ good.

- 3 Which class would you prefer? Why? Explain your choice.

Fit for Life Gym

A




Boot camp starts at 6 a.m. every morning with your instructor. He shouts orders and you run, jump, and lift. It's non-stop exercise for 90 minutes.

"Perfect for people who want fast results."


B

Our evening Pilates classes help your body to recover after a hard day at work. Build strength with an exercise program suitable for any age and fitness level.



"After a day in the office chair, Pilates is perfect for your muscles."

C



Zumba is a new kind of dance and our classes are a mixture of fun, excitement, and high energy levels. Classes are at noon so you can even join us during your lunch break.

"Zumba is a fun way to get fit — every class feels like a party!"

2e Advertisements

Writing ads and notices

1 Imagine you are organizing a social event for everyone after work. Write a notice for everyone and tell them:

- it's a barbecue in the local park with a "fun" soccer game afterwards
- the date and time
- the reason (it's a way for everyone to meet each other)
- your email address (so they can say if they are coming)

Handwriting practice area with 10 horizontal lines and a vertical margin line on the left side.

2 Grammar extra punctuation rules

Complete the list of rules for punctuation with these words.

apostrophe	capital letter
comma	exclamation point
period	

- 1 You have to use a _____ when it's the first letter of a sentence; with names of people, places, and countries; with days of the week and months; and with people's titles.
- 2 You must end a sentence with a _____ or you can emphasize something with an _____.
- 3 A _____ can separate lists of nouns or adjectives and sometimes two clauses in a sentence.
- 4 You have to use an _____ with contracted forms and with the possessive's.

3 Writing skill checking and correcting your writing

Read the piece of writing by a student. Three lines are correct and seven lines have punctuation mistakes. Check (✓) the correct lines and correct the other lines.

My free time

I have many different hobbies
 and interests such as computer
 gaming, biking and painting but
 my favorite is ice hockey. Its a
 very popular sport in my home
 country of canada. I practice
 every saturday morning at our
 local sports center with my team.
 and we play games once a month
 We love to win

- 1 I (capital letter)
- 2 ✓
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Wordbuilding word forms

1 Complete the table with the other forms of the words. Use a dictionary to help you, if necessary.

Verb	Adjective	Noun (thing)	Noun (person)
compete	1 <i>competitive</i>	2 _____	competitor
3 _____	photographic	photograph	photographer
advertise	_____	4 _____ (also <i>ad</i>)	advertiser
_____	5 _____	interest	_____
_____	6 _____	profession	professional

Learning skills using a dictionary (1)

2 Match the different parts of the dictionary entries on the right (1–12) with these words.

adjective	definition
example sentence	first meaning
main stress	noun
past participle	plural form
present participle	pronunciation
second meaning	verb

Check!

3 Complete the sentences with these numbers. You can find the answers in Unit 2 of the Student Book.

2 4 5 60 92 129 1,500 1972

- Arnold Palmer won _____ golf tournaments.
- Mark Spitz won seven Olympic gold medals in _____.
- A Mud Bowl game lasts _____ minutes.
- The winner of a Combine Harvester Fight wins _____ dollars!
- There are _____ syllables in *competition*.
- At the annual Idiotarod race, there are _____ people on a team.
- The game was a tie. The score was two-_____.
- Billie Jean King won _____ major tennis tournaments.

1 **compete** /kəm'pi:t/ (v) 2 **competing** 3 **competed** 4
 5 [1] (take part in a contest or game. *Ten people competed in the race.* [2] try to get something for yourself and stop others getting it. *My company is competing with another for an important customer.*

6 **competition** /kəm'pi:tʃən/ (n) 7 **competitions** 8 [1] An event when two or more people take part in a contest or game to find the best at the activity. *Ten people*
 9 *competed in the race.* [2] When two or more people are trying to get something and stop others from getting it. *There's a lot of competition for the trophy.*

10 **competitive** /kəm'petətɪv/ (adj) 11 [1] situations or events when people compete with each other. *Professional tennis is a very competitive sport.* [2] a
 12 *person who wants to be the best at something. I'm a very competitive person who loves winning!*