

In pairs or small groups, discuss these questions. Share your ideas and be ready to share some interesting answers with the class.

Can you think of any sports that are very different from traditional ones like football or basketball?

What is the strangest sport you have ever heard of?

What makes it strange? Would you ever try it?

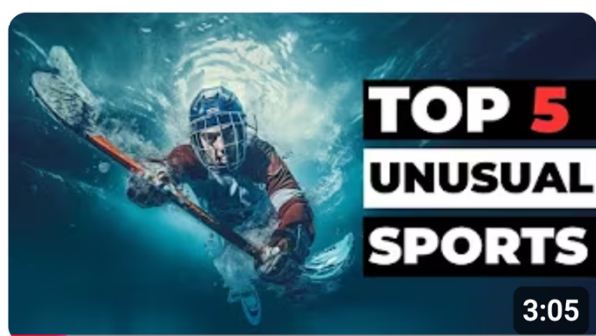
If you could invent a new sport, what two or three activities would you combine?

How would people play it? What skills would be needed?

Do you think all sports require athletic ability?

Could a sport be more about strategy or creativity instead of strength or speed?

Some sports involve a degree of discomfort or risk (like boxing, wrestling or extreme sports). In your opinion, how much danger is acceptable in a sport?



Today you'll be introduced to five unusual sports from around the globe. Pay close attention to the details of each sport and the challenges involved.

AFTER WATCHING, DISCUSS AND ANSWER THESE QUESTIONS WITH A PARTNER.

Underwater Hockey:

1. What challenges do players face in underwater hockey that are not present in traditional hockey, and how do they overcome them?
2. Do you think underwater hockey could become a mainstream sport? Why or why not?

Chess Boxing:

1. Why do chess boxing competitors wear headphones during the chess rounds, and how does this affect the fairness of the game?
2. Which do you think is more important in chess boxing—mental strategy or physical strength? Explain your reasoning.

Shin Kicking:

1. How has shin kicking evolved from its medieval origins, and what does this suggest about the balance between tradition and safety in modern sports?
2. Do you think shin kicking should be considered a "real" sport, or is it just a test of endurance? Why?

Bossaball:

1. In what ways does bossaball combine elements of both traditional and extreme sports, and how might this affect the athletic skills required?
2. How do you think the athletes need to train or prepare for the game?

Quidditch:

1. How does real-world quidditch incorporate elements from multiple sports, and what might be some challenges in adapting a fictional game into a competitive sport?
2. Do you think real-world quidditch can ever be taken as seriously as other team sports like soccer or basketball? Why or why not?



1 PEOPLE AND PLACES

a Match the words and photos.



- 1 captain /'kæptɪn/
- coach /kəʊtʃ/
- 1 fans /fænz/
- players /'pleɪəz/
- referee /refə'reɪ/ / umpire /'ʌmpaɪə/
- spectators /spek'tetɪz/ / the crowd /kraʊd/
- sports hall /'spɔ:ts hɔ:l/
- stadium /'steɪdiəm/
- team /ti:m/

b 5.2 Listen and check.

c Match the sports and places.

circuit /'sɜ:kɪt/ course /kɔ:s/ court /kɔ:t/
pitch /pɪtʃ/ pool /pu:l/ slope /sləʊp/ track /træk/

- 1 tennis / basketball court
- 2 football / rugby / hockey _____
- 3 swimming / diving _____
- 4 athletics _____
- 5 Formula 1 / motorcycling _____
- 6 golf _____
- 7 ski _____

d 5.3 Listen and check.

ACTIVATION Test a partner.

- A (book open) Say a sport, e.g. tennis.
B (book closed) Say where you do it, e.g. tennis court.

2 VERBS

win and beat

You win a match, competition, medal, or trophy.

You beat another team or person, e.g. PSG beat Chelsea.

a Complete with the past tense and past participles.

beat beat _____
win _____
lose _____
draw _____

b Complete the **Verb** column with the past tense of a verb from a.

	Verb
1 Spain <u>beat</u> with Brazil 2–2.	_____
2 Milan <u>beat</u> Chelsea 3–0.	_____
3 Milan <u>beat</u> the match 3–0.	_____
4 The Chicago Bulls <u>beat</u> 78–91 to the Boston Celtics.	_____

c 5.4 Listen and check a and b.

d Complete the **Verb** column with a word from the list.

	Verb
do get fit get <u>injured</u> go kick score throw train	
1 Professional sportspeople have to <u>train</u> every day.	<u>train</u>
2 Don't play tennis on a wet court. You might <u>get injured</u> .	_____
3 A footballer has to try to <u>kick</u> the ball into the goal.	_____
4 I've started going to the gym because I want to <u>get fit</u> .	_____
5 Our new striker is going to <u>score</u> a lot of goals.	_____
6 Would you like to <u>go</u> swimming this afternoon?	_____
7 My brothers <u>do</u> yoga and t'ai chi.	_____
8 In basketball, players <u>throw</u> the ball to each other.	_____

e 5.5 Listen and check.

3 PHRASAL VERBS

a Match the **highlighted** phrasal verbs to their meanings A–D.

- 1 It's important to warm up before you do any exercise.
- 2 My daughter works out every afternoon.
- 3 The player got a red card and was sent off.
- 4 My team was knocked out in the semi-finals.

- A was eliminated
B do exercise, usually at a gym
C was told to leave the pitch, court, etc.
D do light exercise to get ready for a match, for example

b 5.6 Listen and check.

← p.46

4 READING

- a Do you do any of these things when you want to have good luck or avoid bad luck?



cross your fingers



touch wood



wear lucky clothes



carry a lucky charm

- b Read the article about superstitions in sport. What's the answer to the question in the title?

- c Match paragraphs 1–4 to topics A–D.

- A the physical effects of superstitions
- B examples of sporting superstitions
- C the disadvantages of superstitions
- D the psychological effects of superstitions

- d Read the article again. With a partner, explain why the following examples are mentioned.

Paragraph 1:

Cristiano Ronaldo's right foot and Serena Williams's ball

Paragraph 2:

lucky golf balls and lucky charms

Paragraph 3:

adrenaline and other chemicals

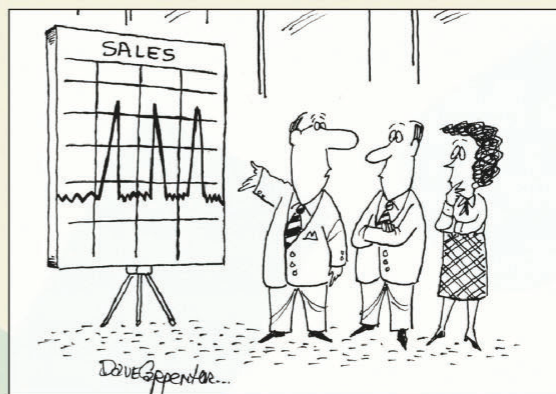
Paragraph 4:

two players with the same superstition

- e Talk to a partner.

- Do you know of any other sports players who are superstitious? What do they do?
- Do you have any superstitions, e.g. when you are playing or watching sport, or when you do an exam, or when you travel?

Do 'lucky socks' really work?



"I'm not superstitious either, but those were the days Harris wore his lucky socks."

1 Sport has always been full of superstitions, even for the best athletes in the world. Long-distance runner Mo Farah always shaves his head before a race. Judo star Kayla Harrison always wears the lucky socks that were a gift from her grandmother. Footballer Cristiano Ronaldo always steps onto the pitch with his right foot first. And tennis legend Serena Williams always bounces the ball five times before a first serve, and twice before a second serve.

2 Do actions like this have any real effect on sports results? According to a study at the University of Cologne, it seems that they can increase confidence and a sense of control, which might help athletes. The study showed that people who were given a golf ball that they were told was 'lucky' played better than those who used a 'normal' ball. And it isn't just sports. In another experiment, people who were allowed to carry their lucky charm performed better at memory tests than people without one. The researchers concluded that superstitions make people feel more confident, which makes them perform better.

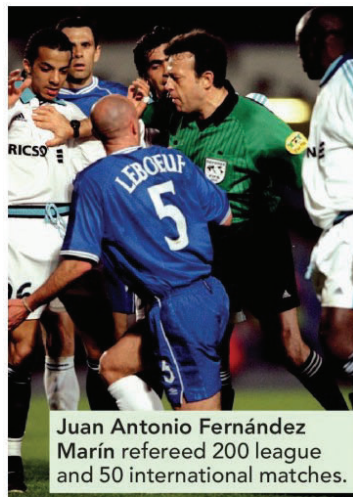
3 Superstitions may also have a positive physical effect. Dan Abrahams, a sports psychologist, says that sporting rituals can cause the release of adrenaline and other chemicals which help the athlete to focus better.

4 Most psychologists, however, say that superstitions can be bad as well as good. Abrahams tells the story of a professional football club where two players had the same superstition – they both had to be the last person to leave the changing room before the game. They couldn't agree how to solve the problem, and it had a really negative effect on them and on the team. And what happens if you sit down to take an exam and realize you've forgotten your lucky pen?



5 LISTENING

- a Do you think being a football referee is a difficult job? Why (not)?
- b **5.9** You're going to listen to an interview with an ex-Champions League football referee from Spain. Listen to Part 1 and choose a, b, or c.
- Why did he want to become a referee?
 - His father was a referee.
 - He liked sport, but wasn't good at it.
 - He always liked the idea.
 - What was the most exciting match he ever refereed?
 - His first professional match.
 - He can't choose just one.
 - Real Madrid against Barcelona.
 - The worst experience he ever had as a referee was when _____ attacked him.
 - a player
 - a woman
 - a child
 - Why does he think there is more cheating in football today?
 - Because football is big business.
 - Because the referees are worse.
 - Because footballers are better at cheating.
 - How does he say footballers often cheat?
 - They fall over when no one has touched them.
 - They accept money to lose matches.
 - They touch the ball with their hands.



- c Read sentences 1–6. With a partner, predict what the referee is going to say.
- The most difficult thing for him about being a referee is to make the _____ during a match.
 - One of the reasons it's difficult is because football today is very _____.
 - Making correct decisions often depends on the referee's interpretation of the _____.
 - He thinks that players who cheat are the _____.
 - A study that was done on Leo Messi shows that he could run exceptionally fast _____.
 - He thinks Messi isn't a _____ footballer.

- d **5.10** Listen to Part 2 and check your answers.

- e Ask and answer the questions in small groups.
- Do you agree with the referee when he says, 'I think fair play does exist – the players who cheat are the exceptions.' Is it also true of other sports?
 - Are there any sportspeople in your country who are well known for cheating? What kind of things do they do?
 - Do you think new technology makes a referee's job easier or more difficult? Why?
 - Would you like to be a sports referee (or umpire)? Why (not)?

6 GRAMMAR past tenses

- a Read the article about Alistair Brownlee. What did he do?
- b Paragraph 2 tells the story of what happened. Most of the verbs are past simple, but there are two examples of the past continuous, and four of the past perfect. Can you find them? Why are they used?

Alistair sacrifices gold... to help his brother

Nobody will remember who won the world triathlon in Cozumel, Mexico, in 2016. Instead, they will remember the sacrifice of Alistair Brownlee, who stopped to help his brother, Jonny, instead of winning the gold medal himself.

As Jonny, 26, entered the last kilometre of the 10 km run, he was winning by a long way – he'd gone very fast in the swimming and cycling stages. But then he began to feel ill, because he hadn't drunk enough in the hot conditions, and he stopped at the side of the road. His brother, Alistair, was running behind him, but when he saw that Jonny had stopped, he didn't run past him to win the race. Instead, in a wonderful act of brotherly love, he took his brother's arm and helped him to run the final few hundred metres. Seconds before they reached the finishing line, South African Henri Schoeman, who had been behind them until then, ran past them both and won the gold medal.

Alistair said, 'It was a natural human reaction to my brother, but for anyone, I would have done the same thing.'



1 Are you a sportsperson? Which is your favourite sport?
Interview at least two other people and find out the following information.

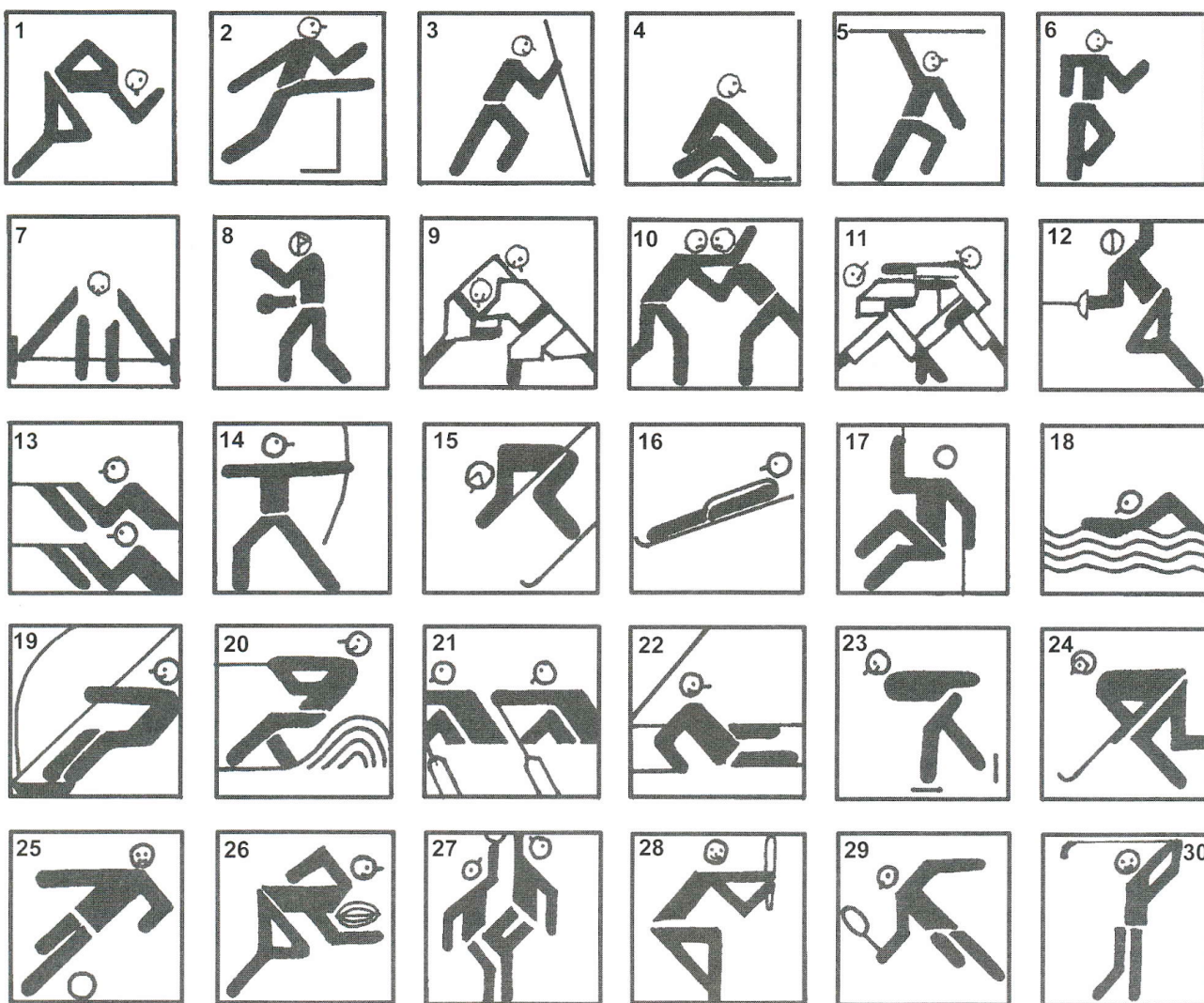
What are their favourite summer and winter sports?

Do they prefer indoor or outdoor sports?

How many hours per week / month do they spend playing them?

What sports do they like watching on TV?

2 Look at the following symbols and give the names of the sports you recognize. Try to find the names for the sports you do not know in English on the following page. Talk to your partner or teacher about those you cannot name.



Pick one sport and write a short description. Use the information from the table to help you write about a sport you're familiar with, or research a sport you don't know much about. **Do not write the name**, as your partner will have to guess!

Category	Details
Type of Sport	(e.g., Team/Individual)
Equipment Needed	(e.g., ball, racket, helmet, etc.)
Where It's Played	(e.g., court, field, swimming pool, etc.)
Number of Players	(e.g., 1, 2, or teams of 11, etc.)
Objective of the Game	(e.g., to score more points than the other team, etc.)
Basic Rules	(e.g., how to play, winning conditions, fouls)
Popular Countries	(e.g., USA, Brazil, Spain, etc.)
When It Is Played	(e.g., year-round, specific season, Olympics)
Health Benefits	(e.g., improves stamina, flexibility, etc.)

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