





badminton /'bædmɪntən/  
 balance /'bæləns/  
 basketball /'bɑːskɪtbɔːl/  
 changing rooms /'tʃeɪndʒɪŋ ru:mz/  
 climber /'klaɪmə/  
 climbing /'klaɪmɪŋ/  
 coach (v) /kəʊtʃ/  
 compete /kəm'pi:t/  
 competition /,kɒmpə'tɪʃn/  
 competitor /kəm'petɪtə/  
 crowd /kraʊd/  
 diving /'daɪvɪŋ/  
 end up /,end 'ʌp/  
 equipment /'ɪkwɪpmənt/  
 event /'ɪvent/  
 exercises /'eksəsaɪzɪz/  
 fall /fɔːl/  
 fan /fæn/  
 fitness /'fɪtnəs/  
 football shirt /'fʊtbɔːl ʃɜ:t/  
 footballer /'fʊtbɔːlə/  
 game /geɪm/  
 get fit /,get 'fɪt/  
 give up /,gɪv 'ʌp/  
 goal /gəʊl/  
 gym /dʒɪm/  
 gymnastics /dʒɪm'næstɪks/  
 handball /'hændbɔːl/  
 head a ball /,hed ə 'bɔːl/  
 horse-riding /'hɔːs ,raɪdɪŋ/  
 ice hockey /'aɪs ,hɒki/  
 ice-skating /'aɪs ,skeɪtɪŋ/  
 improve /ɪm'pru:v/  
 individual sports /,ɪndə'vɪdʒuəl spɔːts/  
 indoor sports /'ɪndə: spɔːts/  
 judo /'dʒu:dəʊ/  
 karate /kə'reɪti/  
 kayaking /'kæɪkɪŋ/  
 kick (v/n) /kɪk/

kit /kɪt/  
 lead (in the lead) /li:d (,ɪn ðə 'li:d)/  
 lift (v) /lɪft/  
 lose /lu:z/  
 mascot /'mæskət/  
 match /mætʃ/  
 medal /'medl/  
 net /net/  
 outdoor sports /,aʊt'dɔː spɔːts/  
 PE /,pi: 'i:/  
 pick up /,pɪk 'ʌp/  
 pitch /pɪtʃ/  
 play /pleɪ/  
 player /'pleɪə/  
 pool /puːl/  
 practice (n) /'præktəs/  
 practise (v) /'præktəs/  
 race (v/n) /reɪs/  
 register /'redʒɪstə/  
 rope /rəʊp/  
 run (v/n) /rʌn/  
 runner /'rʌnə/  
 running /'rʌnɪŋ/  
 score (v/n) /skɔː/  
 scoreboard /'skɔːbɔːd/  
 screen /skri:n/  
 seat /si:t/  
 set up /,set 'ʌp/  
 skateboarder /'sketbɔːdə/  
 skateboarding /'sketbɔːdɪŋ/  
 skiing /'ski:ɪŋ/  
 slackline /'slæklaɪn/  
 slackliner /'slæklaɪnə/  
 snowboarding /'snəʊbɔːdɪŋ/  
 spectator /spek'teɪtə/  
 sports camp /'spɔːts kæmp/  
 sports centre /'spɔːts ,sentə/  
 sports festival /'spɔːts ,festəvəl/

sportsperson / sportsman  
 sportswoman / sportspeople  
 /'spɔːts,pɜːsn/, 'spɔːtsmən/  
 /'spɔːts,wʊmən/, 'spɔːts,pɪ:pl/  
 stadium /'steɪdiəm/  
 surfer /'sɜːfə/  
 surfing /'sɜːfɪŋ/  
 swimming /'swɪmɪŋ/  
 table tennis /'teɪbl ,tenəs/  
 take up /,teɪk 'ʌp/  
 team /ti:m/  
 team sports /'ti:m spɔːts/  
 tennis court /'tenəs kɔːt/  
 ticket /'tɪkɪt/  
 tidy up /,taɪdi 'ʌp/  
 train /treɪn/  
 trainer /'treɪnə/  
 trainers /'treɪnəz/  
 training /'treɪnɪŋ/  
 tricks /trɪks/  
 volleyball /'vɒlɪbɔːl/  
 volunteer /,vɒləntɪə/  
 walking /'wɔːkɪŋ/  
 water sports /'wɔːtə spɔːts/  
 weights /weɪts/  
 whistle /'wɪsl/  
 win /wɪn/  
 winter sports /'wɪntə spɔːts/  
 yoga /'jəʊgə/

**WORD FRIENDS**

do karate, yoga, gymnastics  
 go swimming, walking, climbing,  
 skiing  
 have (a sport) lessons  
 play ball games or competitive  
 games  
 practise (a sport)  
 take up (a sport)



5.3

## READING and VOCABULARY

Why don't you volunteer at *Force4Sport* festival?

- 1 **CLASS VOTE** Do you regularly go to sports events? What is the most popular event?

## Force4Sport

You're not into sport but you like watching it. Why not take up a new hobby as a volunteer at the Force4Sport summer sports festival? You decide how many hours you want to volunteer and what kind of job you'd like to do. Our volunteers do lots of different things, from helping competitors to tidying up the stadium. Click on our [case studies](#) now, and find out more about our volunteers.





**Name:** Danielle Marley

**Age:** 16

**Type of event:** <sup>1</sup> \_\_\_\_\_

**Start date for the event:** <sup>2</sup> \_\_\_\_\_


**Length of competition:** <sup>3</sup> \_\_\_\_\_

**No. of days as volunteer:** <sup>4</sup> \_\_\_\_\_


**Volunteer role:** set up spectators' area and <sup>5</sup> \_\_\_\_\_

**Previous experience:** <sup>6</sup> \_\_\_\_\_

**Volunteer's  
PASS**

2  2.23 Read the website. When is the Force4Sport festival?



3  2.24 Read the text. Complete gaps 1-6 below.

Hi, my name's Danielle Marley and I'm 16 years old. My cousins volunteered two years ago, and talked non-stop about it. I ended up applying to volunteer this year, and I'm really excited. I'm going to help at an international gymnastics competition at our local sports stadium. I did gymnastics when I was younger, but gave up a couple of years ago because I didn't have enough time. The event starts on 17 July and it lasts for two weeks. I'm only doing the first week, from Monday to Friday. I

can't do the weekend. On the first day I'm going to help set up the spectators' area. After that I'm going to take photographs for the local newspaper and for the website. They've offered me a digital camera to take action shots and some team photos. I'm picking it up this afternoon so that I can practise with it. I've already won photography competitions, so I think I'll do a good job. In the future I'd like to study photography, so this could be very useful. I'm excited about volunteering because I enjoy watching sport. I don't think there'll be much chance to do that though, because I'll be too busy!



## end up

— *phrasal verb* with end *verb* [ I or T ]

UK  /end/ US  /end/

### B1

to finally be in a particular place or situation:

- *They're travelling across Europe by train and are planning to end up in Moscow.*
- *Much of this meat will probably end up **as** dog food.*
- [ L ] *She'll end up penniless if she continues to spend like that.*
- [ + -ing verb ] *After working her way around the world, she ended up **teaching** English as a foreign language.*



How did I end up here?

# give up

— *phrasal verb* with give *verb*

UK 🗣️ /gɪv/ US 🗣️ /gɪv/

gave | given

to stop trying to guess:

- *You'll never guess the answer - do you give up?*
- *I give up - how many were there?*

## — More examples

- *After ten minutes trying to get the answer I gave up.*
- *"Do you give up?" "No, I want another clue."*
- *I give up - tell me the answer!*
- *No, you're wrong - do you give up?*





NEVER  
GIVE UP



# pick-me-up

noun [C]

UK  /'pɪk.mi.ʌp/ US  /'pɪk.mi.ʌp/





something that makes you feel better, often a drink or a tonic (= a type of medicine):

- *It is traditional around here to drink brandy with coffee as a morning pick-me-up.*



# set-up

noun

UK  /'set.ʌp/ US  /'set.ʌp/

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**set-up** noun (ARRANGE)

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[S]

**the way in which things are organized or arranged:**

- *When I started my new job, it took me a while to get used to the set-up.*
- *"Nice little set-up you've got here," he said as we showed him around the house.*



# take up something

— *phrasal verb* with take *verb* [T]

US  /teɪk/

past tense **took** US /tʊk/

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(BEGIN)

---

to begin to do something:

- *I'm not very good at golf – I only took it up recently.*

# take up something

— *phrasal verb* with take *verb* [T]

US  /teɪk/

past tense **took** US /tʊk/



## To take up sport





# tidy-up

*noun* [S] mainly UK

UK  /ˌtaɪ.diˈʌp/ US  /ˌtaɪ.diˈʌp/



**an act of making a place or a collection of things tidy:**

- Let's **have/do** a quick tidy-up before Mum gets home.
- A basic tidy-up of bedrooms, hallways, and living rooms can create the impression of more space.

**4 PHRASAL VERBS** Use the phrasal verbs to complete the sentences.

**Vocabulary**

**Phrasal verbs with up**

end up   give up   pick up  
~~set up~~   take up   tidy up

- 1 Let's **set up** a gym in the garage and we can train there.
- 2 I don't want to **give up** horse-riding but it is very expensive.
- 3 The team isn't doing well. They could **end up** losing the game.
- 4 Emma loves trying new sports. She's just decided to **take up** karate.
- 5 I've got to **pick up** the tickets. I paid online and they're at the ticket office.
- 6 There are clothes all over the floor. I want everybody to **tidy up** the changing room.





Страна Мам



Страна Мам



Страна Мам



Страна Мам



Страна Мам



Страна Мам



How did I end up here?





# To take up sport











**NEVER  
GIVE UP**





And  
YOU?

- 5** [VOX POPS ▶ 5.2] Would you like to be a volunteer at a sports event? Use the ideas below to make true sentences.

*I would/wouldn't like to be a volunteer because ...*

watch/learn about different sports ...

get free tickets ...

take great photos ...

crowds at the stadium ...

not earn anything for hard work ...



## [Video 5.2] 5.3 Reading and Vocabulary, Exercise 5

### BBC VOX POPS

**J = Josie A = Athena M = Monica S = Sunita**

**J:** I would like to be a volunteer at a sports event to help others get inside, kind of insight into something that you wouldn't see as a customer and be part of a large scale sports event.

**A:** I would like to be able to be a volunteer at a sports event because it's good for my CV and I would like to meet some new people that are interested as well in the same area. So, yeah.

**M:** I would like to volunteer at a sports event because I think that volunteering is important and everyone should volunteer and because sport is fun.

**S:** I would like to volunteer for a sports event because it's something that I've never done before and I think I'll enjoy it.

BBC  
LEARNING  
ENGLISH

VOX POPS





Страна Мам



Страна Мам



Страна Мам



Страна Мам



Страна Мам



Страна Мам

## **Story A**

Work with your partner to think of a story. Your story must finish with these words.

*We ended up watching the match in a café and still have no idea what happened to our tickets.*

When you are ready, tell other students your story.



## **Story B**

Work with your partner to think of a story. Your story must finish with these words.

*We didn't want to give up but we didn't really have a choice.*

When you are ready, tell other students your story.

## **Story C**

Work with your partner to think of a story. Your story must finish with these words.

*'I've come to pick up the tickets,'  
I said, but the man behind the desk  
didn't know what I was talking about.*

When you are ready, tell other students your story.



## **Story D**

Work with your partner to think of a story. Your story must finish with these words.

*Next time we decide to set up a club at school, we'll make sure we ask people for advice first.*

When you are ready, tell other students your story.

## **Story E**

Work with your partner to think of a story. Your story must finish with these words.

*Taking it up was probably the best decision I've ever made.*

When you are ready, tell other students your story.



## **Story F**

Work with your partner to think of a story. Your story must finish with these words.

*Everyone offered to help, so it didn't take long to tidy up the mess.*

When you are ready, tell other students your story.