**7** Time to relax

 Glossary

Reading **Pages 78–79**

* 1. **collect** (v) /kəˈlekt/

to find and keep things of a particular kind as a hobby ● *My dad likes collecting stamps from different countries.* ➣ collection, collector (n)

* + - kolekcjonować
	1. **reading** (n) /ˈriːdɪŋ/

the activity of reading books as a hobby

* *Sam’s favourite hobby is reading, so he spends a lot of time at the library.* ➣ read (v), reader (n) ❖ czytanie
	1. **blog** (n) /blɒɡ/

a text on a website about events, opinions, etc. ● *Have you read my new blog about the travels of Heracles?* ➣ blog (v), blogger (n)

* + - blog
	1. **snowboarding** (n) /ˈsnəʊbɔːdɪŋ/

the sport of riding a board on snow down a hill

* *Did you know that snowboarding is a sport in the Winter Olympics?* ➣ snowboard (v, n), snowboarder (n) ❖ snowboarding
	1. **windsurfing** (n) /ˈwɪndsɜːfɪŋ/

the sport of standing on a board that has a sail to move across water with the power of the wind ● *Lots of people go sailing or windsurfing on the lake at weekends.* ➣ windsurf (v), windsurfer (n) ❖ windsurfing

* 1. **card** (n) /kɑːd/

a piece of hard paper that has a picture on the front and sometimes has a message inside or on the back ● *My uncle keeps all his birthday cards in this box.* ❖ kartka

* 1. **comic book** (n) /ˈkɒmɪk bʊk/

a magazine that tells stories with pictures, usually for children ● *Do you like reading comic books like Superman or Wonder Woman?* ➣ comic, comical (adj), comic (n)

* + - komiks ✎ Syn: comic (UK English)
	1. **passion** (n) /ˈpæʃn/

sth you love doing, like an activity or hobby

* *Leo’s always had a passion for football.*

➣ passionate (adj) ❖ pasja

* 1. **make a difference** (phr) /ˈmeɪk ə ˈdɪfrəns/ to change sth in a way that makes it better
* *The internet has made a difference to the way people communicate.* ❖ robić różnicę, mieć znaczenie
	1. **broken** (adj) /ˈbrəʊkən/

not working in the correct way; hurt or damaged ● *I can’t send a text with my phone because the screen is broken.* ➣ break (v, n)

* + - zepsuty, uszkodzony
	1. **radio** (n) /ˈreɪdiəʊ/

a machine used for listening to or sending sounds, like music, news programmes or plays

* *My mum listens to the news on the radio every morning.* ❖ radio
	1. **battery** (n) /ˈbætri/

sth that you put in a machine or device to give it electricity to make it work ● *The TV remote control isn’t working because it needs new batteries.* ❖ bateria

* 1. **provide** (v) /prəˈvaɪd/

give sth to sb to use ● *The sports centre provides everything you need to play tennis.*

➣ provider (n), provision (n) ❖ zapewniać, dostarczać

* 1. **equipment** (n) /ɪˈkwɪpmənt/

the things you need to do something

* *The school needs some new equipment, like computers and tablets.* ➣ equip (v)
	+ - sprzęt
	1. **community** (n) /kəˈmjuːnəti/

a group of people who live in one place

* *Carol has lived here for years, so she knows nearly everyone in the community.*
	+ - społeczność
	1. **radio station** (n) /ˈreɪdiəʊ ˈsteɪʃn/

a radio company and all the programmes it plays ● *They play the same songs every day on this radio station, so it’s a bit boring.*

* + - stacja radiowa
	1. **DJ** (abbrev) /ˈdiː dʒeɪ/

short form of ‘disc jockey’; sb who plays recorded music in a public place ● *We asked the DJ to play our favourite Justin Bieber song.*

* + - DJ
	1. **grow up** (phr v) /ɡrəʊ up/

to become an adult ● *James grew up on a farm, but now he’s moved to the city.* ➣ grown- up (adj, n) ❖ dorastać

* 1. **street food** (n) /ˈstriːt fuːd/

food you can buy from sellers on the street to eat right away ● *You can buy a variety of street food, like hamburgers and popcorn, at the festival.* ❖ street food

* 1. **stall** (n) /stɔːl/

an outdoor table or cart with things for sale

* *I bought some fresh strawberries from a stall outside the train station.* ❖ stragan
	1. **win** (v) /wɪn/

to be the first in a competition, match or race, etc.

* *Which football team won the last World Cup?*

➣ winner (n), winning (adj) ❖ wygrać

* 1. **medal** (n) /ˈmedl/

a metal disc that you get for winning or doing well in a competition ● *George got a silver medal when he finished second in the swimming race.* ❖ medal

* 1. **the Asian Games** (n pl) /ði ˈeɪʒn geɪmz/ an event with different sports competitions

that takes place every four years for athletes from Asian countries ● *The Chinese women’s volleyball team won a gold medal at the Asian Games in 2018.* ❖ igrzyska azjatyckie

* 1. **Braille** (n) /breɪl/

a system of writing letters of the alphabet with raised marks on a page for blind people to read by touching them ● *Jack learnt to read books in Braille because he can’t see.*

* + - alfabet Braille'a
	1. **cheap** (adj) /tʃiːp/

not expensive; not costing a lot of money

* *It’s the best hotel in town and it isn’t cheap.*

➣ cheaply (adv) ❖ tani

* 1. **company** (n) /ˈkʌmpəni/

an organisation that makes and sells things or provides services ● *Dad works in a factory that makes clothes for a famous company.*

* + - firma, spółka ✎ Syn: business
	1. **try** (v) /ˈtraɪ/

to attempt to do sth to see if it’s possible ● *I tried to learn Japanese, but it was too difficult for me.* ➣ try, trial (n) ❖ próbować, starać się

* 1. **make money** (phr) /meɪk ˈmʌni/

to get money from your job or by selling sth

* *Steve makes money by selling his old clothes and other things on the internet.*
	+ - zarabiać pieniądze
	1. **device** (n) /dɪˈvaɪs/

sth like a small machine that you use for a particular purpose ● *We usually have to switch off our devices, like mobile phones, in the classroom.* ❖ urządzenie

* 1. **business** (n) /ˈbɪznəs/

an organisation or company that makes or sells things ● *Irene has a business making clothes for children.* ❖ biznes, przedsiębiorstwo

Vocabulary **Page 80**

* 1. **board game** (n) /bɔːd ɡeɪm/

any game that you play by moving pieces on a board (on a table, etc.) ● *Sometimes I play board games like Monopoly™ with my family.*

* + - gra planszowa
	1. **camping** (n) /ˈkæmpɪŋ/

the activity of staying in a tent, usually for a short time ● *This summer, we’re going camping in a forest near a beach.*

➣ camp (v), camp, camper (n)

* + - biwakowanie
	1. **chess** (n) /tʃes/

a game for two people played by moving specially shaped pieces on a board with black and white squares ● *Alice plays chess as a hobby with her friends.* ❖ szachy

* 1. **cycling** (n) /ˈsaɪklɪŋ/

the activity of riding a bike ● *Tim goes cycling around the park on his new bike.*

* + - jazda na rowerze, kolarstwo
	1. **drawing** (n) /ˈdrɔːɪŋ/

the activity of making pictures by using a pencil or pen ● *Janet is good at drawing and painting pictures of birds.* ➣ draw (v) ❖ rysowanie

* 1. **sporty** (adj) /ˈspɔːti/

good at or liking sports ● *I’m not a very sporty person, but I enjoy dancing.* ➣ sport (n)

* + - wysportowany
	1. **tent** (n) /tent/

a shelter held up by poles and ropes that you use for camping ● *Ben put up his tent next to ours on the campsite.* ❖ namiot

* 1. **piece** (n) /piːs/

a small specially shaped object that you move on a board to play a game, e.g. chess ● *I have only two pieces left on the chess board, so*

*I think you’re winning.* ❖ pionek

* 1. **sheet of paper** (n) /ʃiːt əv ˈpeɪpə(r)/

a piece of paper for writing or drawing on

* *I put some sheets of paper in the printer.*
	+ - kartka papieru

Grammar **Page 81**

* 1. **smartphone** (n) /ˈsmɑːtfəʊn/

a mobile phone that has internet access and apps ● *Carol often sends emails from her smartphone.* ❖ smartfon

* 1. **helmet** (n) /ˈhelmɪt/

a hard hat that you wear on your head to protect it ● *Put on your helmet before you start skateboarding.* ❖ kask

* 1. **laugh out loud** (phr) /ˈlɑːf aʊt laʊd/

to find sb/sth very funny and laugh, making a noise ● *This comic book made me laugh out loud. It’s really funny!* ➣ laugh-out-loud (adj)

* + - uśmiać się ✎ Abbrev: LOL
	1. **better** (adv) /ˈbetə(r)/

healthy again ● *If you have a rest, you’ll feel better.* ❖ lepiej

Listening **Page 82**

* 1. **competitive** (adj) /kəmˈpetətɪv/ wanting very much to win or be more

successful than other people ● *Donna is very competitive. She’s trying to win another gold medal.* ➣ compete (v), competition (n), competitor (n) ❖ rywalizujący, ambitny

* 1. **absolutely** (adv) /ˈæbsəluːtli/

very much; completely ● *‘Did you like the film?’ ‘Absolutely! It was fantastic.’* ➣ absolute (adj)

* + - oczywiście, zdecydowanie
	1. **you’re right** (phr) /jɔː(r) raɪt/

your opinion is correct ● *You’re right about Max. He’s very competitive.* ❖ masz rację

Speaking **Page 83**

* 1. **stage** (n) /steɪdʒ/

the part of a theatre where people perform

* *Natalie was nervous about going on stage to sing.* ❖ scena
	1. **take part in** (phr v) /teɪk pɑːt ɪn/

to join in and do sth; to be involved in

* *We’re taking part in the school sports day.*
	+ - brać udział w
	1. **exhibition** (n) /ˌeksɪˈbɪʃn/

a show of things for people to see, e.g. in a museum ● *There was an exhibition of Van Gogh paintings in the museum.* ➣ exhibit (v, n), exhibitor (n) ❖ wystawa

* 1. **public** (adj) /ˈpʌblɪk/

for all people; not private ● *My parents went to a public meeting about the new road.*

➣ public (n) ❖ publiczny

* 1. **actor** (n) /ˈæktə(r)/

a person who acts in a film or theatre play

* *Who’s the new actor who’s going to play James Bond?* ➣ act (v) ❖ aktor
	1. **dancer** (n) /ˈdɑːnsə(r)/

a person who dances ● *Margaret is a famous ballet dancer.* ➣ dance (v), dancing (n)

* + - tancerz
	1. **performance** (n) /pəˈfɔːməns/

sth that people do in front of others to entertain them, e.g. acting, dancing or singing ● *We saw a great performance of a play by Aristophanes.*

➣ perform (v), performer (n) ❖ występ

* 1. **next** (adj) /nekst/

that comes after sth else ● *Next year, Gina wants to go to Iceland.* ➣ next (n, adv)

* + - następny

Vocabulary **Page 84**

**Types of music**

classical disco hip hop opera pop

**Musical instruments**

drum guitar keyboard piano violin

* 1. **CD** (n, abbrev) /ˌsiː ˈdiː/

a plastic disc with music, other sounds or written information that you can listen to or read on a device; short form of the words ‘compact disc’ ● *My sister has all the Ed Sheeran CDs.* ❖ CD

* 1. **classical** (adj) /ˈklæsɪkl/

a style of music that most people know from many years ago, usually with lots of instruments playing ● *Sonia likes playing*

*classical music on the piano.* ➣ classic (n, adj)

* + - klasyczna
	1. **disco** (n) /ˈdɪskəʊ/

a kind of pop music for people to dance to; a place or party where people dance to pop

music ● *We danced a lot to disco music at the party.* ❖ disco

* 1. **drum** (n) /drʌm/

a musical instrument that is round and is empty inside, which you play by hitting with sticks or your hands ● *I couldn’t hear the TV because my brother was making so much noise on his drums.* ➣ drum (v), drummer (n)

* + - bęben
	1. **hip hop** (n) /ˈhɪp hɒp/

a kind of music with spoken words, a fast electronic beat and a modern dance style

* *We’re doing a hip hop dance for the school show.* ❖ hip hop
	1. **keyboard** (n) /ˈkiːbɔːd/

a musical instrument like an electronic piano with keys that you press to make sounds like different instruments ● *She didn’t have enough money for a piano, so she bought a keyboard.*

* + - keyboard ✎ Syn: synthesiser
	1. **MP3 player** (n) /ˌem piː ˈθriː pleɪə(r)/

an electronic device with which you can listen to digital music files ● *John often listens to music on his MP*3 *player on the school bus.*

* + - odtwarzacz MP3
	1. **opera** (n) /ˈɒpərə/

a kind of play by performers who sing the words with an orchestra playing music ● *My grandma saw Maria Callas performing at the opera.* ❖ opera

* 1. **pop** (n, adj) /pɒp/

a type of music that has simple words and beats to sing and dance to ● *Georgina loves dancing to her favourite pop songs.* ❖ pop

* 1. **violin** (n) /ˌvaɪəˈlɪn/

a stringed musical instrument that you hold on your shoulder to play ● *Marinos began to*

*play a beautiful tune on his violin.* ➣ violinist (n)

* + - skrzypce
	1. **way** (n) /weɪ/

how sth happens; the manner that sth happens

* *Listening to the radio is a good way to hear music when you’re travelling.* ❖ sposób
	1. **beginning** (n) /bɪˈɡɪnɪŋ/

the start of sth ● *At the beginning of the story, Harry goes to a new school.* ➣ begin (v), beginner (n) ❖ początek

* 1. **fix** (v) /fɪks/

to repair sth that is broken; to make sth work better ● *My computer isn’t working. Can you fix it for me?* ❖ naprawiać

* 1. **quickly** (adv) /ˈkwɪkli/

fast ● *The actors left the theatre quickly after the performance.* ➣ quick (adj) ❖ szybko

* 1. **live** (adv) /laɪv/

in person, not from a recording ● *I’ve got tickets for the concert to see the band live.*

➣ live (adj) ❖ na żywo

* 1. **personally** (adv) /ˈpɜːsənəli/

from your own opinion ● *Personally, I don’t like hip hop very much.* ➣ personal (adj)

* + - osobiście
	1. **be into** (phr v) /bi ˈɪntə/

to enjoy (sth) ● *My dad’s really into rock music from the 1970s.* ❖ interesować się

* 1. **completely** (adv) /kəmˈpliːtli/

in all ways possible; including everything ● *The band sounded completely different when we saw them live.* ➣ complete (adj) ❖ całkowicie

* 1. **involved** (adj) /ɪnˈvɒlvd/

doing sth; taking part in sth ● *Our teacher is involved in planning the school sports competition.* ➣ involve (v), involvement (n)

* + - zaangażowany
	1. **crazy** (adj) /ˈkreɪzi/

enthusiastic or excited about sth ● *I’m not crazy about gaming because I can’t sleep well if I play at night.* ❖ zbzikowany

* 1. **keen** (adj) /kiːn/

interested in sth ● *Jim is very keen on football and he goes to watch matches every Saturday.*

* + - zainteresowany, entuzjastyczny
	1. **fit** (adj) /fɪt/

strong and healthy because you do regular exercise ● *Dad runs in the park every morning, so he’s quite fit.* ➣ fitness (n) ❖ w dobrej formie

✎ Opp: unfit

* 1. **storyteller** (n) /ˈstɔːritelə(r)/

sb who writes stories or tells them to other people ● *The children listened carefully to the storyteller on the radio.* ➣ storytelling (n)

* + - autor opowiadań, gawędziarz
	1. **Iceland** (n) /ˈaɪslənd/

a country in Europe ➣ Icelandic (adj, n)

* + - Islandia
	1. **musician** (n) /mjuˈzɪʃn/

sb who plays, sings or writes music, especially as a job ● *It was so exciting when the musicians came on stage and began playing their instruments.* ➣ music (n), musical (adj, n)

* + - muzyk
	1. **songwriter** (n) /ˈsɒŋraɪtə(r)/

sb who writes the music and words for new songs ● *Ed Sheeran became a songwriter when he was a high-school student.*

➣ songwriting (n) ❖ autor piosenek

* 1. **album** (n) /ˈælbəm/

a collection of pieces of music ● *I’ve just bought Franz Ferdinand’s new album. It has some great songs.* ❖ album

* 1. **record** (v) /rɪˈkɔːd/

to store music, other sounds or images to listen to or see them again ● *During the concert, Terry recorded the band’s songs on his smartphone.* ➣ recorded (adj), record, recording (n) ❖ nagrywać

* 1. **solo** (adj) /ˈsəʊləʊ/

done alone by only one person ● *Steve was worried about doing his first solo performance in front of so many people.* ➣ solo (adv, n)

* + - solo
	1. **tour** (n) /tʊə(r)/

a series of performances in different places by a musician or band ● *Mum and Dad went to see Sting in concert on his European tour.*

➣ tour (v) ❖ trasa koncertowa

* 1. **dreamy** (adj) /ˈdriːmi/

relaxing and making you think of nice things

* *The dreamy sounds of Vivaldi’s music filled the room.* ➣ dream (v, n), dreamer (n)
	+ - marzycielski, rozmarzony
	1. **image** (n) /ˈɪmɪdʒ/

a picture of sb/sth that you think of ● *This music makes me think of images of summer.*

* + - obraz
	1. **path** (n) /pɑːθ/

a narrow track where people can walk

* *We walked up the path right to the top of Ben Nevis.* ❖ ścieżka
	1. **skate park** (n) /ˈskeɪt pɑːk/

an area where people go skating and skateboarding ● *Jerry spends his free time*

*at the skate park with his friends after school.*

* skatepark

**Expressing likes**

be (really) into sth crazy (about sth)

involved (in sth) keen (on sth)

* 1. **pro** (n) /prəʊ/

(short form of ‘professional’) sb who is really good at sth; sb who does sth, e.g. a sport, as a job ● *I didn’t know you could play the guitar so well. You’re a real pro!* ➣ professional (adj, n)

**Equipment**

album battery card CD

(chess) piece

comic book device helmet MP3 player radio

sheet of paper smartphone tent

* + - zawodowiec, profesjonalista

**Useful expressions**

absolutely make a difference

be against make money

be in favour of personally

laugh out loud you’re right

Grammar **Page 85**

* 1. **throw** (v) /θrəʊ/

to make sth move from your hand through the air ● *If I throw a ball, my dog will bring it back.*

➣ throw (n) ❖ rzucać

Writing **Pages 86–87**

* 1. **convinced** (adj) /kənˈvɪnst/

sure that sth is true ● *My parents weren’t convinced that playing the drums at home was a good idea.* ➣ convince (v), convincing (adj)

* + - przekonany
	1. **strongly** (adv) /ˈstrɒŋli/

very much; certainly ● *My dad strongly disagreed with my suggestion to go to the music festival.* ➣ strong (adj), strength (n)

* + - stanowczo, dobitnie
	1. **term** (n) /tɜːm/

a period of time that is part of the school year

* *We’re having a school concert at the end of the term.* ❖ semestr
	1. **sound** (n) /saʊnd/

sth that you can hear ● *I like the words of this song, but I hate the sound of the singer’s voice.* ➣ sound (v) ❖ dźwięk

* 1. **in favour of** (phr) /ɪn ˈfeɪvə(r) əv/

in agreement with ● *I’m not in favour of the government’s decision to build a new road around the town.* ❖ być za kimś/czymś

* 1. **against** (prep) /əˈɡenst/

in disagreement with ● *Mark is against the idea of a camping holiday. He prefers to stay at a hotel.* ❖ przeciwny

* 1. **session** (n) /ˈseʃn/

a period of time set for an activity ● *I’ve just had a two-hour swimming session, so I’m very tired.* ❖ sesja

**People**

actor community dancer musician pro

public singer songwriter storyteller

**Places**

exhibition Iceland path

radio station

skate park stage

stall

Live well, study well

# Page 88

* 1. **tai chi** (n) /ˌtaɪ tʃiː/

a kind of exercise in which you make very slow movements ● *Rick goes to tai chi classes to relax his mind after work.* ❖ tai chi

* 1. **focus (on)** (v) /ˈfəʊkəs (ɒn)/

to give all your attention (to sth) ● *I can’t go out much this week because I need to focus on studying for my exams.* ➣ focussed (adj), focus (n) ❖ skupiać się na

* 1. **breathing** (n) /ˈbriːðɪŋ/

the process of taking air into your body through your nose or mouth, and then letting it out

* *It was so quiet that the only sound I heard was my own breathing.* ➣ breathe (v), breath (n)
	+ - oddychanie
	1. **stretching** (n) /stretʃɪŋ/

the action of making your arms and legs straight and reaching as far as they can to exercise them, or to relax them after doing a sport

* *If you do some stretching after running, your legs won’t hurt the next day.* ➣ stretch (v, n)
	+ - rozciąganie
	1. **position** (n) /pəˈzɪʃn/

the way that sb’s body is when lying, sitting or standing ● *A good mattress will help you to sleep in a comfortable position.* ❖ pozycja

* 1. **balance** (n) /ˈbæləns/

being able to keep control of your body in a position standing or sitting up without falling

* *Kiki lost her balance and fell on a rock when she was walking up the mountain.* ➣ balance (v), balanced (adj) ❖ równowaga
	1. **slow down** (phr v) /sləʊ daʊn/

to stop doing so many activities and relax; to do sth more slowly ● *Dina takes a walk in the park at lunchtime to slow down and rest from her busy job.* ❖ zwolnić tempo

* 1. **strength** (n) /streŋθ/

how strong sb/sth is ● *After her illness, Liz got her strength back with a few minutes exercise every day.* ➣ strengthen (v), strong (adj)

* + - siła
	1. **speed** (n) /spiːd/

how fast sb/sth moves ● *Mary walks at a speed of six kilometres per hour around the park.*

➣ speed (v), speedy (adj) ❖ tempo, prędkość

* 1. **push (yourself)** (v) /pʊʃ (jɔːˈself)/

to make yourself do more or try harder ● *Marios was very tired, but he pushed himself to finish the marathon.* ➣ push (n) ❖ zmuszać się, wymagać więcej

* 1. **spin** (n) /spɪn/

a kind of exercise that involves cycling fast on an indoor exercise bike ● *I enjoy cycling, so I practise spin at the gym.* ➣ spin (v)

* + - spinning ✎ Syn: spinning
	1. **high-intensity interval training (HIIT**) (n) /haɪ ɪnˈtensəti ˈɪntəvl ˌtreɪnɪŋ (ˌeɪʧ aɪ aɪ ˈtiː)/

a way of exercising that involves doing sth very fast for a short time, resting, doing more exercise, then resting again ● *High-intensity interval training is a great way to build*

*your strength in a short time at the gym.*

* + - trening interwałowy o wysokiej intensywności (HIIT)
	1. **rest** (n) /rest/

a period when you relax; a break ● *It’s important to get enough rest and sleep as well as exercise to stay healthy.* ➣ rest (v)

* + - odpoczynek
	1. **in total** (phr) /ɪn ˈtəʊtl/

all together; including everything ● *We’ve walked 16 kilometres in total today.* ➣ total (adj, v, n)

* + - łącznie
	1. **beat** (v) /biːt/

to make a regular movement or sound, like a rhythm ● *The doctor listened to the child’s heart beating.* ➣ beat (n) ❖ uderzać, bębnić

* 1. **benefit** (n) /ˈbenɪfɪt/

an advantage ● *One benefit of swimming is that you don’t need any equipment.* ➣ benefit (v), beneficial (adj) ❖ korzyść

* 1. **physical** (adj) /ˈfɪzɪkl/

related to the body ● *Going to spin classes will help build your physical strength.*

➣ physically (adv) ❖ fizyczny

* 1. **mental** (adj) /ˈmentl/

related to the mind or process of thinking

* *Grandpa likes doing puzzles like crosswords for mental exercise.* ➣ mentally (adv)
	+ - umysłowy
	1. **stressed** (adj) /strest/

worried; not relaxed ● *I always get*

*stressed about taking exams.* ➣ stress (v, n), stressful (adj) ❖ zestresowany

* 1. **ability** (n) /əˈbɪləti/

being able to do sth ● *Simon has the ability to play the piano and sing.* ➣ able (adj)

* + - umiejętność, zdolność ✎ Opp: inability
	1. **endorphin** (n) /enˈdɔːfɪn/

a kind of chemical that the brain produces which makes you relax or stop feeling pain

* *When we laugh, we feel good because laughing makes our brains produce endorphins.* ❖ endorfina

**Activities**

blog

board game camping chess collecting cycling drawing

high-intensity interval training (HIIT)

reading snowboarding spin stretching

tai chi windsurfing

**Verbs**

beat fix

focus (on) grow up provide

push (yourself)

relax

slow down take part in throw

try win