Sport

VOCABULARY PRACTICE

INTERMEDIATE | B1-B2

Name: _____ **Date:** _____

1 Match each competition term with its precise meaning.

1 sprinter	____	a achieve the standard needed to enter
2 long-distance runner	____	b person watching a sporting event
3 marathon	____	c be the current owner of the best result
4 qualify	____	d runner who specialises in short races
5 get knocked out	____	e establish the best result achieved so far
6 set a record	____	f lose and leave a competition
7 hold a record	____	g 42.195-kilometre running race
8 spectator	____	h athlete specialising in longer races

2 Complete the competition collocations.

beaten | **competitive** | **final** | **knocked** | **qualify** | **record** | **round** | **trophy**

1 set a new Olympic _____

2 _____ for the tournament

3 reach the semi-_____

4 get _____ out

5 lose in the third _____

6 be _____ by the champions

7 lift the winner's _____

8 play in a highly _____ league

3 Correct one mistake in each sentence.

1 She was a champion **gymnastic** as a teenager. _____

2 We need one more **tenniser** for the team. _____

3 My brother is an experienced **canoist**. _____

4 Her father is a keen **golfist**. _____

5 The shop sells **sport equipment**. _____

6 I bought a new fishing **rode**. _____

7 She is an excellent **archerer**. _____

8 He is a successful long-**distant** runner. _____

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4 Complete the athlete profile with expressions from the box.

beaten | competitive | hold the record | knocked out | long-distance runner | marathon | qualified | reached the final | set a record | spectators

Eli is a **1** _____ who completed his first **2** _____ at nineteen. Last year, he **3** _____ for the national championships and **4** _____ in the 5,000 metres. He was **5** _____ by a more experienced runner, but he still **6** _____ for his age group. He now hopes to **7** _____ over 10,000 metres. Athletics is highly **8** _____, yet Eli values the support of the **9** _____. In a team event, his club was **10** _____ early.

5 Read the text and answer the questions briefly.

Preparing for competition

Training improves performance only when it is balanced with recovery. Athletes plan hard sessions, easier sessions and rest days so the body can adapt. Before an important event, many reduce training volume while keeping some intensity. This is called tapering. Equipment, nutrition and sleep also affect performance, but sudden changes shortly before competition can create problems. A clear plan helps an athlete arrive prepared rather than simply exhausted.

1 What must training be balanced with? _____

2 Why do athletes include easier sessions and rest? _____

3 What do many athletes reduce before an event? _____

4 What do they keep during tapering? _____

5 Name three other factors affecting performance. _____

6 Why should sudden changes before competition be avoided? _____

6 Rewrite using the word in capitals.

1 The team achieved the required standard. **QUALIFIED** _____

2 They lost and left the competition in round two. **KNOCKED** _____

3 Maya achieved the fastest time ever. **RECORD** _____

4 The team won every stage except the last one. **FINAL** _____

OVER TO YOU

Write a **100-120 word** report on a real or imaginary athlete. Include the sport, equipment, training, qualification, stages and result.

[ ] Use at least ten target expressions. [ ] Use sportsperson names accurately. [ ] Describe preparation and outcome.

ANSWER KEY

1 Competition terms

1 **d** 2 **h** 3 **g** 4 **a** 5 **f** 6 **e** 7 **c** 8 **b**

2 Competition collocations

1 **record** 2 **qualify** 3 **final** 4 **knocked** 5 **round** 6 **beaten** 7 **trophy** 8 **competitive**

3 Corrections

1 **gymnast** 2 **tennis player** 3 **canoeist** 4 **golfer**
5 **sports equipment** 6 fishing **rod** 7 **archer** 8 long-**distance** runner

4 Athlete profile

1 **long-distance runner** 2 **marathon** 3 **qualified** 4 **reached the final** 5 **beaten**
6 **set a record** 7 **hold the record** 8 **competitive** 9 **spectators** 10 **knocked out**

5 Reading - suggested answers

1 Recovery. 2 So the body can adapt. 3 Training volume. 4 Some intensity.
5 Equipment, nutrition and sleep. 6 They can create problems.

6 Rewriting - possible answers

1 The team **qualified**. 2 They were **knocked out** in round two. 3 Maya set a new **record**. 4 The team reached the **final**.

Over to you: Answers will vary. Check competition sequence, accurate terms and a clear result.