

UNIT 1

The Yankees are winning

You learn

- present simple
- present continuous
- present perfect
- words for sports and sports clothes

and then you can

- chat on the phone
- buy things in a sports shop

2
CD1

1

Listen and read.

Paul Hey guys, what's up? What are you doing?

Manny We're watching baseball. The Red Sox and the Yankees.

Julia I'm really enjoying it.

Paul Sorry? But Julia, you don't even like sport. You always say sport's boring.

Julia Ah, but this is different. Manny knows everything about baseball. He's explained it to me and now I really like it.

Manny It's a great game. Have you ever played it?

Paul Well, it's a strange thing, Manny. But, no. I haven't ever played it. And why? Because it's an American sport and we're in Britain.

Julia OK, Paul. Don't get angry!

Paul I'm not getting angry. Anyway, what's that thing in front of you?

Manny It's a mitt. You wear it when you play baseball. It helps you catch the ball.

Julia Manny brought it with him from the US. And a baseball too. Cool, eh, Paul? You can try the mitt on if you like.

Paul No thanks, Julia.

Manny Look – the Yankees have scored! Six-zero. Go Yankees!

Julia Brilliant. Has the match finished, Manny?

Manny No, but the Yankees are winning. They've almost won!

Paul OK. Well, I'm off. Enjoy the rest of the match, you two. Baseball! Huh!

Dialogue work

2 Correct the wrong information in each sentence.

- 1 Manny and Julia are playing baseball.
No - Manny and Julia are watching baseball.
- 2 Julia always says she likes sport.
.....
- 3 Julia has explained baseball to Manny.
.....
- 4 Paul hasn't played baseball because it's a boring sport.
.....
- 5 A mitt helps you throw the ball more easily.
.....
- 6 Manny brought a mitt and a baseball from his house.
.....
- 7 The Yankees have won the match.
.....
- 8 Paul is going to watch the end of the match.
.....

Chatting on the phone

3
CD1

3 a Listen and read the dialogues. Then match them with the pictures.



- 1 **Harry** Hello, Sophie. What are you doing?
Sophie Hi, Harry. I'm cooking spaghetti. What about you?
Harry I'm doing my Maths homework. Sophie?
Sophie Yes?
Harry Can I come over to your place? I'm hungry.
- 2 **Ben** Hi, Daisy. What are you doing?
Daisy I'm playing my guitar. What are you doing, Ben?
Ben I'm fixing my bike.
- 3 **Mia** Hello, Jack. What are you doing?
Jack Hi, Mia. I'm shopping with Mum. What about you?
Mia I'm buying new trainers. Let's meet for coffee in an hour at Tony's.
Jack Yes, great.

b Work in pairs. Invent similar dialogues to the ones in exercise 3a.

Vocabulary

Sports and sports clothes

4
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1 Write the number of the correct word in the picture. Then listen and check.

- 1 boots
- 2 gloves
- 3 goggles
- 4 helmet
- 5 knee pads
- 6 shirt
- 7 shorts
- 8 socks
- 9 trainers
- 10 vest



2 For which sports clothes do we say *a pair of ...* ?

3 What do people wear when they do these things?

- | | |
|--------------------|-----------------|
| 1 go skateboarding | 4 play football |
| 2 go cycling | 5 go running |
| 3 go swimming | 6 play tennis |

When people go skateboarding, they wear a helmet ...



4 Complete the sentences with the words below.

stadium track competitor players athlete pitch match

- 1 Someone who takes part in a game or sport is a
- 2 A (sometimes in the shape of a circle) is where you can see people running and doing other sports.
- 3 Someone who is very good at sports, or physical activities, is an
- 4 There are eleven in a football team.
- 5 A is a large, round building with rows of seats and a space in the middle for sports events.
- 6 A is a sports competition between two people or teams (especially in football, cricket or tennis).
- 7 A is a large area with painted lines where sports like football or hockey are played.

Communication

Buying things in a sports shop

5
CD1

5 Put the dialogue in the correct order. Then listen and check.

- A OK. What colour?
- 1 A Can I help you?
- A Yes, of course. There's a mirror over there.
- A It's £36.90.
- B Yes, please. I need a bicycle helmet.
- B I like it. How much is it?
- B It doesn't matter. This yellow one looks fine. Can I try it on?
- B OK. I'll take it.



6 Who asks these questions, the shop assistant (S) or the customer (C)?

- 1 Can I try it on?
- 2 Can I help you?
- 3 Do you sell ... ?
- 4 Do you take credit cards?
- 5 Do you want a bag?
- 6 Can you type in your PIN number, please?

7 Work in pairs. Make dialogues like the ones in exercise 5. Use the words below.

goggles running shorts a pair of football boots a pair of gloves

Sounds right /s/ vs. /z/ in plural nouns

6
CD1

8 Listen to the words from exercise 1. Which ones end with an /s/ sound? Which ones end with a /z/ sound? Write them in the table.

boots gloves goggles knee pads shorts socks trainers

/s/	/z/
boots	

Grammar



Present simple, Present continuous, Present perfect

1

Look at the sentences and write the name of the correct tense: Present simple (PS), Present continuous (PC) or Present perfect (PP).

- 1 Do you **want** to see it?
- 2 **Has** the match **finished**?
- 3 We're **watching** baseball.
- 4 He's **explained** the game to me.
- 5 Julia **doesn't like** sport.
- 6 I'm really **enjoying** it.
- 7 I've never **watched** sport with Manny before.
- 8 You **wear** it when you **play** baseball.
- 9 What **are** you **doing**?

2

Match the questions and answers.

- 1 Have you ever tried skateboarding? a It's a new song I've just downloaded.
- 2 What are you listening to? b Yes, I can.
- 3 Have you cleaned your boots? c At half past three. Don't be late.
- 4 What time does the match start? d No, but Peter is going to teach me at the weekend.
- 5 Do you often ride your bike to school? e No, she's still at home.
- 6 Can you swim? f Yes, I do when the weather is good.
- 7 Is Holly playing tennis at the moment? g About 40. I'm really tired!
- 8 How many kilometres have you cycled? h Yes, I have. I washed them after the match.

3

Circle the correct form of the verb.

- 1 **A** What's that noise?
B The baby *cries / is crying*.
- 2 **A** Where's Jamie?
B He's in the living room. *He's watching / He watches* TV.
- 3 **A** What are you looking for?
B I *am losing / 've lost* my watch.
- 4 **A** Oliver really likes cartoons.
B Really? *Is he watching / Does he watch* them every day?
- 5 **A** Is the cake good?
B I don't know. I *haven't tried / don't try* it.
- 6 **A** Where's Jack?
B I don't know. I *don't see / haven't seen* him for a long time.

4

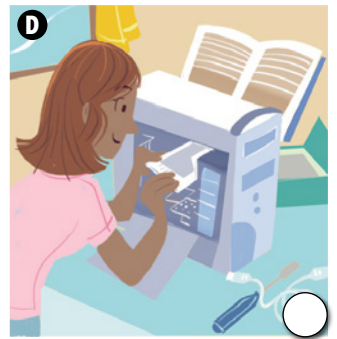
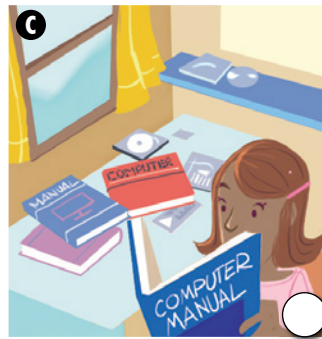
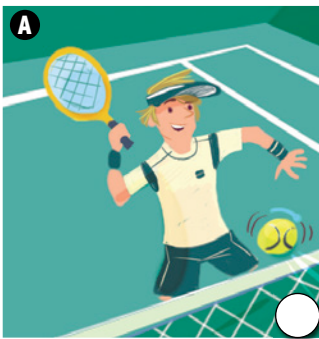
Complete the sentences with the Present simple or the Present continuous form of the verbs in brackets.

- 1 Mum, I can't come shopping – I'm *doing* my Maths homework. (do)
- 2 Our school at quarter to nine. (start)
- 3 I always for school at half past eight. (leave)
- 4 Can you answer the phone please? I a shower. (have)
- 5 **A** Do you know what Kathy in the garden? (do)
B I think she's cutting the grass.
- 6 **A** I go hiking with Dad every Sunday.
B Really? Where you usually ? (go)
- 7 **A** Come on, there's a great show on TV.
B OK. Which bands ? (play)

Grammar

5 Write the number of the correct sentence in the picture.

- | | |
|---|---|
| 1 Emma is repairing a computer. | 5 Peter likes playing tennis. |
| 2 Emma often repairs computers for her friends. | 6 Peter is playing tennis at the moment. |
| 3 Grace is walking her dog in the park. | 7 Daniel is interested in cooking. |
| 4 Grace walks her dog every morning. | 8 Daniel's cooking dinner for his family. |



6 Circle the correct form of the verb.

- Uncle Ted *has had* / *has* his car since 2005.
- He usually *has watched* / *watches* the ten o'clock news.
- Dylan is tired. He *hasn't wanted* / *doesn't want* to get up.
- Mia always goes to her friend's place on Saturdays. They *play* / *have played* computer games.
- I don't know what the book is all about. I *don't read* / *haven't read* it.

7 Complete the sentences with the Present perfect simple form of the verbs in brackets.

- I'm going out. I've finished..... my homework. (finish)
- My parents always a garden. (want)
- My sister's crazy. She her hair blue. (dye)
- you about John's accident? (hear)
- you ever camel's milk? (drink)
- We in this house for ten years. (live)
- He just me a text message. (send)
- I his new girlfriend yet. (not meet)

Skills

Reading

1 Read the two articles. Who won a world championship?

YOUNG SPORTING STARS!

Sara Takanashi

Ski-jumping is a difficult and dangerous sport but 17-year old Sara Takanashi from Japan is one of the best ski-jumpers in the world. She was favourite to win the Winter Olympic Games in Sochi, 2014. However, she only managed fourth place. A disappointed Takanashi arrived home at Narita airport Tokyo but, to her surprise, got a very warm welcome from her Japanese fans. Then, less than a month later, she managed to win the World Championships, with jumps of 100.5 and 99.00 metres. The future looks good for this young star whose sport is one of the most thrilling in the world.



Shane O'Donnell

Hurling is a traditional Irish sport, played with a stick and a ball. Players use the stick to hit the ball into the other team's goal. It is quite a difficult sport and dangerous if you are hit by another player. One of its stars is Shane O'Donnell who was only 19 when he played in the 2013 All-Ireland Hurling Final. He scored three goals in the first nineteen minutes of the game and his team, Clare, won the game. Shane was voted 'Man of the Match', an honour that few players achieve in their careers. For O'Donnell, the match was a life-changing experience. Before the game, some people would sometimes stop and say hello to him in the street – but now everyone does. Shane doesn't like his new fame that much so he concentrates on his hurling and avoids publicity if he can. But that final is a game he will always remember.



2 Read these sentences from sports newspapers. Who do you think they are about? (Write T for Takanashi or O for O'Donnell.)

- 1 'The crowds gave her a warm welcome.'
- 2 'Now everyone wants an autograph.'
- 3 'What a great performance after the previous disappointment!'
- 4 'Not everyone wins something like this when they're so young.'
- 5 'It was a great effort and it doesn't matter about the result.'
- 6 'He won't ever forget that match.'

3 Work in small groups. Find out more about these two sports.

Skills



Listening and speaking

7
CD1

- 4 Listen to Sam talking about American baseball. Which city was he in? Which team won?**

8
CD1

- 5 Listen again. Circle T (True) or F (False) for the sentences below.**

- | | |
|---|--------------|
| 1 The Red Sox play at Fenway Park. | T / F |
| 2 Sam thought the stadium was smaller than he expected. | T / F |
| 3 The game started at 5 pm. | T / F |
| 4 Sam found the game really easy to follow. | T / F |
| 5 The game went on longer than Sam expected. | T / F |
| 6 They left the stadium at midnight. | T / F |

- 6 Work in pairs. Talk about a memorable sports event.**

Say:

- | | |
|------------------------------|------------------------|
| • what the sports event was | • who was/were playing |
| • when and where it happened | • what the result was |

Writing An email

- 7 Read the email and answer the questions.**

- 1 Why is Dino so excited? 2 How much of his holiday has he got left?

From: Dino <dino@yahoo.co.uk> To: Jessie <jessie@gmail.com>

Jessie, how are you? You won't believe where I went tonight. The Bernabeu stadium! And why? Well, I've just been to see Real Madrid play Barcelona. I'm sitting here at my computer and I'm still buzzing with excitement. It was amazing! 4-0 to Barcelona, three goals from Messi. It was the best game I've ever seen! By a mile!

This is our last night in Spain. We're going to France tomorrow. I'll miss Spain. We've had a brilliant ten days here and I'll be sad to go. But what a way to spend my last night! Something I'll never forget.

Anyway, I'm sure we'll have fun in France too. We're spending two days in Provence. I think the countryside will be boring but after that it's five days in Paris. Now, that will be too cool for words! Dad says he's got another surprise for us in Paris. Do you think it could be Euro Disney? That would be great!

Love, Dino

- 8 To make the writing more interesting, Dino uses different techniques. An example of each is underlined. Find one more example of each.**

- short sentences ending with '!': *The Bernabeu stadium!*
- questions: *And why?*
- extreme adjectives: *It was amazing*
- exaggeration: *It was the best game I've ever seen! By a mile!*

- 9 Imagine you have been to an amazing event. Write an email of about 250 words telling your friend about it.**

Food and The Body



1 Read the text then write the words in bold next to the correct definition below.

- 1 to eat
- 2 units of energy, found in food
- 3 something found in food which makes the body grow and become strong
- 4 what happens to food in your stomach
- 5 having what you need for good health
- 6 to keep something for future use
- 7 something found in food like brown rice which passes through the body as waste

The human body needs food for energy, which we measure in **calories**. There are about 100 calories in a bar of chocolate. A marathon runner will burn around 3,000 calories during a race. A football player will use about 1,000 calories during a game. Lifting weights for half an hour in the gym burns around 200 calories. Unfortunately, if we **consume** more calories than we burn, our bodies **store** it as fat.

Our food must also be **nutritious**. For example, a banana is a better source of energy than a bar of chocolate because it also contains **fibre**. Chocolate will give you a quick rush of energy but a banana has more nutrients and releases energy more slowly so you will have more energy over a longer period of time.

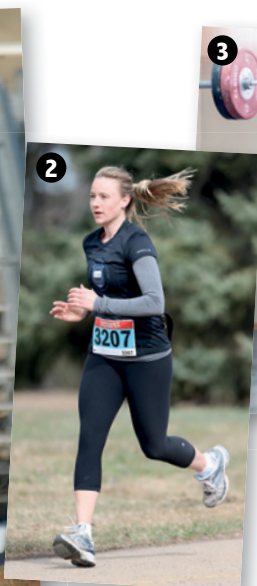
We also need **protein** if we do a lot of sport. Protein is important for building and repairing muscles. If you have an injury, you will get better sooner if you eat more protein. Also, if you want to build your muscles up, protein is necessary.

When we eat is very important, too. Many experts recommend waiting between two and four hours after eating before exercising. This means the body has time to **digest** the food. The human body digests food more quickly if it is low in fat and doesn't contain much protein.

Finally, the human body needs water, especially if you exercise for more than 30 minutes. So, make sure you drink when you exercise.

2 Look at the photos. Answer the questions.

- 1 Which sport uses up the most energy?
- 2 Which foods are good for giving energy? Why?
- 3 Which foods are good for weightlifters? Why?



3 Work in pairs and ask and answer the questions below.

- 1 Do you eat nutritious food?
- 2 Is it easy to eat nutritious food all the time? Why / Why not?
- 3 Think of a sport you do, or like. How often do you play/train for this sport?
- 4 Which foods are important for this sport?

WEBQUEST

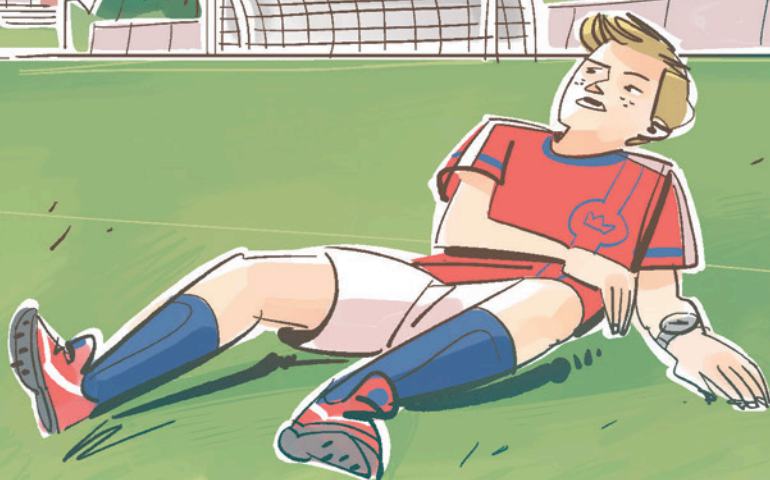
Find out information about another sport you like on the web. How would you train for this sport? What would your diet be? Tell the class.

Extra Reading

Greetings, Earthling



Greetings, Earthling,' the little green figure with the huge eyes said as it nodded its head several times. 'We have come in peace and we bring many gifts for you to enjoy.' Then the figure stretched out a long thin arm and made the peace sign with its fingers. 'What rubbish!' Dan thought and switched off his computer. Time to meet his mates for football. He took his bag and ran downstairs. 'Back at six!' he shouted to his dad who was sitting at his computer doing some research for his job as an events manager. 'Right!' Dad replied, 'I'll fix us some dinner for later when Mum is back!' Fifteen minutes later, Dan met his mates. 'A bit late, eh?' Mark shouted from the football pitch. 'Yeah, sorry, I was watching a bit of the Green Men series and couldn't pull myself away.' He put his bag down and joined in the game. About five minutes later, Dan jumped up for a header and suddenly everything went blurry. He dropped to the ground and saw Mark pointing at something above his head. 'What?' he thought, 'Is the ball still up there?' Then there was darkness. When Dan came round, nobody was there. He looked at his watch – it had stopped and he didn't know how much time had passed since his blackout. But where were the guys? Why had they left him lying here? Idiots! Or maybe they had gone for help? All of them? How weird!



Dan picked himself up and slowly made his way across the football field. Somewhere down the road he saw something that looked like a funny creature, quickly disappearing round the corner into his house. 'Maybe I'm still waking up', he thought and he slowly made his way home. How strange! Everything was far too quiet. No kids in the streets. Hardly any cars. OK, it was Saturday afternoon and maybe people were at home relaxing, especially now that it was raining. Still, he had the feeling someone was watching him. When he turned quickly to the left, he saw that a curtain was moving. 'Maybe I'm still in a dream,' Dan thought. 'I'll wake up in a minute.' But he didn't wake up. Everything felt real, the sidewalk and the rain, and, when he passed Mr. Meredith's garden, he grabbed one of his roses and pricked his finger – little drops of blood and a slight pain proved that he was awake. He rounded the corner and was at his house. 'Keys? Keys? Where did I put my keys? Doesn't matter', he thought. 'Dad is at home anyway.' He knocked. Once, twice, ten times. Slowly the door opened. 'Greetings, Earthling,' the little green figure with the huge eyes said and nodded its head several times. 'We have come to stay. We welcome you to our home, Servant number three.'



Go to www.cambridge.org/elt/more for exercises

