

8 Ready, steady, go!

Glossary

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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.* ❖ جاهز استعد ابداً!

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)
❖ يجري

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)
❖ فردي

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) ❖ يفعل الخير 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)
❖ عداء

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) ❖ قدرات

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.* ❖ في نفس الوقت

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

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.* ❖ صالة

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)
❖ وحيداً

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

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)
❖ يُشجع ❖ Opp: discourage

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

8.14 unhappy (adj) /ʌn'hæpi/
not happy • *Louise is unhappy because her friend didn't call her.* > unhappiness (n)
❖ غير سعيد ❖ 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)
❖ يدعم

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)
❖ اسم ❖ 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) ❖ اعلان ❖ 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) ❖ لافتة

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!* ❖ تنزيل

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)
❖ بالإضافة إلى

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) ❖ أدنى

- 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)
❖ لاعب
- 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) ❖ يتدرب
- 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.*
❖ ملعب
- 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.* ❖ نظارات واقية
- 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) ❖ يُقرض
- 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.* ❖ هوكي 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) /sketks/
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)
❖ الزلاجات
- 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.* ❖ حجم
- 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) ❖ أصلي
- 8.31 incorrect** (adj) /,ɪnkə'rekt/
wrong • *I couldn't phone you because the number I had was incorrect.* ❖ غير صحيح
Opp: correct
- 8.32 baseball** (n) /'beɪsbɔːl/
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.*
❖ البيسبول
- 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) ❖ كريكت
- 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) ❖ جولف
- 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.* ❖ رُجبي
- 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) ❖ مضرب
- 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.* ❖ نادي
- 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.*
❖ مضرب تنس Syn: racquet
- 8.39 snowboard** (n) /'snəʊbɔːd/
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) ❖ لوح التزلج
- 8.40 rule** (n) /ruːl/
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) ❖ قاعدة
- 8.41 would rather** (v) /wʊd 'rɑːðə(r)/
would prefer • *I would rather go for a run than play golf.* ❖ يفضل
- 8.42 American football** (n) /ə,merɪkən 'fʊtbɔːl/
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.* ❖ كرة القدم الأمريكية
- 8.43 surfing** (n) /'sɜːfɪŋ/
the sport of standing on a board and riding on waves • *Surfing is a popular watersport in Hawaii.* > surf (v), surfer, surfboard (n)
❖ ركوب الأمواج

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- 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) ❖ التزحلق
- 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.* ❖ يفوز بالمركز الأول
- 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) ❖ الفائز

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- 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.* ❖ تسلق
- 8.48 lifejacket** (n) /'laɪfdʒæktɪ/
a small plastic jacket that you fill with air to keep you up in water • *You should wear a lifejacket when you go sailing.* ❖ سترة نجاة
- 8.49 allow** (v) /ə'laʊ/
to let sb do sth • *Young children aren't allowed to watch scary films in the cinema.* ❖ يسمح
- 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) ❖ التزام
- 8.51 necessary** (adj) /'nesəseri/
that you need to do or have • *The sports centre provides rackets, so it isn't necessary to buy one.* > necessity (n), necessarily (adv) ❖ ضروري
- 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) ❖ المتزحج
- 8.53 aged** (adj) /eɪdʒd/
of the age of • *The Star Wars films are for children aged ten and over.* > age (v, n) ❖ يبلغ من العمر
- 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.* ❖ دراجة بخارية صغيرة
- 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.* ❖ محطة الشراب

- 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.* ❖ سباق المرح
- 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) ❖ ركوب الخيل
- 8.58 dangerous** (adj) /'deɪndʒərəs/
that can hurt sb or damage sth • *It's dangerous to cross the busy street here.* > danger (n) ❖ خطير
- 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.* ❖ يتمرن
- 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) ❖ اشتراك في مباراة
- 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) ❖ يحتاج

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 ❖ ثلاثين
- 8.63 thirtieth** (num) /'θɜ:tiəθ/
the number 30th ❖ الثلاثون
- 8.64 forty** (num) /'fɔ:ti/
the number 40 ❖ أربعين
- 8.65 fortieth** (num) /'fɔ:tiəθ/
the number 40th ❖ الأربعون
- 8.66 fifty** (num) /'fɪfti/
the number 50 ❖ خمسون
- 8.67 fiftieth** (num) /'fɪftiəθ/
the number 50th ❖ الخمسين
- 8.68 sixty** (num) /'sɪksti/
the number 60 ❖ ستين

- 8.69** **sixtieth** (num) /'sɪkstiəθ/
the number 60th ❖ الستون
- 8.70** **seventy** (num) /'sevnti/
the number 70 ❖ سبعين
- 8.71** **seventieth** (num) /'sevntiəθ/
the number 70th ❖ سبعون
- 8.72** **eighty** (n) /'eɪti/
the number 80 ❖ ثمانين
- 8.73** **eightieth** (num) /'eɪtiəθ/
the number 80th ❖ ثمانون
- 8.74** **ninety** (num) /'naɪnti/
the number 90 ❖ تسعون
- 8.75** **ninetieth** (num) /'naɪntiəθ/
the number 90th ❖ تسعون
- 8.76** **thirty-second** (num) /'θɜːti 'sekənd/
the number 32nd ❖ الثاني والثلاثون
- 8.77** **thirty-third** (num) /'θɜːti θɜːd/
the number 33rd ❖ الثالث والثلاثين
- 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) ❖ منطقي
- 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) ❖ مُحتمل
- 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) ❖ متسلق
- 8.81** **ordinal number** (n) /'ɔːdɪnl '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.* ❖ عدد ترتيبي ❖ Opp: cardinal number
- 8.82** **pound** (n) /paʊnd/
a unit of money used in the UK • *The cinema tickets cost five pounds each.* ❖ جنيه

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.* ❖ بنس ❖ 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) ❖ يُسجل

- 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.* ❖ تنس طاولة ❖ 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.* ❖ زومبا
- 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) ❖ الخاسر ❖ 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) ❖ طبيعة
- 8.89** **organise** (v) /'ɔːgənaɪz/
to plan and prepare sth • *Helen helped to organise the dance competition.* > organiser (n), organisation (n) ❖ تنظيم
- 8.90** **state** (v) /steɪt/
to write or say sth • *The teacher stated that the school needed new gym equipment.* > statement (n) ❖ حالة
- 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) ❖ بوضوح
- 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) ❖ ذو صلة ❖ 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?* ❖ يتلقى
- 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) ❖ تحسين
- 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.* ❖ مجلس المدرسة

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

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.* ❖ الى الخلف
- 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.* ❖ إصبع
- 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.* ❖ رقبة
- 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.*
❖ معدة
- 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.* ❖ عنكبوت
- 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.*
❖ قرد
- 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.* ❖ القرد العنكبوت
- 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)
❖ يكسر
- 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.* ❖ يقطع
- 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.* ❖ مريض Ⓜ 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.* ❖ ألم المعدة
- 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)
❖ برد
- 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.*
❖ درجة حرارة Ⓜ Syn: fever
- 8.111** **headache** (n) /'hedeɪk/
a pain in the head • *I took an aspirin to stop my headache.* ❖ صداع
- 8.112** **end-of-term** (adj) /,endəv'tɜ:m/
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!*
❖ نهاية الفصل الدراسي
- 8.113** **fall** (v) /fɔ:l/
to drop down; to drop off sth • *The dancer fell off the stage and hurt her arm.* > fall (n)
❖ خريف
- 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) ❖ يضرب
- 8.115** **badly** (adv) /'bædli/
in a way that is serious • *Jason hurt his leg badly when he fell off his horse.*
❖ بشكل سيئ
- 8.116** **while** (conj) /waɪl/
during the time that (sth else is happening) • *I fell while I was running to catch the ball.*
❖ بينما Ⓜ 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.* ❖ ألم
- 8.118** **worst** (adj) /wɜ:st/
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.*
❖ أسوء
- 8.119** **disaster** (n) /dɪ'zɑ:stə(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) ❖ كارثة
- 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) ❖ عظام

- 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) ❖ يشم

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'kwest/
a formal or polite question asking for sth
• *The residents made a request for better street lights in their area.* > request (v)
❖ طلب
- 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)
❖ إذن
- 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)
❖ ماراثون
- 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) ❖ صيد
- 8.126** **swimsuit** (n) /'swɪmsu:t/
sth you wear to go swimming
• *Don't forget to bring your swimsuits for the beach.*
❖ ملابس السباحة 📖 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.* ❖ مقالة
- 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.* ❖ تمهيد
- 8.129** **velodrome** (n) /'velədrəʊm/
a building or track for cycling races
• *We watched the cyclists racing round the track in the velodrome.* ❖ فيلودروم
- 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)
❖ دراما
- 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.* ❖ مسار
📖 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)
❖ بطولة
- 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)
❖ مقعد
- 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) ❖ يقود
- 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.*
❖ حلبة
- 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) ❖ فجأة
- 8.137** **though** (adv) /ðəʊ/
however
• *I thought the fun run would be easy. I was wrong, though.* > though (conj)
❖ خلال
- 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) ❖ ببراعة

- 8.139 awesome** (adj) /'ɔːsəm/
impressive; amazing • *The live bands at the concert were absolutely awesome.* > awe (n)
❖ رائع
- 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) ❖ نجاح
📖 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)
❖ سباح
- 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) ❖ لا يصدق
📖 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)
❖ مثير للدهشة 📖 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)
❖ صخرة
- 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)
❖ يزور
- 8.148 rope** (n) /rəʊp/
a strong thick string • *The men tied the ropes on the quay to stop the boat moving.*
❖ حبل
- 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) ❖ مُعسكر
- 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)
❖ بأمان
- 8.151 videographer** (n) /'vɪdɪəʊɡrɑːfə(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)
❖ مصور فيديو
- 8.152 high** (adj) /haɪ/
having a certain distance from the bottom to the top • *Mount Everest is 8,848 metres high.*
> height (n) ❖ مرتفع
- 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) ❖ تَحَامَلَ عَلَى نَفْسِهِ

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) ❖ يتسلق
- 8.145 photographer** (n) /fə'tɒɡrəfə(r)/
sb who takes photos as a job • *A photographer took Alan and Jill's wedding photos.*
> photograph (v, n), photography (n)
❖ مصور فوتوغرافي