

2 SPORTS MOMENTS

GRAMMAR

Past continuous SB p.22

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

It was a cold winter's morning. It ⁰ was raining a little. Moms and dads ¹ _____ standing by the school soccer 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 game. Some of them ⁵ _____ running, and others ⁶ _____ kicking balls around. The goalkeeper ⁷ _____ practicing catching the ball. Everyone was excited. It was the final game of the under-16 girls soccer tournament. Mr. Fletcher, their coach, 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

The game was over. Players 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. I was afraid she might drop the trophy, but 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 ⁵ _____. They certainly ⁶ _____ the celebrations. Mr. Fletcher ⁷ _____ to them, but they ⁸ _____ great. Another year and still no trophy.

3 ★★★ Complete the sentences. Use the past continuous and the information in parentheses.

- 0 Paula wasn't watching TV, she was playing games.
(– watch TV / + play 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 to us? | <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 funny.

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

What were you doing ...

- 1 at 7 a.m. today?

- 2 at 6 p.m. yesterday?

- 3 this time yesterday?

- 4 at 10 o'clock last Sunday morning?

Pronunciation

Silent consonants

Go to page 118.



Past continuous vs. simple past SB p.25

6 ★★★ Match the sentence halves.

- | | |
|------------------------------------|--------------------------|
| 0 While the teacher was talking, | <input type="checkbox"/> |
| 1 Evan was drinking coffee, | <input type="checkbox"/> |
| 2 The boys were fighting | <input type="checkbox"/> |
| 3 They were looking at the map | <input type="checkbox"/> |
| 4 While I was reading in the bath, | <input type="checkbox"/> |
| 5 I was brushing my teeth, | <input type="checkbox"/> |
- a and he burned his mouth.
b when their mom walked into the room.
c I dropped my book in the water.
d but my toothbrush broke.
e I raised my hand to ask a question.
f when they realized they were lost.

7 ★★★ Circle the correct words.

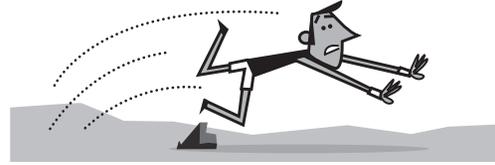
- 0 Matthew *played* / was playing the guitar when he fell / was falling off the stage.
- 1 I *did* / was doing my homework when my sister came / was coming into the room.
- 2 John and his sister *walked* / were walking to school when the accident *happened* / was happening.
- 3 I *talked* / was talking about Kelly when she *called* / was calling me.
- 4 While Anna *cleaned* / was cleaning her room, she *found* / was finding her watch.
- 5 While Alison *shopped* / was shopping, she suddenly *remembered* / was remembering it was her mom's birthday.
- 6 When we *heard* / were hearing the accident, we *watched* / were watching TV.

when and while SB p.25

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 Rob on his bike.
- 3 _____ I was trying on the shirt, I realized I didn't have enough money to buy it.
- 4 Olivia was having dinner _____ the phone rang.
- 5 _____ I was walking to class, I realized my socks didn't match!

9 ★★★ Write two sentences about each picture.



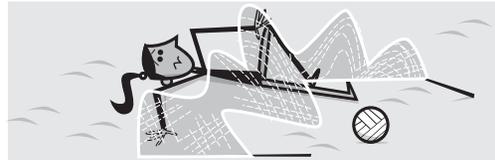
- 0 Paul / jog / trip over / rock
*While Paul was jogging, he tripped over a rock.
Paul was jogging when he tripped over a rock.*



- 1 George / rock climbing / drop / bag



- 2 May / windsurfing / fall / water



- 3 Tessa / play 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.
X *We was playing* football when it started to rain.
✓ *I was windsurfing* when the accident happened.
X *I were windsurfing* when the accident happened.

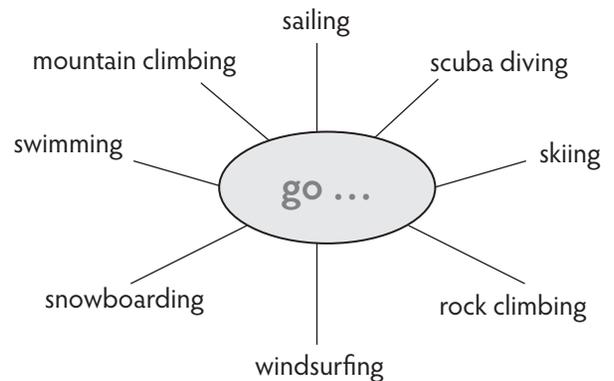
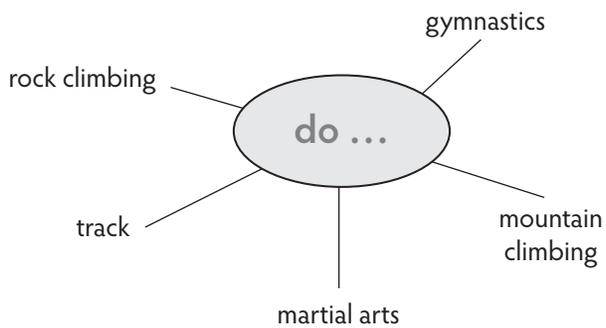
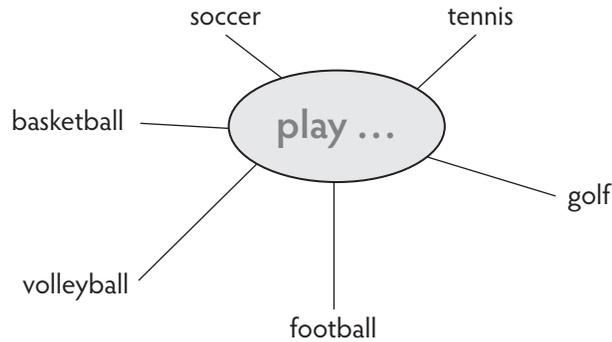
Complete the sentences with *was* or *were*.

- 1 The rain started while they _____ having a picnic.
2 My friends and I _____ enjoying the show 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



Adverbs of sequence

at first → then → after → finally

Key words in context

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

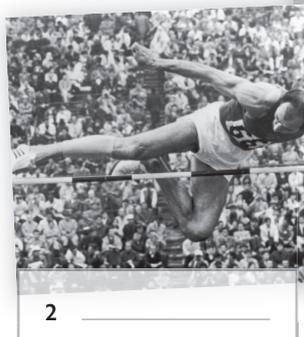
READING

1 REMEMBER AND CHECK Answer the questions.

Then check your answers in the article on page 21 of the Student's Book.

- 0 How long was the race Derek Redmond was running in? *400 meters*
- 1 How far did he run before his accident? _____
- 2 How many people were in the 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 in the three photos on the right with the names in *italics*.



2 _____



1 _____



3 _____

People who changed sports: 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 track and field. He tried running, throwing, and jumping, and of all these events, he found that he was pretty good 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. His best height was 1.63 meters. That wasn't bad, but it was a long way from the world record of 2.23 meters.

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 centimeters. Over the next few months, he spent all his time practicing, 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 high jumper in the world, and

he only just made it onto the U.S. Olympic team.

When he arrived in Mexico, no one knew his name. On the day of the high jump final, he walked onto the field with all the other jumpers. When 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. Four hours later, with only three jumpers left, the crowd wasn't laughing at Fosbury anymore – people were cheering him on. The bar was at 2.24 meters – a new world record. The other two jumpers knocked it down, but Fosbury flew over it. The gold medal was his.

Dick Fosbury was now famous all over the world, and his *Fosbury flop* changed the way that high jumpers jumped forever.

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 was good at.
- 1 How high could he jump after a few hours practicing his new style?

- 2 What did people think about this new style at first?

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

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

- 5 Why 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 A
- 1 I was soon climbing up and down the rocks.
- 2 and we had to stop
- 3 No one really wanted to get on the bus.
- 4 and of beautiful Lake Placid on the other

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

- A game 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 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, 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 the Adirondacks

Last week, some friends and I spent four nights at an adventure center in the Adirondacks. There was a lot of excitement on the bus trip there **A**. The center is in the woods. It has views of the magnificent Adirondack Mountains on one side **B**. We put our bags in the bedrooms, ate some lunch, and then we met our friendly instructors.

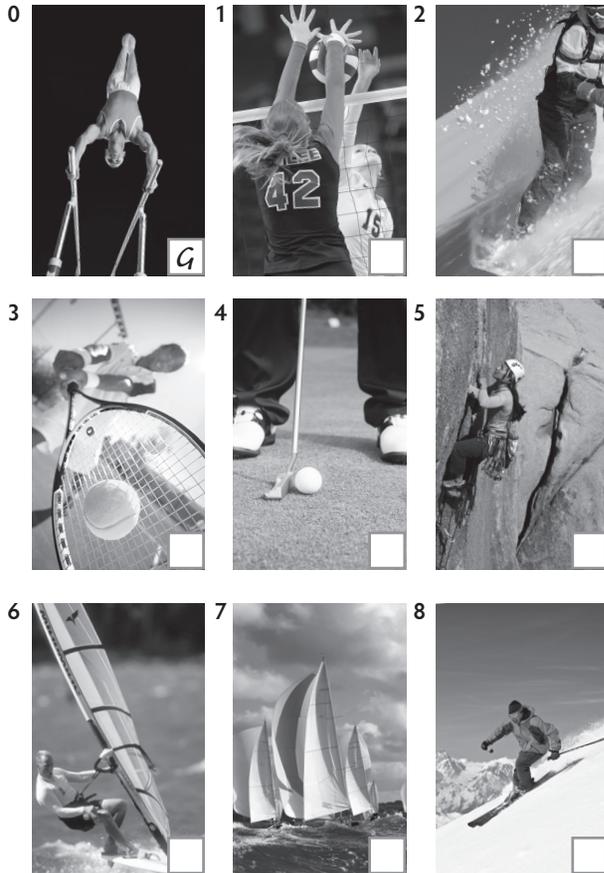
Over the four days, we had the chance to try out some really exciting new sports. In the mornings I chose rock climbing. At first, I was pretty scared, but my instructor, Dave, was really good at keeping me calm. **C** In the afternoons I did windsurfing. It was very difficult. On the last day, I was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

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



LISTENING

1 **08** Listen to the street interviews. Who does, or wants to do, these sports: the girl (G) or the boy (B)?



2 **08** Listen again. Mark the sentences T (true) or F (false).

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

DIALOGUE

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

- 0 of / sports / do / think / What / center / you / the / new
What do you think of the new sports center?
- 1 amazing / think / I / it's

- 2 sports / do / feel / you / center / 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.
- 7 DAN What do you think of the new library?
- 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, how 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 Which 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
Group B	[1] Monday	[2] Wednesday	[3] Friday
Group C	[1] morning	[2] evening	[3] night
Group D	[1] go to school	[2] eat lunch	[3] come home
Group E	[1] yesterday	[2] tomorrow	[3] next weekend

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

- 0 October / August / June
June, August, October, (December)
- 1 third / second / fourth

- 2 ask for the bill / look at the menu / order

- 3 sometimes / often / rarely
