

American Language Hub



LEVEL 3
Student's Book

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JEREMY DAY
GARETH REES



6

SPORTS AND
HOBBIES

You can discover more
about a person in an
hour of play than in a
year of conversation.

Richard Lingard

A surfer rides the inside of a wave
at End of the road Beach, Tahiti.

OBJECTIVES

- describe a sport or game
- give a short, persuasive talk
- talk about hobbies and free time activities
- discuss trying new things
- express your opinion
- write an article for a magazine

Work with a partner. Discuss the questions.

- 1 Do you agree with the quote?
- 2 Look at the picture. Why do some people take part in sports like this?
- 3 How interested are you in these free time activities?

team sports running music collecting

- G** modals of obligation **V** adjectives ending in *-ive*; sports **P** rhythm: pausing
S listening for main and supporting points



If you think snowball fights are just for school kids, think again. **Competitive** snowball fighting (*Yukigassen*) is a sport for grown-ups that has just arrived in Scotland.

It began as an official sport in Japan in 1987 and since then it has spread to countries such as Canada, Australia, Norway and Sweden. And this weekend sees the first ever matches in Scotland.

Angus Campbell, the captain of the Glasgow Ice Warriors, says 'I think *Yukigassen* is going to be **massive** here. We have the snow and it's a fun and **inexpensive** sport that's **attractive** to everyone. Each match only lasts nine minutes, so you don't have to be super athletic to take part in a game.'

The snowball fights take place on a small court (40 m x 10 m) between two teams of seven players – each team must include male and female members. To win a game, a team has to capture the other team's flag or take out all their opponents with direct snowball hits. If a player is hit, he or she has to leave the game.

The rules are fairly simple, but Angus insists that having an **effective** strategy is the key to success. 'You must work together as a team, be **decisive** and keep calm when under pressure from your opponents. You shouldn't just run for the flag – you'll soon get hit and be out. You need to be more **creative** than that. Your team only has 90 snowballs, which the referee gives you before the game. You must not make any more during the game.'

Six teams are taking part in the event this weekend, and there will be trial sessions for anyone who wants to try it out. 'It looks a little **aggressive** at first, but you shouldn't feel nervous. It's only snow, and all players have to wear a helmet, which we'll provide. However, you should bring some warm gloves!'

If you're interested in trying something **active** on these cold winter days, you simply must go. The games are **impressive** to watch, and great to play. After all, what's more fun than playing in the snow?

The first game starts at 2 pm, on Saturday, in the city park. Entrance is free. Families are welcome.

READING

A SPEAK Write down the names of the different sports you know in pictures 1–4. Then check with another student. What do you know about these sports? Tell your partner.

B READ FOR GIST Read *Competitive snowball fighting hits Scotland!* Where do you think the article comes from? Why?

- a a national newspaper
- b a sports science academic journal
- c a local news and information website
- d a travel blog

C READ FOR DETAIL Put the sentences in the order the information appears in the article.

- a New players do not need to bring any safety equipment. _____
- b There are two ways to beat the other team. _____
- c There are men and women on every team. _____
- d Generally, people think children, not adults, have snowball fights. 1
- e A good game plan is important. _____
- f Several countries play competitive snowball fighting. _____

D SPEAK Work in pairs. What is your opinion of *Yukigassen*? Would you like to play it?



GRAMMAR

Modals of obligation

A WORK IT OUT Look at the sentences from *Competitive snowball fighting hits Scotland!* Write *nc* (you have no choice, this is 100 percent necessary) or *c* (you have a choice, this is not necessary) next to each sentence.

- 1 All players **have to** wear a protective helmet. _____
- 2 You **don't have to** be super athletic. _____
- 3 You **should** bring some warm gloves. _____
- 4 You **shouldn't** just run for the flag. _____
- 5 Each team **must** include male and female members. _____
- 6 You **must not** make any more during the game. _____
- 7 You **shouldn't** feel nervous. _____

B Match the beginnings of the rules (1–4) with the endings (a–d).

Modals of obligation

- | | |
|--|---|
| 1 We use must / have to / need to a | to talk about what is or is not a good idea. |
| 2 We use must not when | b for rules and situations that are necessary (strong obligation). |
| 3 We use don't have to when | c we describe things that are not necessary, but you may still do them. |
| 4 We use should / shouldn't | d we describe something that is not allowed. |

C Go to the **Grammar Hub** on page 132.

D SPEAK Work in pairs. Compare the pairs of sports below. How are they similar and different? Think about their basic rules and the qualities of good players and successful teams.

baseball and cricket soccer and basketball
marathon running and running a 100 meter race tennis and racquetball

VOCABULARY

Adjectives ending in *-ive*

A Look at the adjectives in bold in *Competitive snowball fighting hits Scotland!* Then complete the definitions with the correct adjective.

- 1 A _____ person makes choices quickly and confidently.
- 2 A _____ sport involves two teams trying to beat each other.
- 3 If something is _____, it is very big or, in informal English, very popular.
- 4 An _____ suggestion or idea is one that people are interested in.
- 5 An _____ plan works well and produces the result that is wanted.
- 6 An _____ activity doesn't cost a lot of money to do.
- 7 Having an _____ lifestyle means you do not sit around all day.
- 8 _____ behavior includes being rude or angry in order to get what you want.
- 9 You admire an _____ performance because it is very good and shows a lot of skill.
- 10 A _____ person thinks of new or unusual ways to do things.

B SPEAK Complete the questions with adjectives from Exercise A. Then work in pairs and interview your partner. Take turns. Give reasons and examples to explain your answers.

- 1 What is the most _____ sport that you have played?
- 2 Are you a very _____ person? Why do you say that?
- 3 Which actors do you think are very _____?

SPEAKING

A You are going to write six sentences to describe a sport or game without naming it. Your classmates will try to guess what it is. Think about:

- reasons why you like it.
- the skills and qualities you need to play it well.
- how it is played and what you need to play it.

B Work in groups. Read your sentences to the group. Can your classmates guess the sport or game?

C Work in groups and discuss the questions.

- 1 Which of the sports and games described have you played? What do you think of them?
- 2 Which haven't you played? Would you like to try them?
- 3 Which is the most popular sport or game?



LISTENING

A SPEAK Work in pairs and discuss the questions. What are the pros and cons of playing video games?

B LISTEN FOR GIST Listen to a talk about eSports and choose the correct answers.

- What is the best title for the talk?
 - Video gaming: is it good for you?
 - Video gaming: the professional sport of the future
 - Video gaming: nothing more than a free time activity
 - Video gaming: the next Olympic sport?
- What is the purpose of the talk?
 - to give general information about eSports
 - to encourage people to watch and play eSports
 - to persuade people to agree with the speaker's opinion of eSports
 - to give a balanced analysis of eSports

C LISTEN FOR DETAIL Listen again to the introduction. What is the main idea of the talk? What are the supporting points? Use the strategies in the box to help you.

Listening for main and supporting points

When giving a talk, speakers usually give a main idea and then support it with detailed points, in the form of examples, statistics, names or dates.

Listen carefully to identify the main ideas and the supporting points that follow.

D Listen again to another part of the talk. What is the main idea? What are the supporting points?

E LISTEN FOR DETAIL Listen again to the whole talk and choose the correct answers.

- The speaker thinks that many people in the audience ...
 - play video games at home.
 - understand how popular eSports are.
 - don't realize that video gaming is played professionally.
- She says playing video games is a sport because ...
 - players practice a lot.
 - the games have clear rules.
 - there are winners and losers.
- She says a great eSports player
 - has a strong mind and body.
 - plays other traditional sports.
 - spends all their time training.
- She says eSports are different from traditional sports because ...
 - they are growing in popularity.
 - young people like them.
 - people watch them online.
- The Olympic Games wants to include sports that ...
 - involve physical activity.
 - young people like.
 - have professional players.

F SPEAK Work in pairs and discuss the questions.

- In your opinion, what is the difference between a sport and a game?
- Do you agree with the speaker's arguments? Which of her points do you think are strong or weak?
- Do you think eSports should be an Olympic sport? Why/Why not?

VOCABULARY

Sports

A Check (✓) the nouns that refer to people.

- | | | | |
|-------------|--------------------------|--------------|--------------------------|
| 1 champion | <input type="checkbox"/> | 6 stadium | <input type="checkbox"/> |
| 2 coach | <input type="checkbox"/> | 7 fan | <input type="checkbox"/> |
| 3 final | <input type="checkbox"/> | 8 top player | <input type="checkbox"/> |
| 4 league | <input type="checkbox"/> | 9 tournament | <input type="checkbox"/> |
| 5 spectator | <input type="checkbox"/> | 10 trophy | <input type="checkbox"/> |

B Complete the sentences with the correct form of the nouns in Exercise A.

- In the Olympic Games, the winners receive a gold medal, not a _____.
- Usain Bolt and Michael Phelps are two of the most famous Olympic _____.
- The FIFA World Cup is a soccer _____ that is held every four years.
- If you are a Manchester United _____, you should wear something red to the game.
- The Camp Nou, in Barcelona, is the largest soccer _____ in Europe. It can hold nearly 100,000 _____.
- _____ can earn a lot of money from advertising and sponsorship contracts.
- If a team loses a lot of games, the _____ usually loses his or her job.
- Nothing in sport is certain – you don't always see the two best teams in a _____.
- There are 20 teams in the national _____. Each team plays the others twice, so each team plays 38 games in a year.

C SPEAK Work in groups and discuss the questions.

- What are the popular spectator sports and sports tournaments in your country?
- Who are the top sportsmen and women in your country? What do you know about them?

PRONUNCIATION

Rhythm: pausing

Pausing

We use pauses to support the meaning of what we say, and to help the listener follow and understand.

- Use very short pauses to group words that go together in phrases or clauses. This is similar to using a comma in writing, but can be more frequent.
- Use short pauses at the end of sentences and paragraphs. This is similar to using a period in writing.
- Make the pauses a little longer to add emphasis or drama.

A Listen to the beginning of the talk about eSports. Mark where the speaker pauses. The first two pauses have been marked (/) to help you. Which pauses are longer to add emphasis or drama?

Soccer, / basketball, / golf, tennis – four of the world's most popular sports. They are played by millions and watched by millions more, and all four are in the greatest festival of sports, the Olympic Games.

B Where do you think the speaker pauses in the next part of the talk? Mark (/) each pause. Then listen and check your answer.

However, there is one sport that is just as popular as those, but it still hasn't been accepted in the Olympics, and indeed, many people say that it is not even a sport. What sport am I talking about? eSports. Yes, electronic sports, or competitive video gaming.

C SPEAK Work in pairs. Practice saying the extracts in Exercises A and B. Listen and check that your partner pauses in the correct places.

SPEAKING HUB

A You are going to give a short persuasive talk (1–3 minutes). Choose one of the titles and write notes for your talk.

- eSports are not sports and should not be part of the Olympic Games.
- Playing video games is a good activity for children.
- Video games are generally more negative than positive.
- Professional athletes earn too much money. Their pay should be limited.
- _____ is the best sport to both play and watch.

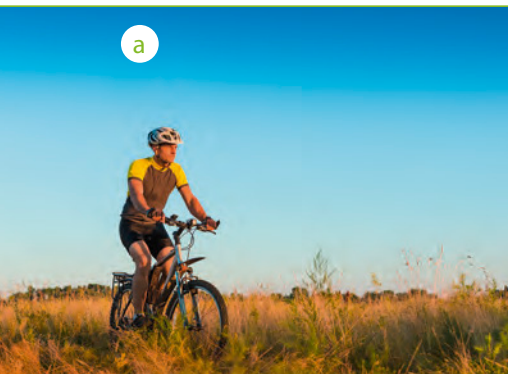
B PLAN Look at your notes and use these tips on how to improve a persuasive talk.

- Have a good introduction and conclusion.
- Use confident language, e.g. *I strongly believe ...*; *It's undoubtedly true that ...*
- Use rhetorical questions, e.g. *Why should we do this?*; *I'm sure you agree, don't you?*
- Support your main points with good examples and arguments.
- Practice your pausing and rhythm when giving the talk.

C PRESENT Work in groups. Give your talks. Write down the main ideas and supporting points of the other talks.

D REFLECT Work in groups. Did you agree or disagree with the speakers? Which points do you think were strongest?

- Describe a sport or game
- Give a short, persuasive talk



LISTENING

A SPEAK Work in pairs and discuss the questions.

- Describe the pictures (a–e). What are the people doing?
- Which free time activities are you most interested in? Why?

B LISTEN FOR GIST Listen to a radio show about hobbies and free time activities. Match the pictures (a–e) with the guest speakers (1–5).

1 2 3 4 5

C LISTEN FOR DETAIL Listen again. Choose the best answers for each person.

- Speaker 1
 - buys and sells new cars.
 - spends a lot of money on his hobby.
 - makes enough money from his hobby to pay for his vacations.
- Speaker 2
 - finds his hobby stressful at times.
 - also works as a photographer.
 - is learning how to do something new.
- Speaker 3
 - wants her husband to spend more time on his hobby.
 - says her husband spends a lot of time on his hobby.
 - shares her husband's hobby.
- Speaker 4
 - shares her interest with her friends.
 - has her own social media site about her interest.
 - regularly stays at hotels in Boston.
- Speaker 5
 - usually has a few hobbies at the same time.
 - finds it hard to get interested in things.
 - has had many different hobbies.

D SPEAK Work in groups and discuss the questions.

- Are there any hobbies you would like to try? Which ones?
- What are the benefits of having a hobby?

VOCABULARY

Hobbies and free time activities

A WORK IT OUT Look at the three sets of verb phrases from the radio show. Match the beginnings of the phrases with the endings (a–d).

- | | |
|----------|---------------------------------|
| 1 join | a interest in a hobby |
| be | b a hobby |
| lose | c a society |
| take up | d my thing |
| 2 be | a into something |
| be | b you in shape |
| keep | c of a singer |
| be a fan | d a member of a fan club |
| 3 get | a relaxing |
| be | b from daily stress |
| collect | c you out of the house |
| escape | d something, like stamps or art |

B Complete the table with the verb phrases from Exercise A.

Show enthusiasm for a hobby	Something you may do as part of a hobby	Benefits of a hobby	Start a new hobby
<i>be into</i>			
<i>something</i>			

C Go to the **Vocabulary Hub** on page 144.**D SPEAK** Rewrite these sentences so they are true for you. Then work in pairs and compare your answers. Give reasons and examples.

- I'm a big fan of the singer Ed Sheeran.
- I need to find a way to get myself out of the house more frequently.
- I've collected a lot of different things during my life.
- I don't do much to stay in shape. I should do more.
- I've never been a member of a fan club nor joined a society.
- Cooking isn't really my thing.
- I've had a few hobbies that I've lost interest in.
- This year, I've taken up a new hobby.

GRAMMAR

Present perfect progressive

A WORK IT OUT Look at the sentences from the radio show and choose the correct answers.

- Which sentence describes a single action that continues up to now? Which sentences describe an action or activity that is frequently repeated up to now?
 - He's been doing it since his teens.
 - We've been waiting here all day.
 - For the last six months, I've been going to pottery classes.
- In each sentence, is the main verb a state or an action verb?
 - He's been doing it since his teens.
 - I've had this interest since I was a child.
 - I've been a member of his fan club for a long time.
- What are the recently completed actions in the sentences? Which sentence focuses on the fact that the action is completed? Which sentence focuses on the duration of the action?
 - I've been working in the studio this afternoon – that's why my hands are so dirty.
 - I've just bought an old Mini, so I'll start working on that tomorrow.

B Complete the rules (1–5) with the words in the box.

progressive long now past present repeated state

Present perfect progressive

- We usually use the present perfect progressive to talk about an action that started in the _____ and is continuing _____. The emphasis is on the unfinished activity.
- We also use it to talk about a past action that has just finished, but which has a _____ result.
- We can use it to talk about _____ or frequently _____ actions.
- We do not use the present perfect progressive with _____ verbs.
- We use the present perfect progressive to talk about how _____ something has been happening.

C Go to the **Grammar Hub** on page 132.**D SPEAK** Work in pairs. Student A – go to the **Communication Hub** on page 150. Student B – go to the **Communication Hub** on page 155.

PRONUNCIATION

been: unstressed

A Listen to three sentences. What do you notice about the pronunciation of *been* in each sentence? Does it rhyme with *seen* or *thin*?

been

In the present perfect progressive, *been* is an auxiliary verb and it is normally unstressed and pronounced /**bin**/.

The stressed words are usually the main verbs and key information words, not the auxiliary verbs.

B Listen and repeat.

SPEAKING HUB

A Choose one of your hobbies or free time activities and prepare to talk about it. Answer the following questions.

- When did you take it up and why?
- How much time and money do you spend on it?
- What do you like about it?
- Is there anything you dislike about it?
- What benefits does it bring to you and your life?
- Why would someone else enjoy your hobby?

B SPEAK Go around the class and interview three or four of your classmates about their hobbies. Write notes.**C DISCUSS** Work in groups. Tell each other about your interviews. Which hobbies were:

- the most unusual?
- the most interesting?
- the most dangerous?
- the most expensive?

READING

A SPEAK Work in pairs. When was the last time you:

- tried a new food or drink?
- listened to a new singer or group?
- visited a new place?

B READ FOR MAIN IDEA Read the first two paragraphs of *My six months of trying new things*. Then complete the summary with a word in the box.

interesting relaxing

Candie is not very active. She decided to spend the first six months of this year doing different activities because she wants to find a hobby that will make her free time more _____.

My six months of trying new things

By Candie Carmichael

July 15

I've never been the kind of person who does lots of exciting things in their free time. Paragliding, swimming with dolphins, climbing Mount Everest – not me! My idea of danger is to sit on the couch and watch the latest crime series on TV. The closest I get to nature is when I 'like' my friends' cat pictures on social media. As for climbing Himalayan mountains – forget it! I'd rather climb the stairs to bed.

But at one point toward the end of last year, I started to feel that my life was becoming a little ... well ... boring. I needed to take up a hobby. But which one? There are so many things out there – how do you know what you will enjoy? So I decided to spend the first six months of this year trying out a new hobby each month. I was a complete beginner at every activity I tried.

Here's what happened:

January: Fly fishing

The first thing I learned was that no flies are harmed in fly fishing. You make a pretty, artificial 'fly' and attach it to a hook on a fishing line. ¹ When a fish takes a bite you ... oh, I don't know. I did NOT do well at this. One month: lots of badly made 'flies', and ZERO fish (apart from the ones I got at the fish and fries place on my way home).

April: Beekeeping

Surely all I had to do was keep some flying insects in a box? ⁴ About a hundred bee stings later, I realized that a lot can go wrong and beekeeping is a serious (and sometimes painful) business. I think I'll just get my honey from the grocery store in future.

February: Stamp collecting

Why does anyone do this? ² After a whole four weeks of attaching little squares of paper from around the world into a big book with blank pages, I still have no idea.



March: Ping-Pong

This one really surprised me. I'm actually good at it! I joined a club, and I didn't need to spend a lot of time practicing before I started winning games. After only a month, I was already one of the best players in the group. I really can't believe it. ³



May: Playing the ukulele

The ukulele is like a very small guitar. It has four strings. It makes you look like a giant when you play it. ⁵ I didn't have to be in great shape. It wasn't dangerous and it wasn't painful. And at the end of the month, I could play *Rivers of Babylon* all the way through. If that isn't success, I don't know what is!



C READ FOR KEY WORDS Read the rest of the article. Match the activities (1–6) with Candie's experiences (a–f).

- | | |
|-----------------------|--|
| 1 fly fishing | a This hobby caused her pain. |
| 2 stamp collecting | b She wasn't successful at all. |
| 3 yoga | c She was able to complete a whole song. |
| 4 beekeeping | d She was surprised by how good she was at this activity. |
| 5 playing the ukulele | e She learned that she is not able to do this kind of thing well because she isn't athletic. |
| 6 Ping-Pong | f She didn't understand why this is a popular hobby. |

D READ FOR DETAIL Read again. Fill in the blanks in the article (1–6) with the sentences (a–f).

- Is this really a hobby?
- What could possibly go wrong?
- Maybe there's a chance for me to get in shape after all.
- Then you throw the line on the water.
- I really enjoyed this.
- I am not very flexible.

Identifying tone

An essay or serious news article will usually have a formal or serious tone. Other kinds of text, like emails between friends or some web or magazine articles, may have an informal or humorous tone.

You can identify a text's tone from the way it is written and the author's choice of phrases, adverbs and adjectives, capital letters and punctuation.

E Look at the highlighted words and phrases. What do the capital letters, punctuation and word choice tell us about the article's tone?

F SPEAK Work in pairs. If you had to choose one of these activities to take up for a month, which would you choose? Why? Tell your partner.

June: Yoga

Ouch! I thought yoga was relaxing. I didn't realize I had to be super athletic and flexible. After one month of downward dogs and (falling over!) tree poses, I learned some very important things about me: I am not very athletic. ⁶ I do not like yoga.



GRAMMAR

had to / needed to

A WORK IT OUT Look at the sentences from *My six months of trying new things*. Then choose the correct words to complete the rules.

I needed to take up a hobby.

All I had to do was keep some flying insects in a box.

I didn't have to be in great shape.

I didn't need to spend a lot of time practicing before I started winning games.

had to / needed to

- We use **had to** and **needed to** when we talk about things that were necessary in the **present / past**.
- We use **didn't have to** and **didn't need to** when we talk about things that were **not allowed / not necessary but possible** in the past.

B Go to the **Grammar Hub** on page 132.

C SPEAK Work in pairs. Tell your partner:

- three things you **had to / needed to** do yesterday. Explain why.
- three things you **didn't have to / didn't need to** do yesterday. Explain why.

SPEAKING HUB

A Think of one or two new activities that you have tried. Use the list to help you or your own ideas.

get a pet
plant flowers or grow a plant
make a birthday present instead of buying one
try a new form of exercise
take language classes
make a photo album
learn a new board game



B PLAN Think about:

- how and why you did it.
- what was easy/difficult about it.
- the things you had to / needed to do.
- the things you didn't have to / didn't need to do.
- why you stopped/continued doing it.

C SPEAK Work in pairs. Tell your partner about the new activity you tried. Then listen to your partner and ask him/her questions about the activity.

- Talk about hobbies and free time activities
- Discuss trying new things


COMPREHENSION

- A** Work in pairs. Tell your partner how you prepare for exercising or playing sports. What do you do before you start?
- B**  00:00–00:32 Watch the first part of the video. Are any of the things you discussed in Exercise A in the video? Who do you think will win the game?
- C**  00:33–03:15 Watch the second part of the video. Check (✓) *Gaby* or *Sam* or both.

Gaby	Sam	
		thinks it's unusual to put butter on toast.
		thinks British breakfast is more than buttered toast and milky tea.
		thinks Spanish food is better than English food.
		thinks tortilla is boring.
		changes their mind at the end.

FUNCTIONAL LANGUAGE

Expressing your opinion

- A**  Complete the phrases in the table. Then watch the video again and check your answers.

Give an opinion	I ¹ _____ that's very strange.
	² _____ you think that's horrible?
	I ³ _____ British food is better than ever these days.
	In my ⁴ _____, British food is still really bad.
	If you ask ⁵ _____, it's your opinion that's really bad.
Give examples to support an opinion	Spanish food is so much better. Don't ⁶ _____ agree?
	Do you know ⁷ _____ I think? Tortilla is a bit boring.
Agree with an opinion	⁸ _____ instance, ...
	To give you an example, ...
	I agree. You are probably ⁹ _____.
Disagree with an opinion	Absolutely!
	I disagree. I ¹⁰ _____ don't think that's true.
	Nonsense. To be brutally ¹¹ _____, no!

- B** Work in groups. Decide which are the three countries with the best food in the world.



MILLY



SAM



NEENA




ZAC




GABY

USEFUL PHRASES

- A**  Match the useful phrases (1–5) with the phrases that come before or after them (a–e). Then watch the video and check your answers.
- Game, set and match – Sam!
 - Not hugely.
 - Wake up! Say something!
 - I didn't realize you were so passionate about food.
 - British food is average!
- So you don't like Spanish food?
 - Sam, are you OK?
 - I'm sorry! I got a bit angry.
 - I was right!
 - Nonsense!
- B** How do you say these useful phrases in your language?

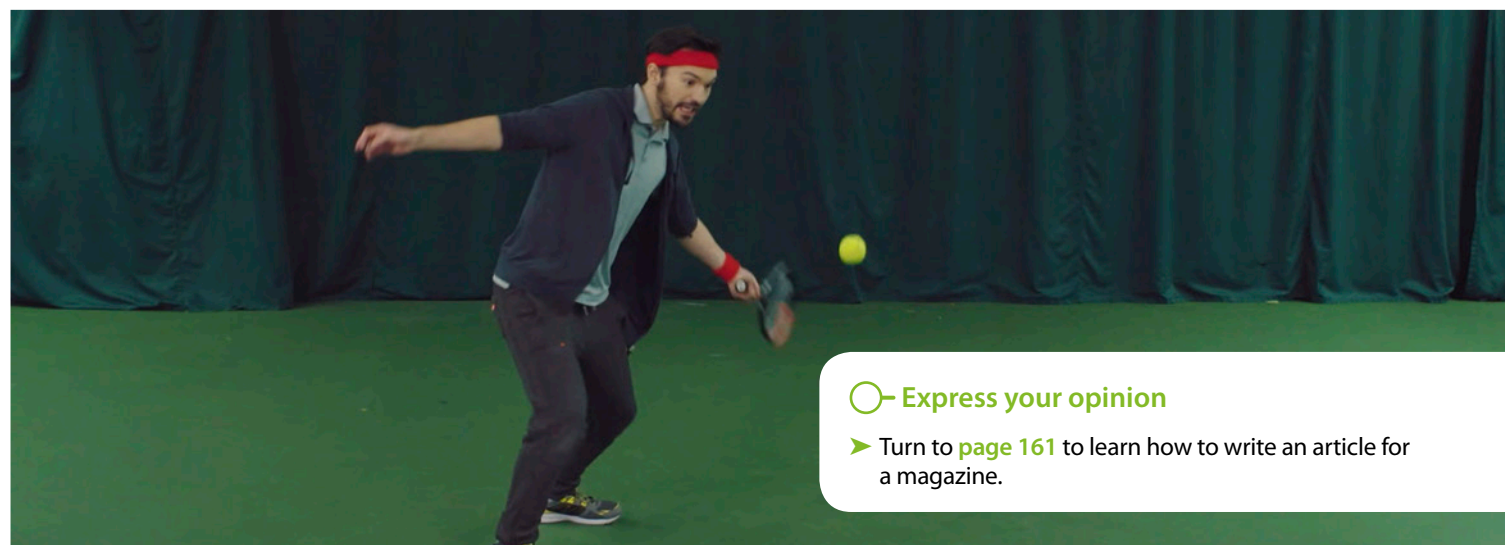
PRONUNCIATION

Intonation for expressing opinions


-  **A** Listen and repeat the extracts from the video. Copy the stress and intonation.
- A:** In my opinion, British food is still really bad.
- B:** Well, if you ask me, it's your opinion that's really bad.
- A:** Spanish food is so much better – don't you agree?
- B:** To be brutally honest, no!
- A:** Do you want to know what I think? I think tortilla is a bit boring.
- B:** Boring!
- B** Work in pairs. Make similar conversations. Change the information.

SPEAKING

- A** Complete the statements with opinion phrases from Functional Language Exercise A.
- ... eat before exercising.
If you ask me, you shouldn't eat for one hour before exercising.
- ... do an hour of aerobic exercise every day.
- ... tennis is more exciting to watch than soccer.
- ... the gym is boring.
- ... female athletes should be paid the same as men.
- ... running is the best sport in the world.
- ... boxing is too violent.
- ... eSports are more exciting than real sports.
- B DISCUSS** Work in pairs. Take turns reading out your statements from Exercise A and agree or disagree with your partner's statements.



Express your opinion

-  Turn to **page 161** to learn how to write an article for a magazine.

Unit 6 Review

GRAMMAR

A Complete the conversation between a soccer coach and some new players with the correct modals of obligation.

Coach: The rules say so. You ¹ _____ touch the ball with your hands. It isn't allowed.

Player 1: But what about the goalkeeper? He sometimes ² _____ use his hand to stop a shot. I've seen it on TV.

Coach: OK, OK! Everyone except the goalkeeper ³ _____ follow that rule. And you all ⁴ _____ warm up before a game. I insist on that. If you don't warm up, you don't play.

Player 2: I can't get here until 6 pm.

Coach: That's a little late, the game starts at 6:15 pm. You ⁵ _____ start warming up at 5:45, by 6 pm at the latest. You bike here, don't you? If so, you ⁶ _____ do a big warm-up. But you ⁷ _____ be here by six, OK?

B Complete the TV interview with the present perfect or present progressive form of the verbs in parentheses.

Reporter: Hi, everyone. I'm with champion surfer Sally Gowen. Sally, ¹ _____ you _____ (surf) here all day?

Surfer: Hi, Maisie. Yes, I sure have. The water ² _____ (be) excellent all day. I love it here. I ³ _____ (come) here a lot recently.

Reporter: What ⁴ _____ you _____ (practice) today? Some new moves?

Surfer: No, no. Nothing too special. OK, I'm going back on the surf now.

Reporter: Oh, I ⁵ _____ (finish) yet. Just one more ... Sally? Sally! Oh, she ⁶ _____ (go).

C Complete the text with *had to*, *didn't have to*, *needed to* or *didn't need to*. Sometimes more than one answer is possible.

I remember my first year at college well. It was so different from being at high school. Finally, we ¹ _____ wear a uniform every day, and I ² _____ tell my parents where I was all the time. I enjoyed that new freedom, and I ³ _____ grow up quickly, too. I ⁴ _____ take more responsibility for everyday things. I was lucky though because I lived in a student residence. I ⁵ _____ live there, but I chose to because I wanted to meet other people easily. It was a good decision. We ⁶ _____ follow a few rules, but having a housekeeper was great. I mean, we still ⁷ _____ wash the dishes and keep things clean, but a housekeeper every week was good.

VOCABULARY

A Choose the best adjectives to complete the sentences.

- Don't delay any more. Make your mind up. It's time to be **decisive / aggressive**.
- Stop yelling! You're being very **effective / aggressive**.
- He's very **creative / competitive**. He hates losing.
- eSports are already **massive / expensive**. They'll definitely be in the Olympics soon.
- You won 7–2? That's **impressive / aggressive**!
- Running with the ball is not very **effective / competitive**. It's better to pass it quickly.

B Complete the text about sports with the missing words.

I loved my time as a soccer player. I only played for one club in the national ¹ e a g u e, but what a club! I had great ² c _____ who really improved my game, and our ³ f _____ were amazing, always singing and cheering us on. It was a great feeling walking into the ⁴ s _____, to hear that noise at the beginning of the game. And, of course, I played for the national team at three World Cup ⁵ t _____, and the 2018 one was the highlight of my career. How can anything be better than winning the ⁶ f _____ and lifting the ⁷ t _____, knowing you are the ⁸ c _____ of the world? I bet all the ⁹ s _____ watching in the stadium and on TV were jealous! I think I can safely say I was a ¹⁰ t _____. After all, I won the 'Player of the Year' award twice! I certainly miss those days. I don't get the same feeling from running a restaurant.

C Complete the radio vox-pop with the words in the box.

am been collect get joined lost took

Yes, I ¹ _____ stamps. I've ² _____ into stamp collecting for a long time. I ³ _____ it up when I was just a kid. Some people think it is boring, but I have never ⁴ _____ interest in it, and I'm 45 now. Of course, I ⁵ _____ a member of my local stamp collecting society. I ⁶ _____ that ten years ago. The weekly meetings ⁷ _____ me out of the house.

FUNCTIONAL LANGUAGE

Complete the TV discussion with the correct phrases to express opinions.

Mario: Let's ask our panel of experts. You first, Tim, what do you think?

Tim: Well, in my ¹ _____, they should be banned.

Asif: If you ² _____ me, we shouldn't ban them.

Ana: As far as I'm ³ _____, a ban is the answer.

Sue: I think we should do more research. Don't you ⁴ _____?

Tim: To be ⁵ _____, I disagree completely. We already know enough. To ⁶ _____ you an example, there were five different stories about them in the newspapers last week.