

Workbook

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Keep Active

Exploring Language

Unscramble the letters and write

2 GSAOREUDN 3 IIRTGN 4 PYSTRO 5 ANMAZGI 6 GLNHGNLCEIA

Replace the adjectives in bold with their opposites in Ex. 3.

1 The lifestyle of sports stars is really

2 Is waterskiing safe? **3** Professional athletes spend hours repeating relaxing routines to improve themselves. 4 Which move in weightlifting is easy? _____

5 Would you describe me as unathletic?

6 Which sport is the most undemanding for you?

with your own ideas.

the adjectives.

1 TFDIFLCUI difficult

dull. amazing

3

5

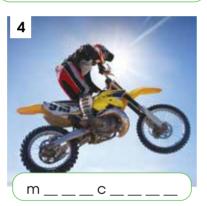
Vocabulary Olympic sports

Read and complete the names of the sports.









- ★★ Write each sport from the list in the correct box.
 - fencing water polo archery
 - weightlifting
 hurdles
 long jump
 rowing
 - high jump motocross waterskiing

Olympic individual sports

Olympic team sports

fencing

Not Olympic sports

	because you move extremely
	fast.
2	For me

★★★ Use the names of the sports from Ex. 2 and the adjectives from

Ex. 3 to complete the sentences

1 I find motocross very dangerous

- 3 I wouldn't choose

ove watching the Olympics	
	_

About the story: Training Hard!

1	Complete the sentences with the correct Then write the speakers' names. • exercising • clever • dangerous • ever	
	 classes • relax • safe • weightlifting l've never been to a big sports event like this before! I feel like more, now! In the sports club I can and walk Chico at the same time! Hurdles are so exciting, but they seem a little Actually, it's a very sport. Have you ever tried? You're very, Carlos! Why don't we ask about? 	Elsa
2	 ★ What do you think happens next? Tick (✓). a Cody, Elsa and Tara go to a big sports event. b Carlos and Chico go to the gym to exercise. c Elsa and Tara get more information about the gymnastics classes. 	 4
3	 What do the words in bold refer to? Read and write. 1 Elsa has never been to something like this before 2 Tara thinks they are exciting, but they seem a little dangerous 3 Cody thinks that this is very important for all sports 4 Carlos is in the sports club and he's walking him 	the underdogs. B: Thanks to their He came up with a brilliant plan for the game. 3 A: Why were you absent from the gym? B:, I was feeling a bit bored. 4 A: What did the doctor say? B: He thinks I should get more 5 A: Tennis players sometimes play for hours. I don't know how they cope with it. B: That's why they so hard, both

on the court and at the gym.

Grammar Present perfect

5 make sentences using the present perfect. Then choose the correct picture, A or B.

1	A		B		}	
2			Ð		В	
3	(A)			B		
4			A	2 (2)	S	
5	4		A		B	
6	A		B			
	1	man/not win/a			. 🔼	
	The man hasn't won a gold medal yet. A 2 man/already/lift/the weights					
	3 they/just/finish/skating					
	4 woman/not throw/the ball/yet					
					_	
	5	woman/alread	y/try/c	archery	_ [
	6	man/just/lose/the race				

1	Complete the sen	tences v	with the	
	resent perfect and the			
a	Iready since how lo	ong e	ver yet	jus
1	How long have yo		(you/b	e) (
•	professional tennis p	•		
2	Tanya(not/try) windsurfin			
2	The team			
3	a match		•	
4	_			
·	that our coach is go		•	
5	(yo	ou/play) water p	olo'
6	He's 20 years old a	nd		
	(take p	art) in t	wo Olym	pics
•	Complete the short	exchar	naes with	the
	resent perfect.	CXCITCI	iges wiii	
1	A: I've just come (ju	ust/com	ne) back	fror
	the gym.	-		
	B: I can tell. You see	m exha	usted.	
2	A: How long			
	(you/be) friends	with Kir	n?	
	B: All my life!			
3	B: All my life!A: Is dinner ready?			
3	A: Is dinner ready? B: Yes.I			
3	A: Is dinner ready?			
	A: Is dinner ready? B: Yes.I (already/set) the A:	e table.		
	A: Is dinner ready? B: Yes.I (already/set) the A: (you/ever/win) of	e table. a cham		 ?
4	A: Is dinner ready? B: Yes. I (already/set) the A: (you/ever/win) of B: No, but it's my dre	e table. a cham eam.	pionship	?
4	A: Is dinner ready? B: Yes. I(already/set) the A:(you/ever/win) of B: No, but it's my dre A: Is Harry going to I	e table. a cham eam. be late?	pionship	
4	A: Is dinner ready? B: Yes. I (already/set) the A: (you/ever/win) of B: No, but it's my dre A: Is Harry going to I B: I don't know. He	e table. a cham eam. be late?	pionship	
4	A: Is dinner ready? B: Yes. I	e table. a cham eam. be late?	pionship	
4	A: Is dinner ready? B: Yes. I (already/set) the A: (you/ever/win) of B: No, but it's my dre A: Is Harry going to I B: I don't know. He	e table. a cham eam. be late?	pionship	

and two activities you have never done.

Exploring Language

Vocabulary Accidents and injuries Note that the sentences (A-F) with the pictures (1-6). A I've pulled a muscle! B I've bumped my head! C I've twisted my ankle! D I've bruised my eye! E I've hurt my back! F I've sprained my wrist!

- - A 6 I did (do) a lot of press-ups yesterday.
 - B I _____ (fall) off my bike last week.
 - A ball _____ (hit) me in the face last night.
 - D I _____ (hit) my head on the shelf yesterday.
 - [I _____ (lift) heavy weights last night.
 - roperly before the game.

- 3 ** Read and choose the correct word. Then make sentences using your own ideas.
 - 1 break your eye muscle leg
 - 2 sprain your eye head wrist
 - 3 bruise your muscle eye teeth
 - 4 bump your head eye muscle
 - 5 pull a(n) eye muscle head
 - 1 He fell off a tree and broke his leg.
 - 2 _____
 - 4 _____
 - 5 _____

Grammar Present perfect, past simple

4 Read and choose the correct word(s).



- 1 He has played / played football for / since he was a child.
- 2 He joined / has joined Real Madrid in 2013.
- **3** He **played** / **has played** for the Spanish national football team **since** / **for** many years.
- 4 He has already / yet become very famous.
- **5** He has **ever** / **never** played for Argentina.
- **6** Has he **ever** / **already** won the Golden Boy award for Europe's best player under 21? Yes, he **has won** / **won** it in 2012.
- 5 Put the verbs in the past simple or the present perfect tense.
- 1 The children have just come (just/come) back from their swimming lesson.
- 2 Lucy _____ (win) her first tennis match yesterday.
- 3 Rick _____ (not/compete) in an international event yet.
- 4 I _____ (try) waterskiing for the first time during my last holiday. I ____ (pull) a muscle and _____ (decide) it ____ (not/be) for me.
- 5 _____ (you/ever/have) an accident while working out?
- 6 How long _____ (she/be) in the football team?

6 Read the email and complete with the present perfect or past simple tense of the verbs in brackets.

N 27		
Hi, Peter!		
Larry and I will be a weeks.	at Sports Camp fo	r the next two
We 1) arrived (c	ırrive) two days	ago and we
2)	(alread	dy/take) part
in a few sports. I	3)	(just/try)
archery and fend	ing and Larry 4)	
(race) a bike i		•
yesterday, but he	5)	(not/win).
Since we got he	re, we 6)	
(meet) a lot of ni	ce people and 7	·)
(have) a lot of t	fun! Yesterday a	fternoon, we
8)	(play) water	polo, but we
9)	_ (not/run) in a n	narathon yet.
What about you?	⁾ 10)	
(you/ever/be) to	a sports camp?	Write and let
me know!		
Jerry		



7 * Find the mistakes and correct them.

heard

- 1 She left in a hurry when she has heard the news.
- **2** We just bought tickets for tomorrow night's football match.
- **3** Has Rick trained with the team yesterday?
- 4 Tonia has become a professional athlete two years ago.
- 5 John has been in the school basketball team since three years.
- 6 Have you seen the match last night?

Exploring Skills

Listening and Speaking

1 Listen to two friends talking about a sports event and complete the missing information.

P R O	G R A	A M M E	
	Anderso	on Hall	
Time: 1)		Weightlifting Archery	
	Main Sta	adium	
Time:	10:30	2) Hurdles High jump	
	3)	Hall	
Time: 4)) 10:30	Fencing 5)	3
Snacks	and hot m	neals	
at at	the Sports	S	1
6)	the Sports	s 	1

2 Look at the programme in Ex. 1. Read and write T (True) or F (False).

1	Weightlifting is at 10 am.	F	
2	Hurdles are in the main stadium.		
3	The high jump is the last event of		
	the day.		
4	Some events happen at the same		
	time.		
5	There are only two areas with		
	events.		

- 3 ★★ Ben, Jack and Stacey love watching sports. Which sports do they want to see at the Junior Games?

 Look at Ex. 1 again and write.
 - 1 Ben likes athletics and watching events in big stadiums. He likes sports like the long jump, but wants to see something that involves a race. Ben wants to see the ______ event.
 - 2 Jack loves exercise and going to the gym, but he doesn't like athletics. He enjoys sports that require great strength. Jack wants to watch ______.
 - 3 Stacey doesn't like going to the gym or watching athletics. She's interested in fighting sports. Stacey wants to watch
- 4 * Choose the correct answers.
 - 1 A: Which is the first event?
 - B: a) It starts at nine.
 - **b)** Figure skating.
 - 2 A: How was the match?
 - B: a) It wasn't exciting.
 - **b)** Sounds great.
 - **3** A: Why is Bob leaving the game?
 - B: a) I know what you mean.
 - **b)** He has twisted his ankle.
 - 4 A: Do you want to take up a sport?
 - B: a) Yes, I'm thinking about it.
 - **b)** Me, too!
 - **5 A:** Have you ever won a medal?
 - **B:** a) Yes, it's gold.
 - b) Yes, at the Track & Field cup.

Reading and Writing

- 5 \Rightarrow Read the text and complete with the missing words.
 - fencing competitions rowing figure skating different special athletes

All about the Olympics!

If you love sports, you'll love the Olympic Games! People from all over the world take part in these special events. The Olympic Games take place every four years and are always in 1) different countries. There are Olympic Games in the summer and in the winter, and each has its own 2) ______ sports!

The Summer Olympics

The first modern Olympic Games, in 1896, were a summer event. Ever since, the Summer Olympics have been the biggest and most **popular** sports event in the world. In 2016, in the Rio Summer Olympics, there were 306 events and 11,238

3) ______! In the Summer Olympics you can see athletics 4) ______,

like hurdles, water sports, like 5) ______, and fighting sports, like judo and 6)

The Winter Olympics

The Winter Olympics aren't as old as the Summer Olympics, but they are still pretty old! The first Winter Olympics were in 1924. The Winter Olympics include fewer events than the Summer Olympics. In 2018, in South Korea, there were 102 events and around 3,000 athletes. In the Winter Olympics you can see sports like skiing, 7) _______, ice hockey and snowboarding.

- Use the words in bold in Ex.5 to complete the sentences.
 - 1 Football is the most popular sport in many countries around the world.
 - **2** Figure skating is one of my favourite

 _____ at the Winter Olympics.
 - **3** Every athlete's dream is to ______ in the Olympic Games.
 - **4** The new stadium is _____impressive, isn't it?
 - **5** The Youth Olympic Games _____ every four years.
 - **6** Rhythmic gymnastics events _____ the use of a ball, a hoop and other items.

- 7 Read again and answer the questions.
 - 1 How often are the Olympic Games held?
 - **2** When were the first Summer Olympics?
 - 3 How many events were there at the Rio Summer Olympics?
 - 4 When were the first Winter Olympics?
- Find information about another major sports event and write about it.



- 1 * Read the dialogue and complete with the correct phrase.
 - put a bandage
- What's wrong
- My wrist is killing me
- sprained it yesterday
- probably nothing
 - serious
- How awful
- What happened

william:	1) What's wrong, Emma?
Emma:	2)
	I've been in pain all day.
William:	Poor you! 3) ?
Emma:	4)
	at the tennis club.
William:	5)!
	Did you put anything on it?
Emma:	The coach 6)
	on it, but I want to see the doctor,
	too!
William:	lt's 7) ,
	but that's a good idea. Let me help
	you carry your books!
Emma:	Thanks!



_	★★ Choose from		
	complete the ser		n put a tick
	(V) or a cross (X)).	
• h • p	CCIDEN Quiz ave an X-ray. out a bandage on it. lean the wound. out an ice pack on it.	TS F	
1	If you break your	leg, you sho	uld
	a move it aroun	•	X
	b call the docto	r.	
	c have an X-ray	/.	
2	If you cut your fin	nger, you sho	uld
	a		_
	b put a plaster of	on it.	
	c put it in hot we	ater.	
3	If you bump you	head, you s	hould
	a take a cold sh	iower.	
	b		
	c see a doctor.		
4	If you sprain you	rankle, you s	hould
	a		
	b try to walk on		
	c put an ice pac	X ON IT.	
3	Put the sente to make a dialog I'm afraid I dia Well, get some doctor if it get You seem to b How did it hap I've hurt my bo	gue. In't. What sho rest. You sho s worse, thou e in pain. Wh open?	ould I do? ould see a gh.

Did you warm up?

I did a lot of press-ups.



When writing an email giving news, use:

- Informal opening and closing remarks (Hope you're OK./Bye for now.).
- A **reason** for writing (I just wanted to let you know ...).
- Use the **present perfect** and the **past simple** to give your news (Last week, I went to I have already done).
- **★★** Complete the email with the past simple or the present perfect tense of the



- 2 ** Read the email again and answer the questions in your notebooks.
 - 1 How does Paul begin his email?
 - **2** What is the reason for writing the email?
 - **3** What news does he give?
 - 4 How does he end his email?
- Read the phrases and circle the odd one out in each group.

OPENING REMARKS



- a) How are you?
- **(b)** Write back.
- c) How's everything going?
- d) Thanks for your email.

REASON FOR WRITING



- a) Just a quick email to tell you my news.
- **b)** Must tell you the good news!
- c) You'll never guess what happened!
- d) Drop me a line.

CLOSING REMARKS



- a) This is just to let you know...
- **b)** I hope to hear from you soon.
- c) Well, I'd better get going.
- d) Email me soon.

ENDING

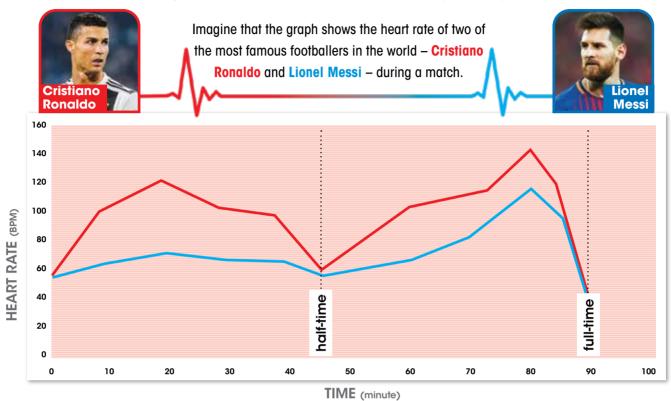


- a) Best wishes, c) Bye for now.
- **b)** Take care,
- d) How's everything?

CLIL



1 ★★ Look at the diagram. Complete the sentences. Use: highest, eightieth, end, normal.



- 1 Ronaldo has got the _____ heart rate during the match.
- 2 Ronaldo's heart rate goes back to _____ at half-time.
- **3** Messi worked the hardest between the seventieth and _____ minutes.
- **4** Ronaldo ran really hard at the _____ of the match.

SOUNDS WORDS

Adjective endings! Make adjectives from the words below and complete the spidergrams.

• sport • humour • speed • help • pain • luck • wonder • nerve • shock
• fame • danger • thrill • frighten • smell • colour • relax

sporty

-y

-ful

-ful

VOCABULARY

Look at the pictures and circle the correct words.

(10 marks)



archery / fencing



long jump / high jump



gymnastics / figure skating







waterskiing , water polo

10

10

2 Emergency Medical Services are often called to treat athletes on the field. Read the medical report and complete the sentences with the correct verbs from the list in the correct form. (10 marks)

(• k	oreak	• tv	vist •	hurt	• k	oump	•	oull	• bru	ise
	0	A lor	ng ju	mp (athlet	e fr	om G	reed	ce tw	risted	his
		ankle as he was landing.									
	1	A Romanian athlete his back									ack
		lifting weights.									
	2	A Hungarian gymnast a muscle									
		during his routine.									
	3	A Spo	anish	n foot	balle	r			his e	eye w	hen
		he was hit by the ball.									
	4	A reporter covering the Games									
		his head on a camera stand.									
	5	A fiau	ire s	kater				he	r lea	follov	vina

a nasty fall on the ice.

GRAMMAR

- 3 Underline the correct words. (6 marks)
 - They haven't left the court already/yet.
 - 1 Have you **yet/ever** tried an extreme sport?
 - 2 Sam has been a personal trainer for/since six months.
 - 3 They have ever/never run in a marathon.
 - **4 Since/How long** has she been in the national team?
 - 5 We haven't met the team's captain yet/just.
 - **6** She has **already/just** taken up fencing. She still has a lot to learn.

6

4 Complete the text with the past simple or present perfect tense of the verbs in brackets. (14 marks)

	, ,						
How 0) did the Para	lympics start (the						
Paralympics/start)? It all 1)							
(begin) in 1948 with Dr Ludwig							
Guttmann. He 2)	(organise)						
a sports competition called the International Wheelchair Games. This							
							event 3)
international commu	unity and						
4)(l	4) (lead) to what we						
now call the Paralympics.							
The Paralympics 5) _							
(grow) in size over th	ne years and now						
include 163 countrie	s! 12 countries						
6)	(compete) in all						
of the Summer Paral	ympics and 7 of						
those 7)	(win) at least						
one gold medal at e	each of the Games!						
100	14						

Modular Assessment

SPEAKING

	31	PEARING
5	Ch	noose the correct answers. (10 marks)
	0	A: Figure skating is really difficult, isn't it?
		B: (a) Absolutely!
		b) This is so cool!
	1	A: The Jamaican team won again!
		B: a) That's amazing!
		b) It looks like fun!
	2	A: Have you ever tried fencing?
		B: a) Really?
		b) To be honest, I don't like it.
	3	A: a) Are you alright, Helen?
		b) Oh, no!
		B: I think I've pulled a muscle.
	4	A: I've never been to the Olympics before.
		B: a) Really?
		b) Absolutely.
	5	A: I'd like to try waterskiing.
		B: a) Can't you see?
		b) Me tool
		[10]
	П	STENING
,		_
6	7	Listen to a podcast about Hannah
	Co	ockroft and write T (True) or F (False).
	(20	0 marks)

O She is competing at the Pierre de Coubertin stadium in Paris. 1 She has won 7 Paralympic gold medals. 2 She has broken the world record in 7 different events. 3 She has trained for these Games for 2 years. 4 Jenni Banks became Hannah's coach in 2015. 5 Chantal Petitclerc was her first coach.

READING AND WRITING

7 Read the text and complete each gap with ONE word. (20 marks)

Wr	nat is Y L L	OLYMPIC GAMES						
The Yo	outh Olympic Games (YOG)	are a						
	g event 0) for young people a							
	18 from around the world, c	-						
	ery four years. How 2) the							
	ne Olympics? The athletes co	-						
3)	sports like breakdancin	g and						
roller sp	oeed skating! There 4)	also						
events	events in which teenage boys and girls							
compete together. When the young athletes								
aren't competing, they attend educational								
programmes 5) include workshops								
6) team-building exercises. All these								
aim 7) give them the opportunity								
to learn 8) Olympic values and								
•	develop the skills to become true ambassadors							
•	their sport. What is mor	•						
-	e other cultures and 10)	new						
friends.		20						
8 Rec	ad the text again and complete	the						
sen	tences with 1, 2 or 3 words. (10	marks)						
0	The YOG are a sporting event fo	or young						
	people							
1	The YOG are held							
2	Boys and girls							
	some sports together.							
3	The young athletes attend							
	programmes.							
4	They get the opportunity to							
	the Olympic values.	_						
5	They explore other cultures and	i						
	friends.	10						

100

Total