

LISTENING

A  7.1 Listen to two friends talking about playing sports. Choose the correct answers (a, b, or c).

- 1 David can't play volleyball because ...
 - a he doesn't know how to play.
 - b he has a problem with his wrist.
 - c he doesn't want to play.
- 2 David can ...
 - a play other sports.
 - b move his wrist.
 - c watch others play sports.
- 3 When David's wrist is better, he can ...
 - a play soccer.
 - b play volleyball.
 - c play all sports.
- 4 Kelly wants David to ...
 - a meet her for pizza later.
 - b play soccer with her friends.
 - c watch her and her team play volleyball.
- 5 David agrees because he ...
 - a likes watching people play sports.
 - b loves volleyball.
 - c prefers volleyball to soccer.

VOCABULARY

A Complete the words in the sentences. The first letter is given.

- 1 I can't run! I think there's a problem with my k_____.
- 2 Lift the weights above your head. This exercise works your left s_____.
- 3 My n_____ hurts. I can't turn my head.
- 4 I play tennis with my left a_____.
- 5 She is good at soccer. She has a strong right f_____.

B Choose the correct answers to complete the sentences.

- 1 Soccer players kick / hit the ball across the field.
- 2 Let the ball throw / bounce before you hit it.
- 3 Don't hold / touch the ball. Pass it!
- 4 Hit / Catch the ball with the bat as hard as you can!
- 5 In baseball they use gloves to pass / catch the ball.

C Choose the correct answers (a, b, or c) to complete the text.

I go to the gym every morning. I do a lot of different exercises. When I use weights, I lie on a bench and **1** _____ up the weight. Then I **2** _____ the weight over my head. I do this about 15 times. Then, I sit down on the machine and **3** _____ the weight toward me. That is really good for my shoulders. Next, I **4** _____ up straight and put the bar on the back of my neck. Then I slowly **5** _____ my knees so that I am very near to the floor. Then I slowly stand up again. I repeat this about 15 times, too. It's tough!

- | | | |
|------------------|----------------|------------------|
| 1 a bend | b lift | c stretch |
| 2 a push | b pull | c bend |
| 3 a turn | b push | c pull |
| 4 a stand | b twist | c bend |
| 5 a turn | b push | c bend |

GRAMMAR**A Complete the sentences with the correct form of can.**

- _____ you surf?
- They're free on Saturday, so they _____ play soccer with us.
- No, I _____ lift heavy weights.
- Yes, he _____ dance.
- She _____ swim. She doesn't know how to.

B Check (✓) the correct sentences. Rewrite the sentences that have mistakes.

- They can run fast.

- Can you throw the ball slow?

- My friend swims really good.

- She talks happy about her favorite sport.

- I can't hit it very hard!

C Unscramble and write the questions and sentences.

- you / carefully / write / can / ?

- well / spaghetti / Kosmas / cooks / .

- throw / can / ball / I / quickly / the.

- you / quietly / speak / can / ?

- you / nicely / can't / play / why / ?

READING

A Read the text. Complete the sentences with information from the text.

Personal Trainers

If you are a member of a gym, you can get a personal trainer. A personal trainer (or a PT) can help you with your exercising. They can teach you exercises and make sure you are doing them correctly. Personal trainers can also give you advice on what weights you can lift and how to use the equipment in the gym.

Sometimes PTs teach exercise classes, but they usually just work with one person at a time to help them exercise. A lot of people like having a PT because it means they go to the gym more often. They also get more from their workouts.

It is good to have a PT, but remember they can't get in shape for you. You still have to go to the gym regularly, if you want to get in shape.

- 1 Another name for a personal trainer is a _____.
- 2 If you are doing exercises wrong, a _____ can help.
- 3 Personal trainers know about _____ equipment.
- 4 Personal trainers usually work with _____.
- 5 People with personal trainers go to the gym _____.

WRITING

A What sports are you good at and not good at? Why or why not? Write at least 100 words.

SPEAKING

A Choose the correct answers to complete the conversation. There are two extra answers you do not need.

Camila: Can you come here, please?

Karina: **1** _____

Camila: Why not?

Karina: **2** _____

Camila: What is wrong?

Karina: **3** _____

Camila: Oh, that's a shame.

Karina: **4** _____

Camila: Well, I am free on Saturday.

Karina: **5** _____

Camila: Sure!

a I know. We have a game on Saturday.

b You can play well.

c Yes, but I can't walk quickly.

d Great, can you play for me?

e My ankle hurts, so I am very slow.

f I am slow.

g I don't know, but I can't play netball.