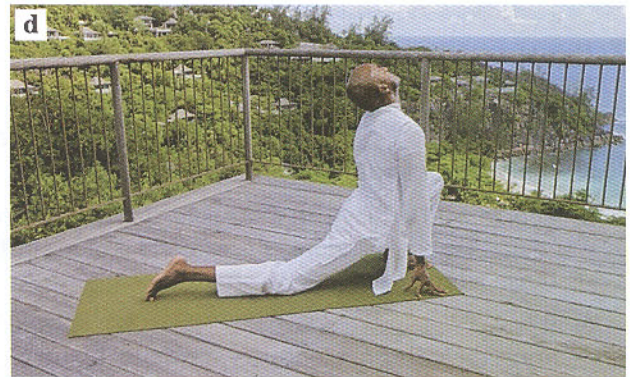


Task 2 Word class

- 1 What do you do to keep fit and healthy?
- 2 Look at the pictures and name the activities. Do you associate these activities with older or younger people or both? Why?



- 3 Read the statements below from a website about sporting issues and answer the questions.
 - a What is the debate about?
 - b What reasons are given in the statements to support and oppose the proposal?



Proposal: There should be an age limit for the Olympics.

Yes! I think the Olympics should put a 30-year-old cap on their sports. After 30, the bones become more brittle and the body becomes less flexible. The muscles tear more easily and performance is not as good. The athlete is more likely to break something, or even have a breakdown. They are not as resilient.

No! I do not believe so! It is true that as we get older it is harder to maintain the same athletic ability as in a person's twenties. But with technology and our knowledge of proper nutrition, athletes are able to compete when they are older. I believe that everyone has a right to accomplish his/her dream no matter what age that person is! It is important that everyone has a dream.

- 4 Do you agree with the proposal? Why/why not?
- 5 What motivates a person to compete in sporting events?

Unit 8

- 6 Some of the words in the table below appear in the website posts in 3. Complete the table with the correct words.

Adjective	Verb	Noun
<i>competitive</i>	compete	<i>competition</i>
	x	athlete
		knowledge
	believe	
	maintain	
	accomplish	
		distinction
	dominate	
significant		
important	x	

- 7 Complete the sentences with words from the table in 6. There may be more than one possible answer.
- A/An _____ nature helps a person become more successful in life more generally.
 - People who achieve all their goals in life and are skilled or _____ in lots of areas find it more difficult to show sympathy to those who are less successful.
 - It is _____ to be _____ and well informed about many areas including art, culture, sport and history.
 - To reach the top in the sporting field you probably need to be quite _____ from a young age.
 - _____ in your ability to win is key to succeeding.
- 8 Do you agree or disagree with the statements in 7? Why/why not?
- 9 Look at the Task 2 question and plan below. How many points are there in the main body of the essay?

Technique

Nouns and noun phrases can often make sentences more formal, e.g. *A belief in your own ability* sounds more formal than *Believing in your own ability*.

You should spend about 40 minutes on this task.

Some people suggest that sport helps people learn about teamwork but others say it can encourage people to be too competitive. Discuss both views and give your own opinion.

Write at least 250 words.

	Benefit	Drawback
Idea one	Learn how to work with others to succeed.	For some people the only motivation is winning.
Idea two	Encourages people to be resilient and support each other even when it is hard.	Teaches people to be aggressive in order to achieve what they want.
Idea three	People learn about losing as well as winning.	Don't learn that some aspects of life are not competitive.

- 10** Add the following sentences to the correct place in the plan in 9. There is one sentence for each section of the plan.
- This can lead to people feeling that if they are not first, they have let themselves down and there is no point in making much effort.
 - It isn't unusual for sports to be challenging, so this resilience is important.
 - It is important to understand this to cope better in life.
 - They might have ideas to help win.
 - Knowing this gives us a more rounded attitude to life.
 - Not a healthy approach in general.
- 11** The sentences below contain a main idea and supporting evidence. Complete the sentences using a relative pronoun and the correct form of *to be* or a modal verb.
- It is significant that for some competitive people the only motivation is winning, which can lead to people feeling they have let themselves down if they don't come first.
 - It is important to learn how to work with other people, _____ have ideas to help with success.
 - A dominant idea is that being competitive encourages people to be resilient, _____ important as sports are often challenging and require people to support each other.
 - Significantly, sport teaches people to gain what they want by being aggressive, _____ not a healthy approach in general.
- 12** The main idea in each sentence in 11 is signposted with an adjective or related form from 6. Underline each one.
- 13** Find the errors in the sentences and correct them.
- Jogging is a sport who you can do with no special equipment.
 - Having a trainer who understand about exercise can help you get fit more quickly.
 - The athlete, won the world championship, has made a great deal of money.
 - His football career ended when he broke his leg that was crucial to his sporting ability.
 - The referee, who we depend to keep the score, is not well today.
 - The games, none of who they won, were well attended.
- 14** Are the following rules true or false? Why/why not?
- Defining relative clauses give essential information.
 - Defining relative clauses give additional information, often separated with commas.
 - That* can be used for people, but only in non-defining relative clauses.
 - The relative pronoun can be missed out if it is a subject relative clause.
 - Any dependent prepositions should be omitted in relative clauses.
 - None*, *both* or a number can come before *of which* or *of whom* in a non-defining relative clause.

Technique

It is important to avoid overgeneralizing. In order to do this, try to include supporting evidence when you make statements.

- 15** Look at the two examples of a relative clause with a preposition below. Which is more formal and why?
- The referee, who we depend on to keep the score, is not well today.
 - The referee, on whom we depend to keep the score, is not well today.
- 16** Rewrite each pair of sentences to make one sentence. Use a relative clause.
- Many people are interested in the sport. The sport could not be accommodated in a centre big enough to run the competition.
 - The final result was overruled by the referee. Nevertheless, everyone had agreed with the result.
 - The game was watched by 25 000 people. A third of them watched on digital TV.
 - Teenagers generally agree sport is healthy. None of them do much themselves.
 - Many participants in the survey did some kind of physical activity. Twenty-three per cent of the participants went to the gym.
- 17** Read the conclusion written for the essay plan in 9. Find an example of:
- a relative clause
 - a signposting noun

To sum up, I believe that sport has significance in helping people learn about life.

¹ Although many people, especially those who see more extreme behaviour at football matches, point out the problems that can be caused by extreme fans,

² such an argument could apply to any activity where participants sometimes behave badly.

³ This is not caused by sport in itself. ⁴ In general I would therefore argue that sport is beneficial to society.

- 18** Match the sentences/clauses 1–4 in 17 to the functions a–d.
- restate opinion
 - summarize opposite viewpoint
 - state opinion
 - refute opposite viewpoint
- 19** Find two phrases in the conclusion in 17 that could be replaced with the expressions in the box.

in conclusion ■ in the final analysis ■ lastly ■ overall ■ to conclude ■ ultimately

- 20** Imagine you have written an essay discussing the proposal in 3 on page 65. Write a concluding paragraph using at least one of the expressions in 19. Try to include a relative clause and a signposting word.

Technique

When you edit your work, look for sentences that provide additional information. These can often be combined into a complex form with the key information using a relative clause.