



Girls playing cricket at a school in Zood Khun, Pakistan

Work in pairs. Look at the photo and discuss the questions.

- 1 Do you think it's unusual for girls to play cricket?
- 2 What sports do you play?
- 3 What's the most unusual place you've played a sport?

# 6 Reading

identifying the key points; matching people to texts

## 1 Work in pairs. Discuss the questions.

- How much sport do you do every day / week / month?
- Have you ever done any watersports or do you prefer to be on land?

## 2 Why do people do sport? Make a list of the reasons with your partner.

## 3 Read the article on page 67 quickly. Find:

- three water sports
- one winter sport
- three texts that mention teachers
- three indoor sports
- four outdoor sports
- one sport that can be played indoors or outdoors.

## 4 Read the information. Look at the words (1–6) and find the form in brackets in the article.

Many words have 'word families' – different forms of the word for an adjective, a noun, a verb, etc. For example, *help* (noun), *help* (verb), *helpful* (adjective).

- athlete \_\_\_\_\_ (adj)
- compete \_\_\_\_\_ (n)
- confident \_\_\_\_\_ (n)
- enjoy \_\_\_\_\_ (n)
- instruct \_\_\_\_\_ (n)
- success \_\_\_\_\_ (v)

## 5 Complete the sentences with words from Exercise 4.

- The Olympic Games is one of the most popular sports \_\_\_\_\_ in the world.
- My judo \_\_\_\_\_ learned the sport in Japan and has been teaching it for many years.
- Nick can run fast, swim like a fish and play tennis like a champion! He's very \_\_\_\_\_.
- Amy's coach always encourages her and this gives her the \_\_\_\_\_ to win races.
- Harry only plays basketball for \_\_\_\_\_, but he is very good and should play for a team.
- Work hard, listen to your coach, don't stop trying – this advice will help you \_\_\_\_\_.

## 6 Read the Exam Tip. Then quickly read the descriptions in the Exam Task. Underline the key points for each person.

## 7 Now complete the Exam Task.

### Exam TIP



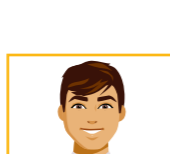
#### Identifying the key points

- When you match descriptions of people with texts in the exam, it's important to identify the most important points for each person.
- Read the description of the first person and underline the key points.
- Then read all the texts and look for details that are similar to those you underlined. Remember that the words won't always be the same.
- Do the same for each description.
- You will only need to use five of the eight texts, so check your answers carefully.

### Exam TASK

#### Matching people to texts

The people below all want to try a new sport. On the opposite page there are descriptions of eight sports. Decide which sport would be the most suitable for the people below.

-  Freddie already plays basketball and now he wants to learn a new sport and meet people at the same time. He doesn't want to buy or rent any equipment.
-  Rafael wants to go to an organised class with a teacher. He'd like to learn a new sport which he can do all year round, but he hasn't got a lot of money.
-  Marion goes to the gym regularly and loves swimming in the sea. She hates noisy boats, but she loves surfing and would like to try a new water sport.
-  Gina can't swim and isn't good at ball sports, but she is very fit. She'd like to try an outdoor sport which she can do on her own sometimes, but she'd also like to meet up with other people occasionally.
-  Tarek is very good at gymnastics and wants to try something new, but he doesn't want to do an outdoor sport. He wants to enjoy himself. He hates exams and tests.



Which sport from the article would you choose to do? Why?



# Time for something new?

6.1 ▶

Want to try something new and get fit at the same time? Here's our guide to eight very different sports. Which one will you choose?

- A** If you're a good swimmer and already quite fit, why not try **paddleboarding**? It's like a combination of surfing and rowing. Paddleboarders lie or kneel on a board and use their arms to move over the water or they stand up and use a paddle. You will have to rent or buy a board.

**B** For an underwater **challenge**, try **scuba diving**. There are courses for all levels, including beginners. Instructors with years of experience can teach you, so you'll be in safe hands. Lessons are available all year at local swimming pools. The bad news? Lessons are expensive and you have to pay extra to hire the **equipment**.

**C** **Judo** could be the right sport for you if you like having clear goals. It uses coloured belts to show the level people are at. When students get their first belt, it shows them that they can succeed and gives them confidence. Lessons are usually inexpensive and take place in a gym or 'dojo' with a qualified instructor.

**D** **Cycling** is an activity you can enjoy alone, or you can train with a team and enter competitions. Who knows? You could be a future winner of the Tour de France! Whether you ride for health, enjoyment or competition, you should always wear a helmet to protect your head.
- E** If your **coordination** is good and you aren't afraid of falling over, **ice-skating** is an excellent way to get exercise and have some fun. You only need a pair of skates. If you'd like to try it, ask about ice-skating classes at your nearest **ice rink**.

**F** You have heard of surfing, but what about ... **skurfing**? It's an exciting new sport that combines water-skiing and surfing. A fast motorboat pulls you along; you stand on a surfboard instead of skis and ride the waves that the boat creates. You need to hold on tight and not fall. You must wear a life jacket.

**G** Fast and exciting, **snowboarding** is one of the coolest winter sports, but it can also be dangerous. You stand on a snowboard and travel down a mountain across the snow. Snowboarders can travel at speeds of up to 40 or 50 kilometres per hour. If you want to try it out, make sure you find an experienced instructor.

**H** **Handball** is a popular team sport and players need to have great coordination and be athletic. Good ball skills are important too; you must be able to catch, throw and shoot a ball very quickly. Indoors or outdoors, it's a fantastic way to make friends and keep fit.



**challenge** (n): something difficult that tests your ability  
**equipment** (n): things you need to do a particular sport  
**coordination** (n): the ability to make your arms and legs move in a controlled way  
**ice rink** (n): an area inside a building with ice for people to skate on

## 1 Write these sports next to the correct verb.

athletics    basketball    cycling    gymnastics  
judo    running    skiing    snowboarding  
swimming    tennis    volleyball    yoga

go: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

do: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

play: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## 2 Work in pairs. Which sports from Exercise 1 does your partner do? Which sports do you both do?

## 3 Complete the word groups with these words.

athlete    goal    net    team    tournament  
track    stick

- pitch, court, \_\_\_\_\_
- racket, bat, \_\_\_\_\_
- basket, goal post, \_\_\_\_\_
- individual, indoor, \_\_\_\_\_ sports
- match, game, \_\_\_\_\_
- player, rider, \_\_\_\_\_
- point, run, \_\_\_\_\_

## 4 Choose the correct option to complete the sentences.

- Tennis players use a tennis *racket* / *bat* and play on a tennis *track* / *court*.
- Athletes run on a running *pitch* / *track*.
- Football players play on a football *pitch* / *court*. They try to kick the ball into the *goal* / *basket* to score *points* / *goals*.
- Hockey players use a hockey *bat* / *stick*.
- Baseball players use a baseball *bat* / *racket* and try to score *runs* / *goals*.
- Big matches often take place in a *stadium* / *gym*.

## 5 Read the Exam Tip. Then read the Exam Task and look at the options for each gap. Which options are obviously wrong?

## 6 Now complete the Exam Task.

### Exam TIP

#### Finding the wrong options

- Read through the whole text first to get a general idea of the meaning.
- Go through it again, looking at the four options for each gap. You should see immediately that one or two of them don't make sense.
- Cross these words out and focus on the remaining options.
- Remember to read through your completed text and check your answers.

## Exam TASK

### Multiple-choice cloze

For each question, choose the correct answer.

#### Table tennis

Table tennis is a very popular (1) \_\_\_\_\_ sport around the world and everyone can enjoy it. You don't have to be very (2) \_\_\_\_\_ to play it, and the rules are very easy. There are two players in a singles game and four players in a doubles game. Players use table tennis bats to (3) \_\_\_\_\_ a small light plastic ball from one end of the table, over a (4) \_\_\_\_\_ and onto the other side. In official games, the bat is always red on one side and black on the other. The first player to get eleven (5) \_\_\_\_\_ is the winner of the game and there are usually three, five or seven games in a match. Most of the best table tennis players in the world come from China, and China has won many of the world championship (6) \_\_\_\_\_ since the 1970s.

- A inside    B interior    C indoor    D inner
- A athletic    B tired    C bad    D difficult
- A kick    B throw    C play    D hit
- A net    B goal    C basket    D court
- A balls    B goals    C points    D leagues
- A teams    B games    C coaches    D races

### your ideas

- Would you rather play tennis or basketball? Why?
- Which of the sports on this page do you think is the easiest to play? Which do you think is the most difficult?



## Zero and first conditional

### 1 Look at the conditional sentences (1–5). Choose the correct option to answer the questions (a–d).

#### Zero conditional

- If you exercise regularly, you get fit.
- When you kick the ball into the net, you score a point.

#### First conditional

- If David plays football all day, he'll be too tired to go to the party.
- My parents might / may buy me a present if I win the match.
- The coach could take Tania off the team if she does that again.

- Which conditional do we use to talk about something that is likely to happen in the present or in the future? **zero / first** conditional
- Which conditional do we use to talk about facts and general truths? **zero / first** conditional
- With which conditional can we use *when* instead of *if*? **zero / first** conditional
- With which conditional can we also use *may*, *might* or *could*? **zero / first** conditional

#### REMEMBER

When the *if* or *when* clause comes before the main clause, remember to use a comma.

▶ Grammar reference 6.1, p166

### 2 Choose the correct option to complete the sentences.

- If you *see* / *will see* Ken tomorrow, *do you tell* / *will you tell* him about the match?
- When football players *score* / *will score* a goal, they *will always celebrate* / *always celebrate*.
- You *won't pass* / *don't pass* your exam if you *don't work* / *won't work* hard.
- If we *practise* / *will practise*, we *might get* / *get* a place on the team.

### 3 Complete the zero and first conditional sentences with the correct form of the verb.

- In tennis, if you hit the ball past the other player, you \_\_\_\_\_ (win) a point.
- If Tom's team doesn't win the match tonight, he \_\_\_\_\_ (be) very sad.
- Your hockey skills \_\_\_\_\_ (not / improve) if you don't practise regularly.
- When you mix yellow and blue you \_\_\_\_\_ (get) green.
- If it rains tomorrow, we \_\_\_\_\_ (have) football practice in the gym.
- When it's raining, we \_\_\_\_\_ (take) the bus to school.

## unless

### 4 Read the sentence and choose the correct meaning (a–b). Then choose the correct option to complete the definition of *unless*.

She'll be at practice tomorrow unless she feels tired.

- If she doesn't feel tired, she'll be at practice tomorrow.
- If she feels tired, she'll be at practice tomorrow.

*Unless* means the same as *if / if ... not*.

▶ Grammar reference 6.2, p167

### 5 Look at the first sentence in each pair. Complete the second sentence so that it has the same meaning. Use as many words as you need.

- You might lose your place in the team if you don't say sorry for shouting at the coach.  
Unless you \_\_\_\_\_
- If Stella doesn't start practising, she won't play in the match.  
Unless Stella \_\_\_\_\_
- Unless you do exercise, you won't get any fitter.  
If you don't \_\_\_\_\_
- They'll miss the start of the competition unless they leave right now.  
If they don't \_\_\_\_\_

### 6 6.2 ▶ Complete the conversation with the correct form of the verbs. Then listen and check your answers.

- A: Hello. I'd like to find out about joining the gym, please.  
B: We have a special offer on at the moment; if you <sup>1</sup> \_\_\_\_\_ (join) today, you only pay £25 per month for the first six months.  
A: Does that include the classes?  
B: Yes, it does. If you <sup>2</sup> \_\_\_\_\_ (visit) our website, you <sup>3</sup> \_\_\_\_\_ (find) a full list of all our classes.  
A: OK, thank you. And if I <sup>4</sup> \_\_\_\_\_ (want) to bring a friend to a class, how much will it cost?  
B: It usually costs £2 per class, unless you <sup>5</sup> \_\_\_\_\_ (pay) today. There is a free 'friends invitation' today, so you can bring someone to the class for no charge.  
B: Great! I'd also like to look at the gym, please.  
A: Yes, of course. If you wait a moment, I <sup>6</sup> \_\_\_\_\_ (ask) one of our instructors to show you around.  
A: Thank you!

1 Read the sentences (1–5) about a race. Cross out one option that does **not** fit the gap.

competitors    limits    athletes

1 In this race, the \_\_\_\_\_ must be extremely fit and strong.

most challenging    toughest    incredible

2 The event is one of the \_\_\_\_\_ races in the world.

deal with    carry on    cope with

3 Competitors must \_\_\_\_\_ some very difficult conditions.

hot    dry    windiest

4 Most deserts are extremely \_\_\_\_\_ places.

event    success    competition

5 Only a small number of people can enter this \_\_\_\_\_.

2 **6.3** ▶ Work in pairs. Do you know how to say all the letters of the alphabet in English? Practise together. Then listen and write the names and places that you hear.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

3 Read the Exam Tip. Then read the Exam Task. Look at each gap in the task carefully. Think about what information might fit.

4 **6.4** ▶ Now listen and complete the Exam Task.

### Exam TIP

#### Checking spelling

- Remember to read the task before you listen and think about which words might be missing.
- Be careful with spelling. It's important to spell the words correctly to get full marks. Names will always be spelled out for you.
- If a word is spelled out, you will hear the word 'double' to show that a letter is repeated, e.g. *difficult*: D-I double F-I-C-U-L-T.

### Exam TASK

#### Gap fill

For each question, write the correct answer in the gap. Write **one** or **two words** or a **number** or a **date** or a **time**.

You will hear some information about a race in extreme parts of the world.

#### The Four Deserts Race

Race starts in: (1) \_\_\_\_\_ Desert, in Chile

Length of each part of the race: (2) \_\_\_\_\_ km

Gobi Desert: problems include strong (3) \_\_\_\_\_ and snow in the mountains

Sahara Desert: competitors find it difficult to (4) \_\_\_\_\_ because of sandstorms

Antarctica: competitors can see penguins, seals and (5) \_\_\_\_\_ they sleep on real (6) \_\_\_\_\_

1 Work in pairs. Discuss the questions.

- Is winning important for you when you take part in a sport?
- Do you think it's possible to enjoy playing sport if you're not competitive?
- Do you think all children should do sport at school? Why? / Why not?
- Think of one argument for and one argument against doing the following sports: judo, running, paddleboarding, cycling.

2 Read the comments (a–h) about different sports. Which comments describe advantages (A) and which describe disadvantages (D)?

- a \_\_\_\_\_ It helps you meet new people.
- b \_\_\_\_\_ It needs special equipment.
- c \_\_\_\_\_ It has got a lot of rules.
- d \_\_\_\_\_ It is very challenging.
- e \_\_\_\_\_ It isn't expensive.
- f \_\_\_\_\_ It is quite dangerous.
- g \_\_\_\_\_ It is very popular.
- h \_\_\_\_\_ It is very unusual.

3 Put the comments (a–h) in Exercise 2 in order of importance for you. Number the comments from 1 (the biggest advantage) to 8 (the biggest disadvantage).

4 Work in pairs. Compare your ideas from Exercise 3.

5 Read the Exam Tip. Then look at the Exam Task. Think about the advantages and disadvantages of each sport.

6 Now work in pairs. Complete the Exam Task. Use the Useful Language to help you.

### Exam TIP

#### Giving opinions

- Look at each option and discuss with your partner whether you think it is a good option or not and why.
- When you are discussing the different options, remember that it's important to give your opinions. It's also OK to disagree with your partner's opinion.
- If your partner says something you don't agree with, politely say why you don't agree and suggest something different.
- If your partner says something you do agree with, say that you agree and explain why.
- Remember that at the end of the task, you have to make a decision with your partner.

### Exam TASK

#### Picture discussion

A friend of yours wants to take up a new sport to get fit and meet new people, but he hasn't got much time. Here are some different sports he could choose.

Talk together about the different activities he could do, and then say which would be best for him.



### Useful LANGUAGE

#### Giving opinions

I think ... is a good idea because ...  
Well, I don't think he / she should ...  
But if he / she ... , he / she'll ... !

#### Asking if someone agrees

Do you agree (with me)?  
Would you agree that ... ?  
Do you think so too?

#### Agreeing

I agree.  
Yes, I (totally / quite) agree with you.  
I think you're (quite / absolutely) right.

#### Disagreeing

Actually, I don't really agree.  
I'm afraid I don't agree.  
I don't think that's a very good idea because ...

### your ideas

- Would you prefer to play indoor or outdoor sports? Give reasons for your answer.
- Would you like to be a professional sportsperson? Think of some advantages and disadvantages.



## Sports clothes

1 Write these words under the correct photos.

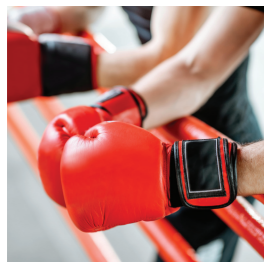
gloves helmet ice skates  
swimming costume tracksuit trainers



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

2 Work in pairs. Think of at least two sports for each item of clothing from Exercise 1. Then work with another pair. Compare your ideas.

## Verb + noun collocations

3 Match the verbs (1–8) with the nouns (a–h) to form collocations.

- |            |                 |
|------------|-----------------|
| 1 do       | a a competition |
| 2 enter    | b a goal        |
| 3 hit      | c a skill       |
| 4 join     | d a ball        |
| 5 practise | e a boat        |
| 6 ride     | f a club        |
| 7 sail     | g a workout     |
| 8 score    | h a horse       |

## Word building

4 Complete the table.

Noun	Verb	Adjective	Adverb
competition / competitor	1	competitive	competitively
danger	endanger	2	dangerously
depth	deepen	3	deeply
diving / diver	4		
fitness		5	
freedom	free	6	freely
profession / professional		professional	7
strength	strengthen	8	strongly

5 Choose the correct options to complete the text.



### Free diving

Free diving is diving without any equipment. People hold their breath and swim underwater for as long as possible. Although some people free dive just for enjoyment, it is also a <sup>1</sup> *competitor* / *competitive* sport.

The people who do this sport have to be very <sup>2</sup> *fit* / *fitness* and, of course, they are excellent swimmers. They also have to have very <sup>3</sup> *strong* / *strength* lungs in order to hold their breath for a long time. The best free <sup>4</sup> *dive* / *divers* in the world can swim down to a <sup>5</sup> *deep* / *depth* of over 200 metres and can hold their breath for up to ten minutes.

It may sound scary, but they say the experience gives them a feeling of <sup>6</sup> *freedom* / *freely* while they are underwater.

If you want to try free diving, you should always find a <sup>7</sup> *profession* / *professional* instructor, as it can be a very <sup>8</sup> *dangerous* / *dangerously* sport.



- Do you think you would like to try free diving? Why? / Why not?
- Which pieces of sports equipment or clothing do you own? Which do you use the most?

1 Read the sentences (1–2). Choose the correct options to complete the rule.

- If I were you, I would eat healthier food.
- If I won Wimbledon, I'd be famous!

In the second conditional we use the **past simple** / **present simple** in the *if* clause, and **would** / **had** + infinitive in the main clause.

2 Match the sentences in Exercise 1 (1–2) with the uses of the second conditional (a–b).

We use the second conditional ...

- for things we imagine in the present or future that are unlikely or impossible.
- to give advice.

3 Read the sentences (1–2) and complete the rule.

- Jack could run faster if he had better running shoes.
- If I took swimming classes, I could be a better swimmer.

In second conditional sentences, we can use the verb \_\_\_\_\_ instead of *would* to talk about ability in an imagined situation.

➔ Grammar reference 6.3, p167

4 Complete the second conditional sentences with the correct form of the verb.

- If I \_\_\_\_\_ (live) near the sea, I would learn how to scuba dive.
- If I were richer, I \_\_\_\_\_ (buy) a paddleboard.
- If my family \_\_\_\_\_ (not enjoy) sport, we wouldn't go to the sports centre every weekend.
- You would get into the team if you \_\_\_\_\_ (practise) more.
- If she didn't spend all her time skateboarding, she \_\_\_\_\_ (get) better grades at school.
- You \_\_\_\_\_ (not feel) so tired if you went to bed earlier.

5 Rewrite the sentences using the second conditional.

- I don't have a bike, so I get the bus to the football club.  
If I had a bike, I wouldn't get the bus to the football club.
- He doesn't do any exercise, so he isn't very fit.  
\_\_\_\_\_

3 She isn't good at running, so she doesn't get chosen for teams.  
\_\_\_\_\_

4 We don't have any money, so we can't buy new team uniforms.  
\_\_\_\_\_

5 We don't have enough players, so we will have to cancel the match.  
\_\_\_\_\_

6 My friends don't have tickets, so they can't come into the stadium.  
\_\_\_\_\_

6 Complete the first and second conditional sentences with the correct form of the verb.

1 A: Should I play basketball or football this evening?

B: If I \_\_\_\_\_ (be) you, I \_\_\_\_\_ (not play) either!

2 A: If he gets one more point, \_\_\_\_\_ (he / win) the tournament?

B: No. He needs to win another game.

3 A: I'm hungry. Do we have anything to eat?

B: Yes. If you \_\_\_\_\_ (open) the cupboard, you \_\_\_\_\_ (see) lots of food.

4 A: We're going to be late for the match!

B: Don't worry. If we get Dad to drive us, we \_\_\_\_\_ (make) it on time.

5 A: What \_\_\_\_\_ (you / do) if you won an Olympic medal?

B: I \_\_\_\_\_ (run) around the track for hours!

6 A: If you \_\_\_\_\_ (be) taller, \_\_\_\_\_ (you / play) for your school basketball team?

B: No, I wouldn't. I've got really bad coordination!



## Learning FOCUS

### Giving reasons and examples

- When you write an essay expressing your opinion, it is important to show that you have thought carefully about your answer.
- Give reasons for your arguments or give examples that help explain your ideas more clearly. You can do this in different ways, e.g.  
*I believe that ... because ...*  
*I think that ... as*  
*In my view / opinion ...*  
*For example, ...*  
*One example of this is ...*  
*A further example of this is ...*

### 1 Write sentences giving an opinion and a reason. Use different phrases from the Learning Focus box to show that the sentences express your opinion.

1 **Opinion:** people should wear a helmet when they ride a bike

**Reason:** can prevent a head injury if they have an accident

*I think that people should wear a helmet when they ride a bike as it can prevent a head injury if they have an accident.*

2 **Opinion:** every child should learn to swim

**Reason:** they need to be safe in the water

3 **Opinion:** individual sports are important

**Reason:** they encourage independence

4 **Opinion:** playing computer games is a good idea

**Reason:** they improve coordination and help you concentrate

5 **Opinion:** walking regularly is good for your health

**Reason:** it keeps you fit and makes you feel calmer

### 2 Read this example task and a student's essay opposite. Find and underline examples of the language from the Learning Focus box.

Some students enjoy playing team sports at school. Others prefer playing individual sports. Do you think all students should play team sports at school? Explain why / why not.



I think that all students should play a team sport at school as it helps you keep fit and also because it teaches you about how to work together with other people. You have to think about everyone on your team when you play a team sport, not just yourself. In my opinion, this is a very useful skill for life.

I also believe that team sports at school are important because they help students make new friends. For example, shy students sometimes find it very difficult to talk to other people, but when they play a team sport, they can spend time with other students.

Another point in favour of team sports is that team players learn how to communicate with each other. They have to share their ideas and listen to each other and, in my view, this helps them be less selfish.

In conclusion, I feel that it is good for all students to do a team sport at school for their physical fitness, to encourage teamwork and to meet other students.

### 3 Now read the essay again. Which of the following points does the writer mention?

- 1 being competitive
- 2 being healthy
- 3 being sociable
- 4 helping with stress
- 5 improving school work
- 6 paying attention to other people

### 4 Work in pairs. Think of a reason for and a reason against the statements (1–4). Then work with another pair. Compare your ideas.

1 Sports stars earn too much money.

\_\_\_\_\_

2 Competitive sports encourage children to try harder.

\_\_\_\_\_

3 School is for academic work – children should study subjects like music, art and sport at home.

\_\_\_\_\_

4 We shouldn't let children watch violent sports like boxing.

\_\_\_\_\_

## Useful LANGUAGE

### Stating your opinion

I think that ...

I believe that ...

I feel that ...

In my opinion, ...

In my view, ...

### Adding ideas

Another point in favour of / against ...

It's also true that ...

Furthermore, / Moreover, ...

### Concluding

In conclusion, ...

To sum up, ...

In summary, ...

### 5 Read the Exam Tip. Then read the Exam Task. Make a plan for each paragraph of your essay.

### 6 Now complete the Exam Task. Remember to use separate paragraphs for each point. Use the Useful Language to help you.

## Exam TIP

### Organising your essay

- When you have to present your opinion in an essay, make sure that you can give at least three reasons or three examples to prove your point.
- In the first paragraph, state the main focus of the essay and give your first point.
- Use a separate paragraph for each point that follows.
- In the final paragraph, summarise your main ideas and state your opinion again.

## Exam TASK

### Writing an opinion essay

Some people believe that competitive sports encourage children to try harder. Others think that they can have a negative effect. What do you think about competitive sports? Give examples to support your answer.

### 7 Complete the Reflection Checklist. Then discuss your answers with your partner.

#### REFLECTION CHECKLIST

How did you do? Tick ✓ the sentences that you think are true.

I used phrases to express my opinion.

I gave reasons and examples for my opinions.

I used a new paragraph for each new point.

I summarised the main ideas in the final paragraph.



# 6 Video Mounted archery



A mounted archer at a competition in Aomori, Japan

## Before you watch

1 Work in pairs. The man in the photo is using a bow to shoot arrows at a target. Find these things in the photo.

- archer
- arrow
- bow
- target

## While you watch

2 **3** Watch the video. Choose the correct option to complete the sentences.

- 1 The *equipment* / *practice* can be expensive.
- 2 The bow is *difficult* / *easy* to damage.
- 3 Archers have to *shoot* / *send* the arrow while riding a horse.
- 4 Mounted archery is a *new* / *an ancient* skill.
- 5 People used to *protect* / *attack* their goats and sheep using mounted archery.
- 6 The sport requires a lot of *training* / *movement*.
- 7 The *connection* / *control* between human and horse is very important.
- 8 To be *successful* / *important*, you have to understand your horse.

## After you watch

3 **3** Complete the summary of the video with these words. Then watch the video again and check your answers.

ancient    arrow    connection    control  
horseback    hunting    mind    protect  
secret

Mounted archery is an <sup>1</sup> \_\_\_\_\_ skill that people used long ago for <sup>2</sup> \_\_\_\_\_ and to <sup>3</sup> \_\_\_\_\_ their herd animals. It is difficult and requires a lot of training. Archers have to shoot an <sup>4</sup> \_\_\_\_\_ at a target while riding on <sup>5</sup> \_\_\_\_\_. They have to have good <sup>6</sup> \_\_\_\_\_ of the horse, and a <sup>7</sup> \_\_\_\_\_ with their animal. The <sup>8</sup> \_\_\_\_\_ to the skill of a good archer is being able to read the horse's <sup>9</sup> \_\_\_\_\_. Despite being so difficult to learn, mounted archery is becoming more popular and there are competitions all over the world.

## your ideas

- Would you like to try archery or mounted archery?
- Have you ever tried a very exciting or dangerous sport?