In shape

READING
1 Read the interview with a triathlete. Answer these questions.
   ● Does she train all sports everyday?
   ● Will she take part in events out of the USA?

Mindy, how did you become a triathlete?
I was good at swimming at high school, but I wasn’t the best, so a coach said I should try out for the triathlon. And I crashed my bike in my first race! But I’ve improved…

How often do you train for the triathlon?
Every single day. You can’t stop, really. I try to run, swim and ride every morning. But each day I focus on one area more than the others.

How often do you compete in a triathlon?
Well, at the moment I do about five or six events over the summer here in the United States. But next year, I’ll join the World Triathlon Series.

VOCABULARY
1 Look at the table. How long does it take you to do each activity? Guess the time it takes your partner to do the same things. Ask your partner questions to check your ideas.

<table>
<thead>
<tr>
<th>Activity</th>
<th>How long does it take you to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>get up in the morning?</td>
</tr>
<tr>
<td>2</td>
<td>buy gifts for people you love?</td>
</tr>
<tr>
<td>3</td>
<td>choose from a menu in a restaurant?</td>
</tr>
<tr>
<td>4</td>
<td>decide whether you like someone?</td>
</tr>
<tr>
<td>5</td>
<td>read a novel?</td>
</tr>
<tr>
<td>6</td>
<td>get ready to go out for the evening?</td>
</tr>
<tr>
<td>7</td>
<td>get to sleep at night?</td>
</tr>
</tbody>
</table>

Guess the time it takes for your partner to do the same things. Ask your partner questions to check your ideas.

Ask your partner the questions.

 SPEAKING: ANECDOTE
1 Listen to Tina talking about her experiences of doing sports at school. Are the answers here right (√) or wrong (×)?
   a How many hours of sports did you do each week at school?
     Three hours a week. ✓
   b What different sports did you do during the school year?
     Swimming, tennis, and lacrosse.
   c Which sports did you like/hate the most?
     I hated lacrosse.
   d What kind of sports facilities did your school have?
     A gym and a basketball court.
   e Did you ever play for a school team?
     Yes, I played for the school lacrosse team.

2 You’re going to tell your partner about your experiences of doing sports at school.
   ● Ask yourself the questions in Exercise 1.
   ● Think about what to say and how to say it.
   ● Tell your partner about your experiences of doing sports at school.
LISTENING

1 Work with a partner. Try to match each of these famous sports stars with their date of birth.

Date of birth:
- Ronaldo: 02/05/1985
- Simone Biles: 03/14/1997
- Maria Sharapova: 04/19/1987
- Rory McIlroy: 02/05/1989
- Stephen Curry: 04/19/1987
- Neymar: 02/05/1992

2 (a) Listen and check your answers.

2 (b) Listen to a discussion between a marketing director and an advertising executive. Which sports star do they choose to advertise a new energy drink?

Listen again and complete these sentences.
- ________ is more famous than ________.
- ________ isn’t as interesting as ________.
- ________ is a bit older than ________.
- ________ isn’t as successful as ________.
- ________ is much younger than ________.

3 Work with a partner. List the most famous sports stars in your country. Complete the sentences in exercise 2 with names from your list. Choose one star from your list to advertise a car. Compare with other students in the class.

GRAMMAR & VOCABULARY

1 Test your general knowledge! Use the adjective in parentheses with a little bit / much / not as ... as to make true comparisons.
   - London (wet) ________ Rome. London is not as wet as Rome.
   - Hawaii (big) ________ Cuba.
   - The US Army (small) ________ the North Korean Army.
   - Heathrow Airport in London (busy) ________ Los Angeles International Airport.
   - Big Ben (tall) ________ the Statue of Liberty.

2 Combine the noun phrases with the adjectives to make comparative statements that you agree with.

- Chilean wine flying German cars living in a city men Mexican food shopping online women
- cheap complex convenient exciting expensive funny interesting noisy reliable safe sensitive sophisticated

Compare your statements with a partner. Do you agree or disagree?

3 Grammar Extra 5, Part 1 page 138. Read the explanation and do the exercises.
Reading

1. Look at the picture and read the posts about how people relax. Who would you like to be?

Instagram
lizziebeach
This is how I relax: I turn off the phone, give up social media, hang up my hammock and have a nap in the afternoon. I just hear the sound of the waves and feel the breeze on my face. #howdoyouchill

samsuit
This is good! I would like to take off my shoes, throw away my suit and go to the beach. #howdoyouchill

donnyboy
Yes, it's time to relax. I'm not going to turn on the computer this morning. I'm going to just sit on the balcony with my cup of coffee, and watch people on the street. #howdoyouchill

paula22
You have inspired me! I'm going to put on my headphones and just go and walk in the park. Summertime is here! #howdoyouchill

frannie9
I can't turn off my phone, and I can't give up social media – it's my job! But I will soon have my vacation. A full month to relax. #howdoyouchill

2. Discuss the questions with a partner.
   a. What do you do to relax?
   b. What stops you from relaxing?

Vocabulary

1. Complete the sentences using the phrasal verbs in the box.
   give up hang up put on take off throw away turn off turn on

   a. I always take off my shoes before I go into my house.
   b. If I want to relax, I _________ all the lights and sit in silence.
   c. When I want to look my best, I _________ a suit.
   d. I could never _________ coffee – it's the only thing that keeps me awake.
   e. The first thing I do when I get to the office is _________ my computer.
   f. I never _________ plastic bags because they're so useful.
   g. I never do any ironing. I just _________ my clothes very carefully when they are wet.

   2. Are any of the sentences true for you? Discuss with your partner.

Grammar

1. Work with a partner. Look at the three phrasal verbs used in these sentences (take off, run after, and sit down) and answer the questions.

   subject verb object particle
   look my shoes off and I ran after the bus.
   sat down and cried. I hate bus drivers.

   a. Which phrasal verb does not take an object? (INTRANSITIVE)
   b. Which phrasal verb can have the object between the verb and the particle? (TRANSITIVE - SEPARABLE)
   c. Which phrasal verb always has the object after the particle? (TRANSITIVE - NOT SEPARABLE)

   2. When the object is a pronoun such as it, them, her, where do you always put it when the phrasal verb is: a) separable? b) inseparable?

   3. Put the words in the correct order to make answers to the questions. Look the phrasal verbs up in a dictionary if you are not sure.

   a. What should I do with this banana skin? (away / throw / it)
   b. What should I do with this mess? (it / up / clear)
   c. What should I do with my pants? (hang / up / them)
   d. What should I do about this problem? (it / deal / with)
   e. What should I do with this application form? (fill / in / it)
   f. What should I do about my party? Nobody can come. (it / call / off)


Listening & Speaking

1. You are going to listen to a radio show about laughter clubs. Do you think the statements (a–e) are true or false?

   a. Young children laugh much more than adults.
   b. Laughter clubs started in the USA.
   c. Laughter releases happy chemicals called endorphins.
   d. Laughing is good for the heart.
   e. In laughter clubs, people laugh at funny stories.

   2. Face your partner. Take turns trying to make each other laugh.

   3. Work with your partner. Discuss the following questions.

   a. What kind of thing makes you laugh?
   b. How do you feel after a good laugh?
   c. When was the last time you laughed so much you couldn't stop?
1 Listen to the three conversations (a–c). Which sports are these people learning?

2 Match each person in Exercise 1 with a set of instructions 1, 2, or 3.

1 Throw the ball in the air. Don't look at me. Look at the ball. Pick up your racket. Try again.

2 Stand up on the board. Hold on. Don't let go. Be careful.

3 Kick the ball. Don't throw the ball. Don't pick it up. Don't touch the ball with your hand. Use your foot.

3 Complete the first conversation in Exercise 1 by replacing the highlighted phrases (1–6) with the useful phrases in the box.

Be careful! Be patient. Come back! Don't be mean. Don't worry. Try again.

Paul: OK, are you ready? Selma: Yes. Paul: Stand up on the board. Selma: OK, Ohhh! Paul: Ha, ha, ha! Selma: (1) Don't be nice. Don't be mean. Paul: Oh, sorry, OK. (2) Don't give up. Good! Great. Hold on. Don't let go. Selma: Ohhh! It's too difficult. I can't do it.

Listen to the conversation again and check. Practice the conversation with a partner.

Focus on verbs used with sports

1 Underline the most appropriate alternative in each of these sentences.

a I do / play / practice some exercise two or three times a week. It keeps me in shape.
b I've never been / played / practiced windsurfing. I can't swim.
c I'd like to play / go / practice snowboarding. I love the mountains.
d The last time I did / went / practiced some sports was on vacation.
e I did / played / practiced a lot of baseball when I was a child. Now I just watch it on TV.
f I'm not very good at tennis because I don't have time to do / go / practice.

How many of the sentences are true for you? Compare with a partner.

2 Complete the verb phrases with do, go, or play. Use your dictionary and add more sports to each list.

a _______ cycling b _______ athletics c _______ basketball

fishing judo golf
swimming judo tennis
windsurfing judo volleyball