



SPORTS

Discussion

Basic questions

1 What sports do you play? How did you learn how to play them?

**I play... I learnt to play them by...*

2 What sports are you good at?

**I'm good at...*

3 Do you like basketball/football/baseball?

**I like...because...*

4 Do you like to watch sports on TV?

**Yes, I like to watch sports on TV. / No, I don't like to watch sports on TV.*

5 Who is your favorite athlete/player?

**My favorite player is...*

6 Have you ever watched a live game?

**Yes, I have watched a live game. / No, I've never watched a live game.*

Extended questions

1 What sports are popular in your country?

**The sports that are popular in my country are...*

2 Who is the most famous athlete in your country?

**The most famous athlete in my country are...*

3 What are the benefits of playing sports?

**The benefits of playing sports are...*

4 Do you think everybody should practice sports?

**Yes, I think everybody should practice sports. / No, I don't think everybody should practice sports.*

Vocabulary

- 1** **basketball** /'bɑ:skɪtbɔ:l/
[noun] a game played by two teams of five players, using a large ball which players try to throw into a high net hanging from a ring
Ex. Basketball is one of my favorite types of sports.
- 2** **weight lifting** /'weɪt,lɪftɪŋ /
[noun] the activity of lifting heavy objects either as a sport or for exercise
Ex. I'm going to do some weightlifting.
- 3** **stretch** /stretʃ/
[verb] to make your body or your arms and legs straight so that they are as long as possible, in order to exercise the joints (place where two bones are connected)
Ex. "I'm so tired," she said while yawning and stretching.
- 4** **race** /reɪs/
[noun] a competition in which all the competitors try to be the fastest and to finish first
Ex. They're taking part in a swimming race.
- 5** **match** /mætʃ/
[noun] a sports competition or event in which two people or teams compete against each other
Ex. There's a football match on TV at 9 p.m. tonight.
- 6** **sporty** /'spɔ:ti/
(adj) [people] liking or good at sport
Ex. I'm not very sporty.
[clothes] bright and informal, looking like the type of clothes that you could wear for sports.
Ex. Your shoes look sporty.
- 7** **athlete** /'æθli:t/
[noun] a person who competes in sports/ a person who is very good at sports or physical exercise
Ex. He became an Olympic athlete at the age of 16.

Grammar

- 1 **play + sports** : that you can play with others and win basketball, golf, baseball, football

Example: I play basketball with my friends every weekend.

- 2 **do + sports** : that you can do alone yoga, karate, taekwondo

Example: A lot of women do yoga in their spare time.

- 3 **go + nouns ending in -ing** : fishing, biking, bowling, swimming

Example: My father promised that we will go fishing tomorrow.

Idioms / Useful Expressions



- 1 **fit as a fiddle** – means that someone is very healthy

Ex. He can run for 1 hour because he is fit as a fiddle.

- 2 **back in shape** – to get better or fit again (from being sick or unhealthy)

Ex. I'm so happy that you are back in shape! The last time I saw you, you were so fat.

- 3 **recharge one's battery** – to take a break and get back the energy that you have lost

Ex. We need to recharge our battery for the game.

Ex. Mary has been working for 10 hours now and I think she should recharge her battery.