

5 In shape

- Grammar: Comparatives and superlatives. Phrasal verbs
- Vocabulary: How + adjective/adverb. Sports. Numbers.
- Language for Life: Giving instructions

READING

1 Read the interview with a triathlete. Answer these questions.

- Does she train all sports everyday?
- Will she take part in events out of the USA?

FitterToday

Q & A:

Promising Triathlete, Mindy Thomas, joins FitterToday for our weekly Q & A.



Mindy, how did you become a triathlete?

I was good at swimming at high school, but I wasn't the best, so a coach said I should try out for the triathlon. And I crashed my bike in my first race! But I've improved...

How often do you train for the triathlon?

Every single day. You can't stop, really. I try to run, swim and ride every morning. But each day I focus on one area more than the others.

How often do you compete in a triathlon?

Well, at the moment I do about five or six events over the summer here in the United States. But next year, I'll join the World Triathlon Series.

How many miles do you run?

I usually run about 10 kilometers in the morning, on a 'running day'.

How far do you ride on a 'bike day'?

I try to ride the triathlon distance, which is 40 kilometers.

How long does it take to ride 40km?

Some days, it takes about an hour and fifteen. It really depends on the day!

How many events are there in the World Series?

The series is 10 events from March to September. It's a long season, but I'm ready for it.

2 Complete the statements with the correct number.

- Triathletes need to train for three sports.
- Mindy runs _____ kilometers on a running day.
- The bike ride in a triathlon is _____ kilometers.
- Some days, it takes Mindy _____ minutes to complete the cycle distance.
- Mindy hopes to compete in _____ events next year.

3 What extreme sport would you like to try? Discuss with a partner.

VOCABULARY

- 1 Look at the table. How long does it take you to do each activity? Guess the time it takes your partner to do the same things. Ask your partner questions to check your ideas.

Activity : How long does it take you to ...

1 get up in the morning?		5 read a novel?	
2 buy gifts for people you love?		6 get ready to go out for the evening?	
3 choose from a menu in a restaurant?		7 get to sleep at night?	
4 decide whether you like someone?			

Guess the time it takes for your partner to do the same things. Ask your partner questions to check your ideas.

How long does it take you to get up in the morning?

About twenty minutes.

2 Complete more questions with *How + adjective/adverb*. Use the words in the box.

far fast long many much often

- How often do you travel by train?
- How _____ does it take you to get to work or school?
- How _____ cousins do you have?
- How _____ cash do you have with you right now?
- How _____ is it from your house to the nearest beach?
- How _____ does your car go?

Ask your partner the questions.

SPEAKING: ANECDOTE

- 1 74 Listen to Tina talking about her experiences of doing sports at school. Are the answers here right (✓) or wrong (X)?

- How many hours of sports did you do each week at school?
Three hours a week. X
- What different sports did you do during the school year?
Swimming, tennis, and lacrosse.
- Which sports did you like/hate the most?
I hated lacrosse.
- What kind of sports facilities did your school have?
A gym and a basketball court.
- Did you ever play for a school team?
Yes, I played for the school lacrosse team.

2 You're going to tell your partner about your experiences of doing sports at school.

- Ask yourself the questions in Exercise 1.
- Think about *what* to say and *how* to say it.
- Tell your partner about your experiences of doing sports at school.

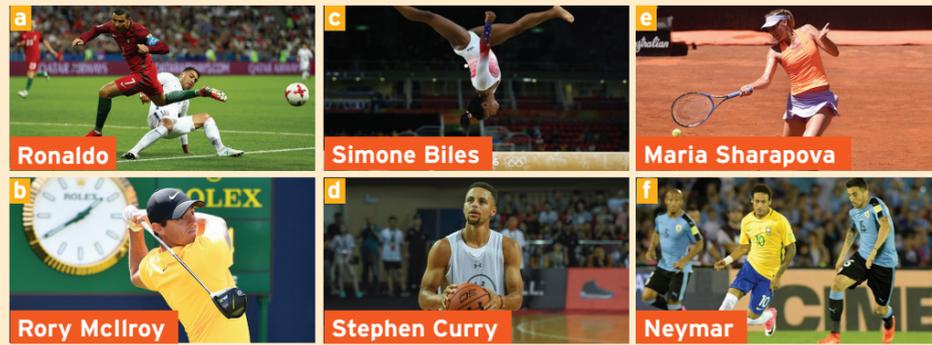


LISTENING

1 Work with a partner. Try to match each of these famous sports stars with their date of birth.

Date of birth:

- e 04/19/1987
- 02/05/1985
- 05/04/1989
- 03/14/1997
- 03/14/1988
- 02/05/1992



▶ 75 Listen and check your answers.

2 ▶ 76 Listen to a discussion between a marketing director and an advertising executive. Which sports star do they choose to advertise a new energy drink?



Listen again and complete these sentences.

- a Sharapova is more famous than McIlroy.
- b _____ isn't as interesting as _____.
- c _____ is a bit older than _____.
- d _____ isn't as successful as _____.
- e _____ is much younger than _____.

3 Work with a partner. List the most famous sports stars in your country. Complete the sentences in exercise 2 with names from your list. Choose one star from your list to advertise a car. Compare with other students in the class.

GRAMMAR & VOCABULARY

1 Test your general knowledge! Use the adjective in parentheses with a *little bit / much / not as ... as* to make true comparisons.

- a London (wet) _____ Rome. *London is not as wet as Rome.*
- b Hawaii (big) _____ Cuba.
- c The US Army (small) _____ the North Korean Army.
- d Heathrow Airport in London (busy) _____ Los Angeles International Airport.
- e Big Ben (tall) _____ the Statue of Liberty.

Comparatives

He's **a little bit older**
He's **older** **than** her.
He's **much older**
She's **not as old as** him.

▶ 76 Listen and check your answers.

2 Combine the noun phrases with the adjectives to make comparative statements that you agree with.

Chilean wine flying German cars living in a city men Mexican food shopping online women

cheap complex convenient exciting expensive funny interesting noisy reliable safe sensitive sophisticated

Compare your statements with a partner. Do you agree or disagree?

3 **Grammar Extra 5, Part 1** page 138. Read the explanation and do the exercises.

PRONUNCIATION

1 Complete the following expressions with the appropriate word.

- a It's as light as a feather.
- b He's as free as a _____.
- c They're as good as _____.
- d She's as pretty as a _____.
- e It's as solid as a _____.
- f It's as old as the _____.

2 ▶ 76 Listen, check, and repeat. Practice the red schwa (/ə/) sounds.

Can you think of people or things you could describe in this way? Do you have similar expressions in your language?

GRAMMAR

1 Write out the superlative forms for the following groups of adjectives.

Adjectives	Superlative forms
a old / rich / exciting / great	<i>the oldest / the richest / the ...</i>
b valuable / big / hot / thin	
c funny / interesting / sexy / happy	
d bad / far / good / talented	

Superlatives

Short adjectives
the **richest**,
the **biggest**
the **funniest**

Irregular forms
the **best**, the **worst**,
the **furthest**

Long adjectives
the **most** interesting,
the **most** modern

In each group, underline the superlative adjectives which is formed in a different way.

2 Complete the questions with different superlative adjectives. Use the adjectives in Exercise 1 or your own ideas.

- a Who is _____ sports person in the world?
- b What is _____ music group of all time?
- c What is _____ place you've ever visited?
- d Who is _____ person you know?
- e What is _____ possession you have?



Ask a partner your questions.

VOCABULARY

1 ▶ 77 Listen and repeat the numbers in the box.

$\frac{3}{4}$ 0.25 0.33 $1\frac{1}{2}$ $\frac{1}{8}$ $\frac{1}{4}$ 1.5 0.125 $\frac{1}{3}$ 0.75

Make pairs of numbers with the same value. Practice saying the numbers.

$\frac{3}{4}$ is the same as 0.75.

2 ▶ 78 Listen and repeat the numbers in column A. Write each number in full.

	A	B
<i>two hundred and forty-nine kilometers an hour</i>	a 249 km/h	1 Cristiano Ronaldo's earnings
	b 42,195 km	2 The biggest soccer score
	c \$70,600,000	3 The fastest tennis serve
	d 32-0	4 The official distance for a marathon

Match the numbers in column A with the facts in column B.

3 **Pairwork Student A:** page 122 **Student B:** page 126

READING

1 Look at the picture and read the posts about how people relax. Who would you like to be?

lizziebeach This is how I relax: I turn off the phone, give up social media, hang up my hammock and have a nap in the afternoon. I just hear the sound of the waves and feel the breeze on my face. #howdoyouchill

samsuit This is good! I would like to take off my shoes, throw away my suit and go to the beach. #howdoyouchill

donnyboy Yes, it's time to relax. I'm not going to turn on the computer this morning. I'm going to just sit on the balcony with my cup of coffee, and watch people on the street. #howdoyouchill

paula22 You have inspired me! I'm going to put on my headphones and just go and walk in the park. Summertime is here! #howdoyouchill

frannie9 I can't turn off my phone, and I can't give up social media – it's my job! But I will soon have my vacation. A full month to relax. #howdoyouchill

57 likes
1 DAY AGO

2 Discuss the questions with a partner.

- What do you do to relax?
- What stops you from relaxing?

VOCABULARY

1 Complete the sentences using the phrasal verbs in the box.

give up hang up put on take off throw away turn off turn on

- I always **take off** my shoes before I go into my house.
- If I want to relax, I _____ all the lights and sit in silence.
- When I want to look my best, I _____ a suit.
- I could never _____ coffee – it's the only thing that keeps me awake.
- The first thing I do when I get to the office is _____ my computer.
- I never _____ plastic bags because they're so useful.
- I never do any ironing. I just _____ my clothes very carefully when they are wet.

2 Are any of the sentences true for you? Discuss with your partner.

GRAMMAR

1 Work with a partner. Look at the three phrasal verbs used in these sentences (*take off*, *run after*, and *sit down*) and answer the questions.

subject verb object particle subject verb particle object
I took my shoes off and I ran after the bus.

But it didn't stop.

subject verb particle
So I sat down and cried. I hate bus drivers.

Phrasal verbs

Intransitive
She **sat down**.

Transitive (separable)
He **took off** his shoes.
He **took** his shoes **off**.
He **took** them **off**.

Transitive (not separable)
They **ran after** the bus.
They **ran after** it.

- Which phrasal verb does not take an object? (INTRANSITIVE)
- Which phrasal verb can have the object between the verb and the particle? (TRANSITIVE - SEPARABLE)
- Which phrasal verb always has the object after the particle? (TRANSITIVE - NOT SEPARABLE)

2 When the object is a pronoun such as *it*, *them*, *her*, where do you always put it when the phrasal verb is: a) separable? b) inseparable?

3 Put the words in the correct order to make answers to the questions. Look the phrasal verbs up in a dictionary if you are not sure.

- What should I do with this banana skin? (away / throw / it) **Throw it away.**
- What should I do with this mess? (it / up / clear)
- What should I do with my pants? (hang / up / them)
- What should I do about this problem? (it / deal / with)
- What should I do with this application form? (fill / in / it)
- What should I do about my party? Nobody can come. (it / call / off)

4 **Grammar Extra 5, Part 2** page 138. Read the explanation and do the exercises.

LISTENING & SPEAKING

1 You are going to listen to a radio show about laughter clubs. Do you think the statements (a-e) are true or false?

- Young children laugh much more than adults.
- Laughter clubs started in the USA.
- Laughter releases happy chemicals called endorphins.
- Laughing is good for the heart.
- In laughter clubs, people laugh at funny stories.

79 Listen and check your answers.

2 Face your partner. Take turns trying to make each other laugh.

3 Work with your partner. Discuss the following questions.

- What kind of thing makes you laugh?
- How do you feel after a good laugh?
- When was the last time you laughed so much you couldn't stop?

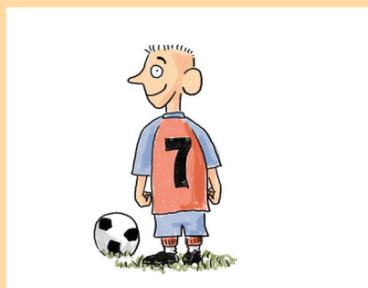


LANGUAGE FOR LIFE

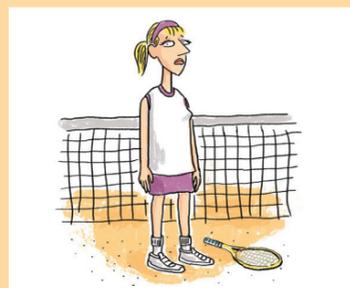
1 80 Listen to the three conversations (a-c). Which sports are these people learning?



a Selma's learning to _____



b Jimmy's learning to play _____



c Rebecca's learning to play _____

2 Match each person in Exercise 1 with a set of instructions 1, 2, or 3.

1 Throw the ball in the air. Don't look at me. Look at the ball. Pick up your racket. Try again.

2 Stand up on the board. Hold on. Don't let go. Be careful. Don't go too fast.

3 Kick the ball. Don't throw the ball. Don't pick it up. Don't touch the ball with your hand. Use your foot.

3 Complete the first conversation in Exercise 1 by replacing the **highlighted** phrases (1-6) with the useful phrases in the box.

Be careful! Be patient. Come back! Don't be mean. Don't worry. Try again.

Paul: OK, are you ready?
Selma: Yes.
Paul: Stand up on the board.
Selma: OK. Ohhhh!
Paul: Ha, ha, ha!
Selma: (1) **Be nice.** *Don't be mean.*
Paul: Oh, sorry. OK. (2) **Don't give up.** Good! Great. Hold on. Don't let go.
Selma: Ohhhh! It's too difficult. I can't do it.

Paul: Don't be silly. Of course you can do it. (3) **Don't be impatient.** Come on, try again.
Selma: I look stupid.
Paul: (4) **Relax.** Everyone looks stupid the first time. Now, stand up on the board. That's it. (5) **Take care!** Good. Now, don't go too fast, Selma. Selma! (6) **Don't go too far!**
Selma: Wheeee!

Listen to the conversation again and check. Practice the conversation with a partner.

LIFE SKILLS: Time management

An exercise routine

1 Match the phrases (a-f) with the pictures (1-6).

- a a push up
- b a squat
- c a pull up
- d a plank
- e jog in place
- f a lunge



81 Listen, check, and repeat.

2 82 Listen to the podcast. What exercises does it include?

3 Create your own timed workout routine. Compare with a partner.



5 Vocabulary Extra

Clothes and accessories

1 Complete the table. Use the pictures of equipment to help you.

Sport	Person	Place	Equipment
track	a runner	an athletics track	shorts, a running top, (1) <i>running shoes</i>
skiing	a skier	a ski resort	skis, ski boots, ski poles, (2) _____
soccer	a soccer player	a soccer field	a soccer ball, shorts, a soccer shirt, (3) _____
golf	a golfer	a golf course	golf balls, (4) _____
swimming	a swimmer	a swimming pool	a swimsuit, (5) _____ (6) _____
tennis	a tennis player	a tennis court	tennis balls, (7) _____, (8) _____



2 Add more words or sports to the table in Exercise 1. Use your dictionary.

Focus on verbs used with sports

1 Underline the most appropriate alternative in each of these sentences.

- a I do / play / practice some exercise two or three times a week. It keeps me in shape.
- b I've never been / played / practiced windsurfing. I can't swim.
- c I'd like to play / go / practice snowboarding. I love the mountains.
- d The last time I did / went / practiced some sports was on vacation.
- e I did / played / practiced a lot of baseball when I was a child. Now I just watch it on TV.
- f I'm not very good at tennis because I don't have time to do / go / practice.

How many of the sentences are true for you? Compare with a partner.

2 Complete the verb phrases with *do*, *go*, or *play*. Use your dictionary and add more sports to each list.

a _____ cycling	b _____ athletics	c _____ basketball
fishing	judo	golf
swimming		tennis
windsurfing		volleyball