

Reading

- 1 What are your favourite ways of keeping fit? What other ways of keeping fit are popular in your country?
- 2 **MD** What are the people in the pictures opposite doing? Read the three paragraphs and match them to one of the pictures.

UNUSUAL WAYS OF KEEPING FIT

KORFBALL

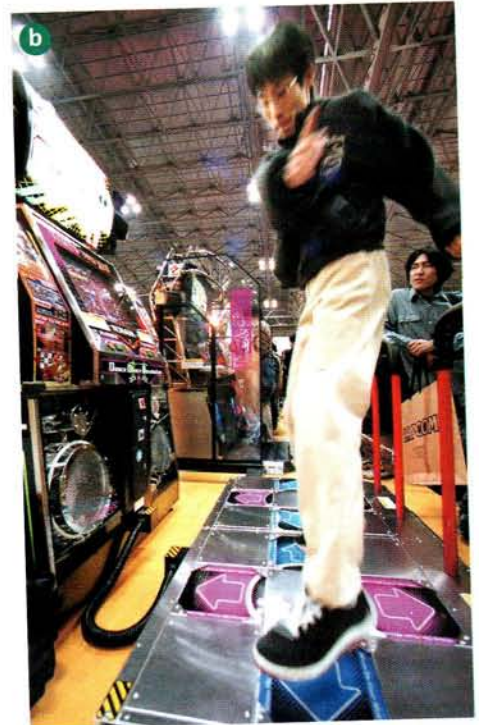
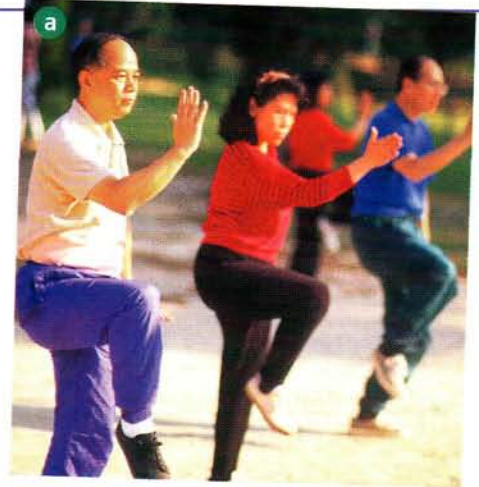
A mixture between handball and basketball, korfball is a fast, exciting game. The main difference is that men and women play on the same team. It's also a great way to keep fit! The game began in the Netherlands about 100 years ago, and there are now korfball clubs in more than forty countries around the world. There are eight players on each team – four male and four female – and each player tries to throw the ball (similar to a soccer ball) into the 'goal' which is a bit like a basket but bigger. You can't touch your opponent, kick or run with the ball, and men can only attack against men and women can only defend against women. A game lasts for sixty minutes and the teams change ends after every two goals. 'It's a terrific sport and a great way to meet people,' says Paul Dicks of the British Korfball Association.

TAI-CHI

Tai-Chi is a Chinese martial art which goes back thousands of years. It is different from most forms of exercise in that it is very gentle. It consists of a series of slow movements which you must do very carefully and exactly. The big advantage is that you can do it anywhere, anytime, and you don't need to be a member of a club or use any expensive equipment – all you need is a qualified teacher! Tai-Chi fans say it is an excellent way of getting rid of stress. Early in the morning, you can see people doing the gentle movements of Tai-Chi in parks all over China, and it is now common in the West, too. So what's the secret of Tai-Chi? 'Mind and body working together,' says one enthusiast.

GAMING FOR FITNESS

Most people don't see playing video games as a way of keeping fit. You sit on the floor, or on the sofa, you look at the screen ... and the only part of your body that moves is your thumb. But that's all changing ... Thanks to a brand-new game from Japan called Dance Dance Revolution, gamers are now getting onto the exercise floor. In this case, the floor is a grid of nine squares. You put one foot in the centre and move your other foot in time to the dance music that gets faster and faster as you go through the levels. 'Most gamers just want to go to a fantasy world when they play a video game, but why not have games which are physical as well?' says one DDR fan. So, who knows? Perhaps the gamers in the future will be fit and healthy people – thanks to Dance Dance Revolution.



3 Read the text and make a note of the following for each activity.

- Where it began
- When it began
- Adjectives/Phrases to describe it

4 Here are some phrases from the texts. What do the words in bold refer to?

- a **It** is also a great way to keep fit! (line 3)
- b **It** is a terrific sport and a great way to meet people ... (line 11)
- c ... **it** is very gentle. (line 16)
- d ... **it** is an excellent way of getting rid of stress ... (line 21)
- e ... you can do **it** anywhere, anytime ... (line 18)
- f ... when **they** play a video game ... (line 35)

5 Work in pairs. Discuss these questions.

- Would you like to try any of these ways of keeping fit? Why?
- Do you know of any other unusual ways of keeping fit?



Ania, from Poland, is a champion gymnast.

Language focus 2

Present simple

1 Look at the photos below of three sportspeople. Can you guess who:

- a has a big lunch (with lots of beer) and then goes to sleep for a few hours?
- b doesn't eat very much?
- c runs 8 km at least four times a week?
- d trains for eight hours every day?
- e usually trains before breakfast?
- f weighs about 40 kg?
- g weighs about 175 kg?
- h is 1.5 m tall?
- i is 1.95 m tall?
- j earns about \$50,000 a week?
- k receives money from his/her parents every month?

2 **T1.5** Listen and check your answers. Whose life sounds the most difficult? Why?

Grammar

Present simple

- 1** Which of the following sentences describes:
- a habit? • something that is always true?
- a Ania **comes** from Lublin in Poland.
 - b He **has** a big lunch and then **goes** to sleep for a few hours.

- 2** Put each sentence into:
- the question form. • the negative form.

How often?

- 1** The phrases below tell us how often things happen. Match the two halves of each phrase.

every a week
on Sundays
five times month

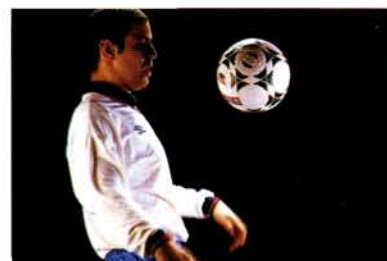
- 2** Here are some more phrases that tell us how often things happen. Number them from 1 (most often) to 6 (least often).

sometimes often usually always **1** never occasionally

► Read Language summaries C and D on page 148.



Toshi, from Japan, is training to be a sumo wrestler.



João, from Brazil, is a professional footballer. He plays for a top Italian club.