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LISTENING
COMPREHENSION:
SPORTS

(with audio/video guide)

TEACHER'S BOOK

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*Рекомендовано до друку
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Укладачі:

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Навчально-методичний посібник “Listening Comprehension: Sports (with audio/video guide)” розроблено як додаток до навчальних підручників і рекомендований для викладачів з метою контролю якості знань студентів 2-3 курсів факультету іноземних мов, які вивчають тему SPORTS згідно програмових вимог.

Посібник містить ключі та аудіо скрипти до тестів, що уможлиблює проконтролювати якість розуміння англійських текстів студентами, а також забезпечить швидкий та ефективний контроль розуміння автентичного мовлення та виконання усіх завдань студентами на заняттях з іноземної мови. Ґрунтовно розроблені завдання для самостійної роботи студентів по темі SPORTS роблять посібник ефективним та логічно структурованим.

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 (keys)

Task 1. Write the words in the correct group.

Water sports: sailing water polo diving

Indoor sports: badminton table tennis basketball

Outdoor sports : golf football rugby

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

1. Williams

2. 15

3. Water polo

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**

Test 1. Free Time (audio script)

Receptionist: Good morning, Brownnton swimming pool.

Tyrone: Hello, I'd like some information about the water polo club.

Receptionist: Yes, of course. We have an under 14s club, an under 16s club, an under 18s club and an adults club. How old are you?

Tyrone: I'm 15.

Receptionist: OK, so you want the under 16s club.

Tyrone: Yes.

Receptionist: Just a moment ... yes, we have two places in the under 16s club.

Tyrone: When do they train?

Receptionist: Let's see, the under 16s train two evenings a week, on Mondays, no sorry, on Tuesdays and Thursdays from 6:30 – 8:00pm. And matches are on Saturday mornings.

Tyrone: When does the training start?

Receptionist: Training starts next week, on September 2nd.

Tyrone: OK. And how much are the classes?

Receptionist: Classes are free for under 18s.

Tyrone: Great! What do I have to do to join?

Receptionist: You have to come to the swimming pool and complete a form. You need to bring a photograph too.

Tyrone: OK.

Receptionist: Can I take your name?

Tyrone: Yes, it's Tyrone Williams.

Receptionist: OK, thanks, Tyrone. Tyrone: Thanks. Bye

Test 2. Extreme Sports (keys)

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

Parkour: steps , jumping ,climbing

White-water rafting: Rapids, foaming, drops

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 2. Extreme Sports (video script)

Extreme sports are popular all over the UK. Not just in the mountains of Snowdonia or Scotland. But what attracts people to these sports? Is it adventure or danger?

People who enjoy fast and dangerous sports, like white-water rafting, are called thrill seekers or adrenalin junkies.

I'm at the National Water Sports Centre in Nottingham in the centre of England and this is the white-water course. Seven hundred metres of foaming water with drops or rapids. And the skill is to stay afloat in the rough water.

I'm here to meet Pas Blackwell, a white-water rafting expert, and to find out why so many people enjoy the thrills and spills of this extreme sport.

Carmen: Hi, Pas.

Pas: Hi, Carmen.

Carmen: So this is a specially built course, but you raft on rapids all around the world. What do you most enjoy about white-water rafting?

Pas: I really enjoy being outdoors and on the water. I really enjoy the freedom of just you and nature and I really enjoy the challenge.

Carmen: So why do people like dangerous sports?

Pas: I think people like to push themselves - to see how far they can go – to really test themselves, against the elements, water and air.

Carmen: So, are you an adrenalin junkie?

Pas: I don't think of myself as an adrenalin junkie, but I do really enjoy the rush of trying to get from the top to the bottom and get through situations that occur out on the river.

In the countryside there are lots of wide open spaces and lots of extreme sports to choose from. But what do adrenalin junkies do in the city? Well, parkour, sometimes called free running, is becoming popular in London.

Parkour started in France. And the idea is to get from one place to the other as fast as possible; jumping and climbing over whatever is in the way. So I've come to a parkour class in West London to find out what it's all about. Rebecca Ahmed has been doing parkour for more than a year.

Carmen: So Rebecca, why do you like parkour?

Rebecca: It's really fun, it's original and it keeps me fit. That's why I come.

Carmen: Do you need any special equipment?

Rebecca: Not really, we just use what's around us like steps, railings and trees, but as long as you've got a good pair of trainers, you're fine

Carmen: Is it difficult?

Rebecca: I wouldn't say it's difficult – it's more about the fear. If you're not scared you can do it.

I'm not sure I've got the balance for parkour. Extreme sports can be dangerous, but they're also lots of fun.

Test 3. A Skateboard with a Boost (keys)

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

Today I'm going to show you an **1 electric vehicle** 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 **2 a dollar of electricity**. 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 novel concepts**. So we built something. I've got some of the pieces in my pocket here. So this is the **4 motor**. This motor has enough

5 power 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 **6 a toy store**. 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 can use this**. Pay attention to not only how fun this thing is, but also how the **8 portability** 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 hand-held remote**, so you can pretty easily control **10 acceleration, 11braking**, go in reverse if you like, also have braking. It's incredible just how **12 light** 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 20** 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 transportation**. 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 3. A Skateboard with a Boost (video script)

Today I'm going to show you an electric vehicle 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 dollar of electricity. 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 novel concepts. So we built something. I've got some of the pieces in my pocket here. So this is the motor. This motor has enough power 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

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Test 4. The Benefits of Sport (keys)

Task1. 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 |

1.e 2. c 3. g 4. f 5. h 6. b 7. d 8. a

Task2. Multiple selection: which benefits of doing sport are mentioned?

Tick (✓) seven.

- ✓ reduced risk of diabetes
- ✓ lower blood pressure
- X improved muscle tone
- X stronger heart and lungs
- ✓ stronger bones
- X increased feeling of calm and tranquility
- ✓ improved mood
- ✓ improved concentration
- ✓ increased motivation
- X makes people less competitive
- ✓ improved communication and negotiation skills

Task3. 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**

Test 4. The Benefits of Sport (audio script)

Teacher: Good morning, class.

Students' voices: Morning, miss / Morning.

Teacher: So, today we're going to carry on with what we were talking about last

class which are the advantages of doing sport on a regular basis. Let's start by seeing how much you remember about the benefits of sport. I'm going to ask you some questions and in your groups I'd like you to answer them. OK, so the first question is, can you remember three of the specific physical benefits sport offers to the human body that we discussed last class? OK, Group B. What do you think?

Group B spokesperson: Um, well we've got two.

Teacher: OK, let's hear them.

Group B spokesperson: We think that doing sport reduces high blood pressure and the chance of getting diabetes.

Teacher: Absolutely. OK does anyone have any other advantages? Yes, Group D?

Group D spokesperson: Yeah, sport is good for your bones.

Teacher: That's right. It strengthens our bones, particularly while we are still growing. OK, we also discussed that sport can be good for our minds too because of the chemicals that our brains release when we exercise. Can anyone remember the name of these chemicals and how they make us feel? Mmm, Group A?

Group A spokesperson: Are they called euphoria?

Teacher: Not exactly. Anyone else? OK, Group B again.

Group B spokesperson: Endorphins and they make you feel euphoric or really happy.

Teacher: That's right. So sport can help us feel happy and put us in a good mood because of these chemicals that are present in our bodies when we exercise. It also improves our capacity to concentrate, which is why doing PE at school can actually help you do better in exams. OK, so that was basically what we covered last week and what we're going to move on to today is thinking about whether it's better for us to take part in individual or team sports. So let's have a quick show of hands to see what you think. Those who think it's better for us to do individual sports put up your hands. OK, thank you. And now those who think it's better to do a team sport? OK. Well, there are certain advantages to both individual and team sports, but, in my opinion, the benefits of team sport do seem to outweigh

those of individual sport. Can you shout out a couple of examples of individual sports?

Group C spokesperson: Yeah, like, karate or swimming?

Group D spokesperson: And tennis.

Teacher: Good. Well, you won't be surprised to hear that in order to succeed in individual sport we need to have a fair amount of self-discipline to motivate ourselves, which is easier said than done for some people. However, with regular practice, it may be easier to see progress. Also, it's worth pointing out that our individual successes and failures are completely down to the individual, no one else. OK, I'd like you to have a think in your groups about the possible advantages of doing sport as part of a team as opposed to by yourself.

Teacher: OK, Group C. What have you come up with?

Group C spokesperson: Well, we were saying that it might be, like, easier to be more motivated to actually do a sport if you're in a team because you, like, you don't want to let anyone down, so you, like, always turn up for sports practice, you know, so you are sort of more committed to doing the sport.

Teacher: That's a very good point. Yes, being a team member certainly helps people feel motivated and make an effort to turn up and play on a regular basis.

Well done, Group C. Any other ideas? Group D?

Group D spokesperson: Err, because it's boring doing sport by yourself and it's more fun if you're with your mates.

Teacher: Absolutely! And the sense of being involved and belonging to a group is very positive for most people. Some experts actually believe that belonging to a group or a team makes us less likely to suffer from depression, as members develop positive bonds between them. And there are other benefits too. When you work as part of a team you are learning to work together and rely on each other. Everyone is responsible for the success of the team, so there's less pressure on an individual and consequently it's less stressful. And finally, can you think of any skills you develop when you work as part of a team?

Teacher: Group A?

Group A spokesperson: Well, you need communication skills to talk to everyone on the team.

Teacher: Yes, very good, Group A. Any more? Group C?

Group C spokesperson: Err ... could it be, like, negotiation skills?

Teacher: Yes, you need to communicate and negotiate with your fellow teammates. You also develop trust as you work together with others to achieve a common aim or goal, and all these skills are ones that come in handy in other areas of your life as well as in sport. So you can see that there are many all-round benefits to being in a team. However, perhaps, at the end of the day, the most important point is that you choose a sport you actually like, regardless of whether it's an individual or team sport.

Test 5. Health Club (keys)

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

Test 5. Health Club (audio script)

HEALTH CLUB

Member: Hi, are you the gym instructor?

Instructor: Yes, I am. What can I help you with?

Member: I'm very new to this gym and I would like to know what these machines are? What about this one?

Instructor: This machine over here is called the leg press. Now, what you're going to do is you sit down on the seat, with your back flat against the back rest, and you put your legs on this metal board and you simply push up, and be careful not to do much weight.

Member: Oh, OK. So what is this one?

Instructor: This machine over here is called the lat pulldown. Now it works your back, specifically the sides and your shoulder blades, and you simply just gonna sit down on the seat and your gonna grab the pulldown bar and you're gonna pull it down straight to your chest, and then release it back slowly.

Member: Alright cool! Maybe because I'm new. I'm just starting, maybe I should just start with cardio. What is this?

Instructor: Well, if you want to start with cardio, one thing I would recommend are the treadmills. If you come over here with me, you'll see that there's a couple treadmills over here. The treadmills are good for walking, running, and in between jogging.

Member: All right. What is this?

Instructor: Well, this is called a stair master. The reason it's called a stair master is because it simulates an exercise running up stairs. So what you do, is you simply get on these two pedals and you move your legs up and down as if you were climbing up stairs. And the machine has different levels: faster ... slower ... different levels of consistency.

Member: All right, cool. Oh, I was looking at the brochure and it said you guys have spin class. Can you explain what that is? You guys have like yoga classes and Pilates and ...

Instructor: Absolutely. We have all of those. Our spinning class is our most popular class. We have this class three times a week, and you get on the stationary bikes and you're doing ... you're pedaling the bikes, and you work with an instructor and class are usually from fifteen to twenty-five minutes long.

Member: Oh, cool! Oh, and one thing I wanted to ask. My doctor has been recommending me to take aqua-aerobics. Do you guys have that type of class?

Instructor: We do actually. In the other side of the gym we have a pool, and three times a week we have aqua-aerobics class, and they're very good for people with injuries as the water provides perfect resistance.

Member: Wow! Thank you very much.

Instructor: You're absolutely very welcome.

Test 6. An Interview with a Racing Driver (keys)

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

Test 6. An Interview with a Racing Driver (audio script)

INTERVIEWER: in today's Sporting World, we have a racing driver with us – Simon Webster. Welcome, Simon. Tell me, at the age of twenty-one, do you find it helpful to talk to older drivers?

SIMON: I do, and they are happy to give me advice if I need it. I always talk to drivers with more experience if I'm going to drive on a track I haven't raced on before. I try to get as much information as possible, so I don't make any mistakes.

INTERVIEWER: you must get very tired.

SIMON: Well, we race at weekends, and on Fridays we are getting everything ready but I usually only do a race every three weeks and not in the winter. We race from April to October.

INTERVIEWER: I see. And what's the hardest thing for you about being a racing driver?

Simon: I find it very difficult to take time off. I do go away on holiday probably not as often as I should. But the mistake I always make before a race is to push myself to keep training when really I should rest. When I train too much, I'm tired when the race actually starts. The thing is I know I can continue to get better.

INTERVIEWER: What skills do you need to be a top racing driver?

SIMON: you do need to know a certain amount about how the car works but other people will check the car for you. I always think when you're actually racing it helps to be a tiny bit frightened as it means you really pay attention. That's really important – if you stop concentrating it could be very dangerous.

INTERVIEWER: A lot of small boys are keen on cars. How did you get interested?

SIMON: my friends were all more interested in football but my dad did a bit of racing. I started going to race tracks with him. As soon as he let me try, he realized I would be good at it and wanted me to succeed. I know it's really popular now with kids who watch it on TV but I never did.

INTERVIEWER: What about young racing drivers? What advice would you give them?

SIMON: Some people say you should study and go to university first. The problem is, if you do that you will be too old when you have enough time. If you really want to be a top racing driver, you need to train and get as fit as you can by going to the gym. Don't risk playing other sports because you might get injured.

INTERVIEWER: Well, thank you very much for talking to us today.

SIMON: Thank you.

Test 7. Marathon Men (keys)

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 *the full football results*** 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 *the men's race*** 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 *taking the bronze*** 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 *the arrival on***

the line 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 marathon** 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 achievement** 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 discovered** 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 runners** 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 reporting from** New York's Central Park.

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

Test 7. Marathon Men (audio script)

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.

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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 discovered 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 runners 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 reporting from New York's Central Park.

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

Test 8. An Interview with a Tennis Player (keys)

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 8. An Interview with a Tennis Player (audio script)

Presenter: In some sports, the players seem to be getting younger and younger. My guests today are 14-year-old Alice Winters and her coach, Bruce Gray. Alice, as National Junior Tennis Champion, has been described as “the most talented young player for years”. Alice Bruce, welcome.

Alice Bruce: Hello.

Presenter: Let's start by talking about money. Have you found it easy to get help in that respect, Bruce?

Bruce: Not really. We've applied to local companies for sponsorship but they would sooner put their money into something which gets them publicity – Alice isn't that well known yet. So we'll probably have to get there without it, and I reckon that, with Alice's talent, there's no reason why we can't. That'd be an even greater achievement, wouldn't it?

Presenter: Now Alice, you must do a lot of training? Is it sometimes a bit too demanding for someone of your age?

Alice: Well, a lot of players my age might ask themselves, "Why can't I be like everyone else?", you know, free in the evenings and weekends, but that side of it doesn't bother me. I must admit though that there are times when I just don't fancy it – you know, freezing cold winter mornings when Bruce comes round to take me on a training run and I think, "Oh go away and leave me alone!" But apart from that, well, I do it because I enjoy it. Nobody's making me do it, are they? So I don't really see it as making sacrifices.

Presenter: And what about your schoolwork?

Alice: Well, I'm managing to keep up with that at the moment, although I can see that if I do get more successful the sport might get in the way of academic work, but, well, I know which comes first for me. After all, if I make it to the top in tennis, I won't need any academic qualifications.

Presenter: Now Alice, when you're competing in a tournament, is it all terribly serious or do you have fun?

Alice: Well, I'm only there for one reason really. I mean, I can't see the point otherwise. I'm not one of those people who think that taking part matters more than winning. I mean, I know I can't win every time, especially up against people a lot older than me, but that's always the aim. And if I lose, and well, I don't let it get to me. I'm just more determined next time.

Presenter: Bruce, what do you think makes Alice different from other players of the same age?

Bruce: I've never come across any young player quite like her in all my years as a coach. What amazes me is – you can watch her play and she doesn't seem to be trying, even though of course she is. With other players you can see the effort involved but with her, well, she's just so gifted.

Presenter: So Alice, how do you see your future?

Alice: Well, I'd love to turn professional, but it's a bit early to think seriously about that. I mean, I'm a big fish in a small pond at the moment, but as I get older, well, there are going to be a lot of tough players out there. If I do end up doing it full time... the lifestyle looks glamorous from outside, but it might just be too hard for me and I might decide to get out. But it's hard to say. Some people stay at the top for years, don't they?

Presenter: Bruce, do you and Alice get on well? Is she an easy person to coach?

Bruce: You know, sometimes I find it difficult to remember how young she is because she's got an old head on young shoulders. We've had the odd ... shall I say ... disagreement but she doesn't have much of a temper, it soon passes. She doesn't have a great deal to say, I guess, when we're working or travelling to tournaments. She has friends outside the game, but she doesn't have much time for a social life at the moment.

Presenter: Well, Alice and Bruce, thanks for being my guests and good luck for the future.

Alice/Bruce: Thank you.

Test 9. An Interview with an Author (keys)

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 9. An Interview with an Author (audio script)

F: Today on the programme we have Mickey Smith, author of the book *The Power of Practice*. Mickey, in your book you talk about what makes a champion sportsperson. Your argument is that talent – a natural aptitude or skill – doesn't exist. Right?

M: Right. I know that's controversial because it's thought that people are born with natural abilities. I have my critics but the evidence from research I've done backs up my argument. If you look at anyone who's reached a high level in any complex task, you'll find they've spent many years building up to it. This has started other people thinking and doing their own research. I've no doubt they'll reach the same conclusions I have.

F: What about physical abilities like speed? Isn't that what makes one footballer better than another, for example?

M: There are physical issues that are significant in some activities. However, in virtually all complex tasks the limiting factor is a mental thing. People don't become the greatest footballers because they move around the pitch quickly. While he may not realize it, the way a great footballer understands where his teammates are around him on the field is what helps him score goals, rather than speed.

F: In your book you also talk about geographical areas where lots of people become experts in the same activity. Gymnastics, for example.

M: The town I grew up in produced the top gymnasts of my generation, myself included. My initial reaction when I got to the top was, Wow, I must have been born with this ability to do gymnastics. But what about the others? What I now understand is that this excellence was down to having access to a fantastic coach and a 7-day-a-week gymnastics club, where we transformed ourselves from ordinary to extraordinary. Opportunity's another factor determining success.

F: Your argument is that to become excellent you have to practice for thousands of hours. That's a lot of training.

M: That's right. How successful you are is down to how long you're prepared to work. Evidence suggests those who make it believe excellence relies on practice. If you believe being good at something is down to natural ability – and you're more likely to give up. If you believe excellence is about effort, when you fail you're going to see it as an opportunity to grow.

F: What approach should coaches take when training youngsters in sport?

M: The way to go about it is to ensure the child enjoys what they're learning – that it becomes an internal desire to progress. Coaching young people is more about psychology than it is about the technical side of things – it's making the young performer really care about where they're going, motivating them in the right way, that will enable them to actually get there – little difference from how you encourage adults really.

F: Why don't more people who play sport try harder to improve?

M: Well, they see sports stars and assume they were born brilliant, but there's no evidence to suggest that. You just don't see the painstaking process it took to get them there when they're winning games on your TV screen. If you did, their brilliance wouldn't seem so miraculous. The illusion is to think they got there quickly and think "Oh my goodness, I could never get up that slope".

F: Given everything you've said about top performers, why do they sometimes fail at crucial moments? That's called "choking", right?

M: Yes. It's to do with the expectation to succeed, no matter how many times they've done it before. When you first practice a skill you have to exert conscious control over it. When you become proficient you're able to do it subconsciously. When you choke you become so anxious that instead of delivering your skill automatically, you become conscious of what you're doing and it's like you've never done it before.

Test 10. An Interview with a Surfer (keys)

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 10. An Interview with a Surfer (audio script)

Man: Today, I'm talking to teenage surfer Abby Fielding. Abby, welcome. Tell us about how you started surfing.

Abby: Well, my family have always loved going to our local beach, and my dad became keen on surfing. He wasn't very good, but he really wanted to show me how to do it, and my mum offered to buy me a board. I still wasn't keen, but then I started watching surfing competitions near home, and when I saw the standard of the surfers, I just felt I could do better!

Man: Very confident. How easy was it to get started?

Abby: Well, it's free to practice, once you've got the equipment. But it can cost quite a lot to buy what you need. I went to the local surfing school for a bit too. I

was lent some boards before I bought one, to see which type I liked best – that was useful.

Man: So do you go surfing all year round now?

Abby: Yes – even in winter when it’s cold! The sea is actually warmer than the land. I just wear the same wetsuit as I do in the summer – although sometimes I do add gloves! You’d be surprised how many people are out there surfing with me.

Man: And your biggest achievement was surfing an enormous wave!

Abby: Yeah! That kind of wave only comes along a couple of times a year. I borrowed a large board, as mine wasn’t big enough, and I was nervous – the waves were a lot bigger than they look from the beach. People say it hurts if you fall off in those conditions – but I didn’t have time to think about that!

Man: So – any advice for other teenagers taking up surfing?

Abby: Well, you’re never too young to start – not on big waves, of course, in case you have to swim back to the beach. But in many places, you need to know how to surf whatever the waves are like – good and bad. And surfing schools are OK, but watching other surfers is just as useful – and practising yourself, of course!

Man: So ... you’re still young – what next?

Abby: Well, I’m going to miss the next big competition, as I’ve injured my ankle, but my future’s definitely in surfing, so I need to investigate what opportunities there are. There’s a course in surfing science you can do at the university here, but I’m not sure that’s the right path for me at the moment.

Man: Well, thank you Abby.

Test 11. The Olympic Report (keys)

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

1. b 2. d 3. e 4. a 5. c

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

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

Test 11. The Olympic Report (audio script)

Presenter: Good evening. It's 11.15... and it's time for *Olympic Report*. Our report tonight is coming live by satellite from the Olympic Games.

Swimming

Good evening. Well, today's most important event was certainly the women's 200 metres freestyle. The American, Doris Kennedy, was first and got the gold medal. She swam the 200 metres in a new record time of 1 minute 58 seconds. The USA won two gold medals yesterday, and three the day before, so in the first three days they've won six "golds".

Javelin

This is Jack Lumber from Canada. This morning he won the men's javelin final. At his attempt he threw the javelin over 100 metres. Nobody has ever done this before. Unfortunately there was nearly a terrible accident in the javelin event. Henry Fraser, the British competitor, slipped when he was throwing his javelin and it hit a judge in the foot. Luckily, it didn't hurt him.

Gymnastics

Here we are in the Olympic Gymnasium. Olga Ivanov, the fifteen year old Russian gymnast, has just finished her display. We're waiting for the results now. And here's the result! She's got an average of 9.5 points. That's the best score today! Olga's won the gold medal!

High jump

We're just waiting for the last jumper. Ted Kelly, from Britain, is going to jump. The bar is at 2.30 metres. Now he's beginning his final attempt... And he's jumped. Ooh! He's crashed into the bar! He's landing. The bar's fallen. Is he hurt?

No, no, he's all right. He's getting up and walking away. But he's a very disappointed man.

Test 12. Sports Interviews (keys)

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

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

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

- a. The sport began in the 1930s.
- c. This sport involves doing tricks in the air.
- d. There are more guys than girls doing it.
- f. It started in California.
- h. There are strong influences from other, similar sports.
- i. A big event for this sport is held in Wales.

Roller derby

- b. It's becoming really popular in the UK.
- e. There are more girls than guys doing it.
- g. When you compete, you score points for your team.
- j. The clothes people wear for this sport have changed.

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 12 Sports Interviews (audio script)

Presenter: Now, the 2020 Olympics might seem a long way away to you, but people are already talking about what new sports might be included. Today I'm going to talk to two people who are hoping their sport might be included. The first is Jonny Mills whose sport is wakeboarding. Jonny, can you tell us what wakeboarding is? Is it like surfboarding?

Jonny: Well, a bit. It started in California because people wanted to surf but didn't have waves ... It's also a bit like waterskiing in that the rider is towed behind a specially built speedboat.

Presenter: How fast does the boat go?

Jonny: Usually at about 25mph, or a bit less. The rider uses the wake the board produces in the water to launch into the air.

Presenter: And then you do a lot of complicated things in the air?

Jonny: That's right, spins of up to 1260 degrees, things like that.

Presenter: 1260 degrees, that's impossible, isn't it?

Jonny: Oh no, but it's pretty crazy. You spin round three and a half times in the air.

Presenter: And then you have to land again without falling over.

Jonny: You'll have to come and watch some wakeboarding if you haven't seen any. Come to Wakestock in July if you can.

Presenter: That's in Wales, isn't it?

Jonny: Yep, Abersoch in North Wales. It's a really popular wakeboarding and music festival. It's right by the beach. It's not quite the same as California, but it's cool. It attracts a lot of great riders.

Presenter: Who does wakeboarding?

Jonny: They reckon about 3 million people all over the world. More guys do it, but there are increasing numbers of girls too. The people who compete are usually in their teens or twenties, but anyone can do it. There's a lot of crossover with other board sports like surfing and skateboarding. The tricks people pull are similar and the names for things are often the same.

Presenter: And looking at you, I'd say the fashion was similar too.

Jonny: Yeah, the clothes and the lifestyle are similar.

Presenter: Right, now I'd like to ask Jules Russell about her sport. She's a skater in a roller derby team. Tell us about that, Jules. Is it a popular sport?

Jules: Yes, it's becoming really popular in the UK. There are about 60 leagues in places like Scandinavia and Australia, but lots of other countries too.

Presenter: The sport began in the States, didn't it?

Jules: Yes, in the 1930s, but it was more for entertainment than sport and it died out by the 1970s. Then there was a revival in Texas in 2001 and from then on it's just been growing and growing.

Presenter: So how do you play it?

Jules: Well, you have two teams of five people on roller skates, of course, and they go round an oval track in the same direction. Each team has a "jammer" who scores points by passing members of the opposing team. They do whatever they can to stop her, within reason. The team with the most points at the end of the match wins.

Presenter: It sounds a bit rough!

Jules: Well, it's a contact sport, so there's bound to be a lot of pushing and falling over. It's all good fun, though; people don't often get hurt. If you try and trip someone up you get penalised. You do try and frighten the other team a bit though.

Presenter: That's right. You have frightening clothes and special names.

Jules: People used to have incredible costumes a couple of years ago. Now the sport is changing and becoming more professional. Lots of the teams train three or four times a week, and spend a lot of time in the gym. You have to be really dedicated and fit. We still have nicknames, though. I'm "The Julifier".

Presenter: And is the sport all female?

Jules: There are a few men who do it, but it's mostly female and amateur at the moment. Things are changing fast though, so who knows what the future will bring. It would be fantastic to be an Olympic sport.

Presenter: What do you think about roller derby, Jonny?

Jonny: It's wild! Those ladies scare me to death! Good luck to them with the Olympics thing though. And good luck to us too.

Presenter: Good luck.

Test 13. Sports Centres (keys)

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
personal trainer	sauna	Pilates
dance teacher	swimming pool	Zumba
lifeguard	changing rooms	water aerobics
secretary	weight machines	jazz dancing

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*.

Test 13. Sports Centres (audio script)

A

Hi, come in. I'm Maya. Hello, everybody. Welcome to the Grange Park Sports Centre. I'll just show you round the centre and explain what we offer here, and then you can ask me questions. Well, as you can see, this is quite a small centre but we offer a lot of different activities at different times of the day. If you'd just like to come through here, you can see the main rooms. These are nice and light and airy and we have a very good air-conditioning system so they are warm in the winter and cool in the summer. Here we have classes of yoga, tai chi, Pilates and Zumba at different levels. We also have different types of dance class: jazz dancing, Indian dancing and Latin dancing. Oh, and we've just started offering flamenco. All our teachers are fully qualified and experienced. We have beginners' classes up to advanced. Some of our students have been coming since we opened, ten years ago. So, if you could follow me through here – mind the steps here - we've got the sauna and massage rooms. We have very reasonable prices for massages. And over here we have the gym with exercise machines. It's quite a small gym, but usually there's plenty of room for people to move around without any problems. OK, that's about it. Over there we have the changing rooms with showers. You do need to bring your own towel if you want a shower, but you don't need to bring a mat for the yoga and Pilates classes. Oh, and I must mention the café. It's just off the main entrance. That's very popular with our clients; we have a great selection of teas, fresh juices, sandwiches and cakes. Right, the prices. You can join for three months, six months or a year and that gives you the right to use the gym and go to two classes a week. If you want to go to more classes or use the sauna, there's a small extra charge. For three months the fee is ...

B

OK, let me show you the gym. My name's Bill and I'm the main sports trainer here, but we have a team of four specialists who are always around to help you with exercise programmes and give advice about lifestyle and diet. We strongly recommend that you talk to one of us as soon as you sign up and set up your personalised training programme. So, through here we have the main gym. As you can see, it's enormous and we have lots of brand-new machines. You can do everything here: running, cycling, rowing, weights ... you name it. Although we have a lot of clients, it's very unusual to have to wait for a machine. Over there is the area for weight-training. If you want a closer look at the machines, you can come back later. Oh, by the way, you can only come in here with trainers on. No outdoor shoes, please. OK, through here we have the swimming pool. It's great, isn't it? We're very proud of it. You can use it most of the time without booking, but there are certain times of day when we have swimming classes and water aerobics. There is always a lifeguard in attendance who will also offer informal swimming tips. OK, just over there you have the changing rooms and lockers, and on the right are the bathrooms and showers. We have our own shop, here, where you can buy our own brand of sportswear and sports drinks and supplements. Right, I can see you're impressed, and, as I said, we're very proud of our centre. However, I should warn you that we are slightly more expensive than other gyms in the area – but then we offer a much higher level of services and a very wide range of activities. Here's a brochure with the timetables of the extra classes that we offer, such as boxing, taekwondo and capoeira and quite a few others, besides swimming activities: swimming classes, diving classes, water aerobics and water polo. OK, so have a look at the brochure, then you can speak to one of the secretaries in reception about the best combination of activities for you.

Test 14. The Most Exciting Football Match (keys)

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.

Test 14. The Most Exciting Football Match (audio script)

Interviewer: What was the most exciting match you refereed?

Juan Antonio: It's difficult to choose one match as the most exciting. I remember some of the Real Madrid-Barcelona matches, for example the first one I ever refereed. The atmosphere was incredible in the stadium. But really it's impossible to pick just one – there have been so many.

Interviewer: Who was the best player you ever saw?

Juan Antonio: During my career there have been many great players, like Johan Cruyff and Diego Maradona. It's very difficult to say who was the best, but there's one player who stands out for me, not just for being a great footballer but also for being a great human being and that was the Brazilian international Mauro Silva, who used to play here in Spain, for Deportivo La Coruna.

Interviewer: What was the worst experience you ever had as a referee?

Juan Antonio: The worst? Well, that was something that happened very early in my career. I was only 16 and I was refereeing a match in a town in Spain and the home team lost. After the match, I was attacked and injured by the players of the home team and by the spectators. After all these years I can still remember a mother, who had a little baby in her arms, who was trying to hit me. She was so angry with me that she nearly dropped her baby. That was my worst moment, and it nearly made me stop being a referee.

Interviewer: Do you think that there is more cheating in football than in the past?

Juan Antonio: Yes, I think so.

Interviewer: Why?

Juan Antonio: I think it's because there is so much money in football today that it has become much more important to win. Also football is much faster than it used to be so it's more difficult for referees to detect cheating.

Interviewer: How do footballers cheat?

Juan Antonio: Oh, there are many ways, but for me the worst thing in football today is what we call 'simulation'. Simulation is when players pretend to have been fouled when they haven't been. For example, sometimes a player falls over in the penalty area when, in fact, nobody has touched him and this can result in the referee giving a penalty when it wasn't a penalty. In my opinion, when the player does this he is cheating not only the referee, not only the players of the other team, but also the spectators, because spectators pay money to see a fair contest.

Interviewer: What's the most difficult thing about being a referee?

Juan Antonio: Ah, the most difficult thing is to make the right decisions during a match. It's difficult because you have to make decisions when everything's happening so quickly—football today is very fast. Also important decisions depend on the referee's interpretation of the rules. Things aren't black and white. And of course making decisions would be much easier if the players didn't cheat.

Interviewer: So, in your opinion, fair play doesn't exist any more.

Juan Antonio: Not at all. I think fair play does exist—the players who cheat are still the exceptions.

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.

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

Test 3. The Film “Bend It Like Beckham” (keys)

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. Pinky has her engagement party.
2. Jules sees Jess playing football in the park, and asks her to join the Hounslow Harriers.
3. Jess' mother sees her wearing shorts and playing football with Tony's friends, and tells her she's not allowed to play football.
4. Jess lies to her parents that she has a part - time job, so she can go out and play football.
5. Jess and Jules go shopping for football shoes.

6. Pinky's boyfriend's relatives see Jess and Jules laughing and hugging, and think she is kissing a man.

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. **(Jess' mother)**
2. If she's more interested in playing football than chasing boys, well quite frankly I'm over the moon about that. **(Jules' father)**
3. Your mother's right. It's not nice. You must start behaving like a proper woman. **(Jess' father)**
4. No boy's going to want you go out with a girl who's got bigger muscles than him. **(Jules' mother)**

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.

Both Jess and Jules

Jess

- | | |
|---|---|
| <i>1. Not to play sports</i> | <i>1. Get married to an Indian man</i> |
| <i>2. Not have big muscles or be athletic</i> | <i>2. Cook well</i> |
| <i>3. Enjoy shopping</i> | <i>3. Not go outside</i> |
| <i>4. Try to look nice to impress boys</i> | <i>(so her skin doesn't get dark)</i> |
| <i>5. Be focused on finding a husband</i> | |

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

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

1. Pinky blames **Jess** because her wedding is cancelled. She tells her parents that Jess **is playing** football. They are very angry and tell her she **must stop playing**.
2. Jules **likes** Joe. In Germany, Joe and Jess **almost kiss**. Jules sees this and is upset and jealous. **Jess** visits **Jules'** house and they have an argument.
3. Pinky is very **unhappy** that her wedding is cancelled. She persuades Teetu, her boyfriend, to talk to his **parents**. Teetu's parents and the Bhamras arrange for the wedding to continue. Unfortunately, the wedding date is the same as Jess' **final football match**.

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?

He is saying that she should be doing the things that make her happy – not giving up the thing that she loves to make her parents happy. He feels that it is her life, and she should be able to make her own decisions.

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?

- 1. She is praying that Jess has passed her A level examinations.*
- 2. She is unhappy, because she has to stop playing football and is missing the final football match.*
- 3. To try to persuade Jess' father to allow her to play in the match.*
- 4. He doesn't want her to be unhappy at her sister's wedding.*
- 5. A scholarship and a place on the university football team.*
- 6. To coach the women's football team so they can become professional.*

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

1. Jess and Jules are going to America to become professional football players.

2. Jules' mother is proud of her daughter, and encourages her football career.

3. Jess and Joe kiss, and plan to tell her parents about their relationship next Christmas when she comes home.

4. Pinky is pregnant, and has a friendly relationship with her mother - in - law.

5. Joe and Mr Bhamra are friends and play cricket together.

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”.

She wants to be more than “a proper woman”. She wants more than a wedding and a husband. She wants to achieve her dreams.

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

Tournament, football, coach, match, pitch

Task 11. Fill in the gaps:

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

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

Test 4 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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