You Can Do It!

- **Vocabulary**: sports, action verbs
- **Grammar**: can, must, adverbs of manner and degree
- **Speaking**: explaining a game
- **Writing**: a description of a sport or game

Do you know the names of these sports stars?
Match the names to the pictures.
Maria Sharapova • Fernando Alonso • Usain Bolt
Amaya Valdemoro • Andrés Iniesta • Rudy Fernández

Answers, page 70
1 Listen and repeat. Then match the sports to the pictures. Which of the sports have got similar names in your language?
- judo • gymnastics • swimming • tennis • weightlifting
  football • basketball • running • cycling • skiing
  surfing

2 Which sports in Exercise 1 do you usually do …?
1. indoors
2. outdoors
3. alone
4. in teams

3 Copy and complete the word maps with the sports in Exercise 1.

- judo • do • play • go

4 Which other sports do you know in English? Add them to the word maps in Exercise 3.

- throw • swim • run • ski • surf • jump • hit • kick • lift

5 Listen and repeat the verbs below. Then match the verbs to the sports in Exercise 1.

- do • play • go

6 Find out which sports your partner likes.

- Do you like judo?
  Yes, I do.

7 Miranda is phoning a sports centre. Listen to her phone conversation. Which sports from Exercise 1 does she mention?

8 Listen again. Are the sentences true or false?

1. Miranda is 16 years old.
2. The basketball team practises twice a week.
3. Miranda likes playing basketball.
4. Miranda’s sister wants to learn judo.
5. Judo lessons are at four o’clock.
6. Alan has got a French lesson on Tuesday.

9 Read the questions on the Frequently Asked Questions (FAQ) page below. What do you think the answers are?

10 Now read the answers to the questions. How many of your answers are correct?

**Sycamore Sports Centre**

**FAQ about Sports**

1. I’m not very tall. Can I play basketball?
2. Can women lift weights without getting big muscles?
3. Is walking a sport?
4. Is judo a violent sport?

**Answers**

1. Of course you can play basketball. Earl Boykins is only 1.65 metres tall but he is a professional basketball player, with experience in the NBA and at Virtus Bologna.
2. Yes, they can. Male weightlifters get big muscles because they lift very heavy weights and because they have got large amounts of the male hormone testosterone in their bodies. Women haven’t got much testosterone, so lifting light weights doesn’t give them big muscles, only strong muscles.
3. Yes, it is. In fact, race walking is an Olympic sport. Race walkers walk very quickly, but regular walking is good for you, too. You can change your life with 30 minutes of walking a day.
4. No, it isn’t. Actually, the meaning of the word judo is ‘the gentle way’. To win a judo match, an athlete must throw his or her opponent onto the floor or hold the opponent on the floor. But the athlete mustn’t hit or kick the opponent during the match.

11 Who or what is it?

1. He’s not very tall.
2. It’s a basketball team.
3. It’s a good thing to do once a day.
4. It’s Japanese for ‘the gentle way’.

12 Answer the questions.

1. What’s special about Earl Boykins?
2. Why is it good to lift light weights?
3. In which famous competition can race walkers compete?
4. How much walking does the text recommend?
5. Can you win a judo match by kicking someone?
Questions

1. Can you swim?
   Yes, I can.
2. Must you run 120 kilometres an hour?
   No, I can't.
3. Can Ant (lift) very heavy objects?
   Yes, he can.
4. Can Usain Bolt (run) very fast?
   Yes, he can.
5. Can this animal (win) a race against a cheetah?
   Yes, it can.
6. Can you run (very fast), but (not) go that fast?
   Yes, I can.
7. Can you do gymnastics?
   Yes, I can.
8. Can you go surfing today?
   Yes, I can.
9. Can you swim?
   Yes, I can.
10. Can we swim?
    Yes, we can.

Negative

1. She can't swim.
2. They mustn't run.
3. You mustn't run.
4. We mustn't run.
5. I mustn't run.
6. He mustn't run.
7. She mustn't run.
8. It mustn't run.
9. You mustn't run.
10. They mustn't run.

Can

<table>
<thead>
<tr>
<th>Affirmative</th>
<th>Negative</th>
<th>Interrogative</th>
<th>Short answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can swim</td>
<td>I can't swim</td>
<td>Can I swim?</td>
<td>Yes, I can.</td>
</tr>
<tr>
<td>You can swim</td>
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<td>It can't swim</td>
<td>Can it swim?</td>
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</tr>
<tr>
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<td>We can't swim</td>
<td>Can we swim?</td>
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</tr>
<tr>
<td>They can swim</td>
<td>They can't swim</td>
<td>Can they swim?</td>
<td>No, they can't.</td>
</tr>
</tbody>
</table>

Grammar

5. play / the violin
4. run / 100 metres / in 9.58 seconds
3. read / books in Russian
1. dance

1. She can play tennis.
2. What can or can’t Usain Bolt do? Write sentences with can or can’t and the words below.
   1. dance (✓)
   2. speak / English (✓)
   3. read / books in Russian (✓)
   4. run / 100 metres / in 9.58 seconds (✓)
   5. play / the violin (✓)
3. Copy and complete the questions and answers with the correct form of can. Then match the questions to the answers.
   Questions
   1. Can you run fast?
   2. Can your parents play tennis?
   3. Where’s my basketball?
   4. How far can you go surfing today?
   5. Excuse me. How far we join the cycling club?
   Answers
   a. Yes, I can run 100 metres in 20 seconds.
   b. Yes, they can.
   c. Yes, they can.
   d. No, it’s the summer holiday.
   e. Yes, I can.
4. Listen and check your answers to Exercise 3.
5. Complete the descriptions of the animals with the correct form of can and the verbs in brackets.
   - An ant (can’t) lift very heavy objects. The objects are sometimes 20 times its own weight!
   - Weightlifters (can) lift very heavy objects.
   - Usain Bolt (can) run very fast, but (can’t) go that fast!
   - This animal (can) run 120 kilometres an hour.
6. Copy and complete the rules for a judo class with must or mustn’t.
   Rules for Judo Class
   1. Students (must) be late for class.
   2. You (must) always wear judo uniforms.
   3. Your judo uniforms (must) always be clean.
   4. You (must not) wear shoes during the lesson.
   5. A doctor (must) check you before you join the class.
   6. Remember! Judo isn’t a violent sport. You (must not) hit or kick your opponent.
7. Write sentences with must or mustn’t and the words below. Make them true.
   1. children / go / to school
   2. you / run / next to / a swimming pool
   3. babies / drink / milk
   4. you / throw / the ball / in basketball
   5. you / play / football / in a museum
8. Write sentences about the signs. Use must or mustn’t and the words below.
   turn right / the corner • stop / here eat / the cinema • be quiet / the library
   1. You mustn’t eat in the cinema.
9. Choose the correct answers to find out about an unusual Scottish sport.

Haggis Hurling

5. Can / Can’t you throw objects very far? Then you (mustn’t / can) be in the World Haggis Hurling Championship. To play this unusual sport, you (can’t / must) first cook haggis. Haggis is a traditional Scottish food from different parts of a sheep. The haggis (must / mustn’t) be between 500 grams and one kilo. In the competition, people (must / can’t) throw their haggis very carefully, because the haggis (must / mustn’t) break. The world record for haggis throwing is 55.89 metres, so, what do you think? How far (can / can’t) you throw a haggis?
10. Talk with your partner and find …
   1. one thing you both can do
   2. one thing you both can’t do
   3. one thing you both must do at home
   4. one thing you mustn’t do at school
1. True or false? Correct the false sentences.
   1. The article shows how difficult it is to be a professional racing car driver.
   2. Racing car drivers wear a helmet at home to practice having a helmet on their head.
   3. Racing car drivers must develop their stomach muscles because they can’t eat for many hours.
   4. Racing car drivers go cycling or running to develop their leg muscles.

2. Find the following information in the article.
   1. two types of sports equipment
   2. the names of two computer games

3. Look at the pictures. Then copy and complete the sentences with adverbs from Exercises 1 and 2.

   Tina is running very ….
   Joey is looking at Ben ….

4. Write sentences about the people below. Use the adverb form of the adjectives.
   1. Usain Bolt / can / run / very / fast
   2. Venus and Serena Williams / can / play / tennis / very / good
   3. Lionel Messi / can / kick / a football / hard
   4. Plácido Domingo / can / sing / beautiful
   5. Pau and Marc Gasol / can / jump / quite / high

5. Tell your partner about activities you can or can’t do. Use the adverbs below.
   very well • quite quickly • not at all well • beautifully

I can play tennis very well.

Grammar

Adverbs of Manner and Degree

<table>
<thead>
<tr>
<th>Adjectives</th>
<th>Adverbs of Manner</th>
<th>Adverbs of Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>quiet</td>
<td>quietly</td>
<td>very quite</td>
</tr>
<tr>
<td>careful</td>
<td>carefully</td>
<td>not at all</td>
</tr>
<tr>
<td>good</td>
<td>well</td>
<td></td>
</tr>
<tr>
<td>hard</td>
<td>hard</td>
<td></td>
</tr>
<tr>
<td>fast</td>
<td>fast</td>
<td></td>
</tr>
<tr>
<td>high</td>
<td>high</td>
<td></td>
</tr>
</tbody>
</table>

Speak quietly.
He plays tennis very well.

1. Change the adjectives below to adverbs.
   1. happy 4. slow
   2. nice 5. easy
   3. serious 6. nervous

2. Copy and complete the sentences with the adverb form of the adjectives below.
   quiet • bad • careful • calm • quick
   1. I need help. Please come ….
   2. There are many trees. Lisa must ski ….
   3. Ben mustn’t dance in the competition. He dances ….
   4. I can’t hear you. You’re talking very ….
   5. Don’t be nervous. Explain the problem ….

3. Look at the pictures. Then copy and complete the sentences with adverbs from Exercises 1 and 2.

   Tina is running very ….
   Joey is looking at Ben ….

4. Write sentences about the people below. Use the adverb form of the adjectives.
   1. Usain Bolt / can / run / very / fast
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5. Tell your partner about activities you can or can’t do. Use the adverbs below.
   very well • quite quickly • not at all well • beautifully

I can play tennis very well.

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Jessica can lift weights ….
Andrew sings ….

Danica Patrick, from the USA, is the first woman to win an IndyCar race – one of the top races in the world.

Racing Car Driving

Racing cars turn very quickly on the racetrack. Drivers must have strong neck muscles so their heads don’t turn, too. Some drivers wear helmets with weights at home to make their neck muscles strong. Imagine watching TV with a heavy helmet on your head!

you must have very strong arm and stomach muscles to control a racing car. So drivers usually lift weights and do hundreds of stomach exercises.

A driver must get in front of the other cars to win a race. Racing car drivers often use computer games like Forza Motorsport 2 and Gran Turismo 5 to practice moving around and between other cars.

It looks quite easy to stop the car with the brakes, but it’s like moving 130 kilos of weights with your feet! You can’t do this without very strong leg muscles, so racing car drivers run or go cycling.

Reading A Sports Article
1. Listen and repeat. Then match the verbs to the pictures.

- attack • rescue • fly • drive • sail • ride • dance
- climb • catch • juggle • win

2. The verbs in bold are in the wrong sentences. Write the sentences with the correct verbs.

1. You can fly a car around town.
   a. You can drive a car.
2. You can sail a bike on the street.
   b. You can ride a bike.
3. You can drive apples with your hands.
   c. You can throw the ball three times.
4. You can climb a tennis match.
   d. You must be the first player to climb Mount Everest.
5. You can juggle a boat.
   e. You need five balls.
6. You can rescue a mountain.
   f. You can choose the number of balls you want to juggle.
7. You can win a person from a dangerous animal.
   g. You can swim carefully for ten minutes.

3. Listen to Paul and Rose talking about a computer game. Look at the screens below. Which screens are from their game?

4. Listen again. Choose the correct answers.

1. What can you do in the game?
   a. You can drive a car.
   b. You can fly an aeroplane.
2. What are the rules of the bike race?
   a. You must ride on the green line.
   b. You must ride on the yellow line.
3. What are the rules of the swimming race?
   a. You must attack all the fish.
   b. You mustn’t swim near the fish.
4. How do you win the swimming race?
   a. You must swim carefully for ten minutes.
   b. You must be the first to swim ten kilometres.

5. Match the questions in A about different computer games to the answers in B. Then practice the mini-dialogues with a partner.

A
1. What are the rules of the game?
   a. You can drive a car and you can ride a bike.
2. How many players are there?
   b. There are two teams with five players on each team.
3. What equipment do you need?
   c. You mustn’t kick the ball. You can throw the ball three times.
4. What can you do in the game?
   d. You must be the first player to climb Mount Everest.
5. How do you win the game?
   e. You need five balls.

B
- must not
- mustn’t
- cannot
- can’t

6. Choose a sport or a computer game you know. Ask and answer the questions in Exercise 5 with a partner to explain the game or the sport.
**Bowling**
Can you bowl well? Bowling is fun and it’s quite easy, too. You can play with two players or more. First, you must go to a bowling alley, get special shoes and choose your bowling ball. Then, you must throw the ball very carefully and try to hit the pins. Each player can throw the ball twice in each turn. To win the game, you must hit the most pins.

1. Write the words in the correct order to make sentences.
   1. dance / well / I / can
   2. run / must / fast / very / you
   3. likes / Tom / sports / unusual / quite
   4. doesn’t / at all / swim / she / quickly

2. Read Jan’s description of a sport and find the adverbs of degree. Do they come before an adjective or an adverb?

3. Answer the questions about the model in Exercise 2.
   1. What is the name of the sport or game?
   2. How many players can play?
   3. What equipment do you need?
   4. What are the rules?
   5. How do you win?
Quick Check

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

1. Does a shark ..... people?
   a. fly b. attack c. win

2. You must ..... the ball in football.
   a. kick b. juggle c. lift

3. Two or four people usually play ..... .
   a. basketball b. tennis c. skiing

4. Can you ..... a car?
   a. drive b. swim c. ride

5. You need a bike for ..... .
   a. gymnastics b. surfing c. cycling

6. I can’t ..... a ball very well, but I can catch it.
   a. throw b. climb c. rescue

Vocabulary

**Sports**
- basketball
- cycling
- football
- gymnastics
- judo
- running
- skiing
- surfing
- swimming
- tennis
- weightlifting

**Action Verbs**
- attack
- catch
- climb
- dance
- drive
- fly
- hit
- juggle
- jump
- kick
- lift
- sail
- rescue
- run
- ski
- surf
- throw
- win

Grammar

1. can
   I can play football.
   She can’t do judo.
   Can they ski?
   Yes, I can.
   No, we can’t.

2. must
   You must hit the ball.
   We mustn’t throw the ball.

Adverbs of Manner and Degree

- I can dance **very beautifully**.
- I can play basketball **quite well**.
- I can’t swim **at all** fast.

Answers

page 59: 1. Rudy Fernández, 2. Usain Bolt, 3. Andrés Iniesta,
page 61: the USA

Extra Practice
- Dictation, Workbook, page 47
- Check Your Progress, Workbook, page 47
- Language Builder, page 14

Web Extra
- Vocabulary Games
- Grammar Exercises
- Dialogue Builder
- Web Activity

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