

## Let's Get Moving

## A ★ Look and write.

trampolining pads rappelling helmet  
 Rollerblading BMX racing ~~snowboarding~~ skiing

1

snowboarding

2



3



4



5



6



7



8



## B ★★ Find and correct seven more spelling errors.

The sports center was really busy when I arrived! There was a long line for ~~sking~~ <sup>skiing</sup>, so I decided to leave it until later. Snowboreding looked fun, so I gave it a try. Eek! It's difficult when you're only a beginner! Next, it was time for Rollerblayding. I'm very good at that—but even when you're an expurt, you have to wear a helmit and padds. By then, I was tired, but I wanted to try BMX rasing. It was so cool!

**C** ★★ Answer the questions.

1 What do you wear to protect your knees when you go Rollerblading or skateboarding?

\_\_\_\_\_

2 What do you hold on to when you go rappelling?

\_\_\_\_\_

3 What is someone who is very good at a sport called?

\_\_\_\_\_



4 For which of these sports do you not need to wear a helmet: kayaking, BMX racing, trampolining, or skiing?

\_\_\_\_\_

5 Which safety item do you need to wear for rappelling but not for Rollerblading?

\_\_\_\_\_

**D** ★★ Write a sentence to describe each sport.

~~rappelling~~    BMX racing    snowboarding  
trampolining    Rollerblading    skiing

1 *In rappelling, you climb down a wall or mountain using a rope and harness.*

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

## Review of Verb Forms

You	're	an expert at skiing.		That	was	even faster than last time.	
I	'm	looking for	a new sport.	I	was	watching	you.
I	haven't	tried		snowboarding before.			
Are	you	going to	go back	to skiing?	Yes,	I	am.
					No,		'm not.
I	'll	find		it easy.			

Verbs must agree with their subjects.

### Remember



### A ★ Match the sentence halves.

- |                 |                          |
|-----------------|--------------------------|
| 1 You won't     | a give it a try?         |
| 2 I'm going     | b find it easy to do.    |
| 3 It was        | c wearing harnesses.     |
| 4 She has       | d to put on my helmet.   |
| 5 Why don't you | e taken skating lessons. |
| 6 The boys were | f difficult at first.    |

### B ★★ Which tense do you use? Read and number.

Past	← Present	→ Future
1 present perfect	4 simple present	6 future with going to
2 simple past	5 present progressive	7 future with will
3 past progressive		

I want to say ...

- |   |                                |                                      |                      |
|---|--------------------------------|--------------------------------------|----------------------|
| a what I did last summer.                         | <input type="text" value="2"/> | e what I usually do on the weekend.  | <input type="text"/> |
| b what I'm doing now.                             | <input type="text"/>           | f what I'm going to do next weekend. | <input type="text"/> |
| c what I've done recently.                        | <input type="text"/>           | g what will happen next week.        | <input type="text"/> |
| d what was happening when another event occurred. | <input type="text"/>           |                                      |                      |

**C** ★★ Read and choose.

- 1 Yesterday I **went** / **am going** BMX racing. It was really fun!
- 2 My cousins have practiced every day, so now they **have been** / **are** experts at trampolining.
- 3 He can't do it now because he **is looking for** / **looks for** his Rollerblading helmet and pads.
- 4 If you leave now, when **will you arrive** / **you arriving** here?
- 5 She **didn't wear** / **wasn't wearing** a harness when she fell.
- 6 Miguel **hasn't tried** / **won't try** rappelling before.
- 7 I'm so excited! We're **going to go** / **will go** climbing.
- 8 My mom **has tried** / **tried** snowboarding last winter.



**D** ★★ Write about your activities. Use different tenses.

Most days, \_\_\_\_\_ .

Last Saturday, \_\_\_\_\_ .

On vacation, \_\_\_\_\_ .

Right now, \_\_\_\_\_ .

Recently, \_\_\_\_\_ .



**A ★ Read the definitions and unscramble the words.**

- 1 to do exercise so that you feel healthy and strong (**tge tfi**)
- 2 to stop doing something you are trying hard to do (**evig pu**)
- 3 to collect money for a special reason (**erisa yeomn**)
- 4 to give money to someone who is doing a charity event (**rossnop**)
- 5 to be involved in an activity with other people (**keat rapt ni**)
- 6 to practice regularly for a sport or activity (**intra**)

get fit

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**B ★★ Read and choose.**

- 1 I want to raise money for a ... that helps children who need educational supplies.  
 a fun run                      b charity                      c challenge
- 2 We're getting fit for a ... We need to keep going for five kilometers!  
 a team.                      b event.                      c fun run.
- 3 If you help me train, I won't ...  
 a give up.                      b take part in.                      c get fit.
- 4 We're going to take part in the race and ask people to ... us.  
 a raise money                      b give money                      c sponsor
- 5 My race is in two months. I need to ... more. I really want to win!  
 a give up                      b train                      c take part in



C ★★ Read and decide. Then color.

sports bring people together = orange  
other advantages of sports = blue

- 1 You can spend time with people who have the same interests as you.
- 2 You can get fit.
- 3 You can become part of a community.
- 4 You can set yourself a personal challenge.
- 5 You can become an expert in your sport.
- 6 Your team helps you when you're not playing well.
- 7 You can use your sport to raise money for charity.



D ★★ Rewrite the sentences replacing the words in bold. Use the correct form of the verbs.

give up    take part in the fun run  
~~train~~    basketball team    a charity

- 1 I'm **practicing** hard because I want to be a better runner.  
I'm training hard because I want to be a better runner.
- 2 She doesn't want to **stop and not finish**. She's determined to finish the race.  
\_\_\_\_\_
- 3 He wants to raise money for **an organization** that helps wildlife.  
\_\_\_\_\_
- 4 Yes, we're **doing the fun run with other people**.  
\_\_\_\_\_
- 5 Will you sponsor my **group of people who play basketball together**?  
\_\_\_\_\_

## Indefinite Pronouns

Person	Thing	Place
everyone	everything	everywhere
someone	something	somewhere
no one	nothing	nowhere
anyone	anything	anywhere

✓ everyone is  
✗ everyone are

### Watch Out

**A ★** Color the boxes to make sentences.

1	Can I do	on my team	I can buy a helmet?
2	Everyone	anywhere	in the mountains.
3	Is there	anything	to help?
4	Let's go skiing	somewhere	wants to train.
5	I need	something	to eat.

**B ★★** Circle the correct indefinite pronoun.

- Has **everyone** / **anyone** seen my helmet and pads? I've looked **everywhere** / **anywhere**, but I can't find them.
- Everyone **were** / **was** on vacation, so he had **no one** / **someone** to train with.
- I'll have to call **someone** / **anyone** about the fun run—I can't find **something** / **anything** about it online.
- Does he have everything that he **needs** / **need**? Please check that he hasn't forgotten **nothing** / **anything**.
- We need **no one** / **someone** to find out where the race is taking place. Is it **anywhere** / **nowhere** near here?



C  Complete the dialogue.

Everyone    anything    Someone    No one    anyone

Casey: 1 \_\_\_\_\_ on my team has decided to take part in a fun run.

Jordan: Cool! Can 2 \_\_\_\_\_ do it?

Casey: Sure! 3 \_\_\_\_\_ can do it!

Jordan: Is there 4 \_\_\_\_\_ I should do first?

Casey: Yes. You should get fit. 5 \_\_\_\_\_ should give up because it's for charity!



D  Correct the errors. Then check the sentences that are true for you.

1  I love doing ~~anything~~ <sup>nothing</sup> on the weekend—just relaxing!

2  There isn't **nothing** I like more than spending time with friends.

3  It's important to have **anyone** to share your secrets with.

4  **Someone** in my family is learning English except me.


5  I can fall asleep **nowhere**.

6  I like people who are friends with **no one**.





**A** Choose eight words from the unit. Draw pictures and write the words.

 <p><i>get fit</i></p>			

**Tip**

Try drawing a picture of a new word when you write it down. When you try to remember the meaning, you will see the picture with the word.

**B** Match the sentence halves.

- |                   |  |
|-------------------|--|
| 1 Everyone        | a up in the BMX race.                                |
| 2 He wasn't       | b happen before the summer?                          |
| 3 She has         | c is getting fit at the moment.                      |
| 4 Is anyone going | d training for anything special.                     |
| 5 No one gave     | e decided to do nothing until her knee feels better. |
| 6 Will anything   | f to take part in the race?                          |



**C** Answer the questions for you. Write your answers on the race track.

- 1 Name somewhere that makes you happy. Say why.
- 2 Do you like to work in a team or do you prefer to do everything yourself? Say why.
- 3 Name someone who impressed you when you were little. Say why.
- 4 Have you done anything that no one else has done? What?
- 5 Name something you have done to get fit. Did you enjoy it?

1	
2	
3	
4	
5	



**D** Think about Unit 1. How well did you do?

I can talk about sports and equipment.

I can talk about fundraising through sports.

I can use present, past, and future tenses.

I can use indefinite pronouns.

Now you're ready  
for Unit 2!

