

# I train three times a week

## IN THIS UNIT:

- sports
- question words
- *like + -ing*
- seasons and time of day
- object pronouns
- making suggestions

- Поймать автобус
- Принять душ
- Почистить субы
- Причесать волосы

- вертолёт

**Interview your friend.**

**How often do you ...**

- help in the house?
- eat fruit and vegetables?
- play sports?
- read comics?
- watch TV?
- eat at fast food restaurants?

*How often do you help in the house?*

*I seldom help in the house.*





Vera Vampire <sup>1</sup> doesn't get up (not get up) in the morning, she gets up late. She has breakfast at half past nine but she <sup>2</sup> \_\_\_\_\_ (not eat) cereal! She <sup>3</sup> \_\_\_\_\_ (meet) her friends at quarter to eleven. They go to vampire school. They <sup>4</sup> \_\_\_\_\_ (not study) English, they study flying! School <sup>5</sup> \_\_\_\_\_ (finish) at three o'clock but she <sup>6</sup> \_\_\_\_\_ (not go) home. Vera <sup>7</sup> \_\_\_\_\_ (watch) films with her friends. They like films about Dracula. Vera <sup>8</sup> \_\_\_\_\_ (go) to bed at five o'clock.

4 Order the questions.

- 1 Vera Does early get up?  
*Does Vera get up early?*
- 2 she cereal Does eat?
- 3 English they Do study?
- 4 Do they films watch?
- 5 Vera Does at four o'clock go to bed?

5 Work with a friend. Ask and answer the questions.

- A *Does Vera get up early?*
- B *No, she doesn't. She gets up in the evening.*



## Functions

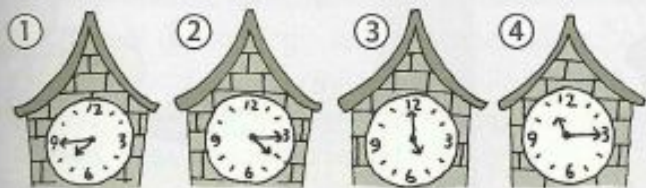
7 Write the times. Practise saying them with a friend.

1 *It's quarter to eight.*

2

3

4



## Consolidation

8 Listen and complete the dialogue.

It's Saturday.

Ben and Felix are at the skate park.

Ben This place is great! What time <sup>1</sup> *does* it open?

Felix It <sup>2</sup> \_\_\_\_\_ at quarter to eight. I come here with my friends, when we <sup>3</sup> \_\_\_\_\_ school.

Ben <sup>4</sup> \_\_\_\_\_ you come here every day?

Felix No. We <sup>5</sup> \_\_\_\_\_ come here <sup>6</sup> \_\_\_\_\_ Mondays.

It <sup>7</sup> \_\_\_\_\_ open that day. Look! I <sup>8</sup> \_\_\_\_\_ jump!

Ben Felix, that's dangerous!

Felix Aaarghh! Ow!

Ben Are you OK? <sup>9</sup> \_\_\_\_\_ you walk?


Felix Yes, I <sup>10</sup> \_\_\_\_\_ but I <sup>11</sup> \_\_\_\_\_ move my arm.

Ben Oh no!

9 Match the actions with the pictures.

stomp 5 hop slide to the right  
slide to the left hands on your knees  
crisscross



10  2.19 Listen to the song and number the actions. Listen again and do the actions.

hop 1

## Cha Cha Slide

Now it's time to get funky  
To the right now, to the left  
Take it back now ya'll  
1 hop this time, 1 hop this time  
Right foot 2 stomps, left foot 2 stomps  
Slide to the left, slide to the right  
Crisscross, crisscross  
Cha Cha real smooth  
Let's go to work

Turn it down  
To the left, take it back now ya'll  
2 hops 2 hops, 2 hops 2 hops  
Right foot 2 stomps, left foot 2 stomps  
Hands on your knees, hands on your knees  
Get funky with it, aahhhh yaaaa.





2 Read the clues.  
Guess the sport.

2 It isn't a water sport.  
I play with a ball.  
I play it on Monday.  
It's fun!  
It's \_\_\_\_\_.

1 I don't play with a ball.  
It's a water sport.  
I do it on Wednesday after school.  
It's great!  
It's \_\_\_\_\_.



1 2.21 Match the words with the pictures. Listen, check and repeat.

football 7 swimming tennis windsurfing basketball  
cycling horse riding volleyball golf sailing

cycling	'saɪkɪŋ	Катание на велосипеде
volleyball	'vɒlɪbɔ:l	волейбол
hockey	'hɒki	хоккей
karate	kə'rɑ:ti	каратэ
rowing	'rəʊɪŋ	гребля
windsurfing	wɪn(d)sɜ:fɪŋ	
sailing	'seɪlɪŋ	мореплавание

## Amazon sports club

	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	
6	7	8	9	10	





1 2.22 Listen and read.  
What is Gisela's favourite sport?

2 True or false?

- 1 Gisela is twelve. *false*
- 2 She is a world champion.
- 3 She is from Spain.
- 4 She doesn't train every day.
- 5 She doesn't go to school.
- 6 She has fun with her friends.

## Discover Words

seasons and times of day

3 2.23 Match the words and the pictures. Listen, check and repeat.

winter 4 morning autumn  
evening spring night  
summer afternoon

# Heroes



**Hi! Meet our sports hero!**

**Who is she?**

Her name is Gisela Pulido. She's eleven years old. She's the world kitesurfing champion.

**Where is she from?**

She's from Spain.

**Where does she live?**

She lives in Gerona, near the beach.

**What sports does she like?**

Kitesurfing is her favourite sport but she likes swimming, sailing, windsurfing and other summer sports too. She cycles to school every day in spring and summer.

**When does she train?**

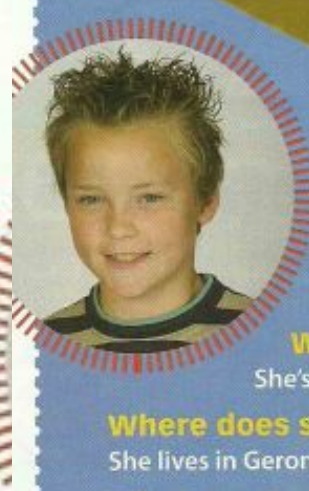
She trains in the afternoon. Her dad is her teacher.

**Does she train every day?**

Yes, she does. Gisela and her dad train in the afternoon for an hour. Then Gisela does her homework.

**What does she do at the weekend?**

Gisela has fun with her friends. In summer, she goes on holiday with her family.








We use **prepositions of time** to say *when* something happens.

<b>in</b>	<b>at</b>	<b>on</b>
in the morning in the afternoon in the evening in November (months) in (the) summer (seasons) in 2004 (years)	at 8 o'clock at noon at night / midnight at the weekend	on Sunday on Monday on Tuesday on Wednesday, etc. on October 4th (dates) on Sunday afternoon



4  2.24 Complete the table. Listen and check.

the evening    half past nine    winter    Friday    the morning  
 Wednesday    four o'clock    spring    the weekend

in	on	at
<i>the evening</i>		

in	at	on
winter	Half past nine	Friday
The morning	4	Wednesday
spring	At the weekend	

1 In / **On** Saturday

2 In / At July

3 In / On 1984.

4 At / On March 25th

5 In / On Friday

6 In / At summer

7 In / On the morning

8 In / At 9 o'clock

## 2 Write *in*, *on* or *at*.

1 ... *In* ... December

2 ..... midnight

3 ..... April

4 ..... April 2nd



