**8** Ready, steady, go!

 **Glossary**

# Page 89

* 1. **Ready, steady, go!** (phr) /ˈredi ˈstedi ɡəʊ/ 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**

* 1. **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
	1. **individual** (adj) /ɪndɪˈvɪʤʊl/

for one person separately, not for a team

* *I enjoy doing individual sports, like tennis or swimming.* ➣ individual (n), individually (adv)
	+ - indywidualny
	1. **do good** (phr) /duː 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

* 1. **runner** (n) /ˈrʌnə(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
	1. **abilities** (n pl) /əˈbɪlətiz/

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

* 1. **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
	1. **arrange** (v) /əˈreɪnʤ/

to organise ● *We’ve arranged to have a meeting next week.* ➣ arrangement (n)

* + - organizować
	1. **hall** (n) /hɔːl/

a large room where indoor activities or events take place ● *We’ve got a meeting in the community hall on Saturday.* ❖ sala, hala

* 1. **lonely** (adj) /ˈləʊnli/

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
	1. **chat** (n) /tʃæt/

a friendly conversation ● *Karen had a quick chat on the phone with her friend.* ➣ chat (v)

* + - rozmowa
	1. **encourage** (v) /ɪnˈkʌrɪdʒ/

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
	1. **skill** (n) /skɪl/

sth you are good at ● *Molly is learning new painting skills in her art class.* ➣ skilful (adj)

* + - umiejętność
	1. **unhappy** (adj) /ʌnˈhæpi/

not happy ● *Louise is unhappy because her friend didn’t call her.* ➣ unhappiness (n)

* + - nieszczęśliwy ✎ Opp: happy
	1. **support** (n) /səˈpɔːt/

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
	1. **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
	1. **advertisement** (n) /ədˈvɜːtɪsmənt/

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

* 1. **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

* 1. **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

* 1. **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

* 1. **lower** (adj) /ˈləʊə(r)/

not as high as sth else; comparative form of ‘low’ ● *Sometimes Mandy buys clothes at lower prices online.* ➣ low (adj), lower (v) ❖ niżej

* 1. **player** (n) /ˈpleɪə(r)/

sb who plays a sport or game ● *Who is your favourite basketball player?*

*Mine is Giannis Antetokounmpo.* ➣ play (v)

* + - zawodnik
	1. **train** (v) /treɪn/

to do exercise; to practise a sport ● *Anita is training hard to win her next tennis match.*

➣ trainer, training (n) ❖ trenować

* 1. **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
	1. **goggles** (n pl) /ˈɡɒɡlz/

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

* 1. **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
	1. **hockey** (n) /ˈhɒki/

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

* 1. **skates** (n pl) /skeɪts/

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
	1. **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

* 1. **original** (adj) /əˈrɪdʒənəl/

first; as it was at the beginning ● *The shop is selling skates at half the original price.*

➣ original (n), originally (adv) ❖ początkowy

* 1. **incorrect** (adj) /ˌɪnkəˈrekt/

wrong ● *I couldn’t phone you because the number I had was incorrect.* ❖ nieprawidłowy

✎ Opp: correct

Vocabulary **Page 92**

* 1. **baseball** (n) /ˈbeɪsbɔːl/

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
	1. **cricket** (n) /ˈkrɪkɪt/

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

* 1. **golf** (n) /ɡɒlf/

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

* 1. **rugby** (n) /ˈrʌɡbi/

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

* 1. **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

* 1. **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

* 1. **racket** (n) /ˈrækɪt/

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
	1. **snowboard** (n) /ˈsnəʊbɔːd/

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
	1. **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) ❖ zasada

* 1. **would rather** (v) /wʊd ˈrɑːðə(r)/

would prefer ● *I would rather go for a run than play golf.* ❖ woleć

* 1. **American football** (n) /əˌmerɪkən ˈfʊtbɔːl/

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
	1. **surfing** (n) /ˈsɜːfɪŋ/

the sport of standing on a board and riding on waves ● *Surfing is a popular watersport in Hawaii.* ➣ surf (v), surfer, surfboard (n)

* + - surfing
	1. **skiing** (n) /ˈskiːɪŋ/

the activity of moving across snow on skis

* *Petros goes skiing with his parents in Austria in winter.* ➣ ski (v), skier (n) ❖ narciarstwo
	1. **come first** (phr) /kʌm fɜːst/

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

* 1. **winner** (n) /ˈwɪnə(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**

* 1. **climbing** (n) /ˈklaɪmɪŋ/

the activity or sport of climbing mountains or rocks ● *We plan to go climbing in the Swiss Alps next summer.* ❖ wspinaczka

* 1. **lifejacket** (n) /ˈlaɪfdʒækɪt/

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

* 1. **allow** (v) /əˈlaʊ/

to let sb do sth ● *Young children aren’t allowed to watch scary films in the cinema*.

* + - pozwalać
	1. **obligation** (n) /ˌɒblɪˈɡeɪʃn/

sth that you must do ● *There’s no obligation to go climbing if you don’t want to.* ➣ oblige (v)

* + - obowiązek
	1. **necessary** (adj) /ˈnesəseri/

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
	1. **skateboarder** (n) /ˈskeɪtbɔːdə(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

* 1. **aged** (adj) /eɪdʒd/

of the age of ● *The* Star Wars *films are for children aged ten and over.* ➣ age (v, n)

* + - w wieku
	1. **scooter** (n) /ˈskuːtə(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

* 1. **drink station** (n) /drɪŋk ˈsteɪʃn/

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

* 1. **fun run** (n) /ˈfʌn 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
	1. **riding** (n) /ˈraɪdɪŋ/

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

* 1. **dangerous** (adj) /ˈdeɪndʒərəs/

that can hurt sb or damage sth ● *It’s dangerous to cross the busy street here.* ➣ danger (n)

* + - niebezpieczny
	1. **practice** (n) /ˈpræktɪs/

doing an activity or sport often to improve your skills ● *We’ve got badminton practice in the sports hall this afternoon.* ❖ praktyka, trening

* 1. **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
	1. **need** (n) /niːd/

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 40th fortieth 50th fiftieth 60th sixtieth 70th seventieth

80th eightieth 90th ninetieth

32nd thirty-second 33rd thirty-third

* 1. **thirty** (num) /θɜːti/

the number 30 ❖ trzydzieści

* 1. **thirtieth** (num) /ˈθɜːtiəθ/

the number 30th ❖ trzydziesty

* 1. **forty** (num) /ˈfɔːti/

the number 40 ❖ czterdzieści

* 1. **fortieth** (num) /ˈfɔːtiəθ/

the number 40th ❖ czterdziesty

* 1. **fifty** (num) /ˈfɪfti/

the number 50 ❖ pięćdziesiąt

* 1. **fiftieth** (num) /ˈfɪftiəθ/

the number 50th ❖ pięćdziesiąty

* 1. **sixty** (num) /ˈsɪksti/

the number 60 ❖ sześćdziesiąt

* 1. **sixtieth** (num) /ˈsɪkstiəθ/

the number 60th ❖ sześćdziesiąty

* 1. **seventy** (num) /ˈsevnti/

the number 70 ❖ siedemdziesiąt

* 1. **seventieth** (num) /ˈsevntiəθ/

the number 70th ❖ siedemdziesiąty

* 1. **eighty** (n) /ˈeɪti/

the number 80 ❖ osiemdziesiąt

* 1. **eightieth** (num) /ˈeɪtiəθ/

the number 80th ❖ osiemdziesiąty

* 1. **ninety** (num) /ˈnaɪnti/

the number 90 ❖ dziewięćdziesiąt

* 1. **ninetieth** (num) /ˈnaɪntiəθ/

the number 90th ❖ dziewięćdziesiąty

* 1. **thirty-second** (num) /ˈθɜːti ˈsekənd/ the number 32nd ❖ trzydziesty drugi
	2. **thirty-third** (num) /ˈθɜːti θɜːd/

the number 33rd ❖ trzydziesty trzeci

* 1. **logical** (adj) /ˈlɒʤɪkl/

that makes sense ● *His plan isn’t logical. He can’t climb Everest in two days!* ➣ logic (n), logically (adv) ❖ logiczny

* 1. **likely** (adj) /ˈlaɪkli/

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

* 1. **climber** (n) /ˈklaɪmə(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

* 1. **ordinal number** (n) /ˈɔːdɪnl ˈnʌmbə(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
	1. **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****.*

* 1. **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

* 1. **register** (v) /ˈredʒɪstə(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

Speaking **Page 95**

* 1. **table tennis** (n) /ˈteɪbl 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

* 1. **zumba** (n) /ˈzʊmbə/

a type of aerobics mixed with Latin dance steps ● *Dancing to the music makes zumba classes more fun than the usual aerobics.*

* + - zumba
	1. **loser** (n) /ˈluːzə(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
	1. **nature** (n) /ˈneɪtʃə(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
	1. **organise** (v) /ˈɔːɡənaɪz/

to plan and prepare sth ● *Helen helped to organise the dance competition.* ➣ organiser (n), organisation (n) ❖ organizować

* 1. **state** (v) /steɪt/

to write or say sth ● *The teacher stated that the school needed new gym equipment.*

➣ statement (n) ❖ oświadczać

* 1. **clearly** (adv) /ˈklɪəli/

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
	1. **relevant** (adj) /ˈreləvənt/

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
	1. **receive** (v) /rɪˈsiːv/

get sth that sb gives or sends to you ● *Did you receive an email from George about the fair?*

* + - otrzymywać
	1. **improvement** (n) /ɪmˈpruːvmənt/ 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
	1. **school council** (n) /ˌskuːl ˈkaʊnsl/

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
	1. **secondly** (adv) /ˈsekəndli/

the second point (is) ● *Secondly, dancing is good exercise.* ➣ second (adj, n) ❖ po drugie

* 1. **thirdly** (adv) /ˈθɜːdli/

the third point (is) ● *Thirdly, students of all ages can take part.* ➣ third (adj, n)

* + - po trzecie

Vocabulary **Page 96**

* 1. **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

* 1. **finger** (n) /ˈfɪŋɡə(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

* 1. **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

* 1. **stomach** (n) /ˈstʌmək/

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
	1. **spider** (n) /ˈspaɪdə(r)/

a small creature that has eight legs and eats insects ● *There was a big spider climbing up the inside of our tent.* ❖ pająk

* 1. **monkey** (n) /ˈmʌŋki/

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
	1. **spider monkey** (n) /ˈspaɪdə 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

* 1. **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
	1. **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

* 1. **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
	1. **stomach ache** (n) /ˈstʌmək eɪk/

a pain in your stomach ● *Don’t eat too quickly or you’ll get a stomach ache.* ❖ ból brzucha

* 1. **(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
	1. **(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
	1. **headache** (n) /ˈhedeɪk/

a pain in the head ● *I took an aspirin to stop my headache.* ❖ ból głowy

* 1. **end-of-term** (adj) /ˌendəvˈtɜːm/ 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
	1. **fall** (v) /fɔːl/

to drop down; to drop off sth ● *The dancer fell off the stage and hurt her arm.* ➣ fall (n)

* + - upadać
	1. **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

* 1. **badly** (adv) /ˈbædli/

in a way that is serious ● *Jason hurt his leg badly when he fell off his horse.*

* + - poważnie, paskudnie
	1. **while** (conj) /waɪl/

during the time that (sth else is happening)

* *I fell while I was running to catch the ball.*
	+ - podczas ✎ Syn: whilst
	1. **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

* 1. **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
	1. **disaster** (n) /dɪˈzɑːstə(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

* 1. **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
	1. **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**

a cold

a temperature back

bone finger

headache neck

pain stomach

stomach ache

**Verbs** break cut fall

hit

Grammar **Page 97**

* 1. **request** (n) /rɪˈkwest/

a formal or polite question asking for sth

* *The residents made a request for better street lights in their area.* ➣ request (v)
	+ - żądanie, prośba
	1. **permission** (n) /pəˈmɪʃn/

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
	1. **marathon** (n) /ˈmærəθən/

a race that is about 26 miles or 42 kilometres long ● *Thousands of runners took part in the London marathon.* ➣ marathon (adj)

* + - maraton
	1. **fishing** (n) /ˈfɪʃɪŋ/

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

* 1. **swimsuit** (n) /ˈswɪmsuːt/

sth you wear to go swimming ● *Don’t forget to bring your swimsuits for the beach.*

* + - strój kąpielowy ✎ Syn: swimming costume

Writing **Pages 98–99**

* 1. **article** (n) /ˈɑːtɪkl/

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

* 1. **set the scene** (phr) /ˌset ðə ˈsiːn/

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
	1. **velodrome** (n) /ˈvelədrəʊm/

a building or track for cycling races

* *We watched the cyclists racing round the track in the velodrome.* ❖ tor kolarski, welodrom
	1. **drama** (n) /ˈdrɑːmə/

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
	1. **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

* 1. **championship** (n) /ˈtʃæmpiənʃɪp/

a sports competition ● *When was the last time the Greek national team won the European Football Championship?* ➣ champion (n)

* + - mistrzostwa
	1. **seat** (n) /siːt/

sth for sitting on ● *I had a seat next to the window on the train.* ➣ seat, sit (v), seating (n)

* + - miejsce
	1. **lead** (v) /liːd/

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

**Sports and activities**

American football marathon

baseball riding

climbing rugby

cricket run

fishing skiing

fun run surfing

golf table tennis

hockey zumba

* 1. **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
	1. **suddenly** (adv) /ˈsʌdənli/

quickly when you don’t expect it ● *We were watching TV when, suddenly, we heard a noise outside.* ➣ sudden (adj) ❖ nagle

* 1. **though** (adv) /ðəʊ/

**Sports equipment**

bat rope

club scooter

goggles skates

lifejacket snowboard

racket swimsuit

however ● *I thought the fun run would be easy. I was wrong, though.* ➣ though (conj) ❖ jednak

* 1. **brilliantly** (adv) /ˈbrɪliəntli/

very well; in a way that shows a lot of skill

* *She’s a great artist. She paints brilliantly.*

➣ brilliant (adj) ❖ znakomicie

* 1. **awesome** (adj) /ˈɔːsəm/

impressive; amazing ● *The live bands at the concert were absolutely awesome.* ➣ awe (n)

* + - niesamowity
	1. **successful** (adj) /səkˈsesfl/

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

* 1. **swimmer** (n) /ˈswɪmə(r)/

sb who swims ● *Anastasia is a very good swimmer and she enjoys swimming in the sea every day.* ➣ swim (v), swimming (n)

* + - pływak
	1. **incredible** (adj) /ɪnˈkredəbl/

very good; hard to believe ● *The food at Luigi’s is incredible! I love their pasta dishes.*

➣ incredibly (adv) ❖ niewiarygodny

✎ Opp: credible ✎ Syn: unbelievable

* 1. **amazingly** (adv) /əˈmeɪzɪŋli/

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 |
| badlydangerous | likelylogical | sicksuccessful | **8.152** |
| high | lonely | unhappy |  |
| incorrect | lower | worst |  |

**Adverbs**

amazingly brilliantly

clearly suddenly

secondly thirdly

Video **Page 100**

* 1. **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

* 1. **photographer** (n) /fəˈtɒɡrəfə(r)/

sb who takes photos as a job ● *A photographer took Alan and Jill’s wedding photos.*

➣ photograph (v, n), photography (n)

* + - fotograf
	1. **rock** (n) /rɒk/

a large stone; the hard substance that forms part of the surface of the Εarth ● *Rocks might fall on your head when you climb to the top of Mount Olympus, so wear a helmet!* ➣ rocky (adj)

* + - skała
	1. **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
	1. **rope** (n) /rəʊp/

a strong thick string ● *The men tied the ropes on the quay to stop the boat moving.*

* + - lina
	1. **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

* 1. **safely** (adv) /ˈseɪfli/

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
	1. **videographer** (n) /ˈvɪdiəʊɡrɑːfə(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

**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) /ˈpʊl jəˈself/

to move your body in a particular direction

* *The swimmer pulled himself out of the pool.*

➣ pull (n) ❖ podciągać się

**People**

climber loser

photographer

player runner skateboarder

swimmer videographer winner

**Places**

drink station hall

pitch rock

track velodrome