

## Unit 1 Sports Classification

### Task 1 *Discuss*

- How important is keeping fit to you?
- Are you interested in new sports?
- Are there any sports that you'd like to try in the future?

**Task 2** *Think of the categories and sub-categories for the groups of sports below, explaining any that your partner does not know.*

1. Ballooning      Gliding      Hang gliding      Skydiving
2. Bullfighting      Fox hunting      Greyhound racing      Horse racing      Polo      Show jumping  
Sled dog racing
3. Biathlon      Cross country running      Discus throw      Hammer throw      Heptathlon      High jump  
Hurdles      Javelin throw      Marathon      Pentathlon      Pole vault      Race walking  
Relay      Shot put      Sprinting      Steeplechase      Triathlon      Triple jump
4. Baseball      Basketball      Volleyball      Football (= Association football = Soccer)      Golf  
Handball      Lacrosse      Rugby      Squash
5. BMX      Mountain biking      Track cycling
6. Abseiling      Bouldering      Free climbing      Mountaineering
7. Billiards      Pool      Snooker
8. Clay pigeon shooting      Target shooting
9. Aikido      Judo      Karate      Kendo      Kung fu      Sumo wrestling
10. F1 (= Formula 1)      Go-kart racing
11. Angling      Canoeing      Diving      Swimming      Open water swimming      Rafting  
Rowing      Sailing      Scuba diving      Surfing      Synchronised swimming      Wakeboarding  
Water polo      Waterskiing      Windsurfing
12. Bobsleigh      Ice hockey      Nordic skiing/ cross country skiing      Ski jumping  
Skiing      Snowboarding      Speed skating

**Q.** Did you think of any sports or categories which aren't included above?

### Task 3

*Find at least four things from the list above or your own list:*

- Sports only done indoors
- Sports that go with the verbs "play", "go" or "do"
- Which of the sports would you recommend to a person who wants to
  - lose weight
  - improve their endurance
  - build muscles
  - have lots of fun with friends
  - get the adrenalin flowing
  - relax...

#### Task 4

Talk about a sport or exercise that you know well, not giving its name – your partner will guess which sport it is. Things to include in your answer:

- How you do or play that sport or exercise
- How it compares to other sports or exercises
- How popular it is in your country
- Why you would recommend that sport or exercise

#### Task 5

What sports are the people probably talking about?

1. It is all a matter of balance really.
2. You need a good eye and a lot of concentration.
3. The women's downhill starts at ten.
4. After his performance on the rings, he'll be hoping for something better on the horse.
5. You get sore at first and can hardly sit down, but you get used to it after a while.
6. The next big race is the 800 metres, in which Sarah Gates represents Great Britain.
7. It's incredibly noisy, fast and dangerous, but exciting to watch.
8. And so Clare Downs wins the 100 metres freestyle to add to her victory in breaststroke.

#### Task 6

Read this text and choose the best alternative from the four choices given to fill each gap.

To be good at whatever sport you (1) \_\_\_\_\_, you need to (2) \_\_\_\_\_ a lot of time and energy on it. Professional footballers, for example, need to develop particular (3) \_\_\_\_\_, like passing the ball and tackling, but they also need to improve their endurance and general (4) \_\_\_\_\_. They (5) \_\_\_\_\_ most days. This usually involves running around the (6) \_\_\_\_\_ and doing lots of exercises.

- |                |                   |              |          |
|----------------|-------------------|--------------|----------|
| 1. A do        | B make            | C play       | D take   |
| 2. A give      | B spend           | C use        | D waste  |
| 3. A abilities | B characteristics | C strategies | D skills |
| 4. A state     | B fitness         | C form       | D image  |
| 5. A prepare   | B perform         | C rehearse   | D train  |
| 6. A pitch     | B court           | C grass      | D pool   |

#### Task 7

Complete the sentences with the expressions given below.

*tournament record score beat win opponent*

1. Who do you think will.....?
2. Sweden..... Portugal 2-0.
3. She's a very difficult .....
4. What was the final.....?
5. It's an incredible time – I think he has broken the world .....
6. It's a five-day.....

#### Task 8

Complete the following phrases with either *win* or *beat*.

- ...a medal ...a trophy ...your rival ...a race ...the champion ...the hot favourite
- ...a competition ...by two seconds ...the first round match ...the championship

## Task 9 Speaking

### A Sporting Event Mini-Presentations

#### Student A

*Speak as long as you can about one particular sporting event which you saw, e.g. a sports day, a football match, or a race. If you can't think of a suitable live event you can talk about something on TV (preferably a whole event you saw but if not just highlights is also okay).*

#### Useful starting phrases

“Yesterday/ The day before yesterday/ On Monday/ Last week/ Last month/ Last year/

When I was.../ ... ago”

“I watched...”

“I went to the... stadium and...”

“Someone gave me a ticket to...”

“I really wanted to see...”

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### A Sporting Event Mini-Presentations

#### Student B

*Listen to your partner speak as long as they can about a sporting event that they saw. Just listen without interrupting and tick off the topics they mention. When they have run out of things to say, ask them about any topics that they haven't covered*

The sport

Who took part (e.g. star players)

Place and what you thought about it

Time

Weather

The spectators

The atmosphere

Demonstrating great skills?

Exciting?

Most exciting moments

Least exciting moment

Comparisons to other things you've seen

Clothes

Important?

What you thought the result would be

What the result was

Other matches between the same teams or players (that you have seen/ in general)

Why you chose to watch it

If you would watch the same match/ team(s)/ player(s)/ sport again