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LISTENING
COMPREHENSION:
SPORTS

(with audio/video guide)

STUDENT'S BOOK

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*Рекомендовано до друку
Вченою радою факультету іноземних мов
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Укладачі:

Заграновська О.І., асистент кафедри англійської філології факультету іноземних мов Прикарпатського національного університету імені Василя Стефаника;

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Навчально-методичний посібник “Listening Comprehension: Sports (with audio/video guide)” розроблено як додаток до навчальних підручників, рекомендованих для студентів 2-3 курсів, з метою збагачення змісту, удосконалення навичок слухання автентичних текстів та підвищення якості філологічної підготовки студентів, які вивчають англійську мову як фахову дисципліну або другу іноземну мову у закладах вищої освіти.

Студентам запропоновано набір тестів різних видів, а також рекомендації, як самостійно працювати над розвитком навичок слухання та сприймання іноземної мови. Матеріал посібника можна використовувати у закладах вищої освіти, а також для проведення факультативних занять у гімназіях, гуманітарних ліцеях, загальноосвітніх школах із поглибленим вивченням іноземних мов, для слухачів курсів та осіб, які самостійно вивчають англійську мову.

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Preface

The manual consists of listening tests accompanied by authentic or semi-authentic recordings played twice along. Each test includes clear instructions how to do it correctly. The recorded text types/videos might include conversations, lectures, discussions, narratives, announcements, instructions or media broadcast. There will usually be one task for each of the recordings for a student to do. The typical task types include: multiple choice, true/false, matching and gap filling. Some tips how to do different types of tasks:

TRUE/FALSE

In this type of task, you need to decide if the given statements convey the same information as used in the text (and mark them *True*) or different (and mark them *False*).

- Remember that your task is to decide if a statement is true or false in reference to the text, not if it is true in general;
- remember that the questions follow the order of the information in the text;
- many true or false statements are built in such a way that the information from the text is conveyed by means of synonyms or antonyms.

MULTIPLE CHOICE

In a multiple choice task you need to rule out the incorrect answers and choose one answer that is correct. The correct answer should contain the same information as the text.

- Before you start reading the text, first read all the questions and then find in the text the parts that correspond to each question – it can be a single word, a sentence or a paragraph;
- remember that the questions follow the order of the information in the text. It is safe to assume that the answer to question number two will be somewhere

before the answer to question number three. This might help you if you are not sure where to look for the answer to a particular question;

- never choose the answer on the basis of one word, as both the correct and incorrect answers may contain the same words used in the text. Pay attention to the general context of the text, which will help you rule out the answers which are not consistent with it;
- when choosing the correct answer, always double check if the information in the questions is the same as what is in the text. You may want to underline the parts of the text that contain the answer you need, which will help you finish the task more quickly;
- it is important for you to be able to locate the main idea of the text and separate it from ideas which are only details or illustration of the main idea. This will help you answer the questions correctly as a lot of wrong options in the exam questions ask about ideas of secondary importance.

GAPPED TEXT (MATCHING)

This is a special type of matching task in which you have a text with some parts (full sentences or parts of sentences) missing from it. As with all the other types of reading tasks, before you start doing the task, read the text ignoring the gaps to get the overall idea of what it is about.

- When completing the gaps, look for words which are used to refer to sentences that come before or after the gaps. Pay attention to:
 - * *cause and effect markers*: if a sentence talks about an action, then the next one will most probably talk about its effect;
 - * *pronouns and determiners*: if they are used in the sentences, they refer to the people or things that are already mentioned in the text;

* *chronology markers*: look for words like *afterwards*, *eventually*, *finally* which show the order of events;

* *vocabulary paraphrases*: neighbouring sentences often refer to the same person, thing or concept but use different words or phrases to describe them.

GAP FILLING

In this type of task, you will get a set of gapped sentences, a form, or a fact file with some information missing. Your task will be to complete the gaps using the information you find in the text. The sentences you need to complete are only paraphrases of what you read in the text – they convey the same information, but they are not phrased in the same way.

- Sometimes the instructions specify the number of words you can write, so make sure your answers are the right length. If the instructions say you have to write one or two words, your solution of three words will not be accepted, although otherwise it may be correct;
- read the gapped sentences carefully before you start doing the task and try to guess what word category is missing from each gap. If you do this, it will be easier for you to find the correct answers;
- the sentences you have to complete are given in the same order as the information in the text. Bear this in mind when you work through the task.

Test 1. Free Time

You will hear Tyrone calling the staff at his local swimming pool.

Task 1. Write the words in the correct group.

<i>badminton table tennis basketball water polo diving golf football sailing rugby</i>		
water sports	indoor sports	outdoor sports

Task 2. Complete the registration form with Tyrone's information.

<i>BROWNTON SWIMMING POOL REGISTRATION FORM</i>
Name: Tyrone
Surname:
Age:
Interested in (sport):

Task 3. Decide if the statements 1-8 are true (T) or false (F). Circle the variant that you think is correct.

1. There are four different age groups that play water polo.

True

False

2. Tyrone wants to join the under 14s club.

True

False

3. The under 16s water polo team train three times a week.

True

False

4. The under 16s train on Monday and Thursday.

True

False

5. Water polo matches are played on Saturdays.

True

False

6. You have to pay to join the water polo classes for under 18s.

True

False

7. You need to bring a photo to register at the swimming pool.

True

False

8. Training for the water polo team starts this week.

True

False

Task 4. Write any new words you have learnt in this lesson.

Task 5. Answer the questions.

- *What sports do you play?*
- *Do you like watching sport?*



Test 2. Extreme Sports

You will hear Carmen talking to a white-water rafting expert and a parkour enthusiast.

Task 1. Think about the following questions and answer them:

- What extreme sports do you know?
- Have you or has anyone you know tried an extreme sport?
- What are the most popular extreme sports in your country?

Task 2. Watch the video again to find out more about extreme sports and choose the right group for each of the following words.

climbing / steps / foaming / rapids / jumping / drops

Parkour: _____

White-water rafting: _____

Task 3. Choose the correct answers according to the video.

1. What can we call people who enjoy dangerous sports?
 - A fear seekers or adrenalin junkies
 - B thrill junkies or adrenalin seekers
 - C adrenalin junkies or thrill seekers
 - D fear junkies or thrill seekers

2. What facility does the National Water Sports Centre in Nottingham have?
 - A a specially built seven hundred metre white-water course
 - B a natural seven hundred metre white-water course

3. Why does Pas think people like dangerous sports?
 - A to get close to nature
 - B to have an adventure
 - C to test themselves

4. Why is parkour popular in London?
 - A because there aren't many extreme sports to choose from in the city.
 - B because it started in London.
 - C because people in the city like keeping fit and beating fear.

5. What do you need to do parkour?
 - A a good pair of trainers and a parkour park
 - B a good pair of trainers and parkour equipment
 - C a good pair of trainers



Test 3. A Skateboard with a Boost

You will hear the story about a recently-invented electric vehicle.

Task 1. Think of the types of vehicles that can be used in sport and name their physical advantages.

Task 2. Complete the text below with one word in each gap.

Today I'm going to show you an **1...** that weighs less than a bicycle, that you can carry with you anywhere, that you can charge off a normal wall outlet in 15 minutes, and you can run it for 1,000 kilometers on about a **2...** . But when I say the word electric vehicle, people think about vehicles. They think about cars and motorcycles and bicycles, and the vehicles that you use every day. But if you come about it from a different perspective, you can create some more interesting, more **3...** .So we built something. I've got some of the pieces in my pocket here. So this is the **4...** . This motor has enough **5...** to take you up the hills of San Francisco at about 20 miles per hour, about 30 kilometers an hour, and this battery, this battery

right here has about six miles of range, or 10 kilometers, which is enough to cover about half of the car trips in the U.S. alone. But the best part about these components is that we bought them at a 6... . These are from remote control airplanes. And the performance of these things has gotten so good that if you think about vehicles a little bit differently, you can really change things. So today we're going to show you one example of how you 7... . Pay attention to not only how fun this thing is, but also how the 8... that comes with this can totally change the way you interact with a city like San Francisco. So we're going to show you what this thing can do. It's really maneuverable. You have a 9..., so you can pretty easily control 10..., 11..., go in reverse if you like, also have braking. It's incredible just how 12... this thing is. I mean, this is something you can pick up and carry with you anywhere you go. So I'll leave you with one of the most compelling facts about this technology and these kinds of vehicles. This uses 13... times less energy for every mile or kilometer that you travel than a car, which means not only is this thing fast to charge and really cheap to build, but it also reduces the footprint of your energy use in terms of your transportation. So instead of looking at large amounts of energy needed for each person in this room to get around in a city, now you can look at much smaller amounts and more sustainable 14... . So next time you think about a vehicle, I hope, like us, you're thinking about something new. Thank you.

Task 3. Decide if the statements 1-8 are true (T) or false (F). Circle the variant that you think is correct.

1. Today I'm going to show you an electric vehicle that weighs less than a motorcycle.
 True False
2. But when I say the word electric vehicle, people think about vehicles.
 True False
3. I've got some of the pieces in my bag here.
 True False

4. This motor has not enough power to take you up the hills of San Francisco.
True False
5. But the best part about these components is that we bought them at a toy store.
True False
6. You do not have a hand-held remote, so you cannot pretty easily control acceleration, braking, go in reverse if you like.
True False
7. This uses 20 times less energy for every mile or kilometer that you travel than a car.
True False
8. Now you can look at much bigger amounts and more sustainable transportation.
True False



Test 4. The Benefits of Sport

You will listen to the classroom conversation about the benefits of sport.

Task 1. Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

1..... despite	a. to change subject (of a conversation etc.)
2..... come in handy	b. to be more important than something else
3..... to negotiate	c. be useful
4..... to motivate	d. difficult to do
5..... at the end of the day	e. regardless of
6..... to outweigh	f. to make someone want to do something in a positive way
7..... easier said than done	g. to discuss something in order to come to an agreement with another person
8..... to move on	h. in the end

Task 2. Multiple selection: which benefits of doing sport are mentioned? Tick (✓) seven.

..... reduced risk of diabetes

..... lower blood pressure

.....improved muscle tone

..... stronger heart and lungs

- stronger bones
- increased feeling of calm and tranquility
- improved mood
- improved concentration
-increased motivation
- makes people less competitive
- improved communication and negotiation skills

Task 3. Listen again and decide if the statements 1-8 are true (T) or false (F). Circle the variant that you think is correct.

1. The class have already talked about at least three of the physical effects sport has on the human body.
 True False
2. Doing sport can slow down the production of chemicals in the brain that make us feel good.
 True False
3. There are no real benefits associated with doing individual sport.
 True False
4. Swimmers or tennis players are responsible for their own achievements.
 True False
5. Being part of a team requires you to practice more regularly.
 True False
6. Collaborating with other members is essential for a team to be successful.
 True False
7. The skills you learn in a team sport are transferable to everyday life.
 True False
8. It doesn't matter which sport you choose, as long as you're good at it.
 True False

Task 4. Discuss the following questions with your colleagues.

- *Do you like playing sport?*
- *What are the biggest benefits for you?*



Test 5. Health Club

You will listen to the conversation between the gym instructor and the member of the club. What issues are they discussing? Which of the instructor's recommendations do you find most helpful?

Task1. For questions 1-6, choose the correct answer (A, B or C).

- 1 For the leg press he says don't ____.
- A forget to wipe the seat
 - B do too much weight
 - C bend your knees

2 The lat-pull down works the ____ of your back.

- A inside
- B bottom
- C sides

3 He says the treadmill has ____ options.

- A one
- B two
- C three

4 He says the stair master _____ .

- A is best for beginners
- B simulates climbing stairs
- C can be dangerous

5 She says she ____ spin class.

- A heard about
- B read about
- C used to do

6 What can you do three times a week?

- A Spin class
- B Water aerobics
- C Both activities

Task 2. Act out the conversation you have listened to with the group- mate.

Test 6. An Interview with a Racing Driver

You will hear the story of a man called Simon Webster who is sharing his racing experience.

Task 1. For questions 1-6, choose the best answer (A, B or C).

1 Simon asks other drivers for advice when he

A has made a mistake on a racing track

B is unsure which racing track to use

C uses a racing track for the first time

2 When do races take place?

A during part of the year

B on most days during the week

C mainly on Fridays

3 What problem does Simon have?

A he can't stop training before a race

B he can't improve any more

C he doesn't ever have holidays

4 What does he say is the most important for a racing driver?

A not getting frightened

B being able to concentrate

C knowing how a car works

5 How did he become interested in cars?

A his friends were keen on motor-racing

B he enjoyed watching motor-racing on TV

C his father took him to races

6 What advice does he give to young racing drivers?

A they should do other sports too

B they should study hard

C they should get very fit

Task 2. Write out a number of words referring to sports activities mentioned in the story.

Task 3. Act out the conversation with the group-mate.



Test 7. Marathon Men

You will hear the recording about the latest sporting events in New York.
Name the sports activities mentioned in the story.

Task 1. Decide if the statements 1-7 are true (T) or false (F). Circle the variant that you think is correct.

1. The big event this week was the London marathon.

True

False

2. This year's winner of the men's race was the Italian sportsman.

True

False

3. Margaret Okayo took the women's race in a time of 3 hours.

True

False

4. Fiennes and Stroud will surely be in the *Guinness Book of Records*.

True

False

5. Ranulph Fiennes suffered a heart attack two years ago.

True

False

6. In the 1990s Fiennes discovered the lost city of Ubar in the desert of Oman.

True

False

7. Fiennes and Stroud were present at the celebration of the race's end.

True

False

Task 2. Complete the text below with one word or word combination in each gap.

Marathon Men

M=Martin

P=Presenter

S=Sunil

M: ...so an excellent weekend for the top three in the Premiership with Arsenal, Chelsea and Manchester United all winning.

P: Thank you, Martin, and **1...** will be after the news at six o'clock. Now, the other big event this weekend was the New York Marathon. To bring us up to date with the news from New York, here's Sunil Gupta.

S: Yes, it's all over here in New York. This year's winner of **2...** was the Kenyan, Martin Lel, in a time of 2 hours, 10 minutes and 30 seconds. In an exciting finish, Lel pushed last year's winner, Rodgers Rop, into second place, with Christopher Cheboiboch **3...** and making it one- two-three for Kenya. Another Kenyan, Margaret Okayo, took the women's race in a time of 2 hours 22 minutes and 31 seconds. But the big event of the afternoon for the spectators in Manhattan's Central Park was **4...** of the two Britons Ranulph Fiennes and Mike Stroud. Fiennes and Mike Stroud crossed the line together with an official time of 5 hours 25 minutes and 46 seconds and will surely be in the Guinness Book of Records.

For Fiennes and Stroud, this was an incredible seventh marathon in seven days in seven different continents. Their **5...** began last week in Patagonia in the deep south of South America. In the last week, they have been to the Antarctic, Sydney, Singapore, London and Cairo, completing a marathon at each stopover. Perhaps the most astonishing thing about this **6...** is that Ranulph Fiennes suffered a heart attack earlier this year and had a heart operation just three months ago. Fiennes and his colleague, Mike Stroud have raised millions of pounds for the British Heart Foundation by completing the marathon in New York today. For Fiennes and Stroud, it's all in a day's work. On previous expeditions, they have raised more than four million pounds for a multiple sclerosis research center and two million pounds for a breast cancer clinic. They have been to the North and South Poles, they have walked across the Andes,

they have canoed up the Amazon, and in the 1990s, Fiennes **7**... the lost city of Ubar in the desert of Oman. But at a party tonight in New York's Central Park to celebrate the end of the race, other **8**... were disappointed to find that Fiennes and Stroud were not there. A spokesman for the British Heart Foundation said, 'Both runners are completely exhausted and they have gone home. They caught a plane to London earlier this evening. Dr Fiennes has gone to join his wife before going into hospital for a check-up on his heart next week. Dr Stroud has gone to London for a day of rest before returning to work on Tuesday morning.' This is Sunil Gupta **9**... New York's Central Park.

P: Thank you, Sunil. And the time is now six o'clock Greenwich Mean Time.

Task 3. Look up in the dictionary the definitions to the following terms in the recording and write them down.

- 1) *Marathon (n)*
- 2) *Race (n)*
- 3) *Stopover (n)*
- 4) *Canoe (v)*
- 5) *Record (n)*

Task 4. Work in pairs. Discuss these questions.

- What are the most popular sports in your country?
- What are the most important sporting events in your country?
- Describe a sporting event that you have attended.



Test 8. An Interview with a Tennis Player

You will hear a radio interview with a young tennis player, Alice Winters and her coach, Bruce Gray. For questions 1-7, choose the correct answer (A, B or C).

- 1** What does Bruce say about getting financial help?
A He is surprised by how hard it is to get any.
B He expects that they will get soon.
C He thinks they can succeed without it.

- 2** What is Alice's attitude towards training?
A She enjoys organizing it herself.
B She wishes she had more time for other things.
C She sometimes finds it hard to make the effort.

- 3** What is Alice's attitude towards her schoolwork?
- A She is determined to do well in it.
 - B It is not the most important thing.
 - C She is confident of her ability.
- 4** How does Alice feel about competitions?
- A The result is the most important thing.
 - B Losing weakens her confidence.
 - C She always expects to win.
- 5** According to Bruce, what makes Alice exceptional?
- A her natural talent for the game
 - B the amount of effort she puts in
 - C the way she reacts to other players
- 6** How does Alice feel about becoming a professional player?
- A She is looking forward to the glamorous lifestyle.
 - B She realizes she may not be successful.
 - C She is worried about getting on with the other players.
- 7** How does Bruce describe Alice's character?
- A She's a very sociable person.
 - B She tends to be rather moody.
 - C She is surprisingly mature.



Test 9. An Interview with an Author

You will hear part of a radio interview with an author Mickey Smith, who is talking about becoming excellent at sport. For questions 1-7, choose the correct answer (A, B or C).

- 1** When asked about his theory on talent, Mickey says that
 - A he is doing further research with other people.
 - B he realizes some people disagree with him.
 - C he has not yet fully proved his ideas.

- 2** Mickey believes that outstanding football players
 - A have better levels of concentration than other players.
 - B are aware of the positions of other players on the pitch.
 - C are faster runners than other players.

- 3** How did Mickey feel when he first became successful at gymnastics?
- A convinced he had a natural aptitude for the sport
 - B conscious that others in his area didn't have the same chances
 - C lucky to have had one of the best training routines
- 4** Mickey says that the motivation to continue training for long periods of time
- A develops at an early age in people who become experts.
 - B depends on your personal attitude towards success.
 - C does not come naturally to most people.
- 5** Mickey says that coaches working with young people need to understand that
- A children and adults have different thought processes.
 - B young people have a built-in drive to succeed in areas like sport.
 - C it is important to focus on mental rather than physical techniques.
- 6** Mickey says that many people who play sport don't bother to try hard because
- A They feel incapable of reaching the same sports stars.
 - B They don't have time to put in the necessary effort.
 - C They are not confident in their ability to deal with success.
- 7** According to Mickey, what can cause some sport people to fail at important events?
- A They haven't trained enough.
 - B They are inexperienced at dealing with pressure.
 - C They can become too aware of their actions.



Test 10. An Interview with a Surfer

You will hear a radio interview with a teenage surfer called Abby Fielding. For questions 1-6, choose the correct answer (A, B or C).

- 1 Abby first decided to go surfing when
 - A her dad offered to teach her.
 - B she saw some local competitions.
 - C her mother gave her money for a surfboard.

- 2 What did Abby discover when she started surfing?
 - A Her local surfing school was expensive.
 - B She needed more equipment than she'd expected
 - C It was good to try different surfboards.

- 3 What does Abby say about surfing in the winter?
 - A The sea is warm enough where she lives.
 - B She wears a special suit for winter surfing.
 - C The beaches are very quiet then.

- 4 How did Abby feel about surfing the enormous wave?
- A disappointed she didn't have the right board
 - B worried at first by the size of the wave
 - C scared about falling off her board
- 5 What advice does Abby give to teenagers interested in surfing?
- A don't start until you're a very strong swimmer
 - B find a good surfing teacher
 - C learn to surf in different conditions
- 6 What does Abby want to do next?
- A find out about surfing as a career
 - B study surfing science at university
 - C train for the next surfing competition



Test 11. The Olympic Report

Task 1. Match the vocabulary with the correct definition and write a-e next to the numbers 1-5

1. freestyle
 2. javelin
 3. score
 4. gymnast
 5. competitor
- a. someone who is good at gymnastics and competes against other people in gymnastics competitions
 - b. a swimming race in which swimmers can use any style they choose, usually crawl
 - c. someone who takes part in a competition
 - d. a long stick with a pointed end
 - e. the number of points that each team or player has won in a game or competition

Task 2. Fill in prepositions: over, into, of, at, in, of

1. She swam the 200 metres ... a new world record time ... 1 minute 58 seconds.
2. At his first attempt he threw the javelin ... 100 metres.
3. She's got an average ... 9.5 points.
4. The bar is ... 2.30 metres.
5. He's crashed ... the bar.

Task 3. Decide if the statements 1-10 are true (T) or false (F). Circle the variant that you think is correct.

1. The American, Doris Kennedy, was first and got the gold medal.

True

False

2. Doris Kennedy swam the 100 metres in a new world record time of 1 minute 28 seconds.

True

False

3. Jack Lumber is from England.

True

False

4. Henry Fraser, the British competitor, slipped when he was throwing his javelin.

True

False

5. Olga Ivanov, the fifteen year old Russian gymnast, has just finished her display.

True

False

6. Olga Ivanov has got an average of 8.5 points

True

False

7. Olga Ivanov has won the silver medal.

True

False

8. Ted Kelly, from Britain, is going to jump.

True

False

9. The bar is at 2.30 metres.

True

False

10. Ted Kelly hasn't crashed into the bar.

True

False

Task 4. Work in pairs. Discuss the questions.

1. Which kinds of sports were mentioned in the report?

2. Would you like to take part in the Olympic Games?



Test 12. Sports Interviews

Task 1. Put these questions in the correct order by writing a number in the brackets.

1. it () popular () sport () Is () a ()
2. do () it? () you () How () play ()
3. it? () does () Who ()
4. all () female? () sport () Is () the ()
5. do () How () you () go? () fast ()
6. Wales, () isn't () That's () it? () in ()
7. sport? () you () about () Can () tell () your ()
8. What () explain () is? () Can () you () that ()

Task 2. Put these sentences in the correct groups.

- a. The sport began in the 1930s.
- b. It's becoming really popular in the UK.
- c. This sport involves doing tricks in the air.
- d. There are more guys than girls doing it.
- e. There are more girls than guys doing it.
- f. It started in California.
- g. When you compete, you score points for your team.
- h. There are strong influences from other, similar sports.
- i. A big event for this sport is held in Wales.
- j. The clothes people wear for this sport have changed.

Wakeboarding	Roller derby

Task 3. Circle the best option to complete these sentences.

1. People are talking about these sports because *they are becoming more and more popular / they might be included in the 2020 Olympics / a lot of people are getting injured doing them.*
2. In wakeboarding the rider is attached to *the board / another rider / a speedboat.*
3. In wakeboarding 1260 degree spins are *impossible / difficult / surprisingly easy.*
4. Wakestock festival in Wales *has a similar feel to California / is a good place to see the best riders / is really cool but not many people know about it.*

5. Wakeboarding tricks *are unique to the sport / have different names to skateboarding and surfing moves / are often the same as skateboarding and surfing ones.*

6. Roller derby *has had a revival in popularity in the last fifteen years / has always had a small group of dedicated fans / has continually grown in popularity since it started.*

7. In roller derby you score points by *going past other players / arriving at a goal / making people fall over.*

8. Roller derby teams are currently *mostly non-professional / mostly professional / about half professional and half amateur.*



Test 13. Sports Centres

Task 1. Write the words in the correct groups.

1. lifeguard
2. jazz dancing
3. water aerobics
4. dance teacher
5. secretary
6. Pilates
7. weight machines
8. swimming pool
9. Zumba
10. sauna
11. changing rooms
12. personal trainer

Gym staff	Gym facilities	Gym classes

Task 2. Circle Gym A or Gym B for these sentences. Which gym has

1. a good air - conditioning system? Gym A Gym B

2. dance classes?	Gym A	Gym B
3. a shop?	Gym A	Gym B
4. a café?	Gym A	Gym B
5. a bigger gym with more machines?	Gym A	Gym B
6. a swimming pool?	Gym A	Gym B
7. a sauna?	Gym A	Gym B
8. martial arts classes?	Gym A	Gym B

Task 3. Circle the best option to complete these sentences.

1. Gym A has *lots of activities in the evenings / a few different activities at different times / lots of activities at different times of day.*
2. Gym A *moved into a new building / built a sauna / opened* ten years ago.
3. In Gym A, you can have a massage *at a reasonable price / free if you are a member / if you book in advance.*
4. You can borrow *towels and yoga mats / towels / yoga mats* from the gym.
5. Gym B can give you advice about *training, lifestyle and diet / sports injuries and diet / how to become professional athlete.*
6. In the main gym, you must *use a towel / wear trainers / take a bottle of water.*
7. The lifeguard can also *give you some tips to improve your swimming / demonstrate the best way to swim / give you swimming lessons.*
8. The timetable for the classes is *available online / in a brochure / on the noticeboard.*

Task 4. Answer the questions.

1. Which gym would you like to join? Why?
2. Which activities would you most like to do?
3. Which sports or forms of exercise do you like?



Test 14. The Most Exciting Football Match

You will hear an interview with an ex-Champions League referee from Spain.

Task 1. For questions 1-7 choose the correct answer (A, B or C).

- 1 What was the most exciting match he ever refereed?
 - A His first professional match.
 - B He can't choose just one.
 - C Real Madrid against Barcelona.
- 2 Why does he mention Mauro Silva?
 - A Because he was the best player he ever saw.
 - B Because he was a great person.
 - C Because he was a very good footballer and a great person.

- 3 The worst experience he ever had as a referee was...
- A When a player hit him during a match.
 - B When a woman with a child tried to attack him.
 - C When a sixteen-year-old boy attacked him.
- 4 Why does he think there is more cheating in football today?
- A Because football is big business.
 - B Because the referees are worse.
 - C Because footballers are better at cheating.
- 5 How does he say footballers cheat?
- A They fall over when nobody touches them.
 - B They accept money to lose matches.
 - C They touch the ball with their hands.
- 6 What's the most difficult thing for him about being a referee?
- A Players who cheat.
 - B Making decisions.
 - C The rules are too complicated.
- 7 Does he think fair play still exists?
- A Yes.
 - B No.
 - C He doesn't say.

Task 2. Listen again for more information. Do you agree with him that there is more cheating in football now than ever before? Discuss this issue.

Task 3. Write a brief review of the football match you have recently watched.

STUDENT'S SELF STUDY

Test 1. Top Ten Physical Activities

You will watch the video about top ten physical activities that are most effective in improving the body's health.

Task 1. Name each sport activity mentioned in the video and write down their benefits.

Task 2. Look up in the dictionary the definitions to the following words.

- 1) climbing(n), 2) capability(n), 3) strengthen(v), 4) strongman(n),
- 5) press (n, v), 6) muscular(adj), 7) flexibility(n), 8) mobility(n), 9) stability(n),
- 10) endurance(n), 11) versatility(n), 12) movement(n),
- 13) aerobic(adj), 14) parkour(n), 15) self-defence, 16) wrestling(n),
- 17) weight-lifting(n), 18) master(v), 19) techniques(n), 20) functionality(n).



Task 3. What are the best movements for your body? Give your answers in writing.



Test 2. The Film “Bend It Like Beckham”

You will watch the film “Bend It Like Beckham” (2002). It is a British – Indian family romantic comedy sports film.

Part 1 The Hounslow Harriers 00:00 – 39:30

Task 1. Put these events in the correct order.

1. Jess and Jules go shopping for football shoes.
2. Jules sees Jess playing football in the park, and asks her to join the Hounslow Harriers.
3. Pinky’s boyfriend’s relatives see Jess and Jules laughing and hugging, and think she is kissing a man.

4. Pinky has her engagement party.

5. Jess lies to her parents that she has a part - time job, so she can go out and play football.

6. Jess' mother sees her wearing shorts and playing football with Tony's friends, and tells her she's not allowed to play football.

Task 2. Who said what? Match the statements with the person who said it.

Jess' mother, Jules's mother, Jess' father, Jules' father

1. I was married at your age.

2. If she's more interested in playing football than chasing boys, well quite frankly I'm over the moon about that.

3. Your mother's right. It's not nice. You must start behaving like a proper woman.

4. No boy's going to want you go out with a girl who's got bigger muscles than him.

Task 3. Think about the expectations that Jess' and Jules' families have of them. Make lists of the things that their families and society expect girls to do. Make one list for both girls, and another list for Jess.

<i>Both Jess and Jules</i>	<i>Jess</i>
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Part 2 Will Pinky Get Married? 30:00 – 1:10:10

Task 4. This section starts with Pinky's wedding being cancelled, because her future in – laws think that Jess was kissing a white man at the bus – stop. Her

parents then forbid her from playing football. Put the following events in order.

1. Jess gets into a fight with another football player.
2. Jess' father sees Joe and Jess hugging.
3. Joe and Jess almost kiss. Jules sees this and becomes jealous.
4. The Hounslow Harriers go to Germany.
5. The Bhamras find out Jess went to Germany, and try to make her quit the team.
6. The wedding is back on again.
7. Tony tells Jess that he is gay.
8. Joe goes to the Bhamra's house to try to persuade them to allow Jess to play football.

Task 5. Rewrite these paragraphs so they are true. There are three mistakes in each paragraph.

1. Pinky blames her parents because her wedding is cancelled. She tells her parents that Jess has stopped playing football. They are very angry and tell her she can continue to play.
2. Jules doesn't like Joe. In Germany, Joe and Jess fight. Jules sees this and is upset and jealous. Jules visits Jess' house and they have an argument.
3. Pinky is very happy that her wedding is cancelled. She persuades Teetu, her boyfriend, to talk to his friends. Teetu's parents and the Bhamras arrange for the wedding to continue. Unfortunately, the wedding date is the same as Jess' university exams.

Task 6. Joe tries to encourage Jess not to give up. When Jess says that her parents want to protect her by not letting her play football, Joe asks her “Whose life are you living?” What does he mean?

Part 3 The Final Match 1:10:10 – end

Task 7. Answer the questions.

1. Why does Jess’ mother pray to the picture of Babaji?
2. How does Jess feel at the start of her sister’s wedding?
3. Why does Joe go to Jess’ house during the wedding?
4. Why does Mr Bhamra allow Jess to go to the football match?
5. What does the American offer Jules and Jess?
6. What job does Joe take in the end?

Task 8. What happens to those people at the end of the movie?

1. Jess and Jules
2. Jules’s mother
3. Jess and Joe
4. Pinky and her mother – in - law
5. Joe and Mr Bhamra

Task 9. At the end of the wedding celebration, Jess is sitting in the car with her sister when her sister says “Don’t you want all of this?” (a wedding, a husband, etc.). What does Jess mean when she says “I want more than this”.

Task 10. Write out a number of words referring to sports mentioned in the film.

Task 11. Fill in the gaps:

lawyer, ball, culture, professional, food, star, football

“Bend It Like Beckham” is about football, race, gender and ... Jess is an 18 - year - old British Indian girl from a family with traditional ideas. Jess loves ... and her favourite football ..., David Beckham. But her parents are unhappy that their daughter runs around in shorts chasing a ... They want her to study to become a ..., learn to cook Indian ... and marry a nice Indian boy. Will Jess follow her dream of becoming a ... footballer?

Test 3. The Short Film “The Boy Who Learned to Fly”

You will watch a short film titled “The Boy Who Learned to Fly” (2016), based on the life of Usain Bolt.

Task 1. Find some autobiographical facts about the personage of the story.

Task 2. Write a summary of the story.

Task 3. Explain Usain’s mother’s advice.

Task 4. Make up a continuation of the story adding a new character.

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