

SUPER SPORTS

1 Listen and sing.  

We love sports!
Oh, yes we do!
They're so much fun!
And they're good for you!

There's soccer and there's swimming,
And there's tennis too.
There's basketball and running,
So many sports that you can do.

Chorus

There's skateboarding and yoga.
They're always lots of fun.
But my favorite is gymnastics.
There's a sport for everyone!

Chorus



2 Listen and repeat.   7 Then listen and say.   8

PICTURE
DICTIONARY



basketball



gymnastics



running



skateboarding



soccer



swimming



tennis



yoga

3 Mime and say. 



Basketball!



1 Listen and read. Then say in pairs.   



What's your favorite sport, Jake?

My favorite sport is soccer.
I play soccer at school.

Yes, I do gymnastics here at the gym. It's fun!

Do you play tennis?

Good idea!

Swimming! I go swimming on Saturday.

How about gymnastics? Do you do gymnastics?

I do gymnastics, too, and I go running with my mom.

Yes, I do. I have two tennis rackets here. Come on, let's play together now!

2 Listen and say the missing words.  



Thursday



Friday



Saturday



1 Listen and read. ¹¹

Rex, **do you play basketball?**

Yes, I do. Look! This is my basketball trophy.

Do you do gymnastics?

Yes, I do. This is a photo of me.

Oh, I see.

A gold medal, wow!

Yes, this is my gold medal for the 400 meters.

What's this? Do you play soccer?

No, I don't. That's my trophy for table soccer!

verb + sports

I play + ball sports
I go + sports with *-ing*
I do + other sports

Simple Present questions

Do	you	play basketball?
		go running?
		do gymnastics?

Short answers

Yes, I do.
No, I don't.

2 Listen and say who. Then play in pairs. ¹²

Erica

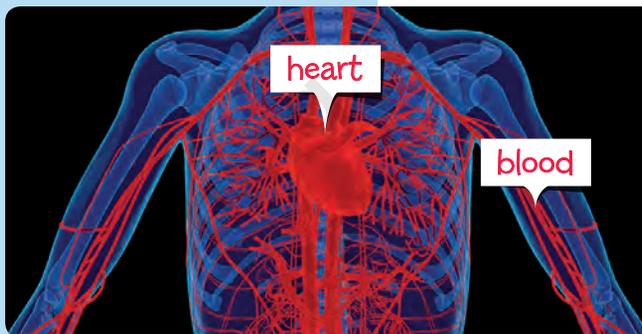
Molly

Amber

MEASURING YOUR PULSE

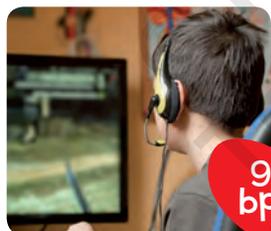
1 Listen and read. 13

Your heart **pumps** blood around your body. It is beating day and night. When a child is sitting, the heart **beats** about 80 times a minute. When an adult is sitting, the heart beats about 70 times a minute. When you exercise, your heart beats more.



You can count your heart beats. Put two fingers on your wrist. Can you feel the beat? This is your pulse. Count your **pulse** for thirty seconds, and then multiply by two. How many beats per minute (bpm) is your pulse?

2 Listen and answer. 14



92 bpm



116 bpm



84 bpm



130 bpm

3 Do the activities. Then measure your pulse and ask a friend.

- 1 Sit and read for three minutes.
- 2 Walk slowly for two minutes.
- 3 Exercise for a minute.

What's your pulse?

When I walk slowly, my pulse is 96 bpm.

FUN FACT

Your heart beats about **100,000** times a day.



GO ONLINE

Which animal has three hearts and blue blood?



I CAN DO IT!

PRE-READING
What sports are you good at?

1 Listen and read.   

1 Fred and Rosie are playing soccer in Rosie's backyard. Rosie is very good at soccer.



2 Poor Fred! He's tired.



3 The next day at school, Alice loses the race. She is bad at running, ...



Alice is very bad at soccer. She kicks the ball and breaks the window.

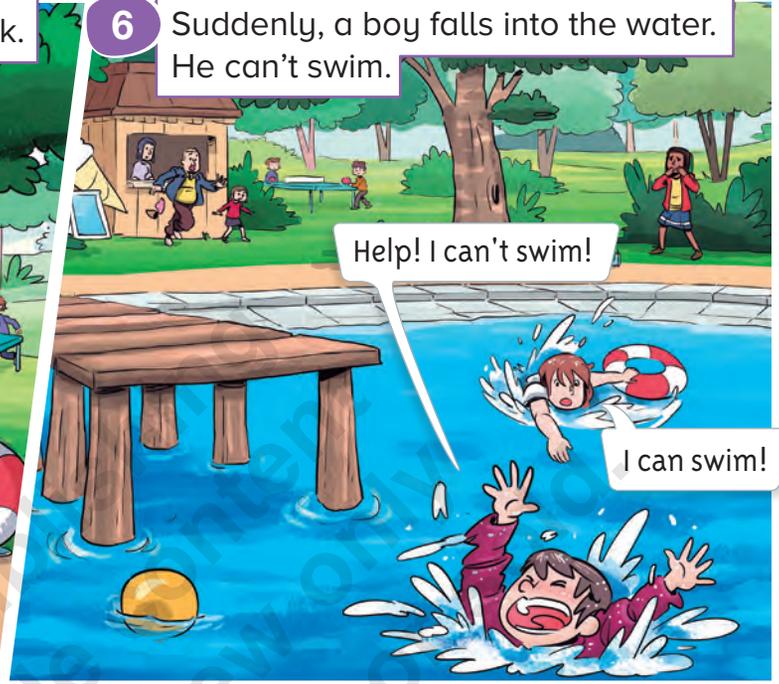
4 ... and gymnastics too.



5 After school, Alice and Rosie are at the park.



6 Suddenly, a boy falls into the water. He can't swim.



7 Alice saves the boy.



2 Look and say the sports that are not in the story.



VALUE
Everyone's good at something.

NEW LANGUAGE

1 Listen and sing.  



Rosie's **good at** soccer.
 Alice is good at swimming.
 Jake is good at drawing.
 Fred is good at singing.

Wayne can throw and catch.
 He's good at basketball.
 Archie's good at everything.
 He can do it all!

Gus is good at yoga.
 Jay's good at gymnastics.
 Star is good at running.
 I think they're all fantastic!



To be good/bad at something		
I'm	good at	skateboarding.
He's	bad at	music.
She's	not good at	singing.

2 Look, read, and say the name.  



1 I'm bad at music.

2 I'm bad at drawing.

3 I'm good at drawing.

4 I'm good at music.

5 I'm not good at skateboarding.

6 I'm good at skateboarding.

WORD WORK: CAPITAL LETTERS



1 Listen and read. ¹⁷

Hello! Do you have a question?

Hi, *Word Work!* When do I use capital letters?

When you write names, countries, and cities.
Lillian Brazil New York

At the start of a sentence.
Basketball's my favorite sport.

When you write *I*.
On Monday, I have PE.

When you write days and months.
Tuesday June

When you write languages and nationalities.
I speak English.

2 Write this text with capital letters in your notebook.

my name's matilda and i'm from canada. i'm nine years old, and my birthday's in february. i speak english and french.



WRITING: A PERSONAL TEXT

3 Look at the notes. Then find eight mistakes in the text and write a correct version in your notebook.

Sports plan

PE days? Tuesday, Friday

Sports? soccer, gymnastics

Favorite? swimming, July/August - in the ocean

Friends? Thursday, karate club with Joanna

Family? tennis with my dad, skateboarding with my sister

My sports

PE: I have PE on Tuesday and Thursday. I play basketball and I do yoga in PE.

My favorite sport: My favorite sport is tennis. I can swim fast. In August and September, I go swimming in the ocean.

Sports with friends: On Thursday, I go to karate club with Max. It's fun.

Sports with family: I play soccer with my dad at the park. I go skateboarding with my brother too.

► Now go to page 12 in the Activity Book and write a personal text about sports.

PLAN BEFORE YOU WRITE!

GO AROUND THE WORLD

SPORTS IN THE UNITED STATES



1 Listen and read. 18



Hi! I'm Violet from the United States. My favorite sport is climbing.

Climbing

I go climbing at a gym. I wear a helmet on my head and special climbing shoes. A teacher helps children climb. It's difficult, but I enjoy it!



Baseball

I play baseball at school in PE class. There are nine players on a baseball team. You hit the ball and run fast. The other team tries to catch the ball. It's important to wear a helmet.



Snowboarding

In January and February, it's snowy in my town. I go snowboarding with my family. I wear boots, gloves, and a helmet. You stand on the snowboard and go down the mountain. It's important to bend your knees or you can fall over.



Volleyball

I play volleyball with my friends. You hit a ball over the net with your hands. There are six players on my volleyball team. You can play at a gym, in the park, or on the beach.

2 Read and say the sports.

- 1 You can do this sport on the beach.
- 2 You hit a ball in these sports.
- 3 Violet wears a helmet for these sports.
- 4 Violet does this sport with her family.
- 5 There are nine players on her team.

YOUR GO!

Which of these sports would you like to try?

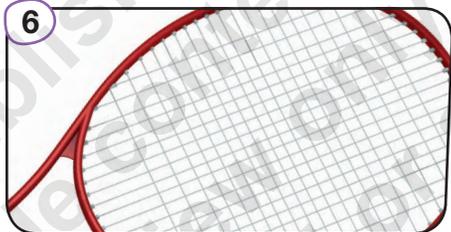
Which sports are popular in your country?



1 Look and write the sports in your notebook. 

TAKE A LOOK 

- ✓ I'm good at ... = I am good at ...
- ✓ She's good at ... = She is good at ...
- ✓ He's good at ... = He is good at ...



2 Look. Listen and say *True* or *False*.  19 

Tuesday

Three o'clock
- basketball

After school
- tennis with Samuel



Tyler

Wednesday

Ten o'clock
- swimming practice



Thursday

Two o'clock
- soccer

Friday

Eleven o'clock - running
After school - skateboarding with Jess at the park



Caitlin



3 Ask in pairs. 

