

6 six

Sport and health

Health is better than wealth.

Proverb

UNIT LANGUAGE AND SKILLS

Vocabulary:

- Show what you know – sports
- types of sport
- collocations – do, go and be
- collocations – sport and health
- Words for free – sport

Grammar:

- Past Simple: regular verbs
- Past Simple: irregular verbs
- Past Simple: questions and negatives

Listening:

- a conversation about Physical Education
- matching

Reading:

- an article about two sportspeople
- gapped text

Speaking:

- asking for and giving advice

Writing:

- a description of an event

Use of English:

- translation
- sentence transformations

FOCUS REFERENCE

- Grammar Focus Reference and Practice pp. 116–117
- Word Store 6 Reference p. 126

6.1 Vocabulary

Types of sport • verb collocations

I can talk about sport and health

SHOW WHAT YOU KNOW

- 1 Summer or winter sports? Copy the table. In pairs, add more sports to the table in your notebooks in sixty seconds.

Summer sports	skateboarding, <input type="text"/>
Winter sports	hockey, <input type="text"/>
Both	basketball, <input type="text"/>

- 2 Which sports do you like? Which don't you like? Tell your partner.

- 3 In pairs, look at the photos of Harry, Sally and Luke. What sports are their favourite? Find them in the box.

badminton cycling football ice skating jogging
karate kayaking kung fu sailing skiing swimming
table tennis tennis volleyball yoga Zumba

Harry:

Sally:

Luke:



Harry



Sally

4 In pairs, look at the icons and guess what other sports they do. Write your answers in your notebooks.

Harry: *badminton*, [?], [?]

Sally: [?], [?], [?]

Luke: [?], [?], [?]

5 (3.1) Decide who does these things: Harry, Sally or Luke. Then listen and check.

- 1 *Harry goes ice skating* on Monday evenings.
- 2 [?] *goes jogging* before school three times a week. After jogging he *has a healthy breakfast*.
- 3 [?] *plays table tennis* for a team. Her team often wins.
- 4 In summer, [?] *goes swimming* and *kayaking*. He *has a very healthy lifestyle*.
- 5 [?] and his/her friends *go skiing* in winter. They *go to the gym* to *play volleyball* twice a week to keep fit.
- 6 [?] *plays tennis* or *badminton* every week.
- 7 [?] *plays football* at the weekend with his friends.
- 8 [?] *takes part in* karate competitions.



Luke



WORD STORE 6A

6 (3.2) Look at WORD STORE 6A on page 126. Listen and repeat the nouns.

WORD STORE 6B

7 (3.3) Look at WORD STORE 6B on page 126. Listen and repeat the collocations.

8 Work in pairs. Follow the instructions.

- 1 In your notebook, make a list of at least six sports you or your friends do.
 - 2 For each sport on your list write: *go, play* or *do*.
 - 3 Tell a partner about the sports you do, when you do them, and who you do them with.
- In winter, I go skiing with my family.
I play tennis with my friend Daniel on Mondays.*

WORD STORE 6C

9 (3.4) Look at WORD STORE 6C on page 126. Listen and repeat the collocations.

10 In your notebook, rewrite the questions with the correct verbs from WORD STORE 6C. Then ask and answer in pairs.

- 1 Do you *have* a healthy breakfast? What do you have?
- 2 What do you do to [?] fit?
- 3 Do you [?] for a sports team? What sport do you play?
- 4 Do you [?] a healthy lifestyle? What do you do?
- 5 How often do you [?] to the gym?
- 6 Do you [?] part in any sports competitions? What kind?

11 In your notebook, write the words that complete the text correctly. Use WORD STORE 6B and 6C.

EXAMS AND YOUR HEALTH

- Don't study all night. You learn better when you're not tired.
- Try to have a *healthy* diet. A healthy ² [?] first thing in the morning gives you energy for the whole day.
- Exercise is important. You're never too busy to ³ [?] jogging or swimming. If you don't have time to ⁴ [?] tennis or football, walk or cycle to school. Or, ⁵ [?] to the gym for an hour.
- If there isn't a gym near your home, ⁶ [?] exercises for ten minutes every morning.
- And take regular breaks when you're studying.

12 Work in pairs. In the text in Exercise 11 find:

- two things you already do: *I have a healthy diet.*
- two things you'd like to do: *I'd like to do more exercise.*

WORD STORE 6D

13 (3.5) You pronounce some sports words differently in Polish and in English. Look at the Words for free in WORD STORE 6D on page 126. Listen and repeat.

6.2 Grammar

Past Simple

I can use the Past Simple to describe events in the past

PASSION OR MADNESS?

When you look at mountains like this, do you think, 'I'd love to climb that!' or are you one of those people who say, 'Anyone who wants to climb that is mad!'?

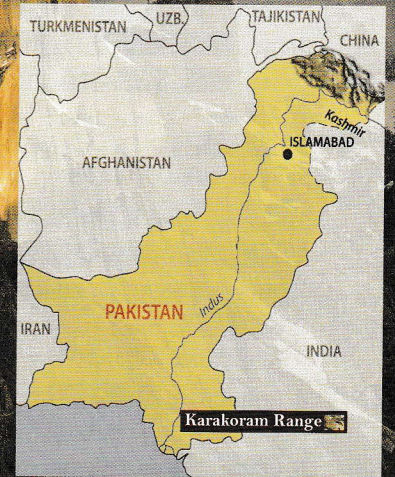
⁵ These are Trango Towers (6,286 m) in the Karakoram in Pakistan. British climber Martin Boysen **tried** to climb them in 1975 and nearly **died**. In 1976, he tried again and **became** the first climber to reach the top.

¹⁰ In 1990, Japanese climber Takeyasu Minamiura **climbed** to the top of one side of the mountain. But that wasn't his main aim. He **wanted** to paraglide to the bottom.

On 9 September, Minamiura **jumped** off the ¹⁵ top of Trango Towers but his paraglider

hit the wall and he **fell** 45 m until the glider **caught** on a piece of rock and **saved** his life. And there he **hung**. The fall **broke** his glasses but he was OK.

²⁰ When his hands **stopped** shaking, he **took** his phone out of his pocket and **phoned** his friends. He **asked** them to send a helicopter to rescue him.



- 5 3.8 Copy the list of irregular verbs in GRAMMAR FOCUS 2 and complete it with their past forms underlined in the story. Then listen and repeat the verbs.

GRAMMAR FOCUS 2

Past Simple: irregular verbs

- | | | |
|--------------------------|---------------|---------------|
| 1 become – <u>became</u> | 4 catch – [?] | 6 break – [?] |
| 2 hit – [?] | 5 hang – [?] | 7 take – [?] |
| 3 fall – [?] | | |

There is a list of irregular verbs in the WORD STORE on page 23.

- 6 Find the Past Simple of the verbs in the box. Write the forms of the verbs which complete the sentences correctly in your notebook.

[break drink fall go say run take have]

- We went swimming yesterday afternoon.
- We [?] part in a Zumba competition.
- 'I would like to thank my family for their support,' [?] the champion.
- Sarah [?] a lot of homework so she stayed home to do it.
- Jake [?] 100 metres in 40 seconds.
- I [?] a lot of water during the tennis match.
- The man [?] off his bike and [?] his leg.

- 7 Read Part 2 of the story to see what happened to Minamiura. Write the past forms of the verbs in brackets in your notebook.

Two of his friends ¹walked (walk) twelve miles to a Pakistani army base to get help and they ²[?] (fly) to Trango Towers. They ³[?] (see) Minamiura but winds ⁴[?] (stop) the helicopter from landing. The two friends ⁵[?] (plan) a daring rescue – they ⁶[?] (go) to Trango Glacier and ⁷[?] (look) for Boysen's fourteen-year-old ropes to help them climb the glacier. Minamiura ⁸[?] (spend) six days without food and water before his friends ⁹[?] (reach) him and ¹⁰[?] (bring) him down the mountain. They ¹¹[?] (arrive) back on 18 September, forty-nine days after Minamiura ¹²[?] (start) his adventure on Trango Towers.

- Read the article. Who was the first person to climb Trango Towers?
- Read GRAMMAR FOCUS 1. Write the past forms of regular verbs 1–12 in your notebook.

GRAMMAR FOCUS 1

Past Simple: regular verbs

To form the Past Simple of regular verbs:

- add -ed to the end of the verb: **jump** → **jumped**
- add -d to the end of regular verbs that end in -e: **phone** → **phoned**
- double the final letter and add -ed if the verb ends with a short vowel and a consonant: **stop** → **stopped**
- for a verb that ends in a consonant + y, change the y to -i and add -ed: **try** → **tried**

- | | |
|------------------------|----------------|
| 1 look – <u>looked</u> | 7 ask – [?] |
| 2 climb – [?] | 8 shout – [?] |
| 3 want – [?] | 9 help – [?] |
| 4 like – [?] | 10 save – [?] |
| 5 stay – [?] | 11 cry – [?] |
| 6 decide – [?] | 12 start – [?] |

- 3 3.6 Copy the table. Listen and put the past forms of the verbs in Exercise 2 in the correct column of your table.

/t/	/d/	/ɪd/
looked	climbed	wanted

- 4 3.7 Listen, check and repeat.

GRAMMAR FOCUS REFERENCE AND PRACTICE

Form *was* i *wasn't* możemy również użyć z zaimkiem *it*:
It was cold. Było zimno.

Zdania z czasownikiem *can* w czasie Past Simple tworzymy, używając form **could** oraz **couldn't**. Formy te są takie same dla wszystkich osób:

Zdania twierdzące (Affirmative)	Zdania przeczące (Negative)
I/You/He/She/ It/We/They could sing.	I/You/He/She/It/ We/They couldn't (could not) sing.
Pytania ogólne (Yes/No questions)	Krótkie odpowiedzi (Short answers)
Could I/you/he/she/ it/we/they sing?	Yes, I/you/he/she/it/we/they could. No, I/you/he/she/it/we/they couldn't.
Pytania szczegółowe (Wh- questions)	
What could I/you/he/she/it/we/they sing?	

1 Choose the correct answers and write them in your notebook.

- School *wasn't* / *couldn't* always fun for me.
- When I was younger, I *wasn't* / *weren't* very good at sports.
- I *wasn't* / *couldn't* understand Maths.
- A: *Could* / *Were* you play a musical instrument when you were a child?
B: Yes, I *was* / *could*.
- A: *Were* / *Was* high school a nice experience for you?
B: Yes, it *was* / *were*.
- All my children *was* / *were* bad at History when they were at school.
- A: What *was* / *were* your favourite school subjects?
B: History *was* / *could* great. I *couldn't* / *wasn't* speak French very well but it *was* / *could* interesting, too!
- Your sister *could* / *was* Miss Teen London. *Could* / *Were* you jealous?

2 Copy the sentences into your notebook and complete them with *was*, *were*, *wasn't*, *weren't*, *could* or *couldn't*.

- Science a compulsory subject at my school. I study Geography instead.
- When I five, I speak a little French.
- A: you a noisy child?
B: No, I .
- The other kids my age very friendly to me so I often felt lonely.
- At school I understand science at all. I a very bad student.
- A: Einstein good at Maths?
B: Yes, he .
- A: What you good at as a child?
B: Well, I run really fast.
- When my children at primary school, they play any musical instruments yet.
- Her secondary school single-sex. There boys and girls in her class.
- Last week it very cold in the classroom. We think or write!

6.2 Past Simple Czas Past Simple

Czasu Past Simple używamy, mówiąc o czynnościach i zdarzeniach, o których wiemy, że miały miejsce i zakończyły się w przeszłości. Często dodajemy informację, kiedy zdarzenie miało miejsce:

My dad **climbed** Rysy in 1988. Mój tata wszedł na Rysy w 1988 roku.
I **had** eggs for breakfast. Jadłam jajka na śniadanie.

Zdania twierdzące (Affirmative)
I/You/He/She/It/We/They **won.**

ZASADY PISOWNI – FORMA CZASU PAST SIMPLE

Czasowniki regularne

- zasada ogólna: bezokolicznik + *-ed*, np. *work* – *worked*,
- czasowniki zakończone na *-e*: + *-d*, np. *like* – *liked*,
- czasowniki zakończone na samogłoskę + spółgłoskę: podwojenie spółgłoski + *-ed*, np. *stop* – *stopped*,
- czasowniki zakończone na spółgłoskę + *-y*: *-ied*, np. *cry* – *cried*.

Czasowniki nieregularne

Wiele czasowników ma nieregularną formę czasu Past Simple (np. *go*, *say*, *run*). Tabela czasowników nieregularnych znajduje się na str. 134.

1 Copy the table into your notebook. Add *-ed* to the regular verbs in the box and complete the table.

cycle try walk plan stay marry arrive fit			
work → worked	like → liked	stop → stopped	cry → cried
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2 In your notebook, write the Past Simple forms of the verbs in brackets.

- We (play) tennis for two hours yesterday.
- Last weekend my son (break) his arm and we (go) to hospital.
- She (want) to go to the mountains for the holidays.
- We (spend) the day at the seaside.
- I (look) for yoga classes in my town but I couldn't find anything.
- My mum (help) me do my Maths homework.
- He (shout) for help but no one heard him.
- They (say) they wanted to stay at home.

3 Copy the sentences into your notebook and complete them with the Past Simple forms of the verbs in the box.

- cry carry bake give stop study
- We at the same university.
 - The baby for three hours!
 - My mum a cake for my birthday.
 - My parents me a puppy for Christmas.
 - He my suitcase. Such a gentleman!
 - We for a short break.

IRREGULAR VERBS

Infinitive	Past Simple	Past Participle	
be [bi:]	was/were [wɒz/wɜ:]	been [bi:n]	być
become [br'kʌm]	became [br'keɪm]	become [br'kʌm]	stać się
begin [br'gɪn]	began [br'gæn]	begun [br'gʌn]	zacząć
break [breɪk]	broke [brəʊk]	broken ['brəʊkən]	złamać
bring [brɪŋ]	brought [brɔ:t]	brought [brɔ:t]	przynieść
build [bɪld]	built [bɪlt]	built [bɪlt]	budować
burn [bɜ:n]	burned [bɜ:nd]/burnt [bɜ:nt]	burned [bɜ:nd]/burnt [bɜ:nt]	spalić
buy [baɪ]	bought [bɔ:t]	bought [bɔ:t]	kupować
catch [kætʃ]	caught [kɔ:t]	caught [kɔ:t]	złapać
choose [tʃu:z]	chose [tʃəʊz]	chosen ['tʃəʊzn]	wybrać
come [kʌm]	came [keɪm]	come [kʌm]	przyjść
cost [kɒst]	cost [kɒst]	cost [kɒst]	kosztować
cut [kʌt]	cut [kʌt]	cut [kʌt]	ciąć
dig [dɪg]	dug [dʌg]	dug [dʌg]	kopać
do [du:]	did [dɪd]	done [dʌn]	zrobić
draw [drɔ:]	drew [dru:]	drawn [drɔ:n]	rysować
dream [dri:m]	dreamed [dri:md]/dreamt [dremt]	dreamed [dri:md]/dreamt [dremt]	marzyć
drink [drɪnk]	drank [drænk]	drunk [drʌnk]	pić
drive [draɪv]	drove [drəʊv]	driven ['drɪvn]	prowadzić samochód
eat [i:t]	ate [et]	eaten ['i:tn]	jeść
fall [fɔ:l]	fell [fel]	fallen ['fɔ:lɪn]	upaść
feed [fi:d]	fed [fed]	fed [fed]	karmić
feel [fi:l]	felt [felt]	felt [felt]	czuć
fight [faɪt]	fought [fɔ:t]	fought [fɔ:t]	walczyć
find [faɪnd]	found [faʊnd]	found [faʊnd]	znaleźć
fly [flaɪ]	flew [flu:]	flown [fləʊn]	lecieć
forget [fə'get]	forgot [fə'gɒt]	forgotten [fə'gɒtn]	zapomnieć
forgive [fə'gɪv]	forgave [fə'geɪv]	forgiven [fə'gɪvn]	wybaczyć
get [get]	got [gɒt]	got [gɒt]	dostać
give [gɪv]	gave [geɪv]	given ['gɪvn]	dać
go [gəʊ]	went [went]	gone [gɒn]	iść
grow [grəʊ]	grew [gru:]	grown [grəʊn]	rosnąć
have [hæv]	had [hæd]	had [hæd]	mieć
hear [hɪə]	heard [hɜ:d]	heard [hɜ:d]	słyszeć
hide [haɪd]	hid [hɪd]	hidden ['hɪdn]	chować
hit [hɪt]	hit [hɪt]	hit [hɪt]	uderzyć
hold [həʊld]	held [held]	held [held]	trzymać
hurt [hɜ:t]	hurt [hɜ:t]	hurt [hɜ:t]	zranić
keep [ki:p]	kept [kept]	kept [kept]	trzymać
know [nəʊ]	knew [nju:]	known [nəʊn]	wiedzieć
lead [li:d]	led [led]	led [led]	prowadzić
learn [lɜ:n]	learned [lɜ:nd]/learnt [lɜ:nt]	learned [lɜ:nd]/learnt [lɜ:nt]	uczyć się

Infinitive	Past Simple	Past Participle	
leave [li:v]	left [left]	left [left]	opuścić
lend [lend]	lent [lent]	lent [lent]	pożyczyć komuś
let [let]	let [let]	let [let]	pozwolić
lie [laɪ]	lay [leɪ]	lain [leɪn]	leżeć
light [laɪt]	lit [lɪt]	lit [lɪt]	zapalać
lose [lu:z]	lost [lɒst]	lost [lɒst]	zgubić
make [meɪk]	made [meɪd]	made [meɪd]	zrobić
mean [mi:n]	meant [ment]	meant [ment]	znaczyć
meet [mi:t]	met [met]	met [met]	spotkać
pay [peɪ]	paid [peɪd]	paid [peɪd]	płacić
put [pʊt]	put [pʊt]	put [pʊt]	położyć
read [ri:d]	read [red]	read [red]	czytać
ride [raɪd]	rode [rəʊd]	ridden ['rɪdn]	jeździć na
ring [rɪŋ]	rang [ræŋ]	rung [rʌŋ]	dzwonić
run [rʌn]	ran [ræn]	run [rʌn]	biegać
say [seɪ]	said [sed]	said [sed]	powiedzieć
see [si:]	saw [sɔ:]	seen [si:n]	zobaczyć
sell [sel]	sold [səʊld]	sold [səʊld]	sprzedać
send [send]	sent [sent]	sent [sent]	wysłać
set [set]	set [set]	set [set]	ustawić
shine [ʃaɪn]	shone [ʃɒn]	shone [ʃɒn]	świecić
show [ʃəʊ]	showed [ʃəʊd]	shown [ʃəʊn]	pokazać
shut [ʃʌt]	shut [ʃʌt]	shut [ʃʌt]	zamknąć
sing [sɪŋ]	sang [sæŋ]	sung [sʌŋ]	śpiewać
sit [sɪt]	sat [sæt]	sat [sæt]	siedzieć
sleep [sli:p]	slept [slept]	slept [slept]	spać
smell [smel]	smelled [smeld]/smelt [smelt]	smelled [smeld]/smelt [smelt]	pachnieć, wąchać
speak [spi:k]	spoke [spəʊk]	spoken ['spəʊkən]	mówić
spend [spend]	spent [spent]	spent [spent]	spędzać
spill [spɪl]	spilled [spɪld]/spilt [spɪlt]	spilled [spɪld]/spilt [spɪlt]	rozlać
stand [stænd]	stood [stʊd]	stood [stʊd]	stać
steal [sti:l]	stole [stəʊl]	stolen ['stəʊlən]	ukraść
swim [swɪm]	swam [swæm]	swum [swʌm]	płynąć
take [teɪk]	took [tʊk]	taken ['teɪkən]	wziąć
teach [ti:tʃ]	taught [tɔ:t]	taught [tɔ:t]	uczyć
tear [tiə]	tore [tɔ:]	torn [tɔ:n]	podrzeć
tell [tel]	told [təʊld]	told [təʊld]	powiedzieć
think [θɪnk]	thought [θɔ:t]	thought [θɔ:t]	myśleć
throw [θrəʊ]	threw [θru:]	thrown [θrəʊn]	rzucić
understand [ˌʌndə'stænd]	understood [ˌʌndə'stʊd]	understood [ˌʌndə'stʊd]	rozumieć
wake [weɪk]	woke [wəʊk]	woken ['wəʊkən]	obudzić się
wear [weə]	wore [wɔ:]	worn [wɔ:n]	nosić
win [wɪn]	won [wʌn]	won [wʌn]	wygrać
write [raɪt]	wrote [rəʊt]	written ['rɪtn]	pisać

Sports Dyscypliny sportu

badminton /'bædmɪntən/ badminton
 basketball /'bɑːskɪtbɔːl/ koszykówka
 bungee jumping /'bʌndʒiːdʒʌmpɪŋ/ skoki na bungee
 cycling /'saɪkɪŋ/ kolarstwo
 football /'fʊtbɔːl/ piłka nożna
 golf /gɒlf/ golf
 hockey /'hɒki/ hokej
 ice skating /'aɪsˈskeɪtɪŋ/ łyżwiarstwo
 jogging /'dʒɒɡɪŋ/ jogging
 karate /'kɑːrɑːtɪ/ karate
 kayaking /'kaɪəkiŋ/ kajakerstwo
 kung fu /'kʌŋˈfuː/ kung fu
 rugby /'rʌɡbi/ rugby
 running /'rʌnɪŋ/ bieg
 sailing /'seɪlɪŋ/ żeglarswo
 skateboarding /'skeɪtbɔːrdɪŋ/ jazda na deskorolce
 skiing /'skiːɪŋ/ narciarstwo
 swimming /'swɪmɪŋ/ pływanie
 table tennis /'teɪbəlˈtenɪs/ ping pong /tenis stołowy
 tennis /'tenɪs/ tenis
 triathlon /'traɪəθlɪən/ triathlon
 volleyball /'vɒlbɔːl/ siatkówka
 yoga /'jəɡə/ joga
 Zumba /'zʊmbə/ zumba

Types of sport Rodzaje sportów

individual sports /'ɪndɪvɪdʒʊəlˈspɔːts/ sporty indywidualne
 martial arts /'mɑːrʃəlˈɑːrts/ sztuki walki
 Olympic sports /ə'lɪmpɪkˈspɔːts/ sporty olimpijskie
 summer sports /'sʌməˈspɔːts/ sporty letnie
 team sports/games /'tiːmˈspɔːts/ sporty zespołowe
 water sports /'wɔːtəˈspɔːts/ sporty wodne
 winter sports /'wɪntəˈspɔːts/ sporty zimowe

Sports competitions Zawody sportowe

career /'kærɪə/ kariera
 challenge /'tʃæləndʒ/ wyzwanie
 climb /klaɪm/ wspinać się
 competition /'kɒmpə'tɪʃən/ współzawodnictwo
 complete /'kəmpliːt/ ukończyć
 cycle /'saɪkəl/ jeździć na rowerze
 do (yoga/karate) /'duː(ˈjəʊɡə/'kɑːrɑːtɪ)/ uprawiać (jogę/karatę)
 equipment /'ekwɪpmənt/ sprzęt
 final /'faɪnəl/ finał
 finish line /'fɪnɪʃˈlaɪn/ linia mety
 first/second half /'fɜːst/'sekəndˈhɑːf/ pierwsza/druuga połowa
 football club /'fʊtbɔːlˈklʌb/ klub piłkarski
 goal line /'ɡəʊlˈlaɪn/ linia bramkowa
 go cycling/sailing /'ɡəʊˈsaɪkɪŋ/'seɪlɪŋ/ jeździć na rowerze / żeglować
 marathon /'mæərəθən/ maraton
 Olympics/Olympic Games /ə'lɪmpɪks/ə'lɪmpɪkˈɡeɪms/ igrzyska olimpijskie
 Paralympics /'pærə'lɪmpɪks/ igrzyska paraolimpijskie
 play (football/volleyball) /'pleɪ(ˈfʊtbɔːl/'vɒlibɔːl)/ grać w (piłkę nożną / siatkówkę)
 play for a team /'pleɪˈfɔːr əˈtiːm/ grać w drużynę
 practise /'præktɪs/ trenować
 prize /praɪz/ nagroda

Health Zdrowie

result /rɪˈzʌlt/ wynik
 run fast /rʌnˈfɑːst/ biec szybko
 score (ten points) /'skɔː(ˈtenˈpɔɪnts)/ zdobyć (dziesięć punktów)
 speed /spiːd/ prędkość
 sponsor /'spɒnsər/ sponsor
 sports event /'spɔːtsˈiːvənt/ impreza sportowa
 stadium /'steɪdɪəm/ stadion
 take part in (kung fu) competitions /teɪkˈpɑːt ɪn ('kʌŋˈfuː)ˈkɒmpə'tɪʃənz/ brać udział w zawodach (kung fu)
 take place /teɪkˈpleɪs/ odbywać się, mieć miejsce (tennis) match /('tenɪs)mætʃ/ mecz (tenisowy)
 tournament /'tuənəmənt/ turniej
 train /treɪn/ trenować
 win /wɪn/ wygrać
 win a gold/silver/bronze medal /wɪn əˈɡəʊld/'sɪlvə/'brɒnzˈmedəl/ zdobyć złoty/srebrny/braźowy medal
 win gold/bronze /wɪnˈɡəʊld/'brɒnz/ zdobyć złoty/brąz
 World Cup /'wɜːldˈkʌp/ Puchar Świata

People in sport Ludzie sportu

athlete /'æθliːt/ sportowiec
 basketball player /'bɑːskɪtbɔːlˈpleɪə/ koszykarz/koszykarka
 champion /'tʃæmپیən/ mistrz/mistrzyni
 climber /'klaɪmə/ wspinacz
 coach /kəʊtʃ/ trener/trenerka
 competitor /'kɒmpetɪtə/ zawodnik/zawodniczka
 cyclist /'saɪkɪst/ kolarz/kolarka
 footballer/football player /'fʊtbɔːlə/'fʊtbɔːlˈpleɪə/ piłkarz/piłkarka
 gymnast /'dʒɪmnæst/ gimnastyk/gimnastyczka
 hockey player /'hɒkiˈpleɪə/ hokeista/hokeistka
 instructor /ɪn'strʌktə/ instruktor/instruktorka
 jogger /'dʒɒɡə/ osoba uprawiająca jogging
 professional sportsman /prɒˈfeʃənlˈspɔːtsmən/ zawodowy sportowiec
 runner /'rʌnə/ biegacz/biegaczka
 sailor /'seɪlə/ żeglarz/żeglarzka
 skier /'skiːə/ narciarz/narciarzka
 swimmer /'swɪmə/ pływak/pływaczka
 tennis player /'tenɪsˈpleɪə/ tenisista/tenisistka

Healthy lifestyle Zdrowy styl życia

do (stretching) exercises /'duː(ˈstreɪtʃɪŋ)ˈeksəsaɪzɪz/ wykonywać ćwiczenia (rozciągające)
 get enough sleep /'get ɪˈnʌfˈsliːp/ wysypiać się
 give energy /'ɡɪv ˈenədʒi/ dawać energię
 go to the gym /'ɡəʊ tə ðə ˈdʒɪm/ chodzić do siłowni
 have a healthy breakfast/meal /'hæv əˈhelθiˈdaɪərɪəlˈbrɛkfst/ˈmiːl/ zjeść zdrowe śniadanie / zdrowy posiłek
 have a healthy diet/eat well /'hæv əˈhelθiˈdaɪərɪəlˈdiːt/ˈiːtˌweɪl/ zdrowo odżywiać się
 have a healthy lifestyle /'hæv əˈhelθiˈlaɪtstɑɪl/ prowadzić zdrowy tryb życia
 keep fit /'kiːpˈfɪt/ utrzymywać dobrą formę
 relax /rɪˈlæks/ relaksować się
 rest /rest/ odpoczynek
 spend time outdoors /'spend taɪm ˈaʊtˌdɔːzɪz/ spędzać czas na świeżym powietrzu
 take regular breaks /teɪkˈregjələrˈbreɪks/ robić regularne przerwy
 walk /wɔːk/ chodzić piechotą

Likes and dislikes Upodobania i niechęć

be interested in sth /biˈɪntərɪstəd ɪnˈsʌmɪŋ/ zainteresować się czymś
 be into sth /biˈɪntəˈsʌmɪŋ/ pasjonować się czymś
 can't stand /kɑːntˈstænd/ nie znosić / nie lubić
 care about sth /ˈkeər əˈbaʊtˈsʌmɪŋ/ przejmować się czymś
 enjoy sth/have fun in sth /ɪnˈdʒɔɪˈsʌmɪŋ/'hæv ˈfʌn ɪnˈsʌmɪŋ/ mieć z czegoś przyjemność
 hate /heɪt/ nienawidzić
 like /laɪk/ lubić
 love /lʌv/ uwielbiać, kochać
 prefer /prɪˈfɜːr/ woleć

Other Inne

aim /eɪm/ cel
 at the age of (ten) /ət ðɪˈeɪdʒ əv ('ten)/ w wieku (dziesięciu lat)
 at the same time /ət ðəˈseɪmˈtaɪm/ w tym samym czasie
 believe in sb /bɪˈliːv ɪnˈsʌmbdɪl/ wierzyć w kogoś
 charity /ˈtʃærɪtɪ/ organizacja dobroczynna
 hang /hæŋ/ wisieć
 jump off sth /dʒʌmp ɒfˈsʌmɪŋ/ skoczyć z czegoś
 move (to) /ˈmuːv (tə)/ przeprowadzić się (do)
 raise money /ˈreɪzˈmʌni/ zbierać pieniądze (np. na cel dobroczynny)
 stay up late/all night /steɪ ʌpˈleɪt/'stɑɪˈniːt/ nie spać do późna / całą noc
 support /səˈpɔːt/ wspierać
 top/bottom of the mountain /ˈtɒp/'bɒtəm əv ðəˈmaʊntɪn/ wierzchołek/podnóże góry