

2 Sports scene

AIMS



In this unit:

- I name and describe sports.
- I listen to and read a travel story on a blog *The survival guide*.
- I talk about what people are doing.
- I find out about Australian and UK culture.
- I act out asking for information about sports classes, in a role play.
- I read about exercise and write a project.

Lesson 1

1 Listen and say.



Tiger Tracks SLN

POST



Hi, everyone. My name's Steve. I'm from Australia. In my country, many people love sport. Two of Australia's favourite sports are in the list below. Can you guess which they are? Can you name any other sports?



badminton



surfing



snowboarding



kayaking



cricket



cycling



bowling



sailing



scuba diving



rugby

2 Listen and find out. Which sports does Steve like? Which are Australia's favourite sports? Now ask and talk about you.

Do you like badminton?

Yes, I do. It's fun.

3 Listen and do the vocabulary quiz.

You wear a special suit and dive under the sea. What sport is it?



Lesson 2

4

CD1
30

Listen and read.



Hi, everyone! Here's a leaflet about holiday tours in Australia. There's something for everyone. I hope you can visit Australia one day. 😊

Australia – land of sport, nature and fun.

Whatever you want to do, we've got the tour for you!



Use the headings to predict the content.

Sports tour

On this tour, we see famous Australian sports teams play cricket and rugby. We go sailing and surfing at the seaside. We also go scuba diving off the famous Great Barrier Reef.



These men are playing cricket.

Rainforest tour



This family is walking in the rainforest.

On this tour, we discover the natural beauty and wildlife of Australian rainforests. We see giant trees, exotic plants, rivers and waterfalls. We also discover animals, such as koalas and possums, which live in Australia.

City tour

On this tour, we visit the beautiful city of Sydney. We visit the famous Sydney Opera House and walk across the Sydney Harbour Bridge. We also visit the Australian Reptile Park – it's famous for the big lake full of crocodiles.



These girls are looking at Sydney Harbour.

Outback tour

On this tour, we drive across the Australian outback. We visit the famous Uluru and learn about the Aborigines, the first people to live in Australia. We see Australian animals, such as kangaroos and dingos.



These people are visiting Uluru.

5 Answer the questions.

- 1 What famous sports do you watch on the sports tour?
- 2 What famous building do you visit on the city tour?
- 3 What animals do you discover on the rainforest tour?
- 4 Who do you learn about on the outback tour?

6 Play *The association game*.

THINKING SKILLS
Associating



You walk across a bridge.



It's the city tour!

7 Choose and say.

I want to go on the rainforest tour to see koalas.



INTERNET TRACKS

Find out the name of one more Australian animal.

Lesson 3

8  Listen to and read the story.



Hi there! This is a travel story about an POST Australian family. They go on a bike ride in the school holidays to raise money for a children's charity. Natalie is eleven years old and her brother, Jack, is ten. Here are extracts from Natalie's blog.

The survival guide



This is our route from Adelaide to Sydney. It's about 1,400 kilometres. We've got everything on our bikes – food, water, clothes, sleeping bags and a tent. My little brother Jack's got his favourite book, *The survival guide*. We're excited and nervous. Can we do it?



Day 1 – In this photo we're cycling in the countryside and looking at a kangaroo. The bikes are heavy and Jack's complaining that it's difficult. When we stop, I help Mum and Dad put up the tent. Jack reads *The survival guide*.



Day 3 – It's freezing cold in the night and there's ice on the tent. The day is windy and we cycle slowly. In this photo we're eating sandwiches in the Koala Café. Jack's reading *The survival guide* and complaining that he hasn't got a hot lunch.



Day 6 – This is our first rest day. We're in Waikerie – 174 kilometres from Adelaide. We're staying in a hotel. I'm happy because I can have a shower and sleep in a real bed. Jack's reading *The survival guide* and complaining that this isn't a real adventure.

9 Answer the questions.

- 1 How far is it from Adelaide to Sydney?
- 2 What do they see on Day 1?
- 3 Why is Natalie happy on their first rest day?
- 4 What stings Mum's ankle?
- 5 How many days does the bike ride take?
- 6 How much money do they raise for charity?

Tiger Time Values
Think about it!

Is it important to help other people?
How do you help other people?



Day 25 – We cycle up to Mount Victoria in the rain. Mount Victoria is a village in the mountains. It's spectacular! In this photo we're having a hot drink in a café. Mum, Dad and I are chatting and Jack's reading *The survival guide* (again).



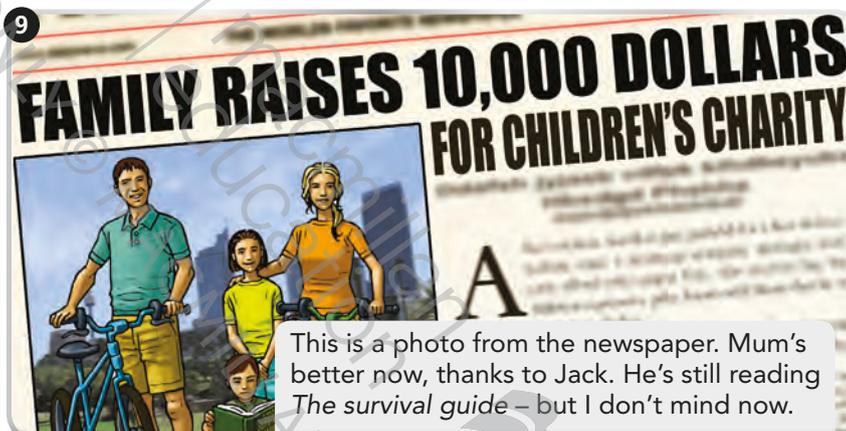
Day 28 – Disaster! There's a scorpion in the tent. The scorpion stings Mum's ankle. Luckily Jack's got *The survival guide*. Jack washes the poison away with soap. He puts Mum's ankle in cold water. He makes Mum lie down with her heart above the sting. He uses a bandage to stop the poison spreading.



Here we are at the hospital. The nurse is saying 'well done' to Jack. Thank goodness for *The survival guide*! My little brother is a hero.



Day 30 – The last day of the bike ride. We're in Sydney. Mum's ankle is in a bandage. She's riding on the back of Dad's bike. Lots of people are waiting to welcome us. What a journey!



This is a photo from the newspaper. Mum's better now, thanks to Jack. He's still reading *The survival guide* – but I don't mind now.

Do you know...?
 Many people in countries like Australia and the UK do sport to raise money for charity. It's a popular way to help people and have fun.



10 Ask and say.

- 1 Do you like travel stories? Why? / Why not?
- 2 Do you think the bike ride is easy or difficult?
- 3 What's your favourite part of the story?
- 4 Do you want to do sport to raise money for charity?

Everyday phrases: learn and use!

- It's freezing cold.
- It's spectacular!
- Thank goodness!
- What a journey!

GRAMMAR TRACKS

Lesson 4

11  Look, listen and read. Say the differences.

Cycling

Cycling is a great sport but it's important to be safe and respect people around you.

THE GOOD CYCLIST



- She's **wearing** a helmet.
- She's **wearing** a brightly-coloured jacket.
- She's **cycling** on the road.
- She's **looking** to see who's coming.
- She's **listening** for traffic.

THE BAD CYCLIST



- He **isn't wearing** a helmet.
- He **isn't wearing** a brightly-coloured jacket.
- He's **cycling** on the pavement.
- He **isn't paying** attention.
- He's **listening** to music on his MP3 player.

12  Play *Good or bad!*



I'm wearing a helmet.

Good!



13  Listen, repeat and learn. 

Present continuous tense

I'm	wearing	a brightly-coloured jacket.
He's / She's		helmets.
You're / We're / They're		

I'm not	cycling	on the road.
He / She isn't		on the pavement.
You / We / They aren't		

Are you	playing cricket?	Yes,	I am.	No,	I'm not.
Is he / she	surfing?		he / she is.		he / she isn't.
Are we / they	kayaking?		we / they are.		we / they aren't.

14 Be a grammar detective!
Look at page 17 in the AB.

When do we use the present continuous?

How do we make the present continuous?



Can you find three examples of the present continuous tense in the story?



Lesson 5

Sound track
/aɪ/ /eɪ/

15 Listen and identify /aɪ/ and /eɪ/. Count and say.



Eileen likes **kay**aking, scuba **div**ing, **cy**cling, **ice skat**ing and **play**ing **tab**le tennis.



Adrian likes sailing, skateboarding, rollerblading and riding a horse.

16 Listen and correct the answers.



17 Play Yes or No!



Is it a boy?

So it's a girl. Is she wearing a red T-shirt?

OK. Is she playing badminton?

And is she wearing a yellow T-shirt?

Is she number 12?

No, it isn't.

No, she isn't.

Yes, she is.

Yes, she is.

Yes, she is.



18 Mime and guess.

Are you kayaking?

No, I'm not.

Are you bowling?

Yes, I am.





POST

My country is famous for water sports! How many of these water sports do you know? Can you identify the water sports in the photos?

Lesson 6

19

CD1
38

Listen and read.

Water sports in Australia



1

Australia has got many rivers and beautiful beaches. It's also got a good climate. For this reason it's a perfect place for water sports!

Windsurfing and kitesurfing are popular sports. To do these sports you use a surfboard with a large sail, or a surfboard with a large kite, to ride the waves.

Water polo is a team sport. There are six players and a goalkeeper on each team. Players swim, pass the ball and score goals.

Snorkelling is the perfect way to discover the world under the sea. You can see the corals and multi-coloured fish of the Great Barrier Reef.

Waterskiing is a popular sport. You wear skis and a lifejacket. A motor boat pulls you through the water very fast.

White water rafting is an exciting way to discover the rivers and tropical rainforests of Australia. You wear a helmet and a lifejacket and you paddle in a raft with six or eight other people.



4



5



2



3



6

What water sports do people do in your country?

20

Read and guess. Listen and say the answers.

CD1
39



POST

Here's a cool culture quiz about Australia. Can you guess the answers?

Culture quiz time: Australia

- 1 What's the capital of Australia? a) Sydney b) Perth c) Canberra
- 2 How many square kilometres is Australia? a) 3.3 million b) 5.5 million c) 7.7 million
- 3 Which two animals are the symbols of Australia? a) the kangaroo and the koala b) the kangaroo and the emu c) the koala and the emu
- 4 What's the popular name for the Sydney Harbour Bridge? a) the coat hanger b) the rainbow c) the hoop
- 5 How high is Uluru? a) 150 metres b) 250 metres c) 350 metres
- 6 There are more than 20 million people in Australia. How many sheep are there? a) 10 million b) 50 million c) 100 million



The only water sport I do is swimming! My favourite sport is football. These days football is very popular in the UK with girls as well as boys.

Lesson 7

21 Listen and read. Say *True* or *False*.

- 1 The name of the national stadium in England is Wembley.
- 2 The main English national football team colour is blue.
- 3 Manchester United is a popular club in the south of England.
- 4 Chelsea, Arsenal, Tottenham Hotspur and West Ham United are all clubs from Manchester.
- 5 The top professional teams in England play in the Premier League.
- 6 There are some Spanish players in the English professional leagues.



Everyday chit-chat

! How to find out about sports classes

22 Listen and repeat.



coach



sports kit



locker



changing room

23 Listen and read. Repeat.

- Rosa:** Good afternoon. I'd like to find out about football coaching.
- Man:** Can you play football? Or are you a beginner?
- Rosa:** I'm a beginner.
- Man:** Well, we have football coaching for beginners once a week. It's after school every Thursday at 5.30. The coach is a player at the football club.
- Rosa:** That's perfect. How much does it cost?
- Man:** The coaching is free. But you need to buy your own sports kit. There are lockers in the changing room.
- Rosa:** Can I start on Thursday?
- Man:** Yes, of course. It's Thursday today!
- Rosa:** Wow! Is it really? Thank you.



24 Do a role play.



Lesson 8

25



Listen and read.



Hi there! We all know that exercise is good for us. But do you know about the three different kinds of exercise we need to do? Read on ... and enjoy! ☺

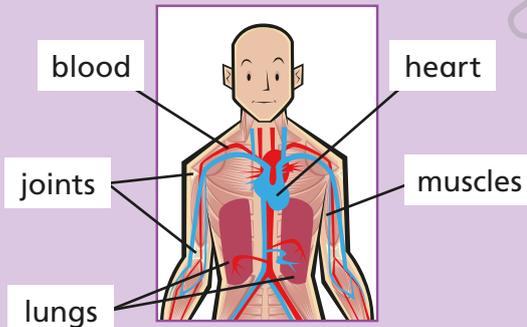
POST

Exercise is healthy and cool

When you do exercise, you breathe fast and your heart pumps blood around your body. The blood carries oxygen from your lungs to your muscles. Your muscles help your joints to move.

With regular exercise, you:

- build strong muscles
- keep a healthy weight
- sleep well at night
- feel good about yourself
- feel less worried or stressed
- feel ready to learn at school



There are three main kinds of exercise:

Aerobic exercise

Aerobic exercise needs lots of oxygen. It makes you breathe fast. Aerobic exercise is good for your heart. Swimming and tennis are examples of aerobic exercise. When you run, skip and jump in the playground, that's aerobic exercise, too.



Strength training

Strength training is good for your muscles. Strong muscles support your joints and stop you getting hurt. Cycling and rowing are examples of strength training. When you do handstands in the playground, that's strength training, too.



Flexibility training

Flexibility training helps your body stretch and bend. It is good for your muscles and joints. Gymnastics and judo are examples of flexibility training. When you touch your toes, that's flexibility training, too.



To stay fit and healthy, it's good to do all three kinds of exercise.

26 Read and correct the sentences.

- 1 Your muscles pump blood around your body.
- 2 With regular exercise, you don't sleep at night.
- 3 Aerobic exercise makes you breathe slowly.
- 4 Strong muscles support your lungs.
- 5 It's good to do one kind of exercise.

27 Play Say a sentence!



This is good for your heart.

Aerobic exercise!

THINKING SKILLS Categorising



28 Think and say.

What's your favourite kind of exercise?
What do you do to get aerobic exercise, strength training and flexibility training?



My words to remember

muscle heart oxygen blood lungs joints



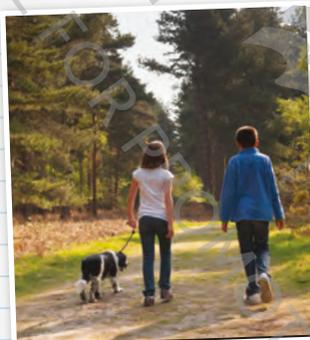
Project: Do I get enough exercise?

29 Listen and read.



Look at my project on ways I get exercise. What exercise do I do on school days? What exercise do I do at the weekend? POST

Do I get enough exercise?



In this photo I'm walking the dog with my sister.

Every week I get lots of exercise. From Monday to Friday, I walk to school and back home. It takes fifteen minutes each way. At school, we have PE twice a week for an hour on Monday and Thursday. We do gym and we also play football and rugby. At break time, I play football and tag in the playground with my friends. After school, I go to swimming lessons once a week on Friday. I'm also a member of a club where I play badminton on Saturday. At the weekend, I walk the dog and I go jogging with my dad. On Sunday, we cycle in the park.



Here my friends are playing football in the school playground.

I think I get about eleven hours of exercise every week. When I do exercise, I feel good about myself. I get hungry and thirsty and I sleep well.

By Duncan

30 Plan your project.

1 Think of all the ways you get exercise.

2 Complete your exercise diary.

3 Ask a friend or someone in your family to take photos.

4 Prepare and write your project.

You can present your project in this way.



Every week I get lots of exercise. In this photo I'm cycling in the park with my dad.

➔ AB page 22

Do the Unit 2 Review and self-assessment (Activity Book page 22). Complete your Progress Journal for Unit 2.