

# 5A

## Sporting superstitions

Why do you think he lost the match?

Because he wasn't feeling very well.

G past tenses: simple, continuous, perfect V sport P /ɔ:/ and /ɜ:/

### 1 VOCABULARY sport

- a In teams, race to answer all the questions. Shout when you cross the finish line!

#### In which sport...?

- 1 can you do the *butterfly*
- 2 is there a shot called a *slam dunk*
- 3 is the person who throws the ball called the *pitcher*
- 4 are there two teams of 15 people and a ball that isn't round
- 5 do you hit the ball over a net on a table
- 6 do players walk about 8 km during a game, and never run
- 7 are there two teams of six, who play on ice
- 8 are there four main tournaments: in Melbourne, Paris, London, and New York
- 9 can you do different activities, e.g. running, high jump, javelin, etc.
- 10 have Brazil won more World Cups than any other country



- b 5.1 Listen and check. Who got the most questions correct?

- c p.157 **Vocabulary Bank Sport**

### 2 PRONUNCIATION /ɔ:/ and /ɜ:/

- a Write the words from the list in the correct row. Be careful with *or* (there are two possible pronunciations).

ball caught circuit course court draw fought  
hurt score serve shirt sport warm up  
work out world worse



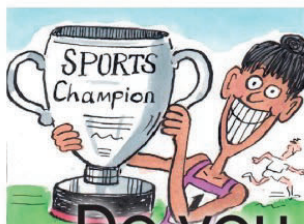
- b 5.7 Listen and check.

- c 5.8 Listen and write six sentences. Practise saying them.



### 3 SPEAKING

In pairs, interview your partner about sport using the questionnaire. Ask for more information.



#### Do you like sport?

Yes	No
What sport(s) do you do?	What sports do / did you have to do at school?
How often do you do sport?	Do / Did you enjoy them?
Have you ever won a cup or a trophy?	Do you do any kind of exercise?
Have you ever been injured doing sport?	Do you think you're fit? Would you like to get fitter?
Do you prefer doing sport or watching sport?	Do your family and friends like sport?
How many hours do you spend a week watching sport on TV, or following it online?	Are there any sports you don't mind watching on TV?
Do you go to watch a local sports team?	What sport(s) do you hate watching on TV?
What's the most exciting sports event you have been to?	Have you ever found a sporting event exciting?
Do you think that there are good sports facilities in your town?	
Do you think physical education should be optional or compulsory at school?	
Do you think there is too much (or not enough) sport on TV?	



## 4 READING

- a Do you do any of these things when you want to have good luck or avoid bad luck?



cross your fingers



touch wood



wear lucky clothes



carry a lucky charm

- b Read the article about superstitions in sport. What's the answer to the question in the title?

- c Match paragraphs 1–4 to topics A–D.

- A the physical effects of superstitions  
 B examples of sporting superstitions  
 C the disadvantages of superstitions  
 D the psychological effects of superstitions

- d Read the article again. With a partner, explain why the following examples are mentioned.

**Paragraph 1:**

Cristiano Ronaldo's right foot and Serena Williams's ball

**Paragraph 2:**

lucky golf balls and lucky charms

**Paragraph 3:**

adrenaline and other chemicals

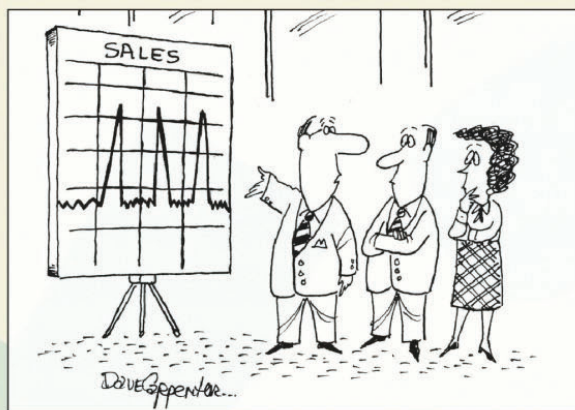
**Paragraph 4:**

two players with the same superstition

- e Talk to a partner.

- Do you know of any other sports players who are superstitious? What do they do?
- Do you have any superstitions, e.g. when you are playing or watching sport, or when you do an exam, or when you travel?

# Do 'lucky socks' really work?



*"I'm not superstitious either, but those were the days Harris wore his lucky socks."*

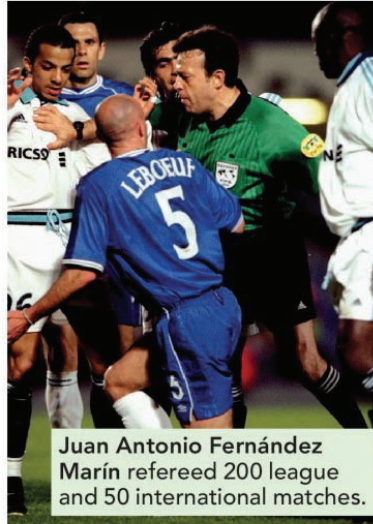
- S**port has always been full of superstitions, even for the best athletes in the world. Long-distance runner Mo Farah always shaves his head before a race. Judo star Kayla Harrison always wears the lucky socks that were a gift from her grandmother. Footballer Cristiano Ronaldo always steps onto the pitch with his right foot first. And tennis legend Serena Williams always bounces the ball five times before a first serve, and twice before a second serve.
- Do actions like this have any real effect on sports results?** According to a study at the University of Cologne, it seems that they can increase confidence and a sense of control, which might help athletes. The study showed that people who were given a golf ball that they were told was 'lucky' played better than those who used a 'normal' ball. And it isn't just sports. In another experiment, people who were allowed to carry their lucky charm performed better at memory tests than people without one. The researchers concluded that superstitions make people feel more confident, which makes them perform better.
- Superstitions may also have a positive physical effect.** Dan Abrahams, a sports psychologist, says that sporting rituals can cause the release of adrenaline and other chemicals which help the athlete to focus better.
- Most psychologists, however, say that superstitions can be bad as well as good.** Abrahams tells the story of a professional football club where two players had the same superstition – they both had to be the last person to leave the changing room before the game. They couldn't agree how to solve the problem, and it had a really negative effect on them and on the team. And what happens if you sit down to take an exam and realize you've forgotten your lucky pen?





## 5 LISTENING

- a Do you think being a football referee is a difficult job? Why (not)?
- b **5.9** You're going to listen to an interview with an ex-Champions League football referee from Spain. Listen to Part 1 and choose a, b, or c.



Juan Antonio Fernández Marín refereed 200 league and 50 international matches.

- Why did he want to become a referee?
    - His father was a referee.
    - He liked sport, but wasn't good at it.
    - He always liked the idea.
  - What was the most exciting match he ever refereed?
    - His first professional match.
    - He can't choose just one.
    - Real Madrid against Barcelona.
  - The worst experience he ever had as a referee was when \_\_\_\_\_ attacked him.
    - a player
    - a woman
    - a child
  - Why does he think there is more cheating in football today?
    - Because football is big business.
    - Because the referees are worse.
    - Because footballers are better at cheating.
  - How does he say footballers often cheat?
    - They fall over when no one has touched them.
    - They accept money to lose matches.
    - They touch the ball with their hands.
- c Read sentences 1–6. With a partner, predict what the referee is going to say.
- The most difficult thing for him about being a referee is to make the \_\_\_\_\_ during a match.
  - One of the reasons it's difficult is because football today is very \_\_\_\_\_.
  - Making correct decisions often depends on the referee's interpretation of the \_\_\_\_\_.
  - He thinks that players who cheat are the \_\_\_\_\_.
  - A study that was done on Leo Messi shows that he could run exceptionally fast \_\_\_\_\_.
  - He thinks Messi isn't a \_\_\_\_\_ footballer.

- d **5.10** Listen to Part 2 and check your answers.

- e Ask and answer the questions in small groups.

- Do you agree with the referee when he says, 'I think fair play does exist – the players who cheat are the exceptions.' Is it also true of other sports?
- Are there any sportspeople in your country who are well known for cheating? What kind of things do they do?
- Do you think new technology makes a referee's job easier or more difficult? Why?
- Would you like to be a sports referee (or umpire)? Why (not)?

## 6 GRAMMAR past tenses

- a Read the article about Alistair Brownlee. What did he do?
- b Paragraph 2 tells the story of what happened. Most of the verbs are past simple, but there are two examples of the past continuous, and four of the past perfect. Can you find them? Why are they used?

### Alistair sacrifices gold... to help his brother

Nobody will remember who won the world triathlon in Cozumel, Mexico, in 2016. Instead, they will remember the sacrifice of Alistair Brownlee, who stopped to help his brother, Jonny, instead of winning the gold medal himself.

As Jonny, 26, entered the last kilometre of the 10 km run, he was winning by a long way – he'd gone very fast in the swimming and cycling stages. But then he began to feel ill, because he hadn't drunk enough in the hot conditions, and he stopped at the side of the road. His brother, Alistair, was running behind him, but when he saw that Jonny had stopped, he didn't run past him to win the race. Instead, in a wonderful act of brotherly love, he took his brother's arm and helped him to run the final few hundred metres. Seconds before they reached the finishing line, South African Henri Schoeman, who had been behind them until then, ran past them both and won the gold medal.

Alistair said, 'It was a natural human reaction to my brother, but for anyone, I would have done the same thing.'





c **G** p.140 Grammar Bank 5A

d Read the article about Anton Gafarov. Complete it with the verbs in the correct tense.

## Canada to the rescue

Russian cross-country skier Anton Gafarov

<sup>1</sup> *was competing* (compete) at the Sochi Winter Olympics in 2014. He <sup>2</sup> \_\_\_\_\_ (do) well in the race when he <sup>3</sup> \_\_\_\_\_ (fall) and <sup>4</sup> \_\_\_\_\_ (damage) his left ski. Soon after that, he <sup>5</sup> \_\_\_\_\_ (fall) again. He realized that his ski <sup>6</sup> \_\_\_\_\_ (break) into two pieces. He <sup>7</sup> \_\_\_\_\_ (try) to continue on one ski when suddenly the Canadian ski coach, Justin Wadsworth, <sup>8</sup> \_\_\_\_\_ (run) out of the crowd and <sup>9</sup> \_\_\_\_\_ (replace) Gafarov's broken ski with a spare one that he <sup>10</sup> \_\_\_\_\_ (bring) for his own team. Gafarov <sup>11</sup> \_\_\_\_\_ (finish) the race in front of his home crowd.



e **C** Communication Good sportsmanship **A** p.107  
**B** p.112 Practise telling a story.

f Which of the four stories you've read do you think is the most heroic?

## 7 SPEAKING

a You're going to tell your partner two anecdotes. Choose two of the topics below and plan what you are going to say. Ask your teacher for any words you need.

### Tell your partner about...

- **a really exciting sports event you saw**  
When and where was it? Who was playing? What happened? Why was it so exciting?
- **a time you had an accident or got a sports injury**  
When and where did it happen? What were you doing? What part of your body did you hurt? What happened next? How long did it take you to recover?
- **a time you saw or met someone famous**  
When was it? Where were you? Who were you with? What was the celebrity doing? What was he / she wearing? Did you speak to him / her? What happened in the end?
- **a time you got lost**  
Where were you going? How were you travelling? Why did you get lost? What happened in the end?
- **a time you missed or nearly missed something important (e.g. a flight, an exam, a date, etc.)**  
What did you miss or nearly miss? Why? How did you feel? What happened in the end?

b Work with a partner. Tell each other your two stories. Give as much detail as you can. Use the language from the **Telling an anecdote** box.

#### **G** Telling an anecdote

##### Starting an anecdote

*I'm going to tell you about a time when...*

*This happened a few years ago...*

*When I was younger,...*

##### Listening to an anecdote

*Wow! Really?*

*That sounds terrible / awful.*

*How amazing!*

*What happened next / after that / in the end?*

## 8 WRITING

**W** p.118 Writing Telling a story Write a story about a journey where you had a problem.



## past tenses: simple, continuous, perfect

past simple: *worked, stopped, went, had, etc.*They **were** in Mexico in 2016.A South African **won** the race.The plane **didn't arrive** on time.What time **did** you **get up** this morning?When I **lived** in Paris, I often **went** to watch Paris St-Germain.

5.11

- We use the past simple for finished actions in the past (when we say, ask, or know when they happened).
- We can also use it for repeated actions in the past.
- Remember **Irregular verbs** p.165.

past continuous: *was / were + verb + -ing*1 What **were** you **doing** at six o'clock last night?2 I **was driving** along the motorway when it started snowing.3 While I **was doing** the housework, the children **were playing** in the garden.4 It was a cold night and it **was raining**. I **was watching** TV in the living room.

5.12

- 1 We use the past continuous to talk about an action in progress at a specific time in the past.
- Remember, we don't use the past continuous with non-action verbs.  
**NOT** ~~We stopped at a garage because we were needing petrol.~~
- 2 We often use the past continuous to describe a past action in progress which was interrupted by another action (expressed in the past simple). The two actions are usually linked by *when* or *as*.
- 3 We often use the past continuous with *while* for two actions happening at the same time.
- 4 We often use the past continuous to describe what's happening at the beginning of a story or anecdote.

past perfect: *had + past participle*When they turned on the TV, the match **had** already **finished**.As soon as I shut the door, I realized that I'd **left** my keys on the table.We couldn't get a table in the restaurant because we **hadn't booked**.

5.13

- We use the past perfect when we are talking about the past and we want to talk about an earlier past action. Compare:  
*When John arrived, they **went out**.* (= first John arrived and then they went out)  
*When John arrived, they **had gone out**.* (= they went out before John arrived)

using narrative tenses together

It was a cold night and it **was raining**.I **was watching** TV in the living room. Suddenly I **heard** a knock at the door. I **got up** and **opened** the door. But there **was** nobody there. The person who **had knocked** on the door **had disappeared**.

5.14

- We use the past continuous (*was raining, was watching*) to set the scene.
- We use the past simple (*heard, got up, etc.*) to say what happened.
- We use the past perfect (*had knocked, had disappeared*) to say what happened before the previous past action.

a **Circle** the correct form.When the teacher collected the exam papers he saw that Robbie *cheated / had cheated*

- 1 They didn't play well in the match although they *were training / had trained* every evening.
- 2 Mike had an accident as he *cycled / was cycling* to work.
- 3 I left work early because I *wanted / was wanting* to watch the match.
- 4 There was a lot of traffic, and when we arrived, the match *already started / had already started*.
- 5 The captain *didn't score / hadn't scored* any goals when the referee sent him off.
- 6 My son got injured while he *played / was playing* basketball last Saturday.
- 7 When the snowstorm started, we *stopped / had stopped* skiing and went back to the hotel.
- 8 England *didn't lose / hadn't lost* any of their previous games when they played in the quarter-finals.
- 9 The referee suspended the match because it was *raining / rained* so hard.

b Complete with the past simple, past continuous, or past perfect.

The marathon runner *was sweating* when she *crossed* the finish line. (sweat, cross)

- 1 The accident \_\_\_\_\_ when they \_\_\_\_\_ home. (happen, drive)
- 2 The crowd \_\_\_\_\_ when the referee \_\_\_\_\_ the final whistle. (cheer, blow)
- 3 I \_\_\_\_\_ Jane at first because she \_\_\_\_\_ so much. (not recognize, change)
- 4 The police \_\_\_\_\_ my sister on the motorway because she \_\_\_\_\_ a seat belt. (stop, not wear)
- 5 Some of the players \_\_\_\_\_ while the coach \_\_\_\_\_ to them. (not listen, talk)
- 6 We \_\_\_\_\_ use the ski slope because it \_\_\_\_\_ enough. (not can, not snow)
- 7 They \_\_\_\_\_ play tennis because they \_\_\_\_\_ a court. (not able to, not book)
- 8 The player \_\_\_\_\_ a yellow card because he \_\_\_\_\_ his shirt after scoring a goal. (get, take off)



# Sport

## VOCABULARY BANK

### 1 PEOPLE AND PLACES

a Match the words and photos.



- 1 captain /'kæptɪn/
- 2 coach /kəʊtʃ/
- 1 fans /fænz/
- 3 players /'pleɪəz/
- referee /refə'reɪ/ / umpire /'ʌmpaɪə/
- spectators /spek'teɪtəz/ / the crowd /kraʊd/
- sports hall /'spɔ:ts hɔ:l/
- stadium /'steɪdiəm/
- team /ti:m/

b **5.2** Listen and check.

c Match the sports and places.

circuit /'sɜ:kɪt/ course /kɔ:s/ court /kɔ:t/  
pitch /pɪtʃ/ pool /pu:l/ slope /sləʊp/ track /træk/

- 1 tennis / basketball *court*
- 2 football / rugby / hockey \_\_\_\_\_
- 3 swimming / diving \_\_\_\_\_
- 4 athletics \_\_\_\_\_
- 5 Formula 1 / motorcycling \_\_\_\_\_
- 6 golf \_\_\_\_\_
- 7 ski \_\_\_\_\_

d **5.3** Listen and check.

**ACTIVATION** Test a partner.

- A (book open) Say a sport, e.g. tennis.
- B (book closed) Say where you do it, e.g. tennis court.

### 2 VERBS

**win and beat**

You *win* a match, competition, medal, or trophy.

You *beat* another team or person, e.g. *PSG beat Chelsea*.

a Complete with the past tense and past participles.

beat *beat* \_\_\_\_\_  
win \_\_\_\_\_  
lose \_\_\_\_\_  
draw \_\_\_\_\_

b Complete the **Verb** column with the past tense of a verb from a.

	Verb
1 Spain <input type="checkbox"/> with Brazil 2–2.	_____
2 Milan <input type="checkbox"/> Chelsea 3–0.	_____
3 Milan <input type="checkbox"/> the match 3–0.	_____
4 The Chicago Bulls <input type="checkbox"/> 78–91 to the Boston Celtics.	_____

c **5.4** Listen and check a and b.

d Complete the **Verb** column with a word from the list.

	Verb
do get fit get injured go kick score throw train	
1 Professional sportspeople have to <input type="checkbox"/> every day.	<i>train</i>
2 Don't play tennis on a wet court. You might <input type="checkbox"/> .	_____
3 A footballer has to try to <input type="checkbox"/> the ball into the goal.	_____
4 I've started going to the gym because I want to <input type="checkbox"/> .	_____
5 Our new striker is going to <input type="checkbox"/> a lot of goals.	_____
6 Would you like to <input type="checkbox"/> swimming this afternoon?	_____
7 My brothers <input type="checkbox"/> yoga and t'ai chi.	_____
8 In basketball, players <input type="checkbox"/> the ball to each other.	_____

e **5.5** Listen and check.

### 3 PHRASAL VERBS

a Match the **highlighted** phrasal verbs to their meanings A–D.

- 1  It's important to **warm up** before you do any exercise.
- 2  My daughter **works out** every afternoon.
- 3  The player got a red card and **was sent off**.
- 4  My team **was knocked out** in the semi-finals.

A was eliminated

B do exercise, usually at a gym

C was told to leave the pitch, court, etc.

D do light exercise to get ready for a match, for example

b **5.6** Listen and check.

**p.46**