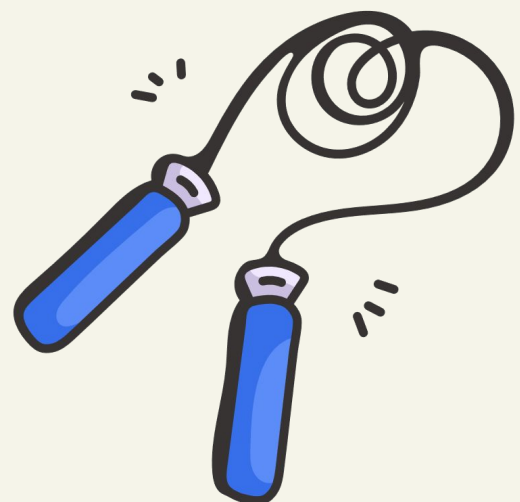


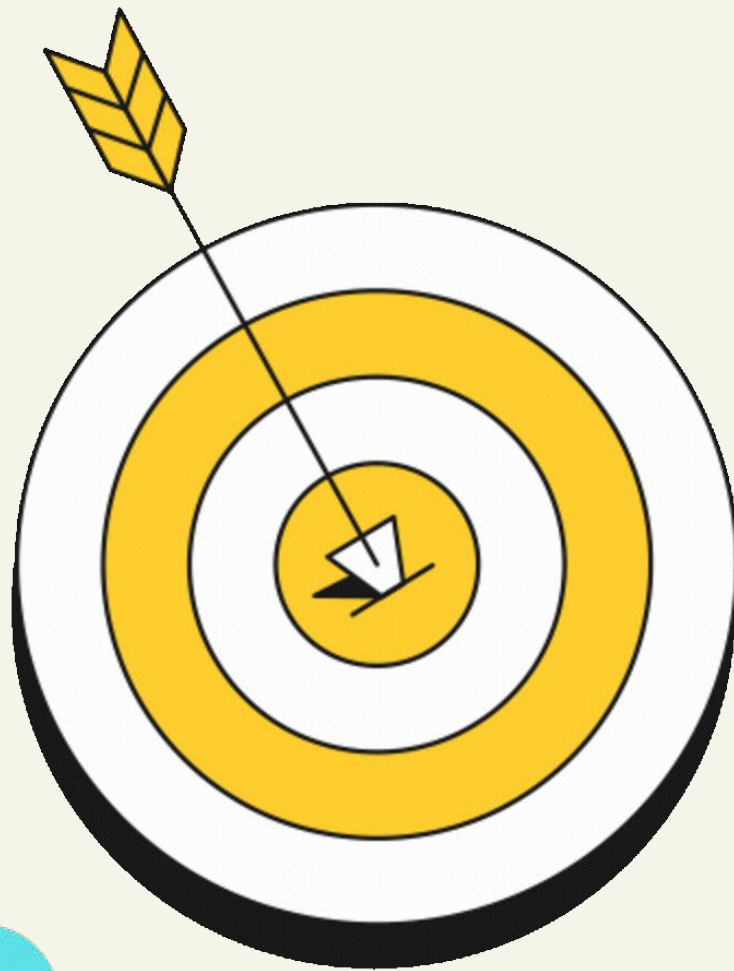
# Unit 6A – Lesson 1



## Sports for all



# Objective



## VOCABULARY

Sports collocations  
(play, do, go)

## GRAMMAR

Adverbs of  
frequency and  
manner

## READING

A quiz: The right  
sport for you

## SPEAKING

Sports Statements:  
Agree or Disagree



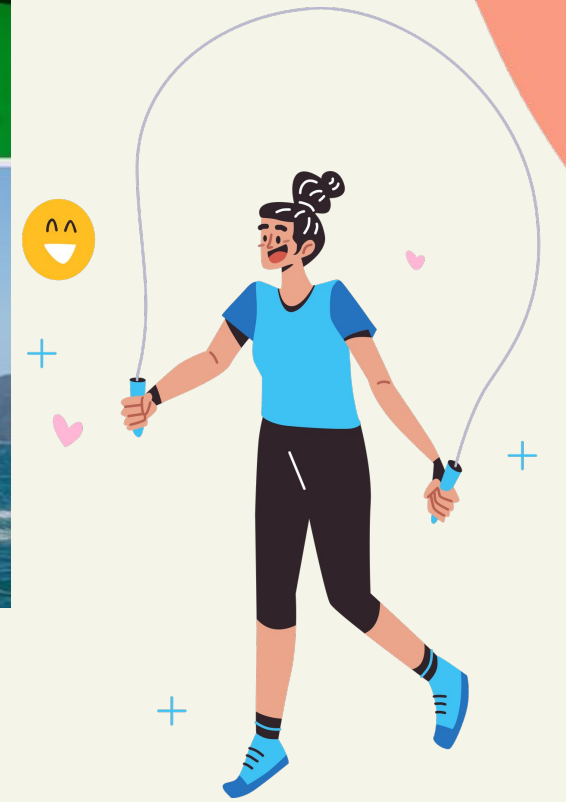
# INTRODUCTION



**1A. Work In pairs. Look at the photos and discuss the questions.**

1. Have you ever done any of these sports?
2. What other sports have you done in your life?
3. Which sports did you most enjoy doing? Which ones didn't you enjoy? Why / Why not?

Look at the images. I'm going to show them for 15 seconds. Write down the sports you remember.



# Vocabulary - Collocations

1C. Match the sports in your list with these verbs.

- **play** football, ...
- **Do** judo, ...
- **Go** swimming, ...



# Vocabulary – Sport Collocations



# PLAY

★ COLLOCATIONS WITH SPORTS ★



We use **PLAY** for games and sports with a **ball**, especially team sports.



**RULE:** If you can use a ball or play against another team/person → usually **PLAY**.

## EXAMPLES:



play football



play baseball



play volleyball



play hockey



play cricket



play table tennis



play badminton



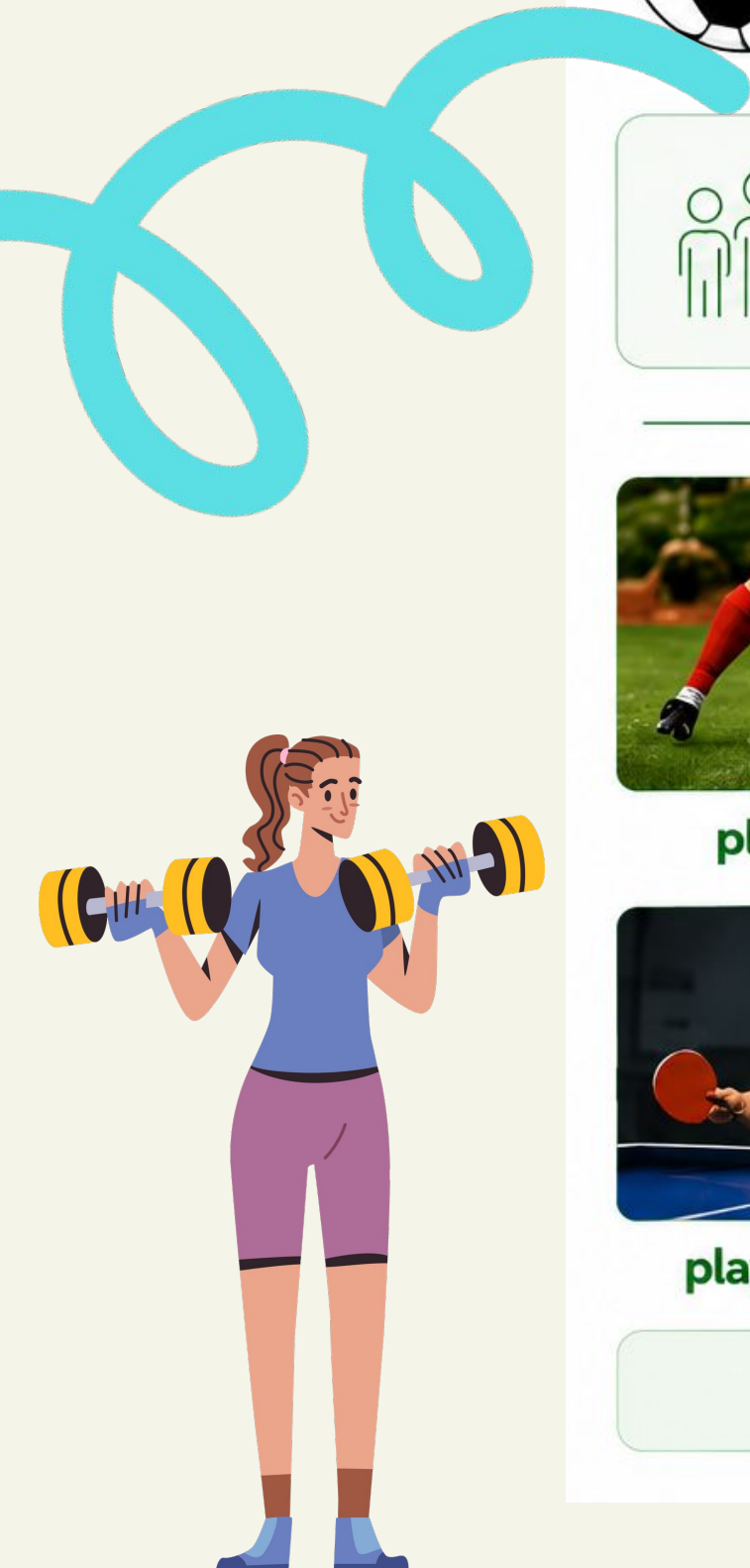
play rugby



play snooker



**REMEMBER:** If it's a game or a sport with a **ball** → **PLAY**.



# Vocabulary – Sport Collocations



≡ **GO** ≡



We use **GO** for activities that end in **-ing** and for individual activities, especially **outdoor** or **adventure** sports.



**RULE:** If the activity ends in **-ing** or involves movement, travel or adventure → usually **GO**.

## EXAMPLES:



go swimming



go surfing



go cycling



go skiing



go snowboarding



go ice-skating



go scuba diving



go windsurfing



go horse-riding



## REMEMBER:

If it ends in **-ing** or is about movement, travel or being outside → **GO**.



# Vocabulary – Sport Collocations



## DO



We use **DO** for individual activities, martial arts and exercises **without a ball or team**.



**RULE:** If it's a martial art, an exercise or an activity without a ball or team → usually **DO**.

### EXAMPLES:



**do** karate



**do** judo



**do** tai chi



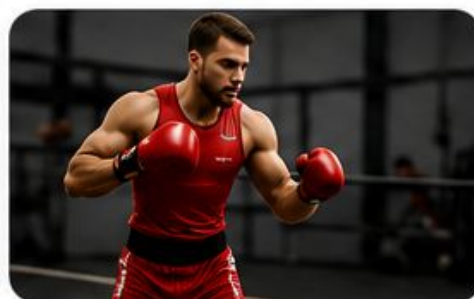
**do** athletics



**do** gymnastics



**do** yoga



**do** boxing



**do** fencing



**do** weight training



**do** stretching



**REMEMBER:** If it's exercise, training or a martial art without a ball or team → **DO**.



# Vocabulary - Collocations

1A. Match the sports (1 – 20) with the photos (A - T)



1. Athletics **H**\_\_

2. Badminton **C**\_\_

3. Baseball **O**\_\_

4. Bowling **J**\_\_

5. Cricket **T**\_\_

6. Cycling **L**\_\_

7. Hockey **P**\_\_

8. Horse-riding **M**\_\_

9. Ice-skating **A**\_\_

10. Judo **K**\_\_

1. Karate **D**\_\_

2. Rugby **N**\_\_

3. Scuba diving **R**\_\_

4. Skiing **Q**\_\_

5. Snooker **G**\_\_

6. Snowboarding **I**\_\_

7. Table tennis **F**\_\_

8. Tai chi **S**\_\_

9. Volleyball **B**\_\_

10. Windsurfing **E**\_\_

# Vocabulary - Collocations

2A. Look at the sports that go with each verb, then complete the rules (1-3)

| play       | do        | go      |
|------------|-----------|---------|
| basketball | exercises | running |
| golf       | yoga      | sailing |

## Rules:

1. We use **GO** for all sports ending in *-ing*.
2. We use **PLAY** for sports with a ball.
3. We use **DO** for other sports.



# Vocabulary - Collocations

2B. Match the sports with the verbs.

athletics

badminton

baseball

bowling

cricket

cycling

hockey

horse-riding

ice-skating

judo

karate

rugby

scuba diving

skiing

snooker

snowboarding

table tennis

tai chi

volleyball

windsurfing

**play**

**Badminton**

**baseball**

**cricket**

**hockey**

**rugby**

**snooker**

**Table tennis**

**volleyball**

**do**

**athletics**

**judo**

**karate**

**Tai chi**

**go**

**bowling**

**cycling**

**Horse-riding**

**Ice-skating**

**Scuba-diving**

**skiing**

**snowboarding**

**windsurfing**



# Vocabulary - Collocations

2A. Choose the correct word or phrase to complete the sentences.

1. Shall we \_\_\_\_\_ bowling tonight?

☐ a. do

☒ b. go

☐ c. play

2. I've never \_\_\_\_\_ table tennis before.

☐ a. done

☐ b. been

☒ c. played

3. My neighbour \_\_\_\_\_ t'ai chi in the garden most mornings.

☒ a. does

☐ b. goes

☐ c. plays

4. I \_\_\_\_\_ hockey for my school's team.

☐ a. did

☐ b. went

☒ c. played

5. My wife \_\_\_\_\_ judo, but I've never tried it.

☒ a. does

☐ b. goes

☐ c. plays

6. Would you like to \_\_\_\_\_ snowboarding or skiing next winter?

☐ a. do

☒ b. go

☐ c. play



## 2A. Read the quiz and answer 1-5 for you.



### The right sport for you!

Maybe you're the kind of person who does sport every day, or maybe you like watching sport more than doing it. Or perhaps you think that sport isn't for you. Well, sport isn't just about winning and losing or getting hot and tired. It's also about being with people and feeling good about yourself. We think there's a sport for everyone, and we're going to help you find out what YOUR sport is.

Read the questions and give your answer quickly. Don't think about it too much. Then check the key and find the sport for YOU!

#### 1. How fit are you? Can you run 400 metres without stopping?

- ☐ a. Yes, easily. That isn't very far for me.
- ☐ b. Yes, but only slowly. I'm not much of a runner.
- ☐ c. No chance! I've never wanted to go running.

#### 2. Which of these describes you the best?

- ☐ a. I'm happy to work hard to learn a new sport.
- ☐ b. I'd like to learn a new sport if I can learn it easily.
- ☐ c. I don't want to spend a lot of energy learning a new sport.

#### 3. When I'm going for a walk, I like walking

- ☐ a. quickly so I can go a long distance.
- ☐ b. slowly and looking at everything around me carefully.
- ☐ c. at a normal speed.

#### 4. Which of these describes you the best?

- ☐ a. I hate doing sport alone.
- ☐ b. I do a sport better when I do it with other people.
- ☐ c. I like doing most things on my own, including sport.

#### 5. How much money are you happy to spend doing a sport?

- ☐ a. I hate doing sport alone.
- ☐ b. I do a sport better when I do it with other people.
- ☐ c. I like doing most things on my own, including sport.



## 2C. Check the key and read the suggestion.

### 1. First, check your answers to Questions 1–3.

**Mostly a answers:** You're a very active person and you enjoy sports that need high energy. You're happy to practise hard and you like winning. The best sports for you are in Group 1 below.

**Mostly b answers:** Sports are fine, but you want to enjoy them, maybe with your friends or children at the weekends. For you, sports are a way to keep fit and healthy, but you don't want to practise a lot. The best sports for you are in Group 2 below because you can choose to do them gently or more actively.

**Mostly c answers:** You like the sports in Group 3 below. You don't have to be very active when you do them. They're all good for your health and some of them are quite relaxed.

**One of each:** You're a tricky person to classify! The best sport for you is ... somewhere in the table, somewhere in Groups 1, 2 or 3, but you'll have to use steps 2–4 to help you choose. However, you'll probably be happy with many of them!

| Group 1      | Group 2      | Group 3 |
|--------------|--------------|---------|
| athletics    | badminton    |         |
| hockey       | cycling      |         |
| judo         | football     | bowling |
| karate       | horse-riding | cricket |
| rugby        | ice-skating  | golf    |
| sailing      | running      | snooker |
| scuba diving | swimming     | tai chi |
| skiing       | table tennis | yoga    |
| snowboarding | tennis       |         |
| windsurfing  | volleyball   |         |

### 2. Now look at your answer to Question 4.

**You answered a or b:** find the sports in your group above that you always do with other people.

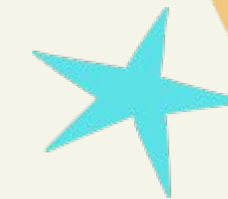
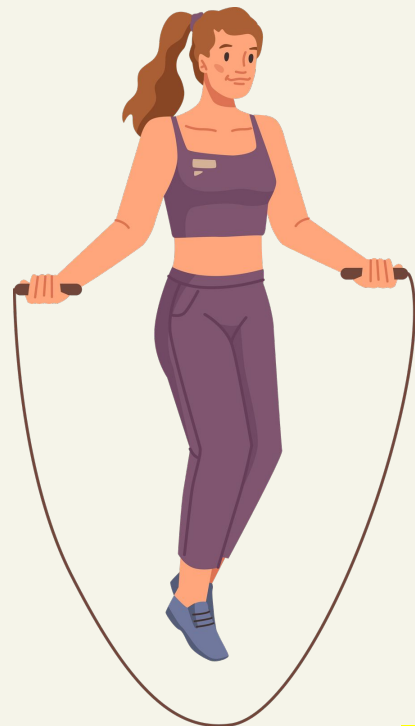
**You answered c:** find the sports in your group above that you can do alone.

### 3. Now look at your answer to Question 5.

**You answered a:** Choose the sports you identified in step 2 that cost a lot to do.

**You answered b:** Choose the sports you identified in step 2 that cost a small amount every time you do them.

**You answered c:** Choose the sports you identified in step 2 that don't cost anything to do.





# Grammar: Adverbs of Frequency and Manner



## INTRODUCTION: What Are Adverbs?

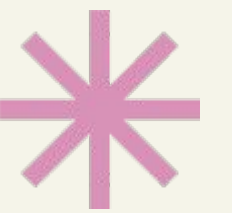
Think about this sentence: **"She drives"**

Now look at these:

"She **always** drives." / "She drives **carefully**." / "She drives **really fast**."

Each new version gives us more information. The words in bold are **adverbs**.

**Adverbs** tell us MORE about a verb. How often something happens (**frequency**) or how it happens (**manner**).



**What do adverbs do?** They describe verbs (actions). They answer two important questions:

- **HOW OFTEN?** → Adverbs of Frequency (e.g. always, sometimes, never)
- **HOW?** → Adverbs of Manner (e.g. carefully, fast, well)



# Adverbs of Frequency:



Adverbs of frequency tell us **HOW OFTEN** someone does something. They answer the question: **How often?**

| Adverb       | Examples                                        |
|--------------|-------------------------------------------------|
| Always       | She <b>always</b> drinks coffee in the morning. |
| Usually      | He <b>usually</b> takes the bus to work.        |
| Normally     | We <b>normally</b> eat dinner at 7 pm.          |
| Often        | They <b>often</b> go to the cinema.             |
| Sometimes    | I <b>sometimes</b> forget my keys.              |
| Not often    | She <b>doesn't often</b> watch TV.              |
| Hardly ever  | He <b>hardly ever</b> eats fast food.           |
| Occasionally | We <b>occasionally</b> visit our neighbours.    |
| Never        | I <b>never</b> drink alcohol.                   |

4





# Adverbs of Frequency:

- **Where Do They Go? (Position Rules):** Position is one of the most important things to learn about frequency adverbs. There are three key rules.

## RULE 1: Before most main verbs

We use adverbs of frequency **BEFORE** the main verb (action word).

- ✓ I often eat pizza.
- ✓ She sometimes forgets her keys.
- ✓ They never drink coffee.

## RULE 2: After the verb "to be"

When the verb is am / is / are / was / were, put the adverb **AFTER** it.

- ✓ She is always happy in the morning.
- ✓ The children are normally asleep before nine.
- ✓ He is never late.

## RULE 3: Sometimes / Occasionally at the start or end of a sentence

Sometimes and occasionally can also go at the **START** or **END** for emphasis.

- ✓ Sometimes I eat breakfast very late.
- ✓ We occasionally visit our neighbours.
- ✓ My mother taught Spanish to our neighbours sometimes.



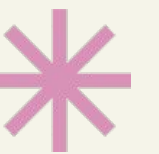


# Adverbs of Manner:

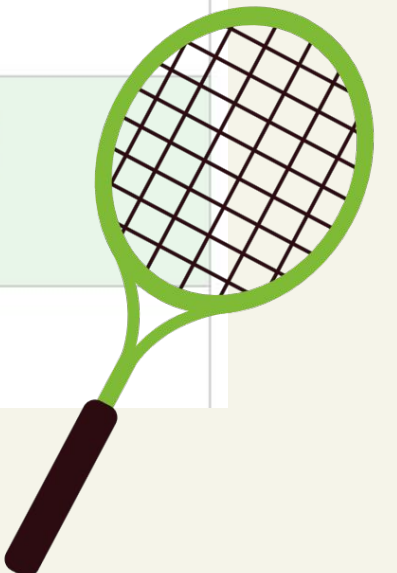
Adverbs of manner tell us **HOW** someone does something. They answer the question: **How?**

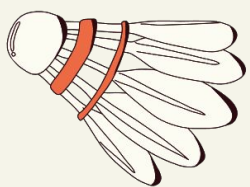
"She sings *beautifully*." / "He speaks *quietly*." / They work *hard*."

- **How to Form Adverbs of Manner:** Most adverbs of manner are formed from adjectives. Here are the rules:



| Rule                                          | Adjective                         | Adverb                            | Example                       |
|-----------------------------------------------|-----------------------------------|-----------------------------------|-------------------------------|
| Add - <u>ly</u>                               | <i>brilliant / careful</i>        | <i>brilliantly / carefully</i>    | <i>She sings beautifully.</i> |
| Adjective ends in -y → change to - <u>ily</u> | <i>angry / happy</i>              | <i>angrily / happily</i>          | <i>He spoke angrily.</i>      |
| Irregular – same word                         | <i>fast / hard / late / early</i> | <i>fast / hard / late / early</i> | <i>She works hard.</i>        |
| Irregular – different word                    | <i>good</i>                       | <i>well</i>                       | <i>He plays well.</i>         |





# Adverbs of Manner:

- Where do Adverbs of Manner go:

**RULE:** After the verb (and its object, if there is one)

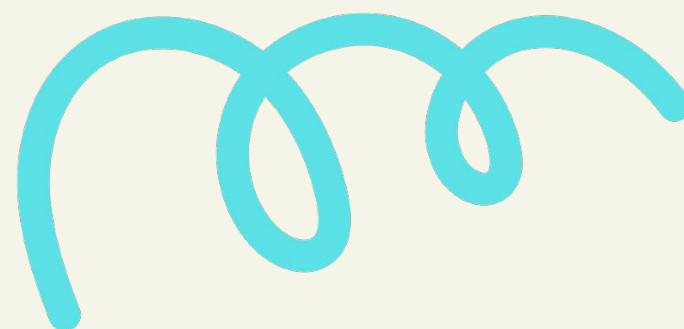
✓ They lived **happily** ever after.

✓ He drives **carefully**.

✓ She sang the song **beautifully**.

X She sang **beautifully** the song. → **Do NOT** put manner adverbs between verb and object.

X I love **equally** our sons. → **Incorrect placement**.



### 3A. Complete the questions with the words below.

1. I've **never** wanted to go running.
2. I'm happy to work **hard**.
3. I like walking **quickly** so I can go a long distance.
4. I do a sport **better** when I do it with other people.
5. I **normally** spend some money on fitness and sport, but not much.

- a. Which adverbs are about frequency (how often)?
- b. Which adverbs are about manner (how)?
- c. What other adverbs of frequency do you know?
- d. How do we usually make adverbs of manner?
- e. Which adverbs of manner are irregular?

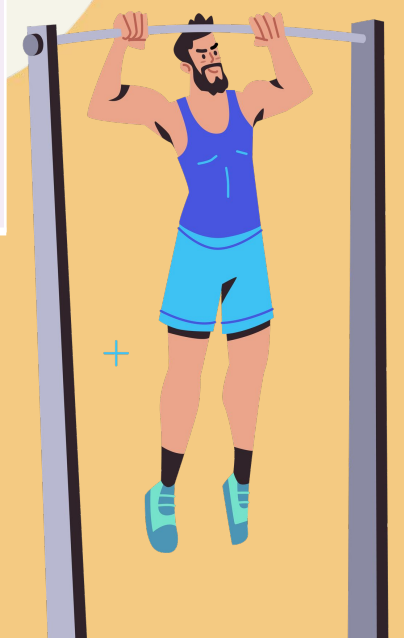
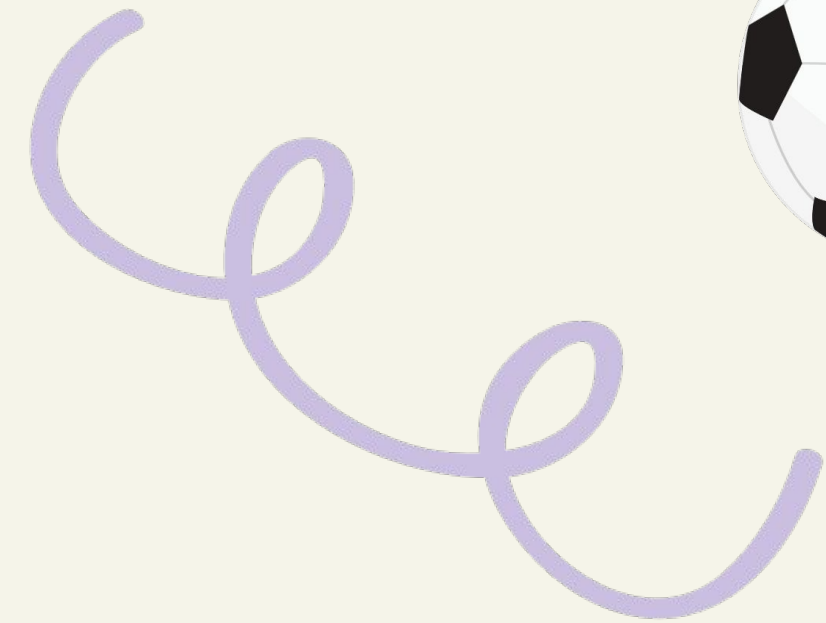
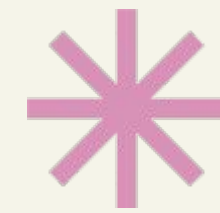
**Never, normally**

**Quickly, hard, better**

**Always, usually, sometimes, etc.**

**We usually add **-ly** to an adjective.**

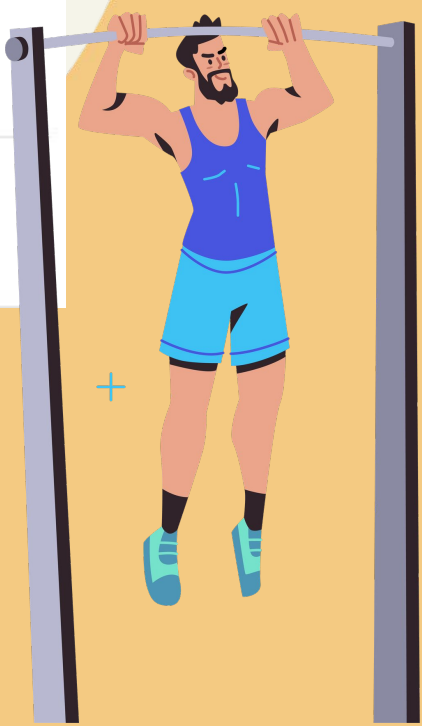
**Hard, better**





1. Complete the sentences. Choose the correct place (a or b) for the adverb of frequency or manner.

- |                                                                                                                   |                                  |                                  |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------|
| 1. They pronounce (a) ..... some words (b) <b>differently</b> in the north of the country. ( <b>differently</b> ) | <input type="radio"/>            | <input checked="" type="radio"/> |
| 2. When you work at a computer, you (a) ..... should take a short break (b) ..... . ( <b>occasionally</b> )       | <input type="radio"/>            | <input checked="" type="radio"/> |
| 3. I (a) ..... shut all the windows (b) ..... before I go to bed. ( <b>usually</b> )                              | <input checked="" type="radio"/> | <input type="radio"/>            |
| 4. Push (a) ..... the button (b) ..... and then wait for a minute. ( <b>hard</b> )                                | <input type="radio"/>            | <input checked="" type="radio"/> |
| 5. Irena (a) ..... is (b) ..... late, especially on Monday mornings. ( <b>often</b> )                             | <input type="radio"/>            | <input checked="" type="radio"/> |
| 6. You should (a) ..... switch off (b) ..... the light when you leave a room. ( <b>always</b> )                   | <input checked="" type="radio"/> | <input type="radio"/>            |
| 7. You played (a) ..... that piece of music (b) ..... ( <b>beautifully</b> )                                      | <input type="radio"/>            | <input checked="" type="radio"/> |
| 8. I've ridden (a) ..... a horse alone (b) ..... ( <b>sometimes</b> )                                             | <input type="radio"/>            | <input checked="" type="radio"/> |



## 2. Complete the sentences. Use the adjective in brackets or change it to an adverb.

1. I don't like being in a car with my brother because he drives really **dangerously**. (**dangerous**)
2. Could you speak **quietly**? The baby's sleeping. (**quiet**)
3. You should throw away these eggs. They smell really **bad**. (**bad**)
4. We arrived home **safely**, but the journey took ten hours. (**safe**)
5. I can dance salsa, but not very **well**. (**good**)
6. I'd like to go to Dr Muller's talk this evening. It looks **interesting**. (**interesting**)
7. We have to walk **fast** because the bus leaves in ten minutes. (**fast**)
8. 'I'm going to win this race,' Luzia said **confidently**. (**confident**)
9. Well done! You played **brilliantly**! (**brilliant**)
10. Look at the baby. She's trying really **hard** to stand up. (**hard**)





### 3. Complete the text with the adverb form of the adjectives below. Use one Word twice.



early

easy

hard

late

loud

slow

One morning last week, I woke up (1) **early** because my neighbours were talking (2) **loudly**. I didn't want to stay and listen to them, so I had breakfast and I ran out of the door to work. I forgot to take an umbrella and it started raining (3) **hard**, so I got very wet. My train was at eight o'clock, but I arrived at the station (4) **early**, at a quarter to eight. So I caught my train (5) **easily**. I was surprised because there weren't many people on the train. Because of the rain, the train went (6) **slowly** and I got to the office (7) **late**, at half past nine. It was empty. I checked on my phone ... It was Sunday and I didn't have to work!





3A. The sentences below have a mistake. Choose the best option to correct the mistake.

1. Never we go skiing in the winter.

- ☐ a. We go skiing never
- ☒ b. We never go skiing
- ☐ c. We go never skiing

2. Not often Sam is late for our yoga class.

- ☐ a. Sam isn't late often
- ☐ b. Sam not often is late
- ☒ c. Sam isn't often late

3. You played snooker brilliant today.

- ☐ a. very brilliant
- ☒ b. brilliantly
- ☐ c. brilliantly

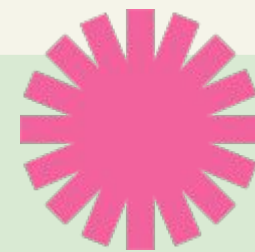
4. Our new football field looks well.

- ☒ a. looks good
- ☐ b. well looks
- ☐ c. good looks

**Activity:** Spin the wheel to choose an activity. Then, create a sentence using an adverb of frequency and an adverb of manner.



# Speaking



**5A. Read the statements. Choose three that you would like to talk about.**

- ☐ 1. Professional sports players get too much money.
- ☐ 2. E-sports (video games) should be in the Olympics.
- ☐ 3. Winning is the most important thing when you play a sport.
- ☐ 4. In school, sport is less important than other subjects.
- ☐ 5. Sports teams should be mixed, with men and women.
- ☐ 6. It is OK to have advertising in sports, for example, on sports clothes or in stadiums.



**6A. Choose two of the phrases below to help you say why you agree or disagree with the statements.**



I think that ... because ...



The main reason is that ...

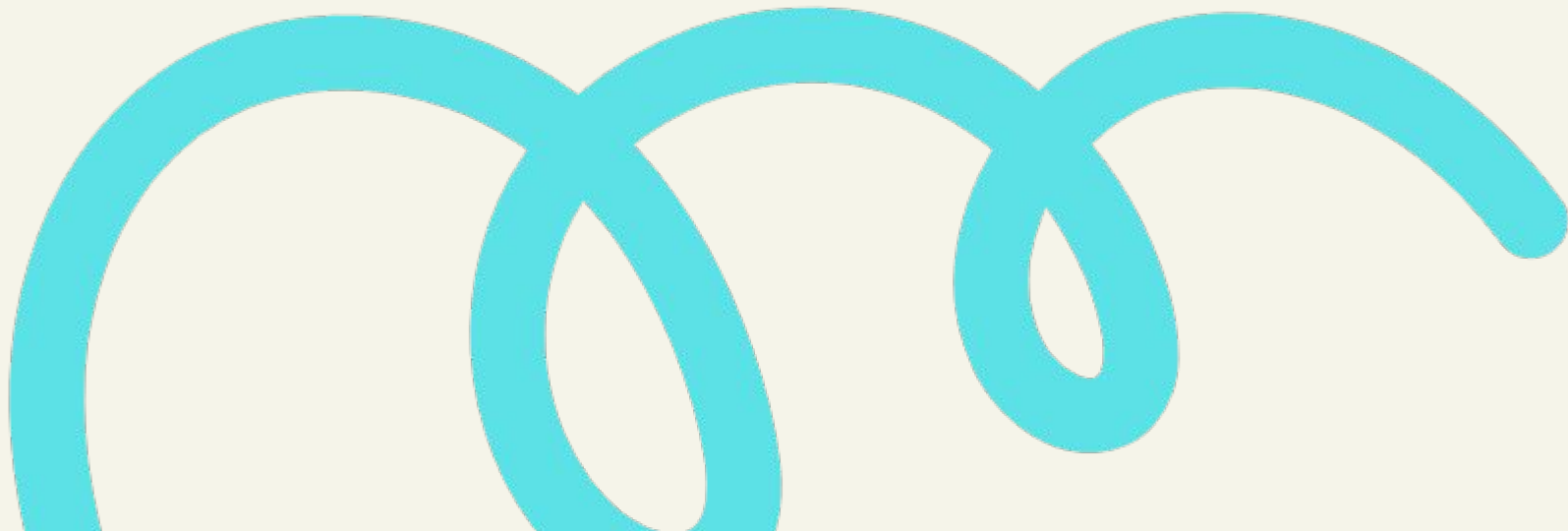
I say this because ...



I also think that ... because ...



Another point is that ...



Good Job

