



UNIT 1

YES, WE CAN! SPORTS CHALLENGE!

In This Unit You Will:

Learn how to talk about sports and their names.

Learn which verbs to use with sports and where sports are played.

Learn how to compare things using comparative and superlative forms.

Learn how to use “**can**” and “**could**” to talk about abilities in the past and present, as well as to make polite requests.



LESSON 1

Be A Good Sport

Vocabulary

Role Play (British Accent):

Matt: What are you doing?

Sara: I'm watching the Olympic games on TV.

Matt: Oh yes, what sport are you watching?

Sara: Everything! I love sport. I really enjoy team sports, like basketball, cycling and football.

Matt: I love sport too, but I prefer individual sports, like weightlifting, boxing, surfing or yoga.

Sara: Yoga isn't a sport!

Matt: No, I suppose it isn't but it is good for you! I do yoga every day! Do you do any sports?

Sara: Yes, I go running and go cycling, sometimes I go climbing. I play football at the weekend too.

Matt: Where do you run?

Sara: I run on the track at the gym. Do you run?

Matt: Only for the bus!

Questions:

1. Who likes basketball?

- a. Sara
- b. Matt

2. Who likes boxing?

- a. Sara
- b. Matt

3. Who likes surfing?

- a. Sara
- b. Matt

4. Who likes football?

- a. Sara
- b. Matt

5. Who does yoga?

- a. Sara
- b. Matt

6. Who goes cycling?

- a. Sara
- b. Matt

7. Who goes running?

- a. Sara
- b. Matt

8. Who plays football?

- a. Sara
- b. Matt





LESSON 1

Be A Good Sport

Vocabulary

New Item:



Badminton



Football/Soccer



Boxing



Running



Weight-lifting



Cycling



Surfing



Fitness



Swimming



Volleyball



Yoga



Basketball



LESSON 1

Be A Good Sport

Vocabulary

Exercise:

Fill in the blanks with the correct sport or activity from the list above:

1. This sport is played on a court with a net and shuttlecock: _____.
2. In this game, players dribble and shoot a ball into a hoop: _____.
3. A sport where you ride the waves on a board: _____.
4. A water-based activity that can involve freestyle or backstroke: _____.
5. This physical activity focuses on balance, flexibility, and mental calm: _____.
6. Players use their fists to compete in a ring: _____.
7. A team sport played with a ball that is thrown and hit over a net: _____.
8. This activity involves improving your physical strength and endurance through exercises: _____.
9. A cardio activity that requires pedalling two wheels: _____.
10. A game played with a ball and goalposts on a field: _____.
11. This sport requires a barbell and lots of strength: _____.
12. A solo or competitive sport where speed on foot is the key: _____.

Questions:

1. What sports do you do? How often do you do them?
2. Do you prefer individual sports or team sports?
3. What sports do you enjoy watching?
4. What sports do you think are boring?
5. What sports do you think are dangerous?



LESSON 1

Be A Good Sport

Vocabulary

Essential Vocabulary:

Enjoy - To feel happy and have fun while doing something.

Suppose - To think or imagine something as possible.

Climbing - The sport of going up mountains or walls.

Court - A flat area where sports like tennis, badminton, or basketball are played.

Net - A mesh barrier used in sports like volleyball or tennis to divide the court.

Shuttlecock - A small object hit back and forth in badminton.

Dribble - To move a ball by bouncing it on the ground repeatedly.

Hoop - A round ring used as a goal in basketball.

Ride - To sit on and control a bike, horse, or similar object.

Involve - To include something as part of an activity.

Focus - To concentrate on one thing.

Fist - A closed hand used in boxing.

Endurance - The ability to keep doing something difficult for a long time.

Pedalling - Moving the pedals of a bicycle to make it go.

Barbell - A long bar with weights on both ends, used in weightlifting.

Competitive - Wanting to win or be the best.

Boring - Not interesting or exciting.

Dangerous - Likely to cause harm or injury.

***FOR BETTER UNDERSTANDING TRY TO MAKE ONE SENTENCE WITH EACH WORD. GOOD LUCK :)