

GRAMMAR

Modals of obligation

A Circle the correct answer, a, b or c.

- 1 You ____ attend soccer practice today – you can come tomorrow if you like.
 - a shouldn't
 - b don't have to
 - c must not
- 2 You ____ tell the coach if you can't play in Saturday's game or she'll be annoyed with you.
 - a must
 - b need
 - c don't have to
- 3 Don't disturb him – he ____ concentrate on making the shot.
 - a doesn't have to
 - b has to
 - c should
- 4 You ____ wear the helmet, but I strongly recommend that you do.
 - a must not
 - b shouldn't
 - c don't have to
- 5 If you want to improve your performance, you ____ train every day.
 - a have
 - b should
 - c don't need to
- 6 Hey! You ____ kick the ball – you can only use your hands!
 - a must not
 - b don't have to
 - c don't need to

B Circle the modal verb which *cannot* be used in each sentence.

- 1 When running a marathon, you _____ drink water regularly so that you stay hydrated.
need to / must / shouldn't
- 2 But, you _____ drink too much liquid, or you'll get a stomachache.
don't need to / shouldn't / must not
- 3 Frank, you _____ yell; I'm sitting right next to you!
don't have to / don't need to / must not
- 4 We _____ be at the stadium until noon, so we're free until 12.
must / don't need to / don't have to
- 5 She _____ score any more points to win the game – she has enough already.
doesn't have to / shouldn't / doesn't need to
- 6 You _____ hit the other players – it isn't the right way to play.
don't have to / must not / shouldn't
- 7 If you're interested in volleyball, you _____ sign up for the school team.
should / must / don't need to
- 8 You _____ throw the ball into the net to score a point.
must / have to / don't have to





VOCABULARY

Adjectives ending in -ive

A Complete the text with the correct form of the words given in capital letters.

The Olympics are considered the greatest sporting event ever known. However, it takes more than being a ¹ _____ athlete to win.
There is a ² _____ amount of pressure from the media.

COMPETE
MASS

Players are sometimes greeted by camera crews when they arrive for practice. The media can be very ³ _____ at times, and this can break a player's concentration. Without a doubt, having this added pressure is not the most ⁴ _____ way for a player to train.

AGGRESSION

EFFECT

Athletes have to employ ⁵ _____ ways of dealing with the stress, such as meditation, taking long baths or using positive thinking to calm them. All Olympians deserve a medal for their ⁶ _____ strength in competing under these conditions.

CREATE

IMPRESS

B Matching the nouns in the box to the meanings.

champion fan final league medal players
spectator stadium tournament trophy

- 1 A large building, usually without a roof, where people watch sporting events such as soccer games or races. _____
- 2 Someone who has won an important competition, especially in a sport. _____
- 3 People who play a particular game or sport. _____

- 4 The last game, race, etc in a competition. The winner of this is the winner of the whole competition. _____
- 5 A large silver cup or similar object given as a prize to the winner of a competition, especially a sporting event. _____
- 6 Someone who likes to watch a particular sports team and wants that team to win. _____
- 7 A small flat piece of metal that you are given for winning a competition. _____
- 8 A group of teams or players who regularly compete against one another, put in order according to how many games they have won. _____
- 9 A series of games in which the winner of each game plays in the next game until there is one player or team left. _____
- 10 Someone who watches a sporting event. _____

Sports

C Circle the correct option to complete the sentences.

- 1 Roger is a terrific baseball *spectator* / *coach*; his team always wins the championship.
- 2 His shelves weren't tall enough for the *trophy* / *medal* he had just won!
- 3 The FIVB is the world *champion* / *league* of international volleyball teams.
- 4 The *spectator* / *stadium* was so packed with fans that there was nowhere to sit.
- 5 If you don't win this last game, you'll lose the whole *trophy* / *tournament*.
- 6 The team's *fans* / *spectators* arrived at the game wearing red and white scarves.
- 7 To win the competition, you'll have to compete against last year's *final* / *champion*.
- 8 Getting a place on the team is very difficult; they only pick the top *fans* / *players*.
- 9 I'd rather play a sport than be a *spectator* / *champion* – participating is more fun than watching.
- 10 If he wins this game, he'll be through to the *final* / *league*.

PRONUNCIATION

Rhythm: pausing

A Read this excerpt from a radio show. Mark (/) where you think the speaker will use a short pause and (/ /) for a longer pause which is used to add emphasis or drama.

Stay tuned, / folks. We have an exciting show for you today. Later on in the show, Lionel Messi – world famous athlete, considered by some to be the greatest soccer player of all time – will be joining us to talk about his life and career. We'll speak about the challenges he's faced, both on and off the field, and how he overcame them to be who he is today.



B Listen and check whether you have placed your pauses appropriately.

C Practice reading the excerpt aloud with the correct use of pauses.

VOCABULARY

Hobbies and free time activities

A Circle the correct option to complete the radio interview.

Presenter: Aisha has come on to the show today to tell us about her work as a life coach. Aisha, how do you help people ¹*escape* / *get* from daily stress?

Aisha: There are a lot of ways, actually. But, mainly, it's all about finding out what is ²*relaxing* / *fitting* for you, personally. I do think, though, that the best activities are ones that you both enjoy and that ³*close* / *get* you out of the house.

Presenter: I see. I've always really enjoyed ⁴*keeping* / *collecting* stamps, but I don't think that's a very popular hobby anymore.

Aisha: It doesn't matter what it is, as long as you really enjoy doing it. The real benefits come from having a ⁵*close* / *near* interest in a hobby. Whatever you ⁶*have* / *are* into doing is going to have positive results for you.

B Complete the sentences with the words in the box.

active fan hobby member society thing

- 1 Why don't you join a _____ to be with other people who share your interest in old books?
- 2 I decided to take up a _____ and I've started doing yoga once a week.
- 3 Going to a gym isn't really my _____ to be honest.
- 4 I'm a _____ of the Rihanna fan club.
- 5 Cross-training is becoming a very popular way to keep _____.
- 6 I'm a huge _____ of Drake and his music.



GRAMMAR

Present perfect progressive

- A** Complete the blog post with the present perfect or present perfect progressive form of the verbs in parentheses.

MY SPORTY SISTER AND ME

My sister Samia loves sports. I ¹ _____ (never / know) anyone as active as her. She ² _____ (play) soccer, tennis, basketball and other sports for years. If you ask her 'How long ³ _____ (you / take part) in sports competitions?' She'll tell you that she started as soon as she could walk! This month she ⁴ _____ (train) for another marathon. She ⁵ _____ (complete) two so far. One in New York and one in Chicago. I ⁶ _____ (not achieve) very much all day today, apart from writing this blog post. Not like Samia. She ⁷ _____ (just / come in) very hot and sweaty because she ⁸ _____ (work out) at the gym all afternoon.

- B** Rewrite each sentence using the present perfect progressive and the word given in capital letters. Write no more than five words.

- 1 Clara moved here six years ago.

FOR

Clara _____ six years.

- 2 Seth started playing tennis as a child.

SINCE

Seth _____ he was a child.

- 3 I go to the gym a lot less recently.

NOT

I _____ to the gym a lot recently.

- 4 They began to train last year to get ready for the marathon.

A

They _____ year to get ready for the marathon.

had to / needed to

- C** Find and correct the mistakes in the sentences.

- 1 I hadn't to buy a yoga mat because my sister lent me hers.

- 2 We have to have lessons before we could jump out of the plane for the first time.

- 3 Julio need to practice a lot before he became good at fly fishing.

- 4 Kayleigh hadn't to watch the ukulele teacher because she already knew how to play the song.

- 5 She didn't had to do anything yesterday so she spent the day relaxing at home.

- 6 I had spend a lot of money to buy this stamp, but I'm pleased that I did.

- 7 The coach said we needed practice more, so we did.

- 8 I had use my friend's Ping-Pong paddle last week because I broke mine.

PRONUNCIATION
been: unstressed

- A** Listen and underline the words the speaker stresses in each sentence.

- 1 I've never been to India.
- 2 Tanya's been playing tennis for hours.
- 3 He's been very quiet all day.
- 4 How long have you been captain of the club?
- 5 We've been training since last year.
- 6 Have you been surfing before?

- B** Practice saying the sentences in Exercise A. Don't forget that *been* should be unstressed.

READING

A Read three short texts which are all on the same topic. What is that topic?

B IDENTIFY TONE Where would you expect to read the three different texts? Match the texts (a–c) with the sources (1–3).

- 1 an encyclopedia —
- 2 a blog —
- 3 a magazine —

C READ FOR DETAIL Which text mentions ...

- 1 international styles of music?
- 2 work and free time?
- 3 children?
- 4 a life-changing experience?
- 5 different kinds of instrument?
- 6 helping others?

D REFLECT Think about the answers to these questions.

- 1 Do you play a musical instrument? If not, would you like to?
- 2 How can music help people to overcome a difficult experience?

a Great concert at the Memorial Hall last night – and all for charity! We raised \$350 for the Hope Children's Hospital. Wonderful result! Well done everybody – the ladies of the organizing committee, Kingfisher Café who provided the refreshments ... AND the band! They were just sensational ... so impressive! I loved EVERY MINUTE of the concert. And a special thank you to the kids – it's great to see the young ones getting involved at such an early age. We hope we'll see you again next year, guys!

b A brass band is a musical group generally consisting entirely of brass instruments, frequently accompanied by a percussion section. Some groups include both brass and woodwind instruments, and this combination is typified by the New Orleans-style band. Variations on the make-up of the brass band vary across the world; the Balkan countries have a strong brass band tradition and have a distinctive style influenced by gypsy trumpet music, Turkish marching bands and traditional folk music. A British brass band usually consists of 28 players. The British scene is characterized by a strong competitive element, with annual contests being held to determine the best band in the country.

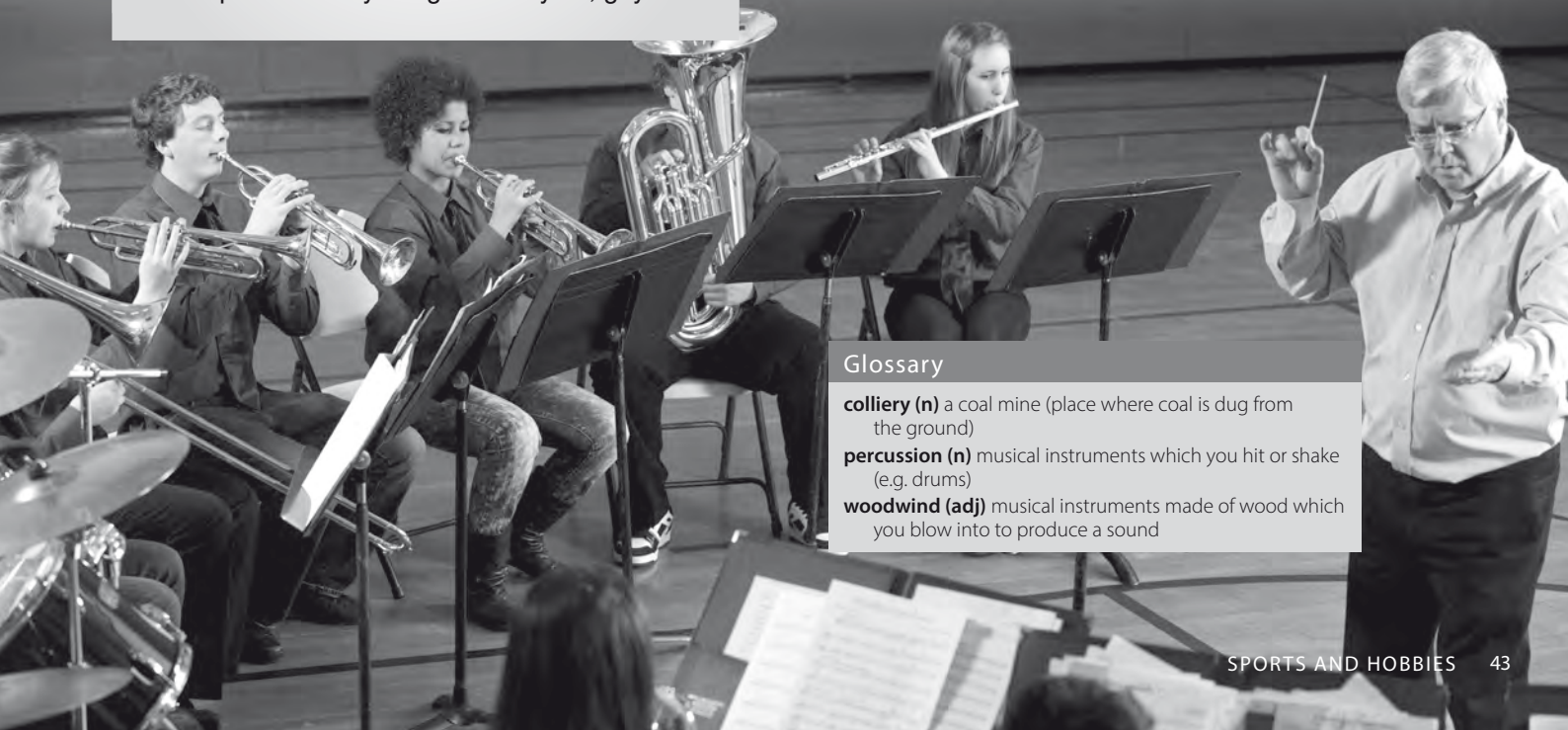
c Founded in 1917 to give miners something to do in their free time, the Grimethorpe Colliery Band has a long and proud history. The musicians were full-time mine workers, spending their days deep under the ground, digging out coal, and their evenings in music rehearsals. Sadly, the band is all that remains of Grimethorpe Colliery since the government closed it down in 1992. The closure of the pit came as a terrible shock and hundreds of people lost their jobs. At that time, 17 members of the band were working miners. Since then, the band has risen to fame for its part in the award-winning movie *Brassed Off*.

Glossary

colliery (n) a coal mine (place where coal is dug from the ground)

percussion (n) musical instruments which you hit or shake (e.g. drums)

woodwind (adj) musical instruments made of wood which you blow into to produce a sound





LISTENING

A Look at the pictures (a–c). How could these people make money from their hobbies?



6.3

B LISTEN FOR MAIN IDEAS You will hear a talk about how to turn a hobby into a business. Read the main ideas of the talk. Listen and put them in the order (1–6) that they are mentioned.

- a Organize your ideas and your time. _____
- b Advertise your new business. _____
- c Make money from what you enjoy. _____
- d Organize the money side of your business. _____
- e Don't be scared – it's the right decision. _____
- f Use different ideas, not just one. _____



6.3

C LISTEN FOR DETAIL Listen again and circle the correct answer, a, b or c.

- 1 The advantage of turning your hobby into a business is that you will
 - a learn how to make things.
 - b have more free time.
 - c enjoy what you do to earn money.
- 2 Which statement best describes how people feel after making a business from a hobby?
 - a I'm too scared of failure to start up my own business.
 - b I don't regret making this life-changing decision.
 - c Starting my own business was a mistake.
- 3 New businesspeople should organize their time by
 - a practicing how to concentrate.
 - b setting detailed short-term actions.
 - c focusing only on positive targets.
- 4 Why should you use your hobby in different ways?
 - a To have various ways of making money.
 - b So you can teach others about it.
 - c To sell more products.
- 5 How can you attract customers?
 - a By using the internet effectively.
 - b By giving away free products.
 - c By sharing your ideas.
- 6 What is the speaker's advice about money?
 - a Enjoying your hobby is more important than money.
 - b You must earn more than you spend.
 - c It's a good idea to consult a professional.

Glossary

entrepreneur (n) person who creates a successful business
profitable (adj) which makes money

D REFLECT Think about the answers to these questions.

- 1 Do you have a hobby which you could turn into a business?
- 2 If you turned passion into profit, do you think you would still enjoy your hobby?

FUNCTIONAL LANGUAGE
Expressing your opinion

Complete the conversation with the words and phrases in the box.

another example brutally honest don't think for instance if you my opinion probably right

Leon: I've decided to turn my hobby into a business.

Pam: What – working out at the gym and keeping active?

Leon: Yes, ¹_____, I could set up an online fitness advice service, or, to give you ²_____, I could become a personal trainer.

Pam: ³_____ ask me, that's not a good idea.

Leon: Why not?

Pam: In ⁴_____, if you turn your hobby into a business, you won't enjoy it. It won't be fun anymore – it will be stressful and boring.

Leon: I certainly ⁵_____ that's true. I'll just be making money doing something I love, instead of sitting at a desk all day.

Pam: And to be ⁶_____, Leon, I don't think you have what it takes to become a businessman. You need to know about finances and marketing and so on.

Leon: Hmm. You're ⁷_____.



Your chance to win an adventure vacation with *Pursuits* magazine!

In our 'What to do' section we're going to publish a series of readers' articles called *Try it!*

Send us your articles about a sport or hobby you think our readers should try doing. At the end of the series, readers will vote for the best article. Get writing!

WRITING

A Read the magazine ad above. Think about the answers to these questions.

- Which sport or hobby would you choose to write about?
- The first prize for this competition is an adventure vacation. Would you enjoy that? Why/Why not?

B ORGANIZATION Read *Try it – canoeing*, ignoring the blanks. You will see that each paragraph has a clear topic. Put the topics (a–e) in the order they are mentioned in the article.

- a start in a group with others _____
- b buying your own equipment _____
- c risk-taking or relaxing _____
- d taking safety precautions _____
- e canoeing in other countries _____

Try it – canoeing

Whether it's paddling slowly along a river or racing down a white-water run, canoeing is one of the most exciting activities I've ever tried.

¹___ about canoeing is that it can be both relaxing *and* thrilling. If you want excitement, try a white-water run. If you want a quiet day in the countryside, ²___ and canals is that you can stop off wherever you like to rest.

If you've never done it before, it's best to join a club. ³___ is that you get basic training and safety tips, and you make a lot of new friends. ⁴___ joining a club is you don't have to provide your own canoe.

⁵___ is that you become part of a community. And you don't have to limit yourself to canoeing near home. There are clubs all over the country and ... all over the world! Traveling to another country for a canoeing trip is just awesome!

Try it! It's great fun and a good way to meet new people. ⁶___, though, is to put safety first and always wear a lifejacket. It isn't just a walk in the park!

C INTRODUCTORY CLAUSES Read the article again and fill in the blanks (1–6) with the introductory clauses (a–f).

- a The reason for joining a club
- b One thing I especially like about canoeing
- c One of the nice things about exploring rivers
- d Another good thing about
- e The most important thing to remember
- f One of the great things

WRITING PRACTICE

A PREPARE You are going to write a magazine article called *Try it!* about a sport or hobby you think other people would enjoy. Write notes about each of the points below.

- Look back at Writing Exercise A. Which sport/hobby did you choose?
- Think of three or four reasons why you enjoy it.
- Think of a way to grab the reader's attention in your first paragraph.
- Can you think of a memorable closing sentence?

B WRITE Write your article in 150–200 words.

- Use your notes and ideas from Exercise A.
- Remember to give each paragraph a clear topic.
- Don't forget to use introductory clauses.

