

11A Bad losers

1 VOCABULARY sports, expressing movement

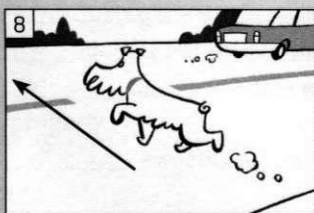
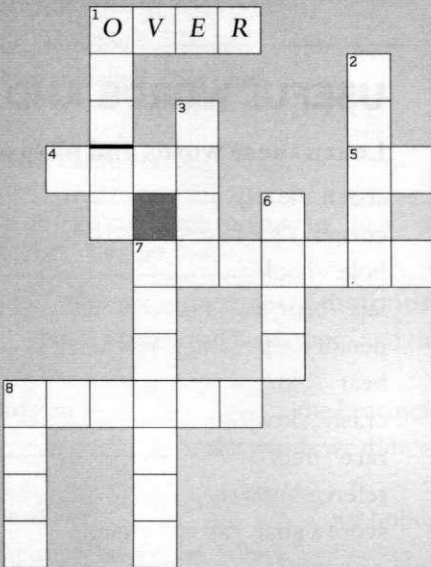
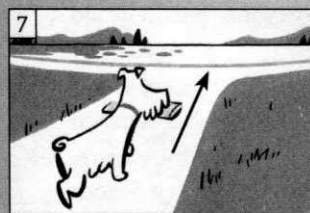
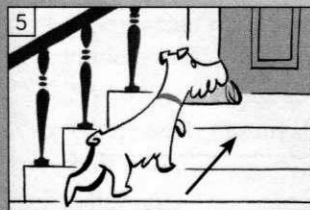
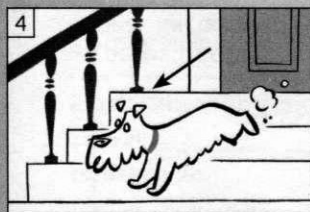
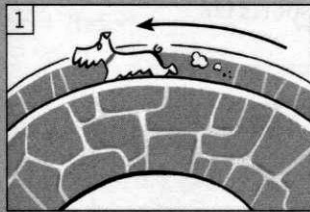
a Complete the sentences.

- The player took two shots to hit the golf ball into the *hole*.
- In athletics, the runners run round a tr_____.
- It was m_____ p_____, and everyone was very tense, but his first s_____ went into the net.
- The golf player had to try and hit the ball out of the b_____.
- The athletes were running fast towards the finishing line because they were on the last l_____.
- When you take a p_____, you have to kick the ball past the goalkeeper.
- The player who took the c_____ kicked the ball to a team mate, who headed it into the goal.

b Underline the prepositions of movement in a.

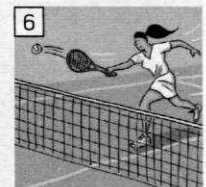
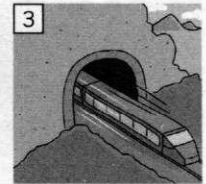
c Complete the crossword.

Clues across →



2 GRAMMAR expressing movement

a Look at the pictures. Complete the sentences with the past simple of the verbs and the correct preposition.

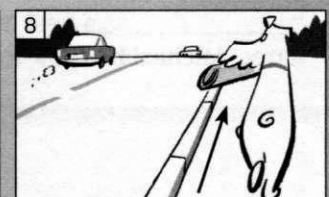
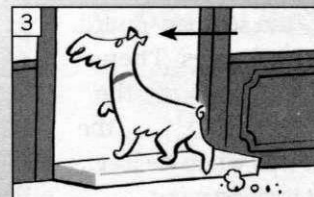
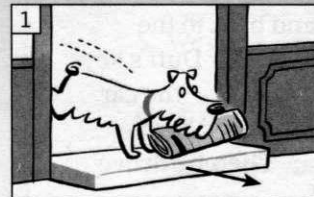


cycle go hit kick run throw
 across into over through under up

In the ideal city...

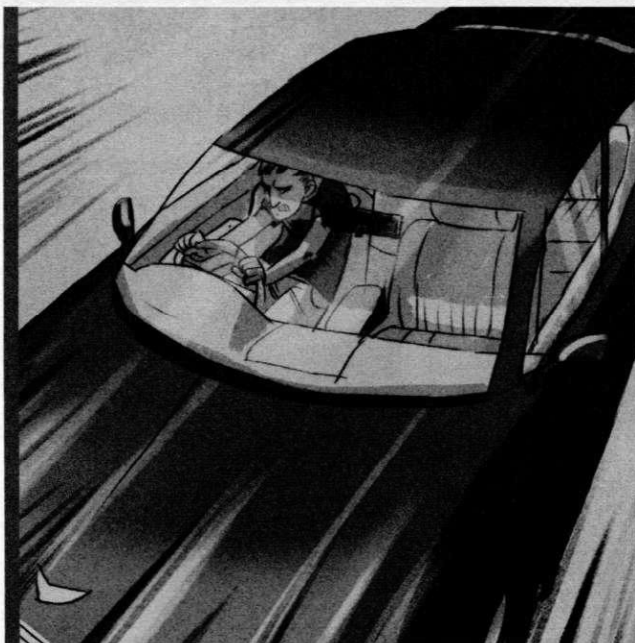
- They cycled up the hill.
- The boy _____ ball _____ the car.
- The train _____ the tunnel.
- He _____ the ball _____ the goal.
- The children _____ the road.
- She _____ the ball _____ the net.

Clues down ↓



- b Look at the picture, read the story, and complete it with the prepositions.

_____ across _____ into _____ out of _____ past _____ round _____ through _____ to _____ towards _____ under _____ along (x 2) _____



Last day at school for boy with dirty shoes!

Last Wednesday started as normal for 15-year-old Michael Brewster at Hove Park School.

At 10.30 a.m., Michael's class were jogging ¹ round the gym. But when Charles Duff, the sports teacher, told Michael to clean his dirty trainers, he got really angry. He ran ² _____ the gym, and back to the changing rooms where he found Mr Duff's keys. From there, he went ³ _____ the car park, got ⁴ _____ Mr Duff's Ford Mondeo, and started the car. Then he drove ⁵ _____ the road, ⁶ _____ the bridge, ⁷ _____ the security guard, and ⁸ _____ the school gates. Then he turned left and drove ⁹ _____ the road for about 100 metres ¹⁰ _____ the maths teacher's house. That was when he lost control. He tried to stop, but instead went ¹¹ _____ a field and crashed into a tree. Michael has now left Hove Park School.

3 PRONUNCIATION sports

- a Look at the phonetics and write the sport.

- 1 /'fʊtbɔ:l/ football
- 2 /'vɒlibɔ:l/ _____
- 3 /'mæʊtə 'reɪsɪŋ/ _____
- 4 /'ski:ɪŋ/ _____
- 5 /'wɪndzɜ:fɪŋ/ _____
- 6 /'saɪklɪŋ/ _____
- 7 /'bɑ:skɪtbɔ:l/ _____
- 8 /'rʌɡbi/ _____
- 9 /æθ'letɪks/ _____

- b **iChecker** Listen and check. Then listen again and repeat the words.

4 LISTENING

- a **iChecker** Listen to five people talking about bad losers. Which games or sports do they mention?

- b Listen again. Who...?

- 1 lost a friend after playing sport with him / her Speaker 2
- 2 is in a team with someone who's a bad loser _____
- 3 has a parent who is a bad loser _____
- 4 used to let one of their children win _____
- 5 has a colleague who is a fanatical sports fan _____

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- coach /kəʊtʃ/
- corner /'kɔ:nə/
- hole /həʊl/
- lap /læp/
- penalty /'penəlti/
- beat /bi:t/
- crash /kræʃ/
- race /reɪs/
- referee /refə'ri:/
- score a goal /'skɔ:(r) ə ɡəʊl/

11B Are you a morning person?

1 VOCABULARY phrasal verbs

a Complete what the people are saying in each picture.



- 1 Turn down the radio! It's very loud!
- 2 Don't worry! The match will be _____ soon.
- 3 We need someone who can look _____ our dog while we're on holiday.
- 4 Take _____ your shoes before you come in!
- 5 Can you fill _____ this form, please?
- 6 Put _____ a different jacket! That one looks awful!

b Complete the sentences with these verbs.

find out get on with give up go out look forward to look up
take back throw away try on turn up

- 1 Chris called the station to find out the times of the trains.
- 2 I never _____ empty jam jars. I wash them and then re-use them.
- 3 It's very cold in here. Can you _____ the heating?
- 4 The teacher told us to _____ the words we didn't understand.
- 5 We love travelling, so we always _____ our holidays.
- 6 I don't really like my sister's new boyfriend. I don't _____ him at all.
- 7 They only _____ on Friday or Saturday nights because they start work early during the week.
- 8 It's best to _____ clothes before you buy them.
- 9 We're going to _____ our new coffee machine because it doesn't work properly.
- 10 Anna's going to _____ sweets and chocolate for a month to try to lose weight.

2 GRAMMAR word order of phrasal verbs

a **Circle** the correct phrases. If both are possible, tick (✓) the sentence.

- 1 Please **turn off the lights** / **turn the lights off** before you go to bed. ✓
- 2 Thanks for the money. I'll **pay it back** / **pay back it** tomorrow.
- 3 I can't find my keys. Can you help me **look for them** / **look them for**?
- 4 Why don't you **try on that dress** / **try that dress on**? I think it'll suit you.
- 5 My mum usually **looks after my kids** / **looks my kids after** when we go out.
- 6 If you've finished playing, please **put the toys away** / **put away the toys**.

b Rewrite the sentences with a pronoun. Change the word order if necessary.

- 1 Can you write down **your email address**?
Can you write it down?
- 2 She'll give back **the exams** on Friday.

- 3 Are you looking forward to **your party**?
_____?
- 4 I called back **my mother** when I got home.

- 5 We don't get on with **our new neighbours**.

- 6 Shall we turn on **the TV**?
_____?

3 PRONUNCIATION linking

iChecker Listen and repeat the sentences. Try to link the words.

- 1 Throw it away!
- 2 Turn it up!
- 3 Write it down!
- 4 Put it away!
- 5 Give it back!
- 6 Fill it in!

4 READING

- a Read the article. Complete the gaps with these phrasal verbs.

find out get up give up go out put on take off
turn on write down

- b Read the article again. Tick (✓) the people with good habits and cross (✗) the bad ones.

- 1 I go to bed every night at 11 o'clock.
- 2 I sleep for six hours during the week and ten hours at the weekend.
- 3 I always have lunch at my desk to save time.
- 4 I always wear sunglasses.
- 5 My bedroom is sometimes too cold.
- 6 I sometimes watch a film to help me to go to sleep.
- 7 I usually have dinner at 7.30 p.m.
- 8 I often have a cup of coffee before I go to bed.
- 9 I keep a notebook by the side of my bed.
- 10 I sometimes meditate if I can't sleep.

- c Look at the **highlighted** words or phrases and guess their meaning. Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a **iChecker** Listen to an interview with Graham, a taxi driver who usually works at night. Is he positive or negative about his job?

- b Listen again. Mark the sentences T (true) or F (false).

- 1 Graham goes to sleep immediately after getting home from work. F
- 2 The first meal he has when he gets up is lunch. —
- 3 His children wake him up in the afternoon. —
- 4 He never feels tired when he wakes up. —
- 5 He eats three times a day. —
- 6 He doesn't mind his working hours. —

USEFUL WORDS AND PHRASES

Learn these words and phrases.

buzz /bʌz/
energetic /enə'dʒetɪk/
live (adjective) /laɪv/
sleepy /'sli:pi/
wild (night) /waɪld/
bowl (of cereal) /'bəʊl/
any time /'eni taɪm/
social life /'səʊʃl laɪf/
set (your alarm clock) /set/
stay in bed /'steɪ ɪn bed/

Still tired in the morning?



Five tips for getting a better night's sleep

Sleep at the same times

¹ **Find out** how much sleep you need and **make sure** that you get it. Go to bed and ² _____ at the same time each day and you will have more energy than if you sleep the same number of hours at different times.

Make sure you are exposed to light during the day

Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don't stay inside all day – ³ _____ in your **lunch break**, for example for a short walk. On a sunny day ⁴ _____ your sunglasses for at least half an hour to let light onto your face.

Create a relaxing routine before going to bed

Have a hot bath. Then ⁵ _____ your pyjamas and make sure your bedroom is at the right temperature. Don't watch TV in bed, as it will stimulate **rather than** relax you.

Avoid stimulants

Don't eat big meals or drink coffee late at night. **Avoid** drinking alcohol before you go to bed and ⁶ _____ smoking! Cigarettes can cause a number of sleep problems.

Getting back to sleep

If you wake up in the middle of the night and can't get back to sleep, try a relaxation technique like meditation. If that doesn't work, ⁷ _____ the light and read a book. If you're worried about something, ⁸ _____ your problem on a piece of paper so that you can **deal with it** in the morning.

If the tips above don't help, you might need to see a sleep doctor.

11C What a coincidence!

1 GRAMMAR *so, neither + auxiliaries*

- a Complete the conversation with the phrases from the box.

Neither did I | Neither have I | Neither was I
So am I | So do I | So would I

- A Hi, Tom. Do you ever watch *Who do you think you are?* You know, that TV series about celebrities who find out about their families?
B Yes, I do. But I didn't see it last night.
A ¹ Neither did I. I wasn't at home.
B ² _____. But I usually watch it every week.
B ³ _____. I think it's really interesting. I'd love to find out about my family.
A ⁴ _____. I'm thinking about looking for some information on the internet.
B ⁵ _____. But I haven't done anything about it yet.
A ⁶ _____.

- b Respond to the statements with *So* or *Neither*, to say that you are the same.

- 1 I'm going out tonight.
So am I
2 I enjoyed the party.

3 I haven't done the homework.

4 I was late today.

5 I'm not hungry.

6 I can't drive.

7 I'd love to travel round the world.

8 I don't have any pets.

2 VOCABULARY similarities

- Complete the text with words from the box.

as both identical like neither similar so

People think my best friend Sue and I are sisters, because we're very ¹ similar. Sue's from the same town ² _____ me, and we look very ³ _____ each other. We ⁴ _____ like shopping, and we have the same taste in clothes. I usually wear trousers and tops, and ⁵ _____ does Sue. She doesn't like short skirts and ⁶ _____ do I. Once we went to a party together wearing ⁷ _____ clothes!



3 PRONUNCIATION sentence stress, word stress

- a **iChecker** Listen to the sentences.

- 1 **So** did I.
2 **So** can I.
3 **So** have I.
4 **Neither** am I.
5 **Neither** do I.
6 **Neither** was I.

- b Listen again and repeat the sentences. Copy the rhythm.

- c **iChecker** Listen and underline the stressed syllable. Then listen again and repeat the words.

- 1 i|den|ti|cal
2 si|m|i|lar
3 co|in|ci|dence
4 a|m|a|zing
5 dis|co|ver
6 e|very|where
7 per|son|a|lity
8 de|fi|ni|tely

4 READING

a Read the article and choose the best title.

- 1 A town with a mystery
- 2 The problems of having twins
- 3 Why couples have twins



Today, there are two thousand families living in the village of Kodinhi in southern India. Among them, there are 220 sets of twins, which is six times the global average. What makes this even more unusual is that India has one of the lowest birth rates of twins in the world.

Nobody can explain the reason why the village has so many twins. Some people say the cause might be genetic, but local doctor, Dr Sribiju, doesn't think so. He says that there haven't always been twins in Kodinhi – parents suddenly started having them about sixty or seventy years ago. Neither does he believe that a new kind of pollution has caused the twins to be born. In that case, he argues, there would be more twins with malformations. Luckily, most of Kodinhi's twins are born healthy. Dr Sribiju thinks that the twins are born because of something the villagers eat and drink. He wants to discover just what that is, so that he can use it to help other couples who can't have children.

Having twins in this part of India can be a big problem for a family. It's expensive, and it can be dangerous for the mother's health. That's why the villagers of Kodinhi have started a support group. The group is called the Twins and Kin* Association, or TAKA for short. The president of the group is 50-year-old Pullani Bhaskaran, who has twin sons of his own. He wants all the twins in Kodinhi to join the group so that they can help each other. With the 220 pairs of twins in the village and the other people in their families, TAKA currently has 600 members.

Glossary

kin = family member

b Read the article and mark the sentences T (true) or F (false).

- 1 Parents don't usually have twins in India. T
- 2 A century ago, there used to be more twins in Kodinhi. —
- 3 Dr Sribiju thinks that there are a lot of twins because of the pollution in Kodinhi. —
- 4 Dr Sribiju thinks that couples who want children could learn from the villagers of Kodinhi. —
- 5 It can be a health risk for women in Kodinhi to have twins. —
- 6 The President of TAKA has a twin brother. —

c Look at the highlighted words and phrases and guess their meaning. Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

a **iChecker** Listen to a radio programme about famous twins. Match the twins (1–3) with the headings (a–c).



- | | | |
|---------------------|----------|--------------------|
| 1 Romulus and Remus | <u>c</u> | a criminal twins |
| 2 The Kray Brothers | — | b celebrity twins |
| 3 The Olsen Twins | — | c historical twins |

b Read the sentences. Listen again and write RR (Romulus and Remus), KB (the Kray Brothers) or OT (the Olsen Twins).

- 1 Their parents didn't want them. RR
- 2 They were British. —
- 3 They're still alive. —
- 4 They met some very famous people. —
- 5 They had a serious argument. —
- 6 They became famous very young. —

USEFUL WORDS AND PHRASES

Learn these words and phrases.

tastes /teɪsts/

identical twins

/aɪdɪntɪkl 'twɪnz/

security guard

/sɪ'kjʊərəti gɑ:d/

adopt (a child) /ə'dɒpt/

by coincidence /baɪ kəʊ'ɪnsɪdəns/

great to meet you /gret tə 'mi:t ju/

go to college (AmE) /gəʊ tə 'kɒlɪdʒ/

look exactly like /lʊk ɪg'zæktli laɪk/