

8 SPORTING MOMENTS

GRAMMAR

Past continuous SB p.76

1 ★★★ Complete the text with *was* or *were*.

It was a cold winter's morning. It ⁰ was raining a little. Mums and dads ¹ _____ standing by the school football field. They ² _____ chatting and drinking coffee to keep warm. They ³ _____ waiting for the game to begin. On the field, their daughters ⁴ _____ getting ready for the big match. Some of them ⁵ _____ running and others ⁶ _____ kicking balls about. The goalkeeper ⁷ _____ practising catching the ball. Everyone was excited. It was the final of the under 16s girls football tournament. Mr Fletcher, the headmaster, ⁸ _____ cleaning his glasses. He put them on, took the whistle out of his pocket, and blew it.

2 ★★★ Complete the text. Choose the correct words and write them in the correct form.

jump | take | cry | clap | sit | hold
not feel | talk | not enjoy

I got there very late. The game was over. The girls of Blacon High School ⁰ were jumping up and down. They were the champions. Their proud parents ¹ _____. One girl ² _____ up the trophy and showing it to the crowd. She wasn't being very careful and I was afraid she might drop the trophy, but luckily she didn't. A journalist ³ _____ lots of photos. But not everyone was happy. The girls on the losing team ⁴ _____ on the ground. Some of them had their heads in their hands and they ⁵ _____. They certainly ⁶ _____ the celebrations. Mr Fletcher ⁷ _____ to them but they ⁸ _____ great. Another year and still no trophy.

Pronunciation

Strong and weak forms of *was* and *were*

Go to page 120.



3 ★★★ Complete the sentences. Use the past continuous of the verbs and the information in brackets.

- 0 Paula wasn't watching TV, she was playing games.
(- watch TV / + playing games)
- 1 I _____, I _____.
(- write an email / + write my blog)
- 2 They _____, they _____.
(- speak Polish / + speak Russian)
- 3 We _____, we _____.
(- fight / + play)
- 4 Dad _____, he _____.
(- read / + listen to the radio)

4 ★★★ Match the questions and answers.

- | | |
|----------------------------------|-------------------------------------|
| 0 Were you listening to me? | <input checked="" type="checkbox"/> |
| 1 Was he laughing? | <input type="checkbox"/> |
| 2 Was it raining? | <input type="checkbox"/> |
| 3 Were they talking? | <input type="checkbox"/> |
| 4 Was I sleeping? | <input type="checkbox"/> |
| 5 Were we making a lot of noise? | <input type="checkbox"/> |
- a Yes, it was. We got really wet.
 - b Yes they were but I didn't hear what they said.
 - c Yes, I think you were.
 - d Yes, I heard everything you said.
 - e No, I don't think we were.
 - f No, he wasn't. He didn't think it was very funny.

5 ★★★ Answer the questions so they are true for you.

What were you doing ...

- 1 at 7 am today?

- 2 at 6 pm yesterday?

- 3 this time yesterday?

- 4 at 10 o'clock last Sunday morning?

Past continuous vs. past simple SB p.79

6 ★★★ Match the sentence halves.

- 0 While the teacher was talking,
 1 Evan was drinking coffee
 2 The boys were fighting
 3 They were looking at the map
 4 While I was reading in the bath,
 5 I was brushing my teeth
 a and he burned his mouth.
 b when their mum walked into the room.
 c I dropped my book in the water.
 d but my toothbrush broke.
 e I put my hand up to ask a question.
 f when they realised they were lost.

| |
|---|
| e |
| |
| |
| |
| |
| |

7 ★★★ Circle the correct words.

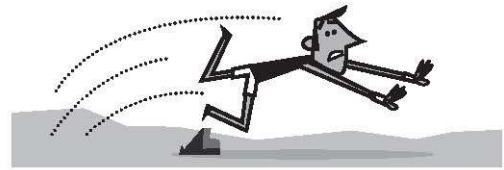
- 0 Matthew *played* / was playing the guitar when he fell / was falling off the stage.
 1 I *did* / was doing my homework when my sister *came* / was coming into the room.
 2 John and his sister *walked* / were walking to school when the accident *happened* / was happening.
 3 I *talked* / was talking about Kiki when she *phoned* / was phoning me.
 4 While Anna *tidied* / was tidying up her room, she *found* / was finding her watch.
 5 While Alison *studied* / was studying, she *remembered* / was remembering it was her mum's birthday.
 6 When we *found* / were finding out about the accident, we *watched* / were watching TV.

when and while SB p.79

8 ★★★ Complete the sentences with *when* or *while*.

- 0 While I was trying to get to sleep, the dog started barking.
 1 She was eating an apple _____ she bit her tongue.
 2 We were driving in the car _____ we saw Robin on his bike.
 3 _____ I was paying for the T-shirt, I realised I didn't have any money.
 4 Olivia was having dinner _____ the phone rang.
 5 _____ I was walking into town, I saw I had different socks on.

9 ★★★ Write two sentences about each picture.



- 0 Paul / jog / trip over / stone
While Paul was jogging, he tripped over a stone.
Paul was jogging when he tripped over a stone.



- 1 Gordon / rock-climb / drop / bag



- 2 May / windsurfing / fall / sea



- 3 Sue / volleyball / run into / net

GET IT RIGHT!

Past continuous

We form the past continuous with *was/were* + the *-ing* form of the verb. We use *was* with singular subjects and *were* with plural subjects.

- ✓ *We were playing* football when it started to rain.
 ✗ *We was playing* football when it started to rain.
 ✓ *I was windsurfing* when the accident happened.
 ✗ *I were windsurfing* when the accident happened.

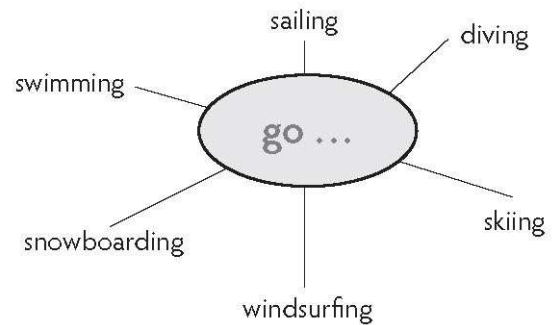
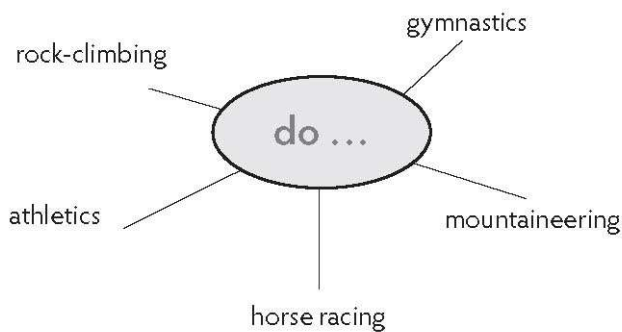
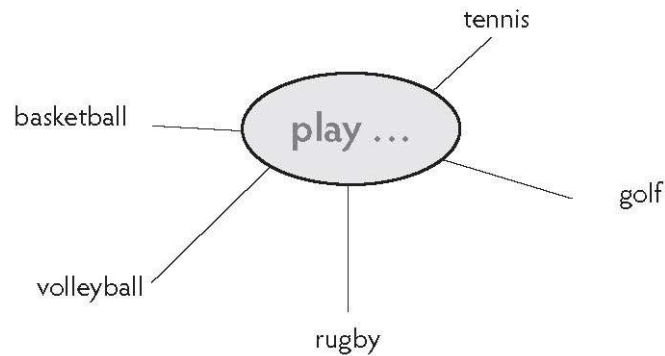
Complete the sentences with *was* or *were*.

- 1 The rain started while they _____ having a picnic.
 2 My friends and I _____ enjoying the competition, when the TV stopped working.
 3 My brother _____ winning the race when he fell off his bike.
 4 _____ you driving when it started to snow?

VOCABULARY

Word list

Sports



Sequencing

at first → then → after → finally

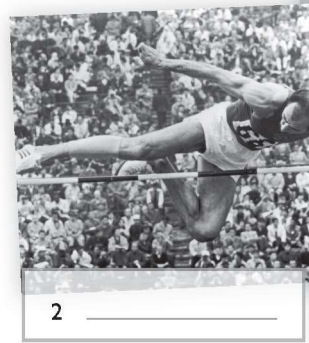
Key words in context

| | |
|-------------------------------------|---|
| marathon | The marathon is just over 42 km. |
| spectator | More than 100,000 spectators watched the final. |
| athlete | There are athletes from all over the world at the Olympics. |
| medal (bronze, silver, gold) | We didn't win a medal but we had a lot of fun. |
| stadium | The stadium was completely full. There wasn't an empty seat anywhere. |
| trophy | The captain put the trophy above his head and showed it to the spectators. |
| goal | I scored the winning goal in the last minute of the match. |
| winner | The winner of each race gets a gold medal. |
| accident | The driver had a serious accident but luckily no-one was hurt. |
| shine | The sun is shining . Let's go to the beach. |
| dream | My dream is to play football for Manchester United one day. |
| practise | You need to practise every day if you want to be the best. |
| competitive | My dad's so competitive . He always wants to win. |
| lose control | The driver lost control of the car and crashed into a wall. |
| take place | The 2014 World Cup took place in Brazil. |
| cross | The first person to cross the line is the winner. |
| grab | She grabbed the dog to stop it from running away. |

READING

- 1 **REMEMBER AND CHECK** Answer the questions. Then check your answers in the article on page 75 of the Student's Book.

- 0 How long was the race Derek Redmond was running in? *400 metres*
- 1 How far did he run before his accident? _____
- 2 How many people were there in the athletics stadium? _____
- 3 How high is the mountain K2? _____
- 4 How far from the top did Gerlinde Kaltenbrunner get in the summer of 2010? _____
- 5 How many times did she climb K2 before she was successful? _____



- 2 Read the article. Match the high jumping styles with the names in *italics*.

People who changed sport: Dick Fosbury

Like many American teenagers, Dick Fosbury wanted to be a professional sportsman but he had a problem – he wasn't very good at any sport. He didn't play football very well and although he was very tall he wasn't a very good basketball player either. He decided to try athletics. He tried running, throwing and jumping, and of all these events, he found that he wasn't too bad at the high jump. At that time there were two popular styles of jumping over the bar. There was *the scissors*, where the athlete jumped over using his legs like a pair of scissors, and there was *the straddle*, where the athlete jumped over face first. Fosbury used the straddle. The best height he could jump was 1.63 m. It wasn't bad but it was a long way from the world record of 2.23 m. One afternoon Fosbury decided to do something completely different.



Instead of jumping face first, he turned around and jumped back first. The results were amazing. In a few hours he improved his personal best by 21 cm. Over the next months he spent all his time practising, getting better and better. He still wasn't winning any competitions and most people were confused by his strange style. A year before the 1968 Olympics he was the number 61 jumper in the

world, and he only just made it into the USA Olympic team. When he arrived in Mexico no one knew his name. On the day of the high jump final he walked on to the field with all the other jumpers. As the competition started, the 80,000 people in the crowd began to notice that one of the jumpers had a very strange style. At first they thought it was funny and laughed each time Fosbury jumped over the bar. After nearly four hours there were only three jumpers left. The crowd weren't laughing at Fosbury any more – they were cheering him on. The bar was at 2.24 m – a new world record. The other two jumpers knocked it off but Fosbury flew over. The gold medal was his. Dick Fosbury was now famous all over the world and his *Fosbury flop* changed forever the way that high jumpers jumped.

- 3 Read the article again. Answer the questions.

- 0 Why did Fosbury choose to do the high jump?
Because it was the only sport that he wasn't bad at.
- 1 How high could he jump after a few hours practising his new style?

- 2 What did people first think about his new style?

- 3 How good was he at the high jump in 1967?

- 4 Was he the favourite to win the gold medal in the Olympics? Explain your answer.

- 5 How do people remember Dick Fosbury today?

DEVELOPING WRITING

An article

1 Read the text below. Where do you think it comes from?

- a A newspaper
- b A school magazine
- c A holiday magazine
- d A story book

2 Read the text again. Where do these missing phrases go?

- 0 and when we arrived, we weren't disappointed
- 1 I was soon climbing up and down the rocks.
- 2 and we had to stop
- 3 No-one really wanted to get onto the coach.
- 4 and of the spectacular ocean on the other

 A

3 Write an article for a school magazine (about 120–150 words). Choose one of these topics.

- A sports match between your school and another one
- A school trip
- A special event that happened at the school

Writing tip: an article

An article is a piece of writing that you find in a newspaper or magazine. An article can be about anything, but often an article is a report or a review.

- An article should be interesting. It should be something people will want to read.
- Think about your audience and who is going to read it.
- Your style can be quite informal but it shouldn't be as informal as an email to a friend. You can use short forms but don't use slang.
- Think of a good title – something that will make people want to read more.
- Use good descriptive language. Adjectives and adverbs will help you make your writing more interesting. If you are writing a review or report, you want to try to tell your reader what it was like to be there. If you just give facts, it will make your writing boring.
- Think about how to structure your writing. You need a good opening paragraph to introduce the reader to your topic and a good conclusion where you give your opinion.



Fun and adventure in North Wales

Last week, year 12 students spent four nights at the Mini-Don adventure centre in North Wales. There was a lot of excitement on the coach journey there **A**. The centre is in a small wood. It has views of the magnificent Welsh mountains on one side **B**. We put our bags in the bedrooms, had some lunch, and then we met our friendly instructors.

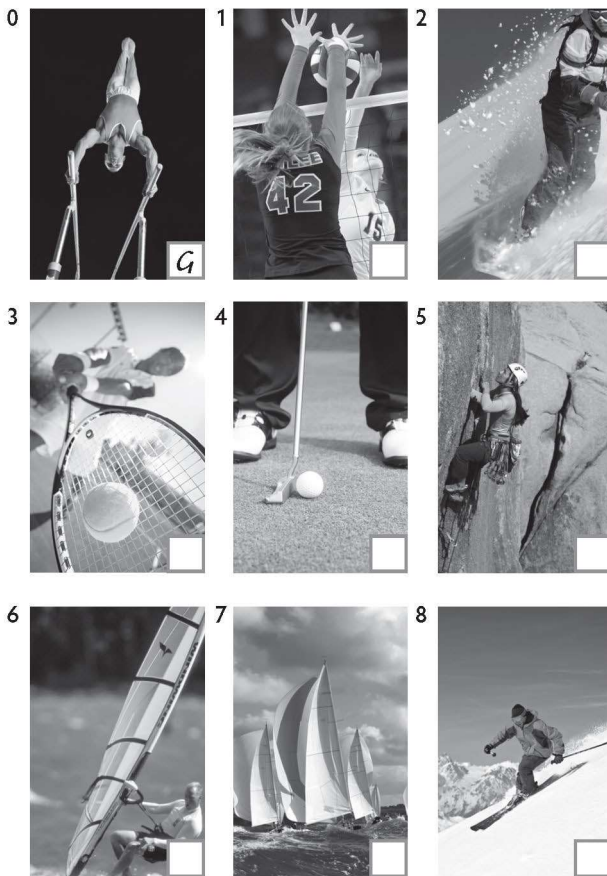
Over the four days we had the chance to try out some really exciting new sports. In the mornings I chose rock-climbing. At first I was quite scared, but my instructor, Dave, was really good at keeping me calm. **C** In the afternoons I did windsurfing. It was quite difficult. On the last day I was starting to get quite good when unfortunately the weather got bad **D**. Now I really want to take lessons here so I can get really good at it.

It was a shame to say goodbye to the centre on Friday morning. **E** We had a wonderful time and if you ever get the chance to go there – take it!



LISTENING

- 1 36 Listen to the street interviews. Who does, or wants to do, these sports, the girl (G) or the boy (B)?



- 2 36 Listen again. Mark the sentences T (true) or F (false).

- 0 The girl thinks the sports centre looks good. T
- 1 The girl isn't very interested in sport.
- 2 You can do water sports at the sports centre.
- 3 The boy thinks the building cost too much.
- 4 The sports centre has a golf course.

DIALOGUE

- 1 Put the words in order to make questions and answers.

- 0 about / sports / do / think / What / centre / you / the / new
What do you think about the new sports centre?
- 1 brilliant / think / I / it's
- 2 sports / do / feel / you / centre / How / the / about / new
- 3 money / of / I / a / waste / it's / think

- 2 Put the sentences in order to complete the conversation.

- DAN Well, we need a new swimming pool.
- DAN I don't agree.
- DAN What do you think about the new library? 1
- DAN I think it's a waste of money. There are better things to spend our money on.
- ANA For example?
- ANA I like it. I think it's really good for our town.
- ANA So what do you feel about it then?
- ANA I'm sorry but I think a library is more important than a swimming pool.

TRAIN TO THINK

Sequencing

- 1 Look at the words 1–4 in table A and the groups A–E in table B.

- a What group does each word belong to?
- b What position [1], [2], [3] or [4] does each word take in the group?

Table A

| | Group | Position |
|-------------|-------|----------|
| 0 afternoon | C | 2 |
| 1 baby | | |
| 2 today | | |
| 3 Saturday | | |
| 4 wake up | | |


Table B

| | | | | |
|---------|------------------|----------------|------------------|-----|
| Group A | [1] child | [2] teenager | [3] adult | [4] |
| Group B | [1] Monday | [2] Wednesday | [3] Friday | [4] |
| Group C | [1] morning | [2] evening | [3] night | [4] |
| Group D | [1] go to school | [2] have lunch | [3] come home | [4] |
| Group E | [1] yesterday | [2] tomorrow | [3] next weekend | [4] |

- 2 Put the lists of words in order. Add one more item at the end of each list.

- 0 October / March / June
March, June, October, (November)
- 1 third / second / fourth
- 2 ask for the bill / look at the menu / order your meal
- 3 sometimes / often / rarely

Listening parts 4 and 5

- 1  37 You will hear a woman, Sally, asking about a women's football team. Listen and complete each question.

AFC Women's Football Club

Name: AFC Women's Football Club


Training day: ⁰ *Thursday*

Time: ¹ _____

Cost: ² £ _____

Contact: John ³ _____

Phone number: ⁴ _____

- 2  38 You will hear a man talking about the London Olympic stadium. Listen and complete each question.

The London 2012 Olympic stadium

Distance from London - ⁰ *10* km

Work started - ¹22 _____, 2008

Work finished - ² _____

First event - celebrity ³ _____

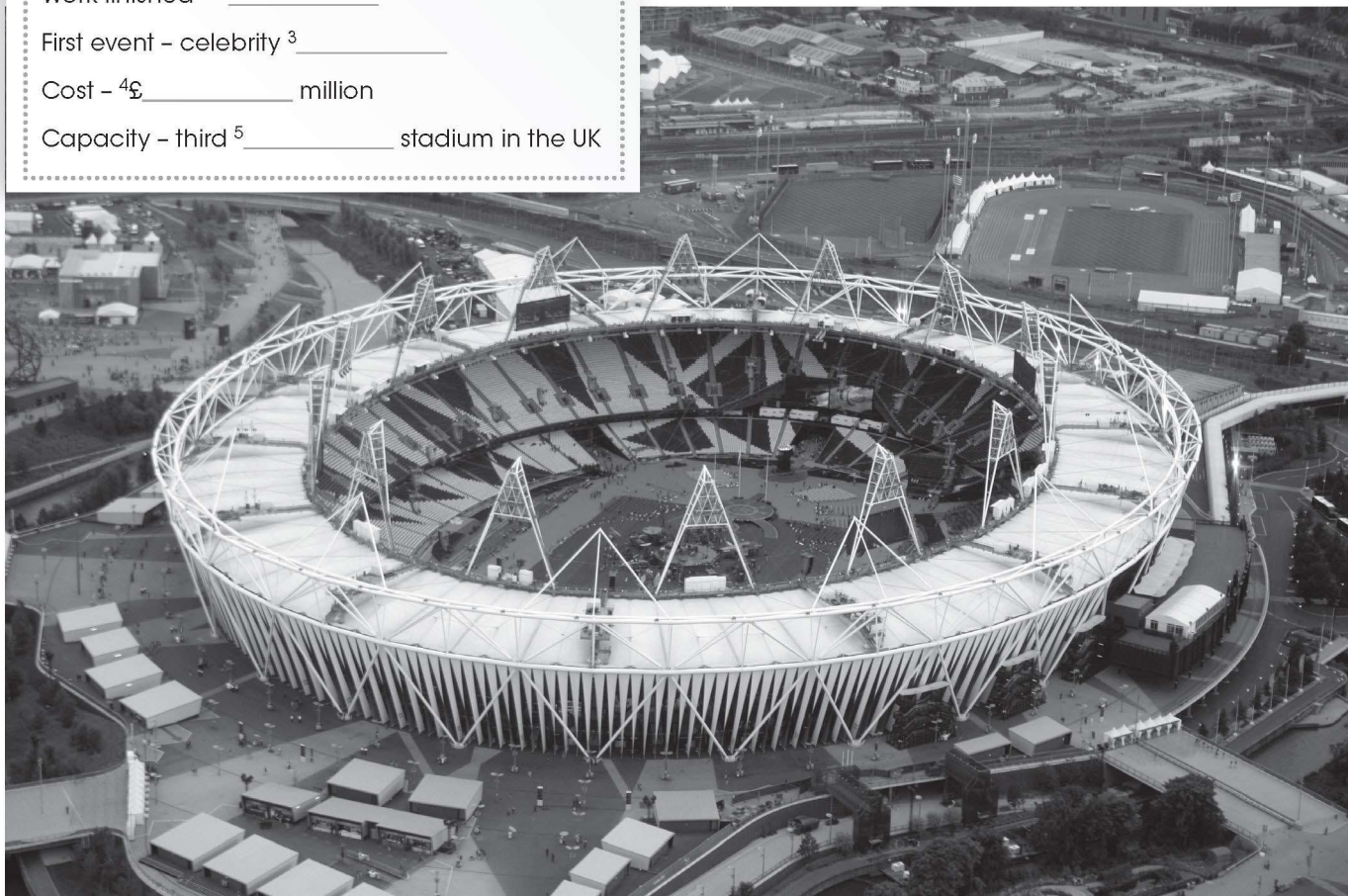
Cost - ⁴£ _____ million

Capacity - third ⁵ _____ stadium in the UK

Exam guide: listening – filling in notes


In the KEY listening parts 4 and 5 you must listen to a text and then complete some notes about it. The only difference between the two parts is that part 4 is a conversation between two people while part 5 is a monologue (just one person talking).

- Before you listen look at the form you have to fill in. Look at the title and the questions. This tells you what the listening is about and helps you prepare.
- Look closely at the spaces you have to fill in on the form. You have to fill in each one with a word or a figure (for example, a date, a price or a number). What kind of information do you think is missing?
- You will hear the missing information in the order that it appears on the form. If you miss something, don't worry. You will have a second chance to hear it again.
- Use the first listening to write in as many of the answers as you can. Use the second listening to check these answers and focus on any that are missing.



CONSOLIDATION

LISTENING

1  39 Listen to the conversation. Circle A, B or C.

- 1 What kind of lesson is Lucy going to the sports centre for?
A gym
B rock climbing
C swimming
- 2 What is in the bathroom?
A a hairdryer
B an MP3 player
C headphones
- 3 What is on the living room floor?
A magazines
B a games console
C a docking station

2  39 Listen again. Answer the questions.

- 0 How long is it until Lucy's lesson starts?
Two hours.
- 1 Why does she want to go to the sports centre earlier?

- 2 What does her dad want her to do?

- 3 What was Lucy's dad doing when he sat on the headphones?

- 4 Where is Lucy's MP3 player?

- 5 Where does he want Lucy to help him?

- 6 Why does he think cutting wood is a good idea for Lucy?

VOCABULARY

3 Unscramble the letters. Write the words.

- 0 I'd love to go *nagilis*, but I can't swim and I'm scared I might fall in the water. *sailing*
- 1 We don't all want to listen to your music. Put your *oehadpenhs* on. _____
- 2 I can't do this sum. Have you got a *aladutocr*?

- 3 I tried to play *fogl* once, but I couldn't even hit the ball. _____
- 4 I can't see anything. Have you got a *corth*?

GRAMMAR

4 Complete the sentences. Use the correct form of the verbs in brackets.

- 0 They *had* (have) the accident while they *were programming* (program) the satnav.
- 1 I _____ (tidy) up my bedroom when I _____ (find) my torch.
- 2 She _____ (use) the coffee machine when she _____ (burn) her hand.
- 3 Dad _____ (tell) us to do our homework when we _____ (play) on the game console.
- 4 I _____ (listen) to my MP3 player when it _____ (stop) working.

5 Circle the correct words.

- DAD Hey, Ben, why are you looking so sad?
BEN We lost the match.
DAD You ⁰*shouldn't* / *must* worry so much. You ¹*mustn't always* / *don't always* have to win.
BEN Yes, but we never win. We ²*should* / *don't have to* try to win sometimes. Our coach says we ³*shouldn't* / *must* try harder. He thinks we ⁴*should* / *mustn't* have extra training sessions.
DAD What! You already have three. Is he crazy? I think I ⁵*shouldn't* / *have to* have a chat with him.
BEN It's OK, Dad. You ⁶*mustn't* / *don't have to* do that. I don't think I want to play for the team anymore.
DAD Come on, Ben, you ⁷*shouldn't* / *must* give up so easily.
BEN But you always told me that you ⁸*should* / *don't have to* love what you do. I don't even like playing football.
DAD Well, you ⁹*must* / *shouldn't* always listen to what I say. Sometimes even I get it wrong.

DIALOGUE

6 Complete the conversation. Use the words in the list.

should | windsurfing | sorry | tell | mean
skiing | fear | doing | what | do

ANNA I'm bored.

DAN You⁰ should get yourself a hobby, then.

ANNA Like ¹ _____?

DAN Well, maybe you could start doing a sport.

ANNA You ² _____, do some exercise?

DAN Exactly. What about a water sport? Sailing or ³ _____, or something like that.

ANNA But I've got aquaphobia – you know, a fear of water.

DAN OK, what about rock-climbing? They ⁴ _____ lessons at the gym.

ANNA No, I've got acrophobia.

DAN ⁵ _____?

ANNA Acrophobia – it's a ⁶ _____ of heights.

DAN Snowboarding? ⁷ _____?

ANNA No, I've got chionophobia.

DAN Don't ⁸ _____ me – a fear of snow.

ANNA Exactly.

DAN I think you've got lazyitis.

ANNA What's that?

DAN The fear of ⁹ _____ any exercise!

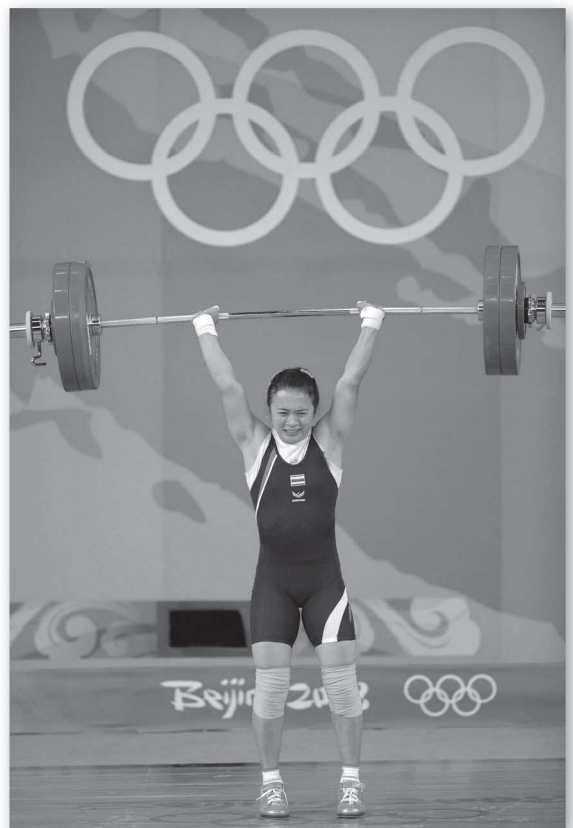
READING

7 Read the text. Match the titles with the paragraphs.

- | | | | |
|--------------|-------------------------------------|--------------------|--------------------------|
| 0 The prizes | <input checked="" type="checkbox"/> | 2 Try saying this! | <input type="checkbox"/> |
| 1 The places | <input type="checkbox"/> | 3 Young and old | <input type="checkbox"/> |

All you need to know about the Olympic Games in 150 words

- A** London is the only city to hold the Games three times (1908, 1948 and 2012). The USA held them four times but in three different cities.
- B** At the Paris Games in 1900, there were more athletes than spectators. The oldest athlete ever at the games was Sweden's Oscar Swahn. He won a silver medal in shooting in 1920 at the age of 72. The youngest medal winner was Inge Sorensen from Denmark. She was 12 when she won a bronze medal in swimming.
- C** In the first modern Olympic Games, in Athens in 1896, there were no gold medals. The winners all got silver medals. In the 1900 Games, the winners got trophies instead of medals. Winners first got gold medals in the 1904 Olympics in St Louis, USA.
- D** And finally, the longest name for an Olympic champion was Prapawadee Jaroenrattanatarakoon from Thailand. She won a gold medal in weightlifting.



WRITING

8 Choose a sport or a sports person that you like. Write a text called 'All you need to know about ...' (about 150 words).

- Choose some interesting trivia.
- Try to organise it into three or four short paragraphs.
- Can you do it in 150 words exactly?