

Glossary

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6.1 go for it (phr) /gəʊ fɜːr ɪt/
to try hard to achieve sth • *If you want to climb Mount Olympus, join a hiking group and go for it!* ❖ действовать

Reading Pages 66–67

6.2 watersports (n pl) /'wɔːtəspɔːts/
sports that are done on or in water • *I love all watersports, especially water-skiing and diving.*
❖ водный спорт

6.3 indoor (adj) /'ɪndɔː(r)/
located or done inside a building • *In winter, we go swimming at an indoor swimming pool.*
> indoors (adv) ❖ в помещении
📖 Opp: outdoor

6.4 fit (adj) /fɪt/
strong and healthy because you take regular exercise • *Dad runs in the park three times a week, so he's very fit.* > fitness (n)
❖ подтянутый 📖 Opp: unfit

6.5 paddleboarding (n) /'pædlbɔːdɪŋ/
a sport where you lie on a surfboard and use your arms or stand up and use a paddle to move forward • *Paddleboarding was fun, but I kept slipping off the board into the water.*
❖ паддлбординг

6.6 combination (n) /kəm'bɪneɪʃn/
a mixture • *Surfing needs a combination of balance and strength.* > combine (v)
❖ комбинация

6.7 surfing (n) /'sɜːfɪŋ/
a sport where you stand on a board and ride on waves • *Surfing is popular in places like Hawaii, where the waves are huge.* > surf (v), surfer (n) ❖ серфинг

6.8 rowing (n) /'rəʊɪŋ/
a sport or activity of travelling in a boat using oars • *Rowing is great exercise, especially for your arms.* > row (v), rower (n) ❖ гребля

6.9 lie (v) /laɪ/
to be in a position in which your body is flat on a surface • *The surfer was lying on the board, and when a big wave came, he stood up and rode it.* ❖ лгать

6.10 kneel (v) /niːl/
to move into a position with your knees on the ground to support your body • *He knelt down beside a tree to take a photo of a bird's nest.*
❖ встать на колени

6.11 paddle (n) /'pædl/
a pole with a flat part at the end, used to push water to make a small boat move • *The motorboat's engine stopped so we used the paddles to row back to the shore.*
❖ весло

6.12 board (n) /bɔːd/
a long thin piece of hard material used in sports like surfing • *This board is used for surfing and it is made of expensive material.*
❖ доска

6.13 challenge (n) /'tʃæləndʒ/
sth difficult that tests your ability • *Sailing across the Atlantic alone was an amazing challenge.* > challenge (v), challenging (adj)
❖ вызов

6.14 scuba diving (n) /'skuːbə 'daɪvɪŋ/
swimming underwater using a container of air that you have on your back and a tube that you use to breathe the air in the container • *My greatest ambition is to go scuba diving in the Great Barrier Reef and see the corals, fish and other sea life there.* ❖ погружение с аквалангом

6.15 level (n) /'levl/
a particular standard; how much you know about a subject; how good you are at an activity • *I've been studying English for five years and my level is quite good.* > level (adj)
❖ уровень

6.16 including (prep) /ɪn'kluːdɪŋ/
having sth as part of a larger group or amount • *The child ate everything on her plate, including the spinach.* > include (v)
❖ включая 📖 Opp: excluding

6.17 instructor (n) /ɪn'strʌktə/
a trainer; sb who teaches you a sport • *Dan is a swimming instructor and gives lessons to children every evening at the local pool.*
> instruct (v), instruction (n) ❖ инструктор

6.18 be in safe hands (phr) /biː ɪn seɪf hændz/
to not be in danger • *You are in safe hands because the instructor has been giving skiing lessons for 20 years.* ❖ быть в надежных руках

- 6.19 hire** (v) /haɪə(r)/
to rent for a short time • *You don't have to buy a boat when you go on holiday. You can hire one for as long as you want.* ❖ снимать
- 6.20 equipment** (n) /'kwɪpmənt/
things that are needed for an activity • *The equipment for sports like scuba diving is very expensive.* > equip (v), equipped (adj)
❖ оборудование
- 6.21 belt** (n) /belt/
a long narrow piece of leather or cloth that you wear around your waist • *He's good at judo; he has a black belt.* ❖ пояс
- 6.22 qualified** (adj) /'kwɒlɪfaɪd/
having the correct training and/or experience to do a job • *Carmen took a course to become a qualified sailing instructor.*
> qualify (v), qualification (n)
❖ квалифицированный
- 6.23 enter a competition** (phr) /'entə ə ,kɒmpə'tɪʃn/
to put your name on the list for a competition • *Are you going to enter the story-writing competition? You might win it.* ❖ участвовать в соревновании
- 6.24 enjoyment** (n) /ɪn'dʒɔɪmənt/
the feeling of pleasure from doing sth you enjoy • *She gets a lot of enjoyment from walking in the countryside.* > enjoy (v), enjoyable (adj) ❖ удовольствие
- 6.25 helmet** (n) /'helmt/
a hard hat that protects your head • *In Formula 1 racing, the drivers wear helmets to protect their heads.* ❖ шлем
- 6.26 coordination** (n) /kəʊ,rɔ:dɪ'neɪʃn/
the ability to control your movements well • *An athlete needs to be fit and have excellent coordination.* > coordinate (v) ❖ координация
- 6.27 ice-skating** (n) /'aɪs sketɪŋ/
the sport of moving on ice, wearing special skates • *He fell on the ice and broke his arm the first time he went ice-skating.* > ice-skate (v)
❖ катание на коньках
- 6.28 skate** (n) /sket/
a boot with a metal blade or wheels on the bottom • *I put on my skates and went round and round the ice rink.* > skate (v), skater, skating (n) ❖ скейт
- 6.29 ice rink** (n) /aɪs ɪŋk/
a specially prepared surface of ice where you can skate • *It is quite cold on the ice rink, so dress warmly.* ❖ каток
- 6.30 combine** (v) /kəm'baɪn/
to have two or more different features • *Erica combines family life and a career in architecture.* > combination (n) ❖ совмещать
- 6.31 water-skiing** (n) /'wɔ:tə 'ski:ɪŋ/
a sport in which you are pulled behind a fast boat on skis • *Water-skiing is a hard sport and many people fall in the water when they first try.* > water-ski (v) ❖ водные лыжи
- 6.32 pull along** (phr v) /pʊl ə'lɒŋ/
to make sb/sth move towards you because they are attached to you or because you are holding them • *Our car broke down and it was pulled along by a truck.* ❖ тащить за собой
- 6.33 surfboard** (n) /'sɜ:fbɔ:d/
a board used for surfing • *Get your surfboard and let's go to the beach. The waves are great for surfing today.* > surfing, surfer (n), surf (v)
❖ доска для серфинга
- 6.34 ride the waves** (phr) /raɪd ðə weɪvz/
to move on the surface of the water on a board • *Professional surfers can ride the waves for great distances.* ❖ оседлать волну
📖 Syn: surf
- 6.35 hold on tight** (phr) /həʊld ɒn taɪt/
to not let go, to hold firmly • *Here we go. Hold on tight so you don't fall into the sea!*
❖ крепко держаться
- 6.36 life jacket** (n) /laɪf 'dʒækt/
a jacket filled with air that helps you float in water • *If you are in a boat, you should wear a life jacket in case you fall into the water.*
❖ спасательный жилет
- 6.37 snowboarding** (n) /'snəʊbɔ:dɪŋ/
the sport of moving over snow on a board • *Snowboarding is a winter sport.*
> snowboard (n), snowboarder (n)
❖ езда на сноуборде
- 6.38 try sth out** (phr v) /traɪ 'sʌmθɪŋ aʊt/
to do sth or use sth to find out if you like it • *Before you buy expensive equipment, you can try surfing out for a day at the watersports club.* ❖ попробовать что-л.
- 6.39 experienced** (adj) /ɪk'spɪəriənst/
having skills or knowledge in a particular activity or job • *You should take her advice as she's very experienced and she knows how to do things properly.* > experience (n, v)
❖ опытный 📖 Opp: inexperienced
- 6.40 athletic** (adj) /æθ'letɪk/
physically strong and active • *Sara is a tall athletic girl who can do heavy work on a farm.*
> athlete (n), athletics (n) ❖ спортивный
- 6.41 shoot** (v) /ʃu:t/
to kick or throw a ball to score a goal or point • *The player ran down the field, shot and scored.* > shot (n) ❖ пас

- 6.42 helpful** (adj) /'helpfəl/
sb who helps, sth that is useful • *Your tips on how to stay on the surfboard were really helpful.* > help (v, n), helpfully (adv), helpfulness (n) ❖ предупредительный
- 6.43 compete** (v) /kəm'pi:t/
to take part in a competition or sport
• *Hundreds of athletes compete for a gold medal at the Olympic Games.*
> competitor (n), competition (n), competitive (adj), competitively (adv) ❖ состязаться
- 6.44 instruct** (v) /ɪn'strʌkt/
to teach sb, especially a skill or process
• *The chemistry teacher instructed the students on how to do the experiment.*
> instructor (n), instruction (n) ❖ объяснять
- 6.45 success** (n) /sʌk'ses/
sth you do well • *She climbed up the ladder of success to become leader of her country.*
> succeed (v), successful (adj), successfully (adv) ❖ успех
- 6.46 champion** (n) /'tʃæmpiən/
a person who has won a contest • *Mohammed Ali was a world heavyweight boxing champion.*
> championship (n) ❖ чемпион
- 6.47 coach** (n) /kəʊtʃ/
sb who trains people to play a sport • *The rowing coach made his team train every day for an hour.* > coach (v) ❖ тренер
- 6.48 regularly** (adv) /'regjələli/
often • *My grandparents visit us regularly. We see them once a month.* > regular (adj)
❖ регулярно
- 6.49 occasionally** (adv) /ə'keɪʒnəli/
sometimes • *We occasionally go camping at weekends, but only when the weather is good.*
> occasional (adj) ❖ случайно
- 6.50 gymnastics** (n) /dʒɪm'næstɪks/
a sport involving movements that need skill and strength • *She's very good at gymnastics and hopes to get into the Olympic team one day.* > gymnast (n), gym (n) ❖ гимнастика
- 6.52 yoga** (n) /'jəʊgə/
a type of exercise that keeps you fit and helps you relax • *Yoga is a great form of exercise for all ages and it helps you to breathe better.*
❖ йога
- 6.53 tournament** (n) /'tɔ:nəmənt/
a set of games where you must win to carry on to the next game • *The team have won the first game, so they are still in the tournament.*
❖ соревнование
- 6.54 track** (n) /træk/
the ground you run along in a race • *He ran 400 metres on the track in one minute.*
❖ дорожка
- 6.55 stick** (n) /stɪk/
a long piece of wood that you use to hit a ball in some sports • *You hit the ball with a stick when playing hockey.* ❖ клюшка
- 6.56 pitch** (n) /pɪtʃ/
the area of grass where you play football, hockey or rugby • *The grass on the football pitch was really wet after the heavy rain.*
❖ поле
- 6.57 court** (n) /kɔ:t/
the area of ground where you play basketball, volleyball, tennis, etc. • *She hit the ball across the net to the other side of the volleyball court.*
❖ корт
- 6.58 basket** (n) /'bɑ:skɪt/
a net on a metal ring where the ball must go to score points in basketball • *Ioannis caught the ball and threw it into the basket.* ❖ корзина
- 6.59 goal post** (n) /gəʊl pəʊst/
one of the two posts that form the area where the ball must go to score in football, hockey, etc. • *Leo tried to score, but the ball hit the goal post and didn't go into the net.*
❖ штанга
- 6.60 match** (n) /mætʃ/
a sports event • *Did you see the football match between Arsenal and Liverpool on Saturday?* ❖ матч
- 6.61 rider** (n) /'raɪdə(r)/
sb who rides a bike or horse • *The rider fell off his motorbike as he turned the corner.* > ride (v, n), riding (n) ❖ ездок
- 6.62 point** (n) /pɔɪnt/
a mark that counts on the score of a game or competition • *At the end of the word game, we counted our points to see who had the best score.* ❖ очко
- 6.63 run** (n) /rʌn/
a point scored in baseball or cricket by running from one place to another • *India scored 90 more runs and won the game.*
> run (v), runner, running (n) ❖ ран

Vocabulary Page 68

- 6.51 athletics** (n) /æθ'letɪks/
sports which are usually done on a track, e.g. running or jumping • *He doesn't like ball games, but he enjoys athletics and is in the running team.* > athlete (n), athletic (adj)
❖ атлетика

- 6.64 score** (v) /skɔː/
to win a point in a game or sport • *Our team scored five goals in the match yesterday!*
> score, scorer (n) ❖ набрать (очки)
- 6.65 stadium** (n) /'steɪdiəm/
a sports ground surrounded by many seats
• *The stadium was full of fans waiting for the match to begin.* ❖ стадион
- 6.66 official** (adj) /ə'fɪʃl/
formal • *The team manager is travelling to London on official business.* > official (n)
❖ официальный
- 6.67 championship** (n) /'tʃæmpɪənʃɪp/
a sports competition • *When was the last time the Greek national team won the European Football Championship?* > champion (n)
❖ чемпионат
- 6.68 interior** (adj) /ɪn'tɪəriə(r)/
connected with or on the inside of sth
• *They hired an interior decorator to paint their bedrooms.* > interior (n) ❖ интерьер
- 6.69 inner** (adj) /'ɪnə(r)/
inside or near the middle of a place • *There are a lot of shops and businesses in the inner city.* ❖ внутренний
- 6.70 league** (n) /liːg/
a group of teams of a similar level that compete with each other • *Which team do you think will be the Premier League champions next year?* ❖ лига

Places

court	ice rink	track
pitch	stadium	

Grammar Page 69

- 6.71 charge** (n) /tʃɑːdʒ/
the amount of money that sth costs • *The shop will deliver your order free of charge.*
> charge (v) ❖ цена
- 6.72 show sb around** (phr v) /ʃəʊ 'sʌmbədi ə'raʊnd/
to go around with sb to show them a place
• *My aunt showed us around her new house.*
❖ показать окрестности

Listening Page 70

- 6.73 competitor** (n) /kəm'petɪtə(r)/
a person who takes part in a competition
• *All the competitors are very good, so it will be interesting to see who wins the prize.*
> compete (v), competition (n), competitive (adj), competitively (adv) ❖ участник

- 6.74 limit** (n) /'lɪmɪt/
the maximum point or level of sb/sth • *There are limits to human abilities because we can't fly or swim under water for a long time.*
> limit (v) ❖ предел
- 6.75 tough** (adj) /tʌf/
difficult • *The descent from the mountain was tough even for the experienced climbers.*
> toughness (n) ❖ тяжелый
- 6.76 incredible** (adj) /ɪn'kredəbl/
very difficult to believe • *It's incredible that the passengers survived the crash.* > incredibly (adv) ❖ невероятный
- 6.77 cope (with)** (v) /kəʊp (wɪð)/
to face; to manage to do • *Craig coped with the solo voyage across the Atlantic by listening to music and reading.* ❖ справляться (с)
- 6.78 sandstorm** (n) /'sændstɔːm/
a storm in a desert in which a strong wind blows sand into the air • *The travellers couldn't cross the desert because of the sandstorm.* ❖ песчаная буря
- 6.79 penguin** (n) /'penɡwɪn/
a large black and white bird that comes from Antarctica • *Penguins have short wings that they use to swim, but they can't fly.* ❖ пингвин
- 6.80 seal** (n) /siːl/
a sea animal that eats fish • *The seal dived into the sea to catch fish.* ❖ печать

Speaking Page 71

- 6.81 competitive** (adj) /kəm'petɪtɪv/
trying very hard to be more successful or better than others • *Selina is very competitive and gets angry when she loses.*
> compete (v), competition, competitor (n), competitively (adv) ❖ соревновательный

Vocabulary Page 72

- 6.82 tracksuit** (n) /'træksuɪt/
a pair of trousers and a jacket or top worn for doing sports or relaxing • *Jane put on her tracksuit to go running in the park.*
❖ спортивный костюм
- 6.83 workout** (n) /wɜːkaʊt/
a series of physical exercises • *Ellie does a half-hour workout every day to keep fit.*
> work out (phr v) ❖ тренировка
- 6.84 competitively** (adv) /kəm'petɪtɪvli/
in a way that shows you are trying very hard to be more successful or better than others • *She wants to win, so she plays very competitively.*
> competitive (adj), compete (v), competition, competitor (n) ❖ на конкурсной основе

- 6.85** **endanger** (v) /ɪn'deɪndʒər/
to put sb/sth at risk • *Wildfires endanger the lives of animals in the forests.* > endangered, dangerous (adj), danger (n) ❖ подвергать опасности
- 6.86** **dangerously** (adv) /'deɪndʒərəsli/
in a way that involves danger • *The ship was sailing dangerously close to the rocks.*
> dangerous (adj), endanger (v), danger (n)
❖ опасно
- 6.87** **depth** (n) /depθ/
the distance from the top to the bottom of sth
• *The divers measured the depth of the lake.*
> deep (adj), deeply (adv), deepen (v)
❖ глубина
- 6.88** **deepen** (v) /'di:pən/
to become deeper; to become stronger • *The longer they knew each other, the more their love deepened.* > deep (adj), deeply (adv), depth (n) ❖ углубляться
- 6.89** **diver** (n) /'daɪvə(r)/
a person who works underwater, usually with special equipment; a person who dives for pleasure • *The divers explored the ship at the bottom of the sea.* > dive (v, n) ❖ ныряльщик
- 6.90** **fitness** (n) /'fɪtnɪs/
the condition of being strong and healthy
• *People can achieve fitness if they exercise and eat the right food.* > fit (adj)
❖ хорошая физическая форма
- 6.91** **freedom** (n) /'fri:dəm/
the state of being free and not controlled by sb/sth else • *The ancient Greek cities fought together for their freedom when the Persians invaded their land.* > free (v, adj)
❖ свобода
- 6.92** **free** (v) /fri:/
to allow sb to leave prison or a place where they have been kept against their will • *The men were freed after a few weeks in prison.*
> free (adj), freely (adv), freedom (n)
❖ освобождать
- 6.93** **freely** (adv) /'fri:li/
without anyone stopping sb/sth; allowing sb/sth to move without stopping them • *They are going to make the road wider so that traffic can move freely.* > free (adj, v), freedom (n)
❖ свободно
- 6.94** **profession** (n) /prə'feʃn/
a job • *He is a dentist by profession.*
> professional (adj, n) ❖ профессия
- 6.95** **professional** (n) /prə'feʃənl/
sb who does a sport or other activity as a job and earns money from it • *Doug is a professional and makes a lot of money playing golf.* > profession (n), professional (adj)
❖ профессионал 📎 Opp: amateur

- 6.96** **strengthen** (v) /'streŋkən/
to make sth stronger • *These stretching exercises will strengthen your arms and legs.*
> strong (adj), strength (n) ❖ усиливать
- 6.97** **hold your breath** (phr) /həʊld jɔ: breθ/
to not breathe on purpose • *I can hold my breath underwater for 40 seconds and then I need to come up for air.* ❖ задерживать дыхание

Grammar Page 73

- 6.98** **cancel** (v) /'kænsəl/
to stop an organised event from happening; to stop an order for sth you don't want • *The football match was cancelled because of the rain.* > cancellation (n) ❖ отменять
- 6.99** **on time** (phr) /ɒn taɪm/
at the time arranged • *Please arrive on time. You mustn't be late.* ❖ вовремя

Writing Pages 74–75

- 6.100** **independence** (n) /,ɪndɪ'pendəns/
the state of being free from control by others
• *Daniel moved out of his parents' house when he was 19 to have some independence.*
> independent (adj), independently (adv)
❖ независимость 📎 Opp: dependence
- 6.101** **concentrate** (v) /'kɒnsntreɪt/
to give all your attention to sth • *You can't concentrate on your work if you're also watching TV!* > concentration (n)
❖ концентрироваться
- 6.102** **in favour of** (phr) /ɪn 'feɪvər əv/
supporting; in agreement with • *The government were not in favour of providing free school meals.* ❖ в поддержку
📎 Opp: against
- 6.103** **in my view** (phr) /ɪn maɪ vju:/
in my opinion • *In my view, scuba diving is a more interesting sport than surfing.*
❖ на мой взгляд
- 6.104** **selfish** (adj) /'selfɪʃ/
caring only about yourself • *She didn't have many friends because she was too selfish to think about anyone else's needs.* > selfishness (n) ❖ эгоистичный 📎 Opp: unselfish
- 6.105** **in conclusion** (phr) /ɪn kən'klu:ʒn/
finally; as a final point • *In conclusion, all the competitors did their best in the race.*
❖ в завершение
- 6.106** **teamwork** (n) /'ti:mwɜ:k/
the activity of working together in a group
• *Building the house on time depends on teamwork between the architect and the builders.* ❖ командная работа

- 6.107 pay attention** (phr) /peɪ ə'tenʃn/
to listen to or watch sb/sth carefully
• *Your performance will get better if you pay attention to your coach.* ❖ обратить внимание
- 6.108 violent** (adj) /'vaɪələnt/
happening with a lot of force • *The violent storm caused a lot of damage.* > violently (adv), violence (n) ❖ насильственный
- 6.109 boxing** (n) /'bɒksɪŋ/
a sport in which two people fight each other using their hands, which are covered with thick gloves • *He gave up boxing as a sport when he got serious head injuries.* > boxer (n), box (v) ❖ бокс
- 6.110 furthermore** (adv) /fɜːðə'mɔː(r)/
in addition (to what was already mentioned)
• *We can't afford to move house. Furthermore, we are happy living in this flat.* ❖ к тому же
📖 Syn: moreover
- 6.111 moreover** (adv) /mɔːrəʊvə(r)/
in addition (to what was already mentioned)
• *Heating our flat is inexpensive. Moreover, we have a great view from the balcony.*
❖ более того 📖 Syn: furthermore
- 6.112 sum up** (phr v) /sʌm ʌp/
to state the main points of sth • *He summed up his ideas at the end of his talk.*
❖ подводя итог

Sports

archery	handball	surfing
athletics	paddleboarding	water-skiing
boxing	rowing	watersports
ice-skating	scuba diving	
gymnastics	snowboarding	

People

archer	competitor	professional
champion	diver	
coach	instructor	

Video Page 76

- 6.113 mounted** (adj) /'maʊntɪd/
riding a horse • *Mounted police officers were controlling the crowd in front of the town hall.*
> mount (v) ❖ верхом
- 6.114 archery** (n) /'ɑːtʃəri/
the sport of shooting arrows to hit sth • *She wanted to try archery because her hero is Robin Hood.* > archer (n) ❖ стрельба из лука

- 6.115 archer** (n) /'ɑːtʃər/
a person who shoots arrows to hit sth • *Robin was a great archer who could hit whatever he aimed at.* > archery (n) ❖ стрелок из лука
- 6.116 arrow** (n) /'ærəʊ/
a long thin object with a sharp end, used as a weapon • *Early humans used hand-made arrows to hunt and kill animals.* ❖ стрела
- 6.117 bow** (n) /bəʊ/
a long curved shape with a string holding its ends together, used as a weapon to fire arrows
• *He picked up his bow and fired an arrow at the deer.* ❖ лук
- 6.118 target** (n) /'tɑːɡɪt/
an object that sb shoots at; a circle with a pattern which people aim to hit in the centre
• *In his first archery lesson, most of his arrows missed the target.* > target (v) ❖ мишень
- 6.119 ancient** (adj) /'eɪnʃənt/
old, from a long time ago • *Ancient Greeks built the first Olympic stadium.* ❖ древний
- 6.120 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) ❖ успешный
📖 Opp: unsuccessful
- 6.121 on horseback** (phr) /ɒn 'hɔːsbæk/
riding a horse • *Before cars were invented, people used to travel on horseback.*
❖ в седле
- 6.122 secret** (n) /'siːkrɪt/
information which isn't for others to hear
• *I'll only tell you what I bought Penny for her birthday if you can keep a secret.*
❖ секрет
- 6.123 despite** (prep) /dɪs'paɪt/
even though • *Despite being expensive, eating out in London is very enjoyable.*
❖ несмотря 📖 Syn: in spite of

Sports equipment

arrow	bow	paddle
basket	goal post	net
bat	glove	stick
belt	helmet	surfboard
board	life jacket	target