

# 8 Ready, steady, go!

## Glossary

### Page 89

**8.1 Ready, steady, go!** (phr) /'redi 'stedi gəʊ/  
something a person says to start a race • *Our coach shouted 'Ready, steady, go!' and we all began to run.* ❖ do biegu, gotowi, start!

## Reading Pages 90–91

**8.2 run** (n) /rʌn/  
an act of running, usually for exercise • *Sakis goes for a long run around the park every day to keep fit.* > run (v), running, runner (n)  
❖ bieg

**8.3 individual** (adj) /ɪndɪ'vɪdʒʊl/  
for one person separately, not for a team  
• *I enjoy doing individual sports, like tennis or swimming.* > individual (n), individually (adv)  
❖ indywidualny

**8.4 do good** (phr) /du: gʊd/  
to do sth helpful or useful • *The cultural centre does a lot of good for sick children.*  
> good (adj) ❖ czynić dobro, zrobić coś dobrego ☞ Also: do you good (phr) = make you feel better

**8.5 runner** (n) /'rʌnə(r)/  
a person who runs, especially as a sport  
• *Betty is a fast runner. I'm sure she'll win this race.* > run (v), running, run (n)  
❖ biegacz

**8.6 abilities** (n pl) /ə'bɪlətɪz/  
the skills you need to be able to do sth • *Simone and her sister have many musical abilities. They can both play different instruments and also sing well.* > able (adj), ability (n) ❖ umiejętności

**8.7 at the same time** (phr) /æt ðə seɪm taɪm/  
(happening) together; at that moment  
• *Mrs Brown can dance and sing at the same time.* ❖ jednocześnie

**8.8 arrange** (v) /ə'reɪndʒ/  
to organise • *We've arranged to have a meeting next week.* > arrangement (n)  
❖ organizować

**8.9 hall** (n) /hɔ:l/  
a large room where indoor activities or events take place • *We've got a meeting in the community hall on Saturday.* ❖ sala, hala

**8.10 lonely** (adj) /'ləʊnli/  
feeling sad because you're not with other people • *Tony felt lonely because he didn't know anyone at his new school.* > loneliness (n)  
❖ samotny

**8.11 chat** (n) /tʃæt/  
a friendly conversation • *Karen had a quick chat on the phone with her friend.* > chat (v)  
❖ rozmowa

**8.12 encourage** (v) /ɪn'kʌrɪdʒ/  
to give sb support by telling them they will be able to do sth • *Our coach encouraged me to train for the national swimming team.*  
> encouragement (n), encouraging (adj)  
❖ wspierać, mobilizować ☞ Opp: discourage

**8.13 skill** (n) /skɪl/  
sth you are good at • *Molly is learning new painting skills in her art class.* > skilful (adj)  
❖ umiejętność

**8.14 unhappy** (adj) /ʌn'hæpi/  
not happy • *Louise is unhappy because her friend didn't call her.* > unhappiness (n)  
❖ nieszczęśliwy ☞ Opp: happy

**8.15 support** (n) /sə'pɔ:t/  
help that you give to sb by being kind when they have a problem • *Theo's family gave him a lot of support to get into art school.*  
> support (v), supportive (adj), supporter (n)  
❖ wsparcie

**8.16 name** (v) /neɪm/  
to say the name of sth • *Can you name three countries you'd like to visit? I'd like to go to Iceland, India and Portugal.* > name (n)  
❖ wymieniać ☞ Syn: identify

**8.17 advertisement** (n) /əd'vɜ:tɪsmənt/  
an image, short film or recorded message that tells you about a product or service • *The car advertisement has a popular song that makes it easy to remember.* > advertise (v), advertiser (n)  
❖ reklama ☞ Syn: advert, ad

**8.18 sign** (n) /saɪn/  
a notice with information or instructions about sth • *The sign on the shop door said 'Open 9 a.m. to 6 p.m.'* > sign (v) ❖ napis

**8.19 off** (adv) /ɒf/  
less than the usual price • *I bought these shoes at 50% off in the winter sale. So I saved quite a lot!* ❖ taniej

**8.20 plus** (conj) /plʌs/  
and; in addition • *I don't go to that shop because it's expensive. Plus, it doesn't have many clothes for teenagers.* > plus (n, prep, adj) ❖ plus

**8.21 lower** (adj) /'ləʊə(r)/  
not as high as sth else; comparative form of 'low' • *Sometimes Mandy buys clothes at lower prices online.* > low (adj), lower (v) ❖ niżej

- 8.22 player** (n) /'pleɪə(r)/  
sb who plays a sport or game • *Who is your favourite basketball player?*  
*Mine is Giannis Antetokounmpo.* > play (v)  
❖ zawodnik
- 8.23 train** (v) /treɪn/  
to do exercise; to practise a sport • *Anita is training hard to win her next tennis match.*  
> trainer, training (n) ❖ trenować
- 8.24 pitch** (n) /pɪtʃ/  
the area where people play a game of football, rugby or hockey, etc. • *David ran with the ball and kicked it to the other side of the pitch.*  
❖ boisko
- 8.25 goggles** (n pl) /'gɒɡlz/  
special glasses to cover your eyes for sports in the snow or swimming • *I don't like swimming underwater without my goggles because the water hurts my eyes.* ❖ gogle
- 8.26 lend** (v) /lend/  
to give sth of yours to sb to use for a short time  
• *Could you lend me a pen because I forgot to bring one?* > lender (n) ❖ pożyczać
- 8.27 hockey** (n) /'hɒki/  
a sport played on a pitch by two teams of 11 players who use curved sticks to hit a small ball into a net to score goals • *Andrea plays in the school hockey team.* ❖ hokej 📖 Also: ice hockey = a sport played on ice by two teams of six players who use hockey sticks to hit a rubber disc (puck) into a net to score goals
- 8.28 skates** (n pl) /skets/  
a kind of shoe with wheels, rollers or a blade on the bottom • *Remember to bring your skates to play ice hockey.* > skate (v), skater (n)  
❖ łyżwy, rolki
- 8.29 size** (n) /saɪz/  
one of a number of fixed measurements of clothes, shoes, etc. • *These shoes aren't my size. They're too big for me.* ❖ rozmiar
- 8.30 original** (adj) /ə'ɪdʒənəl/  
first; as it was at the beginning • *The shop is selling skates at half the original price.*  
> original (n), originally (adv) ❖ początkowy
- 8.31 incorrect** (adj) /,ɪŋkə'rekt/  
wrong • *I couldn't phone you because the number I had was incorrect.* ❖ nieprawidłowy  
📖 Opp: correct
- 8.33 cricket** (n) /'krɪkɪt/  
a sport played by two teams of 11 players who score points by hitting a hard ball with a wooden bat, then running between two sets of wooden sticks • *Children in India like playing cricket in the park.* > cricketer (n) ❖ krykiet
- 8.34 golf** (n) /gɒlf/  
a sport played on grass by players who each use long thin sticks to try to hit a small hard ball into a series of holes • *Grandpa hit the golf ball slowly and it went right into the 18th hole.* > golfer (n) ❖ golf
- 8.35 rugby** (n) /'rʌɡbi/  
a sport played by two teams of 13 or 15 players who throw or kick an oval ball on a pitch to score points • *The rugby player threw the ball across the pitch to another team member.* ❖ rugby
- 8.36 bat** (n) /bæt/  
a piece of sports equipment for hitting a ball while it is in the air • *Kelly hit the ball hard with the baseball bat.* > bat (v) ❖ kij baseballowy
- 8.37 club** (n) /klʌb/  
a piece of sports equipment that is a long thin stick with a round shaped end for hitting a golf ball • *Sebastian lifted his club and hit the golf ball hard towards the first hole.* ❖ kij do golfa
- 8.38 racket** (n) /'rækɪt/  
a piece of equipment you use to hit a ball in sports like tennis or badminton • *Clive hit the ball too hard and broke his racket.*  
❖ rakieta, paletka 📖 Syn: racquet
- 8.39 snowboard** (n) /'snəʊbɔ:d/  
a piece of equipment like a wide ski which you stand on to ride on snow down a hill  
• *David put on his helmet and went down the snowy hill on his snowboard.* > snowboarding, snowboarder (n) ❖ deska snowboardowa
- 8.40 rule** (n) /ru:l/  
sth that says what sb must do to play or do sth in the correct way • *One rule in chess is that the king can only move one square at a time.*  
> rule (v) ❖ zasada
- 8.41 would rather** (v) /wʊd 'rɑ:ðə(r)/  
would prefer • *I would rather go for a run than play golf.* ❖ woleć
- 8.42 American football** (n) /ə,merɪkən 'fʊtbɔ:l/  
a sport played by two teams of 11 players who wear protective equipment and carry, kick or throw an oval ball on a pitch to score points  
• *An American football match looks more like rugby than British football.* ❖ futbol amerykański

## Vocabulary Page 92

- 8.32 baseball** (n) /'beɪsbɔ:l/  
a sport with two teams of nine players in which a player uses a bat to hit a ball and others run to catch it • *My American cousins are all crazy about baseball, but I prefer football.*  
❖ baseball
- 8.43 surfing** (n) /'sɜ:fɪŋ/  
the sport of standing on a board and riding on waves • *Surfing is a popular watersport in Hawaii.* > surf (v), surfer, surfboard (n)  
❖ surfing

- 8.44 skiing** (n) /'ski:ɪŋ/  
the activity of moving across snow on skis  
• *Petros goes skiing with his parents in Austria in winter.* > ski (v), skier (n) ❖ narciarstwo
- 8.45 come first** (phr) /kʌm fɜ:st/  
to win a race or competition; to be the first person to finish a race • *Kate was so happy when her daughter came first in the skiing competition.* ❖ wygrać, być pierwszym
- 8.46 winner** (n) /'wɪnə(r)/  
a person, team or animal that wins sth  
• *Well done! You're the winner of this dance competition!* > win (v, n) ❖ zwycięzca

## Grammar Page 93

- 8.47 climbing** (n) /'klaɪmɪŋ/  
the activity or sport of climbing mountains or rocks • *We plan to go climbing in the Swiss Alps next summer.* ❖ wspinaczka
- 8.48 lifejacket** (n) /'laɪfdʒækɪt/  
a small plastic jacket that you fill with air to keep you up in water • *You should wear a lifejacket when you go sailing.* ❖ kamizelka ratunkowa
- 8.49 allow** (v) /ə'laʊ/  
to let sb do sth • *Young children aren't allowed to watch scary films in the cinema.* ❖ pozwalać
- 8.50 obligation** (n) /,ɒblɪ'geɪʃn/  
sth that you must do • *There's no obligation to go climbing if you don't want to.* > oblige (v) ❖ obowiązek
- 8.51 necessary** (adj) /'nesəsəri/  
that you need to do or have • *The sports centre provides rackets, so it isn't necessary to buy one.* > necessity (n), necessarily (adv) ❖ niezbędny
- 8.52 skateboarder** (n) /'skeɪtbɔ:də(r)/  
a person who does skateboarding • *There's a special part of the park where skateboarders can skateboard safely.* > skateboard (v, n), skateboarding (n) ❖ deskorolkowiec
- 8.53 aged** (adj) /eɪdʒd/  
of the age of • *The Star Wars films are for children aged ten and over.* > age (v, n) ❖ w wieku
- 8.54 scooter** (n) /'sku:tə(r)/  
a children's vehicle which has a board that moves on small wheels with a long handle for the rider to hold • *Some children were riding their scooters in the park.* ❖ skuter
- 8.55 drink station** (n) /drɪŋk 'steɪʃn/  
an area where cyclists or runners can stop for a drink during a race • *In the 10 km fun run, there are some drink stations where you can have some water.* ❖ punkt z wodą

- 8.56 fun run** (n) /'fʌn rʌn/  
a race in which people run for fun and usually to collect money for organisations that help others • *The town residents are doing a fun run to get money for a new cultural centre.* ❖ bieg dobroczynny
- 8.57 riding** (n) /'raɪdɪŋ/  
the activity of riding a horse • *Luckily, Owen was wearing his helmet when he went riding because he fell off his horse.* > ride (v), rider (n) ❖ jazda konna
- 8.58 dangerous** (adj) /'deɪndʒərəs/  
that can hurt sb or damage sth • *It's dangerous to cross the busy street here.* > danger (n) ❖ niebezpieczny
- 8.59 practice** (n) /'præktɪs/  
doing an activity or sport often to improve your skills • *We've got badminton practice in the sports hall this afternoon.* ❖ praktyka, trening
- 8.60 entry** (n) /'entri/  
the act of going into a competition • *If you want to take part in the race, write your personal details on the entry form.* > enter (v) ❖ zapis, zgłoszenie
- 8.61 need** (n) /ni:d/  
sth that is necessary • *There's no need to have special clothes for the fun run. Just wear a T-shirt and comfortable shorts or trousers.* > need (v) ❖ potrzeba

## Listening Page 94

### Ordinal numbers

30th thirtieth	80th eightieth
40th fortieth	90th ninetieth
50th fiftieth	32nd thirty-second
60th sixtieth	33rd thirty-third
70th seventieth	

- 8.62 thirty** (num) /θɜ:ti/  
the number 30 ❖ trzydzieści
- 8.63 thirtieth** (num) /'θɜ:tiəθ/  
the number 30th ❖ trzydziesty
- 8.64 forty** (num) /'fɔ:ti/  
the number 40 ❖ czterdzieści
- 8.65 fortieth** (num) /'fɔ:tiəθ/  
the number 40th ❖ czterdziesty
- 8.66 fifty** (num) /'fɪfti/  
the number 50 ❖ pięćdziesiąt
- 8.67 fiftieth** (num) /'fɪftiəθ/  
the number 50th ❖ pięćdziesiąty
- 8.68 sixty** (num) /'sɪksti/  
the number 60 ❖ sześćdziesiąt
- 8.69 sixtieth** (num) /'sɪkstiəθ/  
the number 60th ❖ sześćdziesiąty

- 8.70** **seventy** (num) /'sevnti/  
the number 70 ❖ siedemdziesiąt
- 8.71** **seventieth** (num) /'sevntiəθ/  
the number 70th ❖ siedemdziesiąty
- 8.72** **eighty** (n) /'erti/  
the number 80 ❖ osiemdziesiąt
- 8.73** **eightieth** (num) /'ertiəθ/  
the number 80th ❖ osiemdziesiąty
- 8.74** **ninety** (num) /'naɪnti/  
the number 90 ❖ dziewięćdziesiąt
- 8.75** **ninetieth** (num) /'naɪntiəθ/  
the number 90th ❖ dziewięćdziesiąty
- 8.76** **thirty-second** (num) /'θɜːti 'sekənd/  
the number 32nd ❖ trzydziesty drugi
- 8.77** **thirty-third** (num) /'θɜːti θɜːd/  
the number 33rd ❖ trzydziesty trzeci
- 8.78** **logical** (adj) /'lɒdʒɪkl/  
that makes sense • *His plan isn't logical. He can't climb Everest in two days!* > logic (n), logically (adv) ❖ logiczny
- 8.79** **likely** (adj) /'laɪkli/  
that is probably true • *You run very fast, so you're the most likely person to win the race.* > likely (adv), likelihood (n) ❖ prawdopodobny, możliwy
- 8.80** **climber** (n) /'klaɪmə(r)/  
a person that climbs mountains or rocks • *The climbers were tired when they got to the top of the mountain.* > climb (v, n) ❖ alpinista, wspinacz
- 8.81** **ordinal number** (n) /'ɔːdɪnəl 'nʌmbə(r)/  
a number that shows the order of things, e.g. first, second, third • *We can use ordinal numbers like 'twenty-fifth' to describe the position that runners finish in a race.* ❖ liczba porządkowa 📖 Opp: cardinal number
- 8.82** **pound** (n) /paʊnd/  
a unit of money used in the UK • *The cinema tickets cost five pounds each.* ❖ funt

## LOOK!

The word *pound* can mean both the money used in the UK, as well as a unit for measuring weight.

*The bat cost ten pounds.*

*The bat weighs ten pounds.*

- 8.83** **pence** (n pl) /pens/  
the plural of 'penny', a small unit of money used in the UK • *There are 100 pence in a British pound.* ❖ pens 📖 Abbrev: p
- 8.84** **register** (v) /'redʒɪstə(r)/  
to make an application; to put your name on a list to take part in sth • *Have you registered for the fun run yet? Let's go together.* > register (n) ❖ zapisać się

- 8.85** **table tennis** (n) /'teɪbl tenɪs/  
a sport played with small bats and a ball on a table with a net across the middle • *On our camping holiday, my friends and I played table tennis every day.* ❖ tenis stołowy 📖 Syn: ping pong
- 8.86** **zumba** (n) /'zʊmbə/  
a type of aerobics mixed with Latin dance steps • *Dancing to the music makes zumba classes more fun than the usual aerobics.* ❖ zumba
- 8.87** **loser** (n) /'luːzə(r)/  
a person or team that doesn't win a competition • *Sylvia enjoys doing zumba because there are no losers or winners – it's just for fun.* > lose (v), lost (adj) ❖ przegrany 📖 Opp: winner
- 8.88** **nature** (n) /'neɪtʃə(r)/  
all the wild things like plants, animals, rocks, etc. • *I enjoy going for walks near the lake to be close to nature.* > natural (adj), naturally (adv) ❖ natura
- 8.89** **organise** (v) /'ɔːgənaɪz/  
to plan and prepare sth • *Helen helped to organise the dance competition.* > organiser (n), organisation (n) ❖ organizować
- 8.90** **state** (v) /steɪt/  
to write or say sth • *The teacher stated that the school needed new gym equipment.* > statement (n) ❖ oświadczać
- 8.91** **clearly** (adv) /'kɪəli/  
in a clear way; in a way that is easy to understand • *The advert states clearly that the dance classes are for teenagers.* > clear (adj) ❖ jasno, wyraźnie
- 8.92** **relevant** (adj) /'reləvənt/  
related to the subject you are talking about • *We discussed all the relevant points about organising the sports event, including the place, time, activities and costs.* > relevance (n) ❖ stosowny 📖 Opp: irrelevant
- 8.93** **receive** (v) /rɪ'siːv/  
get sth that sb gives or sends to you • *Did you receive an email from George about the fair?* ❖ otrzymywać
- 8.94** **improvement** (n) /ɪm'pruːvmənt/  
making sth better • *I came in third in the race this time, so that's a great improvement. Last time I was thirteenth.* > improve (v) ❖ poprawa, polepszenie
- 8.95** **school council** (n) /,skuːl 'kaʊnsəl/  
a group of students chosen by other students to make decisions or give advice about the school • *We voted for two classmates to represent us on the student council.* ❖ rada szkoły

- 8.96** **secondly** (adv) /'sekəndli/  
the second point (is) • *Secondly, dancing is good exercise.* > second (adj, n) ❖ po drugie
- 8.97** **thirdly** (adv) /'θɜːdli/  
the third point (is) • *Thirdly, students of all ages can take part.* > third (adj, n)  
❖ po trzecie

## Vocabulary Page 96

- 8.98** **back** (n) /bæk/  
the top part of your body that is opposite to the front, between your neck and the top of your legs • *He was carrying a heavy school bag on his back.* ❖ plecy
- 8.99** **finger** (n) /'fɪŋgə(r)/  
one of the five long thin parts that are part of a hand • *You can write on your smartphone by using your finger on the screen.* ❖ palec
- 8.100** **neck** (n) /nek/  
the part of the body that joins the head to the shoulders • *His neck hurt from working on the computer for hours.* ❖ szyja
- 8.101** **stomach** (n) /'stʌmək/  
the soft front part of the middle of your body where food goes when you eat • *I ate too much cake and now my stomach hurts.*  
❖ brzuch
- 8.102** **spider** (n) /'spaɪdə(r)/  
a small creature that has eight legs and eats insects • *There was a big spider climbing up the inside of our tent.* ❖ pająk
- 8.103** **monkey** (n) /'mʌŋki/  
an animal that has a long tail and climbs trees • *The monkey was swinging from tree to tree, using its tail to hold onto the branches.*  
❖ małpa
- 8.104** **spider monkey** (n) /'spaɪdə mʌŋki/  
a kind of small thin monkey that has only four fingers on each hand • *Spider monkeys live in the trees in South America.* ❖ czepiak
- 8.105** **break** (v) /breɪk/  
to hurt sth suddenly so it separates into two or more pieces • *John broke his leg when he was playing basketball.* > break (n), broken (adj)  
❖ rozbijać, stłuc
- 8.106** **cut** (v) /kʌt/  
to break the outside of your skin with sth sharp, like a knife • *I cut my finger when I was making sandwiches.* ❖ przeciąć
- 8.107** **sick** (adj) /sɪk/  
ill; feeling like everything in your stomach is going to come back out through your mouth • *I came home from school early because I felt sick.* ❖ mający mdłości 📖 Also: feel sick = suffer from nausea, be sick = vomit

- 8.108** **stomach ache** (n) /'stʌmək eɪk/  
a pain in your stomach • *Don't eat too quickly or you'll get a stomach ache.* ❖ ból brzucha
- 8.109** **(a) cold** (n) /(ə) kəʊld/  
a common illness that makes you cough and sneeze, etc. • *Maya's got a cold, so she doesn't want to go out.* > cold (adj)  
❖ przeziębienie
- 8.110** **(a) temperature** (n) /(ə) temprətʃə(r)/  
a feeling of being hot with a body temperature higher than normal • *Mum was worried and called the doctor because I had a temperature.*  
❖ gorączka 📖 Syn: fever
- 8.111** **headache** (n) /'hedeɪk/  
a pain in the head • *I took an aspirin to stop my headache.* ❖ ból głowy
- 8.112** **end-of-term** (adj) /,endəv'tɜːm/  
happening at the end of one of the three parts of the school year • *Are you going to the end-of-term party? I think it will be fun!*  
❖ semestralny
- 8.113** **fall** (v) /fɔːl/  
to drop down; to drop off sth • *The dancer fell off the stage and hurt her arm.* > fall (n)  
❖ upadać
- 8.114** **hit** (v) /hɪt/  
to touch sth suddenly with force • *I hit my head on the side of the pool when I dived in.*  
> hit (n) ❖ uderzać
- 8.115** **badly** (adv) /'bædli/  
in a way that is serious • *Jason hurt his leg badly when he fell off his horse.*  
❖ poważnie, paskudnie
- 8.116** **while** (conj) /waɪl/  
during the time that (sth else is happening) • *I fell while I was running to catch the ball.*  
❖ podczas 📖 Syn: whilst
- 8.117** **pain** (n) /peɪn/  
a feeling you have when you hurt part of your body or you are ill • *He has had a pain in his back for weeks.* ❖ ból
- 8.118** **worst** (adj) /wɜːst/  
worse than anything else of the same kind; the superlative form of 'bad' • *When I broke my arm, it was the worst pain I've ever had.*  
❖ najgorszy
- 8.119** **disaster** (n) /dɪ'zɑːstə(r)/  
a very bad event, especially one where sth is damaged and/or people are hurt • *When our team lost 6–0, it was a complete disaster for us.* > disastrous (adj) ❖ katastrofa
- 8.120** **bone** (n) /bəʊn/  
the hard parts of the body that form the skeleton • *Gregory broke two bones in his arm while he was playing rugby.* > bony (adj) ❖ kość

- 8.121** **smell** (v) /smel/  
to use your nose to see how sth smells; to have a particular smell • *Snakes don't have noses, so they smell things with their tongues.*  
> smell (n), smelly (adj) ❖ wąchać

### Body parts and health

Nouns		Verbs
a cold	headache	break
a temperature	neck	cut
back	pain	fall
bone	stomach	hit
finger	stomach ache	

## Grammar Page 97

- 8.122** **request** (n) /rɪ'kwɛst/  
a formal or polite question asking for sth  
• *The residents made a request for better street lights in their area.* > request (v)  
❖ żądanie, prośba
- 8.123** **permission** (n) /pə'mɪʃn/  
the act of saying that sb is allowed to do sth  
• *Our teacher gave us permission to leave the room when we finished our test.* > permit (v)  
❖ pozwolenie
- 8.124** **marathon** (n) /'mæɾəθən/  
a race that is about 26 miles or 42 kilometres long  
• *Thousands of runners took part in the London marathon.* > marathon (adj)  
❖ maraton
- 8.125** **fishing** (n) /'fɪʃɪŋ/  
the act of catching fish as a sport or job  
• *The sign at the lake says that fishing isn't allowed there.* > fish (v, n) ❖ wędkarstwo
- 8.126** **swimsuit** (n) /'swɪmsu:t/  
sth you wear to go swimming  
• *Don't forget to bring your swimsuits for the beach.*  
❖ strój kąpielowy 📖 Syn: swimming costume

### Sports and activities

American football	marathon
baseball	riding
climbing	rugby
cricket	run
fishing	skiing
fun run	surfing
golf	table tennis
hockey	zumba

### Sports equipment

bat	rope
club	scooter
goggles	skates
lifejacket	snowboard
racket	swimsuit

## Writing Pages 98–99

- 8.127** **article** (n) /'ɑ:tɪkl/  
a piece of writing about sb/sth that you read in a magazine, newspaper or website  
• *He wrote an interesting article about the health benefits of exercise.* ❖ artykuł
- 8.128** **set the scene** (phr) /,set ðə 'si:n/  
to give enough details for a reader to understand what a piece of writing is about  
• *In his first paragraph, Ian set the scene by stating where the main character was and how he was feeling.* ❖ przedstawiać, zapowiadać
- 8.129** **velodrome** (n) /'velədrəʊm/  
a building or track for cycling races  
• *We watched the cyclists racing round the track in the velodrome.* ❖ tor kolarski, welodrom
- 8.130** **drama** (n) /'drɑ:mə/  
a very exciting event  
• *There was a bit of drama at the beach today when we saw a shark in the sea.* > dramatic (adj), dramatise (v)  
❖ zamieszanie, dramat
- 8.131** **track** (n) /træk/  
a kind of road, sometimes in a circle shape, that is for sports events, like car, bike or horse racing  
• *You must cycle round the track ten times to finish the race.* ❖ tor 📖 Syn: racetrack
- 8.132** **championship** (n) /'tʃæmpɪənʃɪp/  
a sports competition  
• *When was the last time the Greek national team won the European Football Championship?* > champion (n)  
❖ mistrzostwa
- 8.133** **seat** (n) /si:t/  
sth for sitting on  
• *I had a seat next to the window on the train.* > seat, sit (v), seating (n)  
❖ miejsce
- 8.134** **lead** (v) /li:d/  
to be in front of the others in a competition  
• *Barbara was leading by a few metres from the other runners at the start of the race.*  
> lead, leader (n), leading (adj) ❖ prowadzić
- 8.135** **lap** (n) /læp/  
one part of a race that involves going completely round a track once  
• *They've completed four laps and they have to cycle another two.*  
❖ okrążenie
- 8.136** **suddenly** (adv) /'sʌdnli/  
quickly when you don't expect it  
• *We were watching TV when, suddenly, we heard a noise outside.* > sudden (adj) ❖ nagle
- 8.137** **though** (adv) /ðəʊ/  
however  
• *I thought the fun run would be easy. I was wrong, though.* > though (conj) ❖ jednak
- 8.138** **brilliantly** (adv) /'brɪliəntli/  
very well; in a way that shows a lot of skill  
• *She's a great artist. She paints brilliantly.*  
> brilliant (adj) ❖ znakomicie

- 8.139 awesome** (adj) /'ɔːsəm/  
impressive; amazing • *The live bands at the concert were absolutely awesome.* > awe (n)  
❖ niesamowity
- 8.140 successful** (adj) /sək'sesfl/  
very good at doing sth • *Laura became a successful artist at an early age and people around the world buy her paintings.*  
> succeed (v), success (n) ❖ odnoszący sukcesy ☞ Opp: unsuccessful
- 8.141 swimmer** (n) /'swɪmə(r)/  
sb who swims • *Anastasia is a very good swimmer and she enjoys swimming in the sea every day.* > swim (v), swimming (n)  
❖ pływak
- 8.142 incredible** (adj) /ɪn'kredəbl/  
very good; hard to believe • *The food at Luigi's is incredible! I love their pasta dishes.*  
> incredibly (adv) ❖ niewiarygodny ☞ Opp: credible ☞ Syn: unbelievable
- 8.143 amazingly** (adv) /ə'meɪzɪŋli/  
in a surprising way • *Amazingly, our team won the basketball game. I thought we were losers!*  
> amaze (v), amazing (adj), amazement (n)  
❖ zdumiewająco, niesłychanie ☞ Syn: surprisingly

### Adjectives

aged	incredible	original
awesome	individual	relevant
badly	likely	sick
dangerous	logical	successful
high	lonely	unhappy
incorrect	lower	worst

### Adverbs

amazingly	clearly	secondly
brilliantly	suddenly	thirdly

- 8.146 rock** (n) /rɒk/  
a large stone; the hard substance that forms part of the surface of the Earth • *Rocks might fall on your head when you climb to the top of Mount Olympus, so wear a helmet!* > rocky (adj)  
❖ skała
- 8.147 visit** (n) /vɪzɪt/  
an occasion when you go to see a place or person • *We saw all the famous sights on our visit to Rome.* > visit (v), visitor (n)  
❖ wizyta, pobyt
- 8.148 rope** (n) /rəʊp/  
a strong thick string • *The men tied the ropes on the quay to stop the boat moving.*  
❖ lina
- 8.149 camp** (v) /kæmp/  
to find a place to sleep somewhere outdoors, often in tents • *We camped in the middle of the forest for the night.* > camp, camper, campsite, camping (n) ❖ biwakować
- 8.150 safely** (adv) /'seɪfli/  
in a way that is safe; without any danger • *Please ride safely when you go out on your skateboard.* > save (v), safe (adj), safety (n)  
❖ bezpiecznie, ostrożnie
- 8.151 videographer** (n) /'vɪdɪəʊgrɑːfə(r)/  
sb who makes video films as a job • *The videographer took a video of the climbers arriving at the top of the mountain.* > video, videograph (v), video, videography (n)  
❖ wideograf
- 8.152 high** (adj) /haɪ/  
having a certain distance from the bottom to the top • *Mount Everest is 8,848 metres high.*  
> height (n) ❖ wysoki
- 8.153 pull yourself** (v) /'pʊl jə'self/  
to move your body in a particular direction • *The swimmer pulled himself out of the pool.*  
> pull (n) ❖ podciągać się

### People

climber	player	swimmer
loser	runner	videographer
photographer	skateboarder	winner

### Places

drink station	pitch	track
hall	rock	velodrome

## Video Page 100

- 8.144 climb** (v) /klaɪm/  
to go up towards the top of sth, using your hands and legs • *The spider monkey is climbing to the top of the tree.* > climb, climbing, climber (n) ❖ wspinać się
- 8.145 photographer** (n) /fə'tɒgrəfə(r)/  
sb who takes photos as a job • *A photographer took Alan and Jill's wedding photos.*  
> photograph (v, n), photography (n)  
❖ fotograf