

Introduction

Overview

In recent years, sports and physical culture have increasingly entered the lives of citizens of the Republic of Uzbekistan. Our athletes, coaches and heads of sports organizations annually take part in international competitions, where a good command of a foreign language, mainly English, is simply necessary. However, at this stage, the overall level of English proficiency among our athletes remains low.

The demand of society and specialists for textbooks and manuals on the English language, which have a sports orientation, is extremely high. At the same time, there is a shortage of appropriate methodological materials and textbooks.

From the first years of independence in our country, serious attention has been paid to the organization of teaching foreign languages based on modern requirements. The Decree of the President of the Republic of Uzbekistan PD-1875 of 10 December 2012, “On measures on further improvement of teaching of foreign languages”; was the essence of the country’s reforms in the field of foreign language learning. According to the targets set by the Government of the Republic, new State educational standards, based on international experience CEFR (the Common European Framework of Reference) were adopted; also PD-5117 of 19 May 2021 “On measures to raise activities to promote the study of foreign languages in the Republic of Uzbekistan” to a qualitatively new level was adopted. According to the resolution, the Agency for the Promotion of the Study of Foreign Languages was established under the Cabinet of Ministers (Agency) and the posts of regional representatives of the Agency were established in the Republic of Karakalpakstan, regions and the city of Tashkent.

In particular, in clause 4.4 “Strategies for further development of the Republic of Uzbekistan” relating to the “Development of the sphere of education and science” identified such important tasks as “a cardinal improvement in the quality of general secondary education, in-depth study of foreign languages”. This allows for a number of practical targeted measures on the use of modern technologies aimed at teaching the English language for students.

English Language B2 Student’s book (Part I) for B2 level academic language course designed to meet the communication needs of Undergraduate, Physical culture students as well as independent academic learners of higher educational institutions in Karakalpakstan. Also, this textbook is one of the first textbooks developed for students of the Department of Physical Culture.

Grammar & Vocabulary

English Language B2 Student’s Book (Part I) consists of 10 units to encourage undergraduate students for continuous learning and involve in academic life. Rich selection of motivating and informative, authentic and semi-authentic texts to improve both Vocabulary and Grammar skills with variety topics are presented in themed topics. Interactive activities focus on

learners' *can do* statements and follow the principles of the CEFR requirements. Meaningful topics and materials are designed so that they enhance students' lexical competence and provide a thought-provoking, purposeful approach to learn English, including independent learning.

Review

English Language B2 Student's Book (Part I) consists of 10 themed units, with 10 topical and lessons and a unit review in each. The Student's Book is assumed for approximately 4 credits. Each lesson starts with colorful lead-in explanations that explain grammar rules, topic vocabulary shifting students focus on the new topic. Then it is followed by grammar and vocabulary activities with meaningful topics respectively which allow students practice their receptive skills. Each unit review includes exercises based on grammar rules, topic vocabulary and tests.

English Language B2 Student's Book (Part I) has been tested for three years of work with bachelors and masters of the Nukus State Pedagogical Institute, studying in the specialty: "Physical Culture", it also has a relationship with the specialties of pedagogy and psychology.

Authors

UNIT 1 PEOPLE AND PERSONALITIES

Grammar: Present Simple tense

TO BE		VERBS
+	S + am/is/are + predicate...	S + verb + object...
-	S + am/is/are + not + predicate...	S + don't/doesn't + verb + object...
?	Am/Is/ Are + S + predicate?	Do/ Does + S + verb + object?

The illustration shows two scenes. On the left, a person is waking up in bed at 8:00, with a speech bubble saying 'I wake up everyday at 8 o'clock.' On the right, a person is walking a dog, with the text 'I always walk with my dog'.

Subject	Verb	The Rest of the sentence
I / you / we / they	speak / learn	English at home
he / she / it	speaks / learns	English at home

Subject	don't/doesn't	Verb*	The Rest of the sentence
I / you / we / they	don't	have / buy	cereal for breakfast
he / she / it	doesn't	eat / like etc.	

* Verb: The verb that goes here is the base form of the infinitive = The infinitive without TO before the verb. Instead of the infinitive **To have** it is just the **have** part.

Do/Does	Subject	Verb*	The Rest of the sentence
Do	I / you / we / they	have / need	a new bike?
Does	he / she / it	want etc.	

*Verb: The verb that goes here is the base form of the infinitive = The infinitive without TO before the verb. Instead of the infinitive **To have** it is just the **have** part.

(See Appendix I)

Exercise 1 Circle the correct word or phrase.

1. Nadira *usually plays/is usually playing* tennis at around 6 o'clock.
2. Timur usually *writes/is writing* an email to a friend of him once a month.
3. He *doesn't drink/isn't drinking* alcohol as he usually follows healthy lifestyle.
4. My father *calls/is calling* me every week after work.
5. How much *do freelancers generally earn/are generally* earning?
6. You *are always late/are always being late* for work every Monday.
7. The train *does stop/is stopping* at Nukus station on Sundays.
8. My sister *goes in for/is going in for* yoga almost every evening.
9. They *don't sit/aren't sitting* together in the classroom as they dislike each other.
10. Amir *takes after/is taking after* his father as he is always punctual.

Exercise 2 Complete the sentences using the correct form of the present tense.

1. The actress usually _____ a lot of fan mail, because he's so famous. (GET)
2. Diana _____ going in for tennis during her holidays. (LOVE)
3. Such bad behaviour always _____ my mother mad. (MAKE)
4. Unpopular magazines and books _____ very well. (SELL)
5. Mehriniso usually _____ out with her friends on Saturday evenings. (GO)
6. _____ to the Tennis club? (YOU BELONG)
7. The boys and girls _____ playing in the hut whenever we're at our weekend house. (ENJOY)
8. Our master rarely _____ a class. He normally _____ administrative work. (TEACH, DO)
9. _____ if I ask you a request? (YOU MIND)
10. What _____ ? (THIS TENNIS ROCKET – COST)

Exercise 3 Read a short passage from the text. Open the brackets and fill in the blank with words in the present simple tense.

Personality Revealed

Have you ever been afraid of or attracted to someone just because of the way the person 1) _____ (to look)? When you first meet someone, it is not unusual 2) _____ (to react) to his or her appearance. But these are first impressions, and most people 3) _____ (to assume) that it takes time to find out what someone 4) _____ (to be really like). It is possible, however, that a person's appearance 5) _____ (to reveal) more than we realize. According to some experts, a person's face, head, and body 6) _____ (can/to be able to) reveal a great deal about personality. Physiognomists 7) _____ (to study) such features as the shape of the head, the length and thickness of the neck, the color and thickness of the hair, and the shape of the nose, mouth, eyes, and chin. They believe that round-faced people 8) _____ (to be self-confident). Prominent cheekbones show strength of character, while a

pointed nose reveals curiosity. Down-turned lips reveal a proud character, while a long, pointed chin 9) _____(to indicate) someone who 10) _____(to like, to give) orders.

Exercise 4 Complete the paragraphs with the correct form of the verbs in parentheses.

Mansur and Gulzar 1) _____ (have) a busy lifestyle. Mansur is a doctor at a hospital. He works at night, so he 2) _____ (go) to work at 7:00 p.m. and comes home at 7:00 a.m. His wife Gulzar works at a bank. She 3) _____ (go) to work at 8:00 a.m. and comes home at 6:00 p.m. They don't see each other a lot during the week. Mansur and Gulzar also 4) _____ (have) two children, Axmed and Kamila. Every morning they all have breakfast together at 7:30. Then, Axmed and Kamila 5) _____ (go) to school. Mansur 6) _____ (do) the dishes, and then 7) _____ (go) to bed. Kamila usually 8) _____ (do) her homework at a friend's house in the afternoon, and Axmed 9) _____ (have) soccer practice. Mansur and Gulzar 10) _____ (have) a busy schedule during the week, but on weekends they play table tennis together.

Exercise 5 Put the words in the correct order to make sentences.

0. Monday / to / work / They / need / on They need to work on Monday.
1. Students / a report / prepare / on time / have to _____
2. Alik / have / lunch / wants / at / 12:00 / to _____
3. tonight / to / need / work / until / 9:00 / You _____
4. need / buy / I / to / laptop / a / new _____
5. Nargiza / play / to / likes / tennis _____
6. want / watch / to / the match / We _____
7. to / Alpamis / study / in the library / likes _____
8. need / Madiyar / do / his homework / to _____
9. need / I / my / meet / guests / to _____
10. ask / to / wants / a / Salima / question _____

Vocabulary



Indira: Karakalpak, aged 21



An only child. Confident and sensible. A good sense of humour. Laughs a lot. Speaks little English. Energetic.

Your best three qualities?

Responsibility, intelligence, flexibility.

Your worst quality? Non-punctuality.

Leisure activities? Listening to music, reading newspapers, knitting, cycling and mountain biking.

Amir: Karakalpak, aged 23



The eldest son in the family, Sociable, a good sense of humour, friendly. Doesn't laugh a lot. Very self-confident.

Your best three qualities?

Responsibility, kindness, friendliness.

Your worst quality? Impatience.

Leisure activities? Watching movies, reading scientific articles, outdoor activities, fishing and hunting.

Topic vocabulary in contrast

relationship/ connection	support/assist	company/group
blame/fault	kind/polite	popular/famous
old/ancient	sympathetic/likeable	typical/usual/ordinary
crowd/audience	nervous/bad-tempered	close/near
enjoy/please	sensitive/sensible	unknown/infamous

Word formation

able unable, (in) ability, disabled, disability	happy unhappy, (un)happiness, (un)happily	obey disobey, (dis)obedient(ly), (dis)obedience
achieve achievement	jealous, jealousy, jealously	person (im)personal(ly), personality
argue argument, argumentative	kind unkind, (un)kindness kindly	polite impolite, (im)politely, (im)politeness
care careful(ly), careless(ly), (un)caring	marry marriage, (un)married	relate relative(ly), relation, relationship
correspond correspondence	nerve nervous(ly), nervousness	willing unwilling, (un)willingness, (un)willingly
friend friendship, (un)friendly		

Exercise 1 Complete using the words from the box. You need to use one word twice.

get, make, put, look, personalities, bring, fall,
grow, genetic

Personality

Some of us seem to be infinitely kind, while others seem to 1) _____ down on everyone around them. Some of us never forget an argument, while others 2) _____ up and forgive easily. As we 3) _____ up, our personality develops and we find that we 4) _____ on with certain people more than others. Who we are seems to have a large 5) _____ element, but is also, influenced by those who 6) _____ us up. If we 7) _____ up to our parents or other family members, we may want to be like them. On the other hand, if our parents seem to 8) _____ us down all the time and we 9) _____ out with them a lot, then, perhaps we will develop quite different 10) _____.

Exercise 2 Circle the correct word.

- I have a very good *connection/ relationship* with my relatives.
- Forgetting to thank us for supper is *usual/ typical* of Abdulla.
- My grandma doesn't have any *close/ near* family her own age left.
- In *ancient/ old* times, people had a very different worldview about the nature.
- Who was to *blame/ fault* for the quarrel?
- Don't you know it's *kind /polite* to keep silence when you are eating?
- Atabek's parents were very *enjoyed/ pleased* when they saw him in the school play.

8. Nowadays, many parents find it difficult to *assist/ support* a large family with children.
9. If notebooks are so *popular/ famous*, perhaps we should consider buying one for the use of our guests.
10. He gave a *nervous/bad-tempered* glance at the clock when his son came in.

Exercise 3 Learn the following phrases and collocations. Write one word in each gap.

approval	show/give (your) approval of/for sth; meet with sb's approval
argument	have an argument (with sb) (about sth/doing); win/lose an argument
care	take care (of sth/sb); care for/about sth/sb
courage	have the courage to do; it takes courage to do
disguise	in disguise; wear a disguise yourself; disguised as sth/sb
dream	have a dream (about sth/sb/doing); daydream; dream of/about doing
family	have/start a family; nuclear family; extended family
favour	do/owe sb a favour; be in favour of
friend	make/become/be/stay friends (with sb); best friend
love	be/fall in love with sb
mood	in a good/bad mood; in the right/ wrong mood; in the mood for sth
pity	pity sb; take pity on sb; feel pity for sb; it's a pity (that)
promise	promise to do; give/make sb a promise; break a/your promise

1. Could you _____ me a favour and ask Azizbek to see me in office?
2. I don't have many ambitions, but I'd like to graduate and then _____ a family.
3. As we walked down the street, Hurliman _____ pity on the beggar and gave him some money.
4. Nargiza's hair looked awful, but I didn't _____ the courage to tell her.
5. My dad can't stand _____ an argument and always has to have the last word.
6. If you don't _____ your promises, people won't trust you anymore.
7. Can you _____ care of your little sister for a minute while I go to the shop?
8. When you first _____ in love, the whole world seems a beautiful place.
9. I don't really _____ friends very easily because I'm quite shy.
10. I didn't recognize Elmurat when I saw him because he was _____ disguise.

Exercise 4 Complete each sentence with the most appropriate word from the box.

devoted insensitive attentive aggressive apathetic prejudiced
solitary mature extrovert conscientious

- 1) Alisher works very hard and is extremely_____.

- 2) Damir does everything alone. He is a rather _____ person.
- 3) What a lovely couple! They seem totally _____ to one another.
- 4) Bektemir has extreme views, and is _____ against all immigrants.
- 5) Very few students wanted to join in the activities. They seemed rather _____.
- 6) Sabir is always getting into fights, he's so _____.
- 7) Maryam may look rather young, but she has a very _____ attitude.
- 8) Gulnara is a good teacher, and very _____ to the needs of the students.
- 9) Azamat is shy but his brother Muhammed is more _____.
- 10) Juldiz doesn't realize how she hurts people. She is really _____.

Exercise 5 Match each expression (a-j) with one of the explanations (1-10).

1. all the people of approximately the same age	a) the extended family
2. people who have only recently been (or are still) on their honeymoon	b) newly weds
3. people who are alive at the same time or e.g. attend the same school	c) the nuclear family
4. the people in a family who live together under the same roof	d) adults
5. the entire range of relatives in one family	e) a community
6. all the people living together in the same area	f) a generation
7. a person (or people) from your immediate family	g) contemporaries
8. people who are no longer teenagers	h) nearest and dearest
9. people abandoned by their families or by society in general	i) a household
10. parents and their children	j) outcasts

Exercise 6 In this video you should listen to three people describe their personalities and then answer questions about the adjectives they hear.

<https://en.islcollective.com/video-lessons/describe-your-personality-1>

UNIT REVIEW

Exercise 1 Read the questions and answers about Arman and ask and answer about Leyla.

Questions:	Arman
1. What does Arman do?	1. Arman's a lorry driver
2. How many days a week does he work?	2. He works five days a week.
3. What time does he get up?	3. He gets up at six o'clock every day.
4. What does he eat for breakfast?	4. He eats meals with meat for breakfast.
5. What does he drink?	5. He drinks two cups of coffee.
6. What does he do after breakfast?	6. Then he kisses his children.
7. What time does he leave for work?	7. He leaves for work at half past six.
8. Where does he have lunch?	8. He has lunch in a transport café.
9. What time does he come home?	9. He comes home at six o'clock.
10. Where does he go in the evening around 8.p.m.?	10. In the evening he goes to the gym.

Questions:	Leyla
1.	1. nurse
2.	2. 5 days a week.
3.	3. 6.30
4.	4. cornflakes
5.	5. orange-juice and coke
6.	6. parents
7.	7. 7.15
8.	8. in the canteen
9.	9. home / 6.30
10.	10. evening classes

Exercise 2 Write a question word in each blank (For example: When? How? Why? How many?). Then match the questions with the answers.

1. is your English lesson?	a) Fine.
2. is it?	b) Because, I'm hungry.
3. books are there in your bag?	c) Karakalpakstan.
4. likes Kamal?	d) Mehriban.
5. is your watch?	e) In the garden.

6. are you?	f) In June.
7. are the children?	g) It is half past eight.
8. your father's birthday?	h) Monday
9. do you want a samosa?	i) 5.
10. is she from?	j) Seven

Exercise 3 Choose the correct answer.

- Everyone said they had themselves at Ulugbek's wedding.
a) enjoy b) impressed c) pleased d) excited
- Zulfiya seems to go out with a different of friend almost every night.
a) group b) band c) company d) collection
- People can become very when they are stuck in traffic for a long time.
a) nervous b) bad-tempered c) stressful d) pressed
- More and more people are living into Age and it's a serious social problem.
a) high b) ancient c) far d) old
- Alimbay seems to be very with her classmates.
a) likeable b) famous c) known d) popular
- Most people have no idea what it's like to be famous.
a) usual b) ordinary c) typical d) medium
- When my parents got divorced, my best friend was very and listened to all my problems.
a) likeable b) amusing c) sympathetic d) enjoyable
- Gozzal's very and easily gets upset when people criticize her.
a) level-headed b) sensitive c) sensible d) open-minded
- Police were called in when the of people began to get violent.
a) crowd b) company c) audience d) herd
- My dad says he once met Ibrayim Yusupov when he was still
a) unknown b) hidden c) infamous d) unrelated

Exercise 4 Choose the correct answer.

- The authority is trying to convince people _____ the need for higher taxes.
a) with b) of c) that d) for
- I believe that judges should be independent _____ the government.
a) to b) from c) with d) on
- local residents object _____ the new power station in their area.
a) to have b) having c) of having d) to having
- Do you think they should ban people _____ smoking in public places?
a) from b) that c) in d) of
- The MP asked _____ the prime minister was aware of the growing social problem.
a) that b) him c) if d) what
- Most people seem to agree _____ the newspaper's criticism of the government.

a) on b) to c) with d) that

7. I don't think people should rely _____ the state, even if they are unemployed.

a) to b) with c) on d) by

8. The headmaster was attacked _____ public money.

a) for wasting b) to waste c) he waste d) of wasting

9. He could pretend _____ concentrate on the board while his mind clearly drifted somewhere else.

a) to b) from c) with d) on

10. Reading, I think, should be kept independent _____ the regular school exercises.

a) to b) with c) on d) of

Exercise 5 Revision. Choose the correct answer.

1. "How many languages _____ you _____?"

"Three: English, German and Russian."

A) does / speak B) do / speak

C) do / speaking D) does / speaking

2. Why _____ you like _____ in the hotel?

A) do / working B) do / work

C) does / working D) does / work

3. They never go out _____ Friday evenings .

A) on B) in C) at D) by

4. "_____ do you _____ on holiday?"

"To Italy or Paris."

A) Where / like B) How / relax

C) Where / go D) Why / go

5. Sometimes we _____ cards.

A) plays B) playing C) play D) to play

6. She never _____ meat.

A) eats B) eating C) eat D) to eat

7. "Do Mr. Adams and his daughter like going _____?"

"No, they _____."

A) ski / don't B) skiing / don't

C) skiing / do D) ski / does

8. "_____ they _____ a winter holiday?"

"Yes, they do."

A) Do / wanting B) Does / want

C) Do / want D) Does / wanting

9. What time _____ you go to bed?

A) do B) does C) is D) have

10. "_____ do you _____ on Sundays?"

"I always relax."

A) How / doing B) What / do

C) Where / does D) What / rela

UNIT 2 TENNIS

Grammar: Present Continuous Tense

+


S + am/is/are + V-ing +....
 He is playing.

-

S + am/is/are (not) + V-ing +....
 He isn't playing.

?

Am/is/are + S + V-ing +...?
 Is he playing?



He is running on the road.

Structure

○ S+ is/am/are + V1 (-ing)

Example

○ He is playing football.

Affirmative	Subject + to be + base + ing	<i>She is talking.</i>
Negative	Subject + to be + not + base + ing	<i>She is not (isn't) talking.</i>
Interrogative	to be + subject + base + ing	<i>Is she talking?</i>

Exception:

Senses / Perception to feel* to hear to see* to smell to taste	Measurement to contain to cost to hold to measure to weigh	Mental states to forget to imagine to know to mean to notice to recognise to remember to understand
Opinion to assume to believe to consider to doubt to feel (= to think)	Emotions / desires to envy to dislike to hope to like to mind	Others to look (=resemble) to seem to be (in most cases) to have (when it means <i>to possess</i>)*

to find (= to consider) to suppose to think*	to prefer to regret to want to wish	
--	--	--

(See Appendix II)

Exercise 1 Complete the sentences using the correct form of the present continuous tense.

1. We _____ tennis now, Mr. Murad. (PLAY)
2. She _____ for Khodjeli later in the day (LEAVE).
3. The car _____ oil. Islam, can you repair it? (LOSE)
4. My brother _____ Namangan at the moment (TOUR).
5. They _____ a game tug of war right now. (HAVE)
6. We _____ a national sarafan today because there's a very special event in town. (WEAR) (NOT SELL)
7. What _____, sister? – It smells so good! (YOU BAKE)
8. I _____ some money and I have cut expenses on my spending, because I want to travel to Dubai next summer. (CURRENTLY SAVE)
9. The girl and her grandma _____ a long conversation. – I wonder what they _____ about. (HAVE, TALK)
10. Rasul _____ to catch the same bus every morning, but, today he _____. (TO BE LATE).

Exercise 2 Complete the sentences below using one of the verbs in the box in the correct form. You may use each verb once only.

prefer	play	produce	work	seem	know
interview	wait	talk	finish	enjoy	

1. I usually _____ basketball on Fridays.
2. He _____ his report. He will bring it into the office when it is complete.
3. "My parents have phoned me this morning. They _____ themselves in the countryside. Champagne every night! In fact, they don't want to leave."
4. We _____ to entertain our guests in a local restaurant rather than the café situated near the city centre. Although it is expensive, we can talk freely there.
5. We _____ the answer to your problem. Get a new computer.
6. "Where is John?" "In his office _____ for an important telephone call."
7. I can't make the conference tomorrow. I _____ the applicants for the sales manager's job.
8. My brother Ilhom _____ for Sayhun. which makes bathroom fittings.
9. Who _____ to Bahram? Is it the new secretary?
10. The

new contract of study _____ fine to me. However, could you just check it through again?

Exercise 3 Read the short passage. Put each verb in brackets into present continuous.

I work in a large office with about thirty other people, most of whom I know together, so we have all become friends. In fact, most of my colleagues are so interesting, that I 1) _____ (**think**) of writing a book about them! Take Helen Watson, for example. Currently, Helen 2) _____ (**lead**) the accounts department. At the moment she 3) _____ (**go out**) with Keith Ballantine, one of the sales representatives, and they seem very happy together. But everyone - except Helen apparently knows that Keith fancies Susan Porter. But I happen to know that Susan dislike Keith. 'I can't stand people who are always 4) _____ (**apologise**) all the time!' she told me. 'And besides, I know he 5) _____ (**deceive**) poor Helen. He 6) _____ (**see**) Betty Wills from the overseas department.' And plenty of other interesting things 7) _____ (**currently/go on**). For instance, every week we 8) _____ (**experience**) more and more problems with theft - personal belongings and even money have been stolen. When you realise that someone in your office is a thief, it upsets you at first. But I 9) _____ (**also/try**) to catch whoever it is before the police are called in. I'm 10) _____ (**not to tell**) you who I suspect. Well, not yet anyway!

Exercise 4 Put the verb in brackets in the correct form (present simple or present continuous)

Next month, my friends and I 1) _____ (go) camping in the wood in the countryside. Dinara 2) _____ (organize) the food, because she 3) _____ (like) cooking. Damir 4) _____ (have) a big car with a trailer, so he 5) _____ (plan) the transportation. Salamat 6) _____ (bring) the tent — he 7) _____ (go) camping every year, so he 8) _____ (have) a great tent and lots of other equipment. My brother 9) _____ (think) we're crazy. He likes holidays in comfortable hotels, so he 10) _____ (take) a trip to Tashkent instead.

Exercise 5 Present Simple or Continuous? Choose the correct alternative(s) in the sentences 1-10 below.

1. Today Tumaris *is spending/spends* time with her grandfather.
2. They usually *are going/go* to the gym and play tennis on Saturday evenings.
3. We're *having/have* a barbecue later on. Do you want to come and join us?
4. No, Nagima can't answer the phone, she *practice/is practicing* table tennis.
5. I usually *have/am having* a coffee before *I'm leaving/leave* for work in the morning.
6. They sometimes *fly/are flying* to Saratov, but usually they *are going/go* by boat.

7. Where are you? I'm **sitting/sit** outside in the garden, breathing fresh air!
8. Batirov always **brings/is bringing** a monolingual dictionary to his English class.
9. Hey guys, Why are you **run/running** so fast? We will be in time anyway.
10. Bibixan **works/is working** hard on herself, as she **is having/ has** an exam tomorrow.

Vocabulary



Topic vocabulary

Word	Meaning	Word	Meaning
bat	a wooden object used for hitting the ball in games such as baseball, cricket, and table tennis	net	in some sports, an object made of net that you hit, kick, or throw the ball over or into
beat	to defeat someone in a game, competition, election, or battle.	racquet or racket	an object used for hitting the ball in games such as tennis
breathtaking	extremely impressive or beautiful	love	a score of no points in tennis
court	an area marked with lines where some sports are played, including tennis and basketball: <i>a tennis/squash court</i>	smash	in tennis, to hit a ball that is above your head downwards and very hard
entertaining	enjoyable or interesting: an entertaining talk/evening / programme	tournament	a series of games in which the winner of each game plays in the next game until there is only one player or team left

Exercise 1 Use the words in the box below, fill the gaps in the following sentences.

**a) shot b) match c) points d) court e) net hit, f) smashes g) fifteen, love
h) tournaments, win i) racquet, bat j) serves**

1. I have to go now – I've got a tennis _____ in 20 minutes.
2. Wouldn't it be good to live in a house with your own private tennis _____?
3. I played in four amateur tennis _____ last year and reached the final in two of them, but didn't _____ either.
4. I was hoping to get a tennis _____ as a Christmas present, but I only got a table-tennis _____.
5. Look, we can't play on this court – the _____'s broken.
6. Why does he have to play so aggressively? Every time I _____ the ball high in the air he just _____ it past me. It's no fun at all.
7. Oh, what a great _____ by Roger Federer!
8. What's the score now? _____ - _____, or fifteen all?
9. She _____ the ball so hard that I can hardly ever get it back.
10. She beat me really easily. I think I only won about 20 _____ in the whole match.

Exercise 2 Read the short text. Then open the brackets and fill in gaps using the appropriate form of the word.

In the last few years I've really started to 1) _____ (love) tennis. Recently I've been playing at least twice a week, which is really helping me 2) _____ (to keep) fit. On a nice summer evening there's nothing better than 3) _____ (to go) along to my local club for a game. Most people there are really nice, so after playing I usually 4) _____ (to stay) for a drink with some of them. I like the fact that it's a very 5) _____ (psychology) game – you need determination and 6) _____ (to concentrate). You can't hide when you're out there on the 7) _____ (court). If the match isn't going well you can easily get into a bad frame of mind, so you have to battle against yourself as well as against your opponent. Also, I love watching tennis on TV, as the players' skill and fitness are 8) _____ (to breathe). Of course they practise a lot, but it's also about 9) _____ (nature) talent – I mean, I could practise five hours a day for five years and I'd probably still not win a point against a top 10) _____ (profession) like Maria Sharapova.

Exercise 3 Match the words in the table with their definitions below.

1. A player does this to start a rally.	a. a set
2. This part of a tennis match has six or more games.	b. a rally

3. In this kind of tennis match, men and women play together.	c. singles
4. This is what a player must do after his (her) opponent serves the ball.	d. a racket
5. This piece of equipment has strings and a handle, and is used to hit the ball.	e. to serve
6. This part of a tennis game starts with a serve, and ends when a player fails to hit the ball back.	f. mixed doubles
7. In this kind of tennis match, a man plays against a man. or a woman plays against a woman.	g. to return the serve
8. It consists of 'games' and 'sets'.	h. match
9. The player who is the first to win either two or three sets.	i. Tennis
10. The game is played on a court, 23 metres long and 11 metres wide.	j. the winner

Exercise 4 Tennis Poet. Use the words below to fill in the missing words that rhyme.

Balls Rest Slice Round Best Stand Calls Land Down Twice
--

Before I serve I need two 1) _____.
And I'm always fair when I make line 2) _____.
When I change sides I can sit and 3) _____.
And on every point I try my 4) _____.
Sometimes the ball spins round and 5) _____.
And hitting with topspin makes the ball curve 6) _____.
There's a place on the court called "no man's" 7) _____.
And it's not a very good place for me to 8) _____.
A double fault is missing your serve 9) _____.
And hitting with backspin is called a 10) _____.

Exercise 5 Which phrase does each of the numbers refer to? (You can also search the Internet about the game of table tennis)

1. What was the other name for table tennis?
a) Pong Pong
b) Ping Ping
c) Pong Ping
d) Ping Pong

2. What was used as a ball?
a) a champagne bottle
b) a champagne cork
c) a cigar box
d) a cigar

3. When was Table Tennis first played?

- a) the 1780s
- b) the 1980s
- c) the 1890s
- d) the 1870s

4. What time of day was it first played?

- a) during dinner
- b) before dinner
- c) anytime
- d) after dinner

5. Table Tennis became popular when:

- a) wooden rackets were made
- b) champagne became cheaper
- c) it became an international sport
- d) it was too rainy to play tennis outside

6. Table Tennis became an Olympic sport in:

- a) 1926
- b) 1988
- c) 1901
- d) 2008

7. Table tennis _____ as an after-dinner game.

- d) soft material

- a) began
- b) start
- c) play
- d) shown

8. A rubber surface _____ you could spin the ball earlier.

- a) meant
- b) express
- c) written
- d) played

9. Table tennis was _____ in the 1988 Olympics.

- a) included
- b) started
- c) played
- d) used

10. The players hit a small, light ball to each other. They hit the ball with rackets made of _____ covered with rubber.

- a) wood
- b) iron
- c) cotton

Exercise 6. Through the link below, you are going to watch this short video tutorial guide on how to play Tennis under Olympic, International rules. Learn about singles, doubles, serve, advantage, deuce, rally, point, game, set, match, volley, faults and more.

https://www.youtube.com/watch?v=1P_Das6OjAk

UNIT REVIEW

Exercise 1 Build up sentences.

1. Islam / like watching TV / but / he / not / watch / at the moment / because / he / sleep /
2. What / Dilfuza / do / at the moment / ? / She / wash / her hair / bathroom /
3. mother / can (-) / help me / now / because / she / cook / kitchen / cake /
4. Where / your cousin / live / ? / She / live / Nukus / Karakalpakstan /
5. Why / you / eat / hamburger / now / ? / Because / I / be / hungry / so /
6. Aybek / usually / go / work / motorcycle /
7. children / play / computer games / at the moment / at home /
8. My sister / can (-) / play / basketball / because / she / not / have / trainers /
9. How often / mother / cook / pizza / ? / at home / your /
10. My grandma / not / like / ice skating / because / they / be / dangerous /

Exercise 2 Fill in the blanks with present continuous or simple present.

1. The pupils (play) outside the school building now.
2. Zulfiya usually (read) the newspaper in the afternoon at work.
3. Gulayim (go) for shopping at the moment to buy drinks for guests.
4. I (water) my flowers in the garden now.
5. (you / want) a pizza for lunch?
6. They (watch) a comedy on TV now.
7. We (go) to the disco tonight to celebrate the event.
8. Roman usually (drink) coffee, but he (drink) sparkling water now.
9. My mother usually (cook) dinner in the evening.
10. He (write) a letter to his pen-friend every month.

Exercise 3 Read the carefully. Then translate it into your mother language.

Denis

Tennis has got to be one of the most boring sports in the world. Watching a little ball go backwards and forwards for two hours, while the players make ridiculous grunting noises – you call that entertaining? Also, in Britain, I can't stand the hype in the media whenever one of our players has a chance of winning an important tournament. They always lose in the end, of course. Why can't we just accept that we're not very good? As for playing tennis, it's even worse than watching. I tried it for a while when I was a kid, and it was one of the most frustrating things I've ever done. Hitting the ball and seeing it go into the net almost every time is enough to put anyone in a bad mood. I remember my dad said I should practice by hitting a ball against a wall. Well, I tried it, and it was a disaster. The wall beat me every time.

Exercise 4 After you have read the text above, fill the gaps in the sentences below.

1. Denis certainly doesn't _____ tennis.
2. It seems Denis never had much _____ as a tennis player.
3. Denis seems not to like the way some professional players _____ when they hit the ball.
4. Denis thinks there's too much _____ whenever a British tennis starts doing well.
5. Denis doesn't think that watching tennis on TV is _____.
6. Denis's attempts to _____ by hitting a ball against the wall didn't go very well.

Exercise 5 Revision. Choose the correct answer.

1. We _____ to a party next Saturday.
A) go B) goes C) are going D) went
2. She _____ for dinner this evening.
A) come B) came C) comes D) is coming
3. _____ to go out tonight?
A) Do you want B) Are you wanting C) Is you want D) Would you want
4. Oh, someone _____ in my seat!
A) is sitting B) sits C) will sit D) sit
5. I'm sorry. I can't help you at the moment. I _____ dinner.
A) will cook B) am cooking C) cook D) cooked
6. This is a great party! Everyone _____.
A) dance B) is dancing C) dances D) are dancing
7. What _____ they going _____ do?
A) are / too B) are / to C) is / to D) is / too
8. "I'm going to university next year"
"What _____ study?"
A) you going to B) do you C) did you D) are you going to
9. "It's very noisy"
"Suzy _____ to rock music."
A) listen B) listens C) listened D) is listening
10. Mrs. Sarbinaz _____ to her boss. I'll tell her you phoned.
A) talked B) talks C) talk D) is talking

UNIT 3 SIZE

Grammar: Past simple tense

Patterns of simple past tense for regular verbs

	TO BE	VERBS
+	S + Was/were They were friends.	S + V-ed She worked yesterday.
-	S + was not/were not + ... They weren't friends.	S + did not + verb (base form) She didn't work yesterday.
?	Was/Were + S + ...? They weren't friends.	Did + S + verb (in base form)? Did she work yesterday?
	Affirmative	Interrogative
	I worked You worked He worked She worked It worked We worked You worked They worked	Did I work? Did you work? Did he work? Did she work? Did it work? Did we work? Did you work? Did they work?
		Negative
		I didn't work You didn't work He didn't work She didn't work It didn't work We didn't work You didn't work They didn't work

(See Appendix III)

Exercise 1 Fill in the blanks with the Simple Past tense of the verbs in brackets as shown in the sentence (0).

Last Saturday my father 0) took (take) my friends and me to the circus in the city centre. We 1) _____ (see) lots of things. My father 2) _____ (buy) us some popcorn and orange juice. We 3) _____ (eat) the popcorn and 4) _____ (drink) the orange juice. We 5) _____ (laugh) at the funny clowns. There 6) _____ (be) some lion-tamers. The lions 7) _____ (do) tricks; they 8) _____ (jump) through hoops. A girl 9) _____ (ride) an elephant around the ring. We all 10) _____ (have) a wonderful time together on that day.

Exercise 2 Underline the correct word or phrase in each sentence.

- 1) When you passed the town hall clock, **did you notice/were you noticing** what time it was?
- 2) Last night my neighbours **were shouting/would shout** for hours and I couldn't get to sleep.
- 3) When you lived in London, **did you use to travel/were you travelling** by bus?
- 4) Everyone was having a good time, although not many people **danced/were dancing**.

- 5) Jill was really hungry because she **didn't eat/hadn't eaten** all day.
- 6) Before we went to the theatre, we **called in/had called** in at George's café for a pizza.
- 7) It took a while for me to notice, but then I did. Everyone **stared/was staring at** me. What had I done wrong?
- 8) Nobody bothered to tell me that the school **decided/had decided** to have a special holiday on Friday.
- 9) I **was trying/tried to** get in touch with you all day yesterday. Where were you?
- 10) A: Excuse me, but this seat is mine.
B: I'm sorry, I **didn't realise/hadn't realized** that you were sitting here.

Exercise 3 Read the following story. After that, do the task A.

Bob is a young sailor. He lives in England, but he is often away with his ship. One summer he comes back from a long voyage and finds new neighbors near his mother's house. They have a pretty daughter, and Bob soon loves her and he wants to marry her when he comes back. Bob promises the girl to send a present from every port. Bob's first port is Capetown in Africa, and he sends the girl a parrot from there. The parrot speaks three languages. When Bob's ship reaches Australia, a letter comes from the girl. The letter says, "Thank you for the parrot, Bob. It tasted much better than a chicken."

A) Write the story again. Use the simple past tense.

Bob was a young sailor. He lived in England, but he was often away with his ship.

.....

.....

.....

.....

.....

.....

.....

Exercise 4 Answer the questions about the story:

1. What was Bob?

He was a young sailor.

2. What change did he find when he was back home?

.....

3. How was their daughter?

.....

4. How did Bob feel about the girl?

.....

5. What did Bob tell the girl?

.....

6. What did Bob send the girl from Capetown?

.....

7. Where is Capetown?

.....

8. How many languages did the parrot speak?

.....

9. What did the girl do with the parrot?

.....

10. What was written in the letter?

.....

Exercise 5 Write what Aziz DID or DIDN'T do yesterday. Rewrite the sentences using the word and signs in parenthesis.

1. go shopping for food (-) Aziz ***didn't*** go shopping for food yesterday

2. clean the house (+)

3. feed the cat (+)

4. telephone Liza (-)

5. watch a film on TV (-)

6. visit his grandparents (+)

7. take them a cake (+)

8. study in the library (+)

9. get into trouble (+)

10. eat lunch at the cafeteria (-)

Vocabulary



Topic vocabulary

Big	Long	Length
Small	Short	Height
Low	Tall	Capacity
High	Wide	Width
Medium	Narrow	Depth
Little	Thin	Deep
Tiny	Thick	Shallow
Vast	Huge	Massive
Enormous	Immense	Minute

Synonyms for Measurement

SIZE	HIGH	LOW
area	above	abyssal
bulk	above and beyond	base
capacity	aerial	below
diameter	aloft	beneath
dimensions	altitudinal	bottom
expanse	beyond	cavernous
extent	elevated	deep
girth	eminent	down
heaviness	lofty	ground-level
magnitude	onto	inferior to
mass	over	nether
	superior to	

measure proportions volume weight width height length	tall top upmost upon upward of	squatty subordinate to subsided to the ground under underneath
---	--	---

Exercise 1 Choose a word from the box to complete each of the sentences below. You do not need all of the words.

*high wide long deep shallow broad narrow depth width
height length broaden lengthen shorten widen lower*

1. The opposite of deep is _____.
2. The opposite of wide is _____.
3. The local council plans to _____ the road because of the large volume of rush-hour traffic.
4. We want to _____ the ceiling – it's too high.
5. The _____ of the fence is over two metres, so that no one can see over it.
6. The length of the swimming pool is forty metres and the _____ is fifteen.
7. The _____ of the water is three metres.
8. If we take the road along the river, it will _____ the journey by about twenty miles, and we'll save a lot of time.
9. They say that travel will _____ your mind.
10. The Art store on Kalinin Street has a _____ range of woodwork tools.

Exercise 2 Contradict the speaker in the sentences below. Look at the example first.

Example: A: *Is it a long film?* B: *No, it's quite short.*

1. A: Is he a bit fat?
B: No, he's _____.
2. A: The water's quite deep, isn't it?
B: No, _____.
3. A: Their office is in quite a low building, isn't it? B: No,
4. A: Is the road very wide at that point?
B: No, _____.
5. A: It's a fairly boring place, isn't it?
B: No, _____.
6. A: He's quite tall, isn't he?
B: No, _____.
7. A: They only live in a small place, don't they?
B: No, it's _____.

8. Is it far to the centre of town?
B: No, it's _____.
9. Is it a long way to the next big town?
B: No, it's _____.
10. How far is it to a bank office?
B: It's _____.

Exercise 3 Prepositions with distance. Fill in the prepositions. If you are unsure, try looking up the word *distance* in a good dictionary.

1. The car was parked _____ a distance _____ about 150 metres from the scene of the robbery.
2. I saw you _____ the distance yesterday but I didn't call out as I could see you were with someone.
3. She's a great shot. She can hit an empty can _____ a distance of about 100 feet, which I can't.
4. What's the total distance _____ here _____ Nukus?
5. The student is thus given criticism of a paper _____ a considerable distance from their reading of it.
6. As a young man, he participated in track and field sports, and was a _____ distance runner.
7. The measured quantity used here is the surface elevation at a point a _____ distance from the paddle.
8. The _____ distance was maintained - and proper was the operative word.
9. Rustam turned away and, as if searching for something, gazed _____ the distance, at the waters of the Danube, at the sky, and at the sun.
10. It's _____ distance, you know.

Exercise 4 Use these verbs to fill the gaps. Check their usage in a dictionary if necessary.

*expand extend lower spread deepen heighten
shrink lengthen grow widen contract stretch*

1. COVID19 _____ rapidly during the 2020s.
2. The steel industry _____ when the economy was strong, but now it has _____ and only employs 8,000 people.
3. This sweater of mine has _____ in the wash!
4. Our land _____ as far as those trees there.
5. Our problems have _____ since that new director came.
6. The table is a little bit higher than the second one. Let's _____ it.
7. I've _____ her skirt for her.
8. The fog _____ the feeling of mystery.
9. They _____ the garden.
10. His death so soon after hers _____ our sadness even further.

Exercise 5 Complete B's replies using a suitable form of the *dimension/distance* words opposite.

1. A: These blue trousers I've bought are too long.
B: Well, why not get _____.
2. A: He's a big boy, isn't he? 1.90 metres!
B: Yes, he's _____.
3. A: Why are we going across the field?
B: Just to get there that bit quicker; it's _____.
4. A: We'll have to measure how high the room is.
B: That's not necessary; we already know the _____.
5. A: The traffic seems to move far quicker on this road since I was last here.
B: Yes, well, they _____.
6. A: Why do they have to have music on TV news programmes? It seems totally unnecessary!
B: Well, I think they want to create a feeling of drama, and the music is supposed to _____.
7. A: There is a short-cut to the station.
B: The new road will _____ our journey by 25 minutes.
8. A: They are widening the road.
B: Let's measure the _____ of the house.
9. A: You don't have much knowledge for this work.
B: I want to _____ my experience.
10. A: The table is too high.
B: You can _____ that table.

Exercise 6 This video will show you how belts are measured so you can make sure you get the perfect fit. After watching the video discuss and share your opinions in group.

<https://www.youtube.com/watch?v=Z7dlqCRndXU>

UNIT REVIEW

Exercise 1 Fill in the blanks with a verb from the box in the Simple Past.

drink break swim make sit write spend buy lose wash

1. Azima a cake an hour ago.
2. Salima a hat last week at the wedding party.
3. Talgat a letter yesterday to his friend.
4. The Pavlovs in the sea for an hour.
5. The children a lot of Coke last night.
6. Zamira her arm last week.
7. Qadirbergen all his money last week.
8. Munisa the clothes yesterday.
9. She..... his wallet last night.
10. Gulimxan on the old chair a minute ago.

Exercise 2 Fill in the blanks with the past form of the verbs.

Franklin 1) _____ (be) also an important scientist and inventor. He 2) _____ (draw) electricity from a cloud on a kite string. He 3) _____ (write) one of the first text books on electricity. He 4) _____ (invent) a simple lightning rod and many other practical tools. He 5) _____ (make) a study of water and 6) _____ (discover) many principles of hydrodynamics. He even 7) _____ (invent) bifocal glasses when he was seventy-eight and 8) _____ (need) them himself. Franklin 9) _____ (do) all these things and many more because he 10) _____ (believe) he could.

Exercise 3 Match the left-and right-hand columns.

1. The city's spread a lot;	for miles along the river.
2. It takes ten weeks;	you should broaden it.
3. We extended the house	It's much bigger now.
4. You can choose;	There's a wide range.
5. Your experience is too narrow;	It's a lengthy business
6. The forest stretches	to give us more room.

Exercise 4 Complete each sentence with the correct form of the verb.

1. When Ms. Ayimxan awoke from a good night's sleep, she (**walk**) _____ to the bathroom.
2. She (**look**) _____ in the mirror.
3. Oh, my! She was (**frighten**) _____ by what she saw.
4. Her face was (**cover**) _____ in purple and green spots.
5. Ms. Ayimxan quickly (**call**) _____ the doctor.
6. The doctor said she (**need**) _____ to come in to the office right away.
7. At the doctor's office, both the nurse and the doctor (examine) _____ Ms. Ayimxan's face.
8. They were both so (**surprise**) _____. No one had ever had this kind of rash
9. Ms. Ayimxan's doctor (**call**) _____ a skin specialist.
10. He said if Ms. Ayimxan (**want**) _____ to look normal, she would have to stop eating pickles and blueberries at the same time.

Exercise 5 Revision. Choose the correct answer.

1. I didn't go home _____ weekend because some friends came to stay.
A) for B) last C) * D) at
2. They arrived _____ three o'clock _____ the afternoon.
A) at / in B) in / for C) when / ago D) last / *
3. _____ a good time last night?
A) Did you have B) Were you having C) Will you have D) Are you having
4. But when I _____ up the phone, there was no one there.
A) pick B) am picking C) picked D) was picking
5. I left college three years _____.
A) nothing B) ago C) for D) in
6. I found a flat on my own _____ last year.
A) at B) for C) * D) on
7. I _____ a very good program on TV last night.
A) was seeing B) see C) am seeing D) saw
8. _____ we got home we listened to some music.
A) For B) Last C) Last D) When
9. I had an accident _____ last night.
A) in B) * C) on D) at
10. We _____ to have a cup of coffee.
A) decided B) were deciding
C) decides D) will deciding

UNIT 4 THE INVENTION OF BASKETBALL

Grammar: Past simple continuous tense

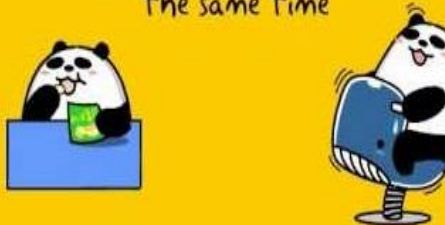
+ **S + was/were + V-ing**
She was cooking all morning.

- **S + was/were + not + V-ing**
She was not sleeping when he came home.

? **Was/were + S + V-ing?**
Was she sleeping when he came home?

+	-	?
I was working	I wasn't working	Was I working?
You were working	You weren't working	Were you working?
He/she/it was working	He/she/it wasn't working	Was he/she/it working?
We were working	We weren't working	Were we working?
You were working	You weren't working	Were you working?
They were working	They weren't working	Were they working?

Actions happening at the same time



I was eating while he was playing

Forming the Past continuous

The past continuous of any verb is composed of two parts: the past tense of the verb *to be* (*was/were*), and the base of the main verb + *ing*.

For example: to play

Affirmative	Negative	Interrogative
I was playing	I was not playing	Was I playing?
You were playing	You were not playing	Were you playing?
He was playing	He wasn't playing	Was he playing?
We were playing	We weren't playing	Were we playing?
They were playing	They weren't playing	Were they playing?

(See Appendix IV)

Exercise 1 Fill in the blanks with a correct form of Past Continuous.

- Alim hurt herself while he _____ (**play**) basketball.
- I met my neighbor at the next door while I _____ (**walk**) home from work.

3. Salima saw a friend while she _____ (**ride**) her bicycle along Amir Temur St.
4. Pariza fell asleep while she _____ (**study**).
5. Bobur stepped on Jamila's feet while they _____ (**dance**) together.
6. He cut himself while he _____ (**shave**).
7. Mr. Bahrams burned themselves while they _____ (**bake**) cookies.
8. Temur had a nightmare while he _____ (**sleep**) at a friend's house.
9. He _____ (**talk**) with Marina, when Mrs. Salimova came in.
10. The customer _____ (**pay**) his cheque at the market when he dropped his credit card.

Exercise 2 Fill in the blanks with a correct form of Past Continuous. How did it happen?

0. How did Alima hurt herself? (**play basketball**)
She hurt herself while she was playing basketball.

1. How did Marat burn himself? (**iron his clothes**)
.....
2. How did Elena cut herself? (**slice onions**)
.....
3. How did Jannat meet her husband? (**fix a flat tire**)
.....
4. How did Mirbek break his arm? (**skate**)
.....
5. How did you lose your wallet? (**ride my bicycle**)
.....
6. How did Jamal meet his wife? (**swim at the beach**)
.....
7. How did Bobur get a black eye? (**fight with his brother**)
.....
8. How did her children burn themselves? (**make breakfast**)
.....
9. How did Mirigul fall? (**play volleyball**)
.....
10. What's the matter with your foot? How did you fall? (**ice-skating**)
.....

Exercise 3 What's the matter?

	What was he/she doing?	What happened?	What's the result?
Aman	ice-skate	fall on the ice	break foot
Mirbek	play football	kick the goalpost	break leg
Bobur	cycle	fall off the bike	injure hand
Feruza	skate	fall over	break arm

Elmira	dance	trip over the carpet	sprain ankle
--------	-------	----------------------	--------------

A. Make dialogues as in the example:

Example: You: Hi, Tina! What's the matter with your foot?

Aman: I broke it.

You: How did it happen?

Aman: I fell on the ice while I was ice-skating.

1. You:

Mirbek:

You:

Mirbek:

2. You:

Bobur:

You:

Bobur:

3. You:

Feruza:

You:

Feruza:

4. You:

Almira:

You:

Elmira:

Exercise 4 Fill in the blanks with a correct form, the Past Simple or the Past Continuous.

1. He _____ (talk) with Madina, when Mrs. Sayora came in.

2. They _____ (study) five hours last night.

3. Janar _____ (sleep) when the telephone rang.

4. As I _____ (walk) to the lab, I met my close friend Nadira.

5. We _____ (watch) TV last night together.

6. The older woman _____ (pay) her cheque when she dropped her pocket.

7. The barber _____ (cut) my hair yesterday.

8. She _____ (dance) when she hurt her ankle.

9. It _____ (rain) hard when I got up.

10. It _____ (snow) hard last night.

Exercise 5 Fill in the blanks with a correct form of Past Continuous.

1. The weather was very cool and rainy. The sun _____ (not / shine) in the sky.

2. It wasn't a stormy night. The wind _____ (**not / blow**).
3. He wasn't sleeping. He _____ (**look**) at the ceiling thinking about his future.
4. The boys were having a rest along the river. They _____ (**not / work**).
5. They were extremely happy. They _____ (**enjoy**) the party.
6. Damir was at home. He _____ (**watch**) a movie on TV.
7. Makset was getting worse. He _____ (**not / recover**).
8. We _____ (**travel**) in the north of Karakalpakstan when we were on holiday.
9. Ayzada _____ (**drive**) so fast when the accident happened.
10. I _____ (**not / daydream**) when you came in.

Vocabulary



Topic Vocabulary

Word	Meaning	Word	Meaning
assist	a pass to a teammate that leads directly to a goal	chest pass	a two-handed pass thrown from chest height
backboard	a board behind the basket, off which the ball may rebound	double-dribbling	violation of dribbling the ball with two hands, or stopping and restarting the dribble
basket	1. a container used to hold or carry things 2. a net fixed on a hoop used as the goal	draft	the annual process by which NBA teams select local or foreign players for their teams
block	to stop the movement of an opponent, or stop an opponent's pass or shot	dribble	To bounce the ball repeatedly with one hand while running or walking
bounce	to rebound after hitting a surface	no-look pass a pass	thrown without looking towards the receiver

Exercise 1 Match the words on the left with the definitions on the right.

1. education	A. to grow older and become an adult
2. excited	B. to make something new
3. few	C. a group of people who play a sport together

4. grow up (v.)	D. happy about something happening
5. indoor	E. information you learn from going to school
6. invent (v.)	F. to give advice about how to do something
7. team	G. not many
8. suggest (v.)	H. inside a building; not outside

Exercise 2 Complete the paragraph by circling the correct words.

Millions of people love the sport of basketball in the United States and around the world, but few people stop to 1)_____ about who invented it, why, where and when. James Naismith 2)_____ the game. He was born in 1861 in Ontario, Canada and he loved to 3)_____ sports in school. After he grew up, he 4)_____ a sports education teacher before he moved to the state of Massachusetts in the U.S. He invented basketball for 5)_____ reasons. First, he wanted his students to have 6)_____ activity they could play during the winter months when it was 7)_____ cold to play outside. Second, he believed that basketball was 8)_____ than football. The very first game of basketball was played on December 21, 1891 when James asked his college class to play a new kind of game that he invented. Some of his students 9)_____ very excited about this strange new sport, but they played anyway. After the game, someone suggested that the new game should be called the “Naismith Game”, but James Naismith decided to call it “Basket Ball” (which later became “basketball”). There were some differences between the first games and the games we 10)_____ today. For example, 11)_____ are now fewer players on a team (five instead of nine). Also, the first games were played with soccer balls – the first real “basketball” was only invented several years later. Basketball later became an international sport as it became popular 12)_____ Europe after the First World War, and then in China, India, Japan and many other countries.

1. A) thinks B) think C) thinking
2. A) invention B) invent C) invented
3. A) plays B) playing C) play
4. A) became B) become C) becomes
5. A) two B) to C) too
6. A) a indoor B) indoor C) an indoor
7. A) too B) two C) to
8. A) safest B) safer C) safely
9. A) didn't B) weren't C) aren't
10. A) watch B) watches C) watching
11. A) their B) there C) they're
12. A) at B) on C) in

Exercise 3 How Much Do You Understand? According to the article (in Exercise 2), write 'T' (True) or 'F' (False) next to each statement.

1. The article is about the life of the inventor of basketball, James Naismith.
2. James Naismith was born in Massachusetts, in the United States.
3. The very first game of basketball was played in the winter.
4. James Naismith's students asked to play the first basketball game.
5. Some people wanted to call basketball the "Naismith Game".
6. The first basketball teams each had nine players.
7. He thought that Football is a better game than Basketball.
8. The first games were played with soccer balls.
9. Basketball later didn't become an international sport.
10. There were some differences between the first games and the games we play nowadays.

Exercise 4 Discuss the following questions with your partner. Then write your answers on a sheet of paper.

1. Do you like to watch basketball? Do you like to play it? Why? / Why not?
2. Why do you think basketball became so popular around the world?
3. Work with some classmates. Try to invent a new sport! Describe it.
4. Compare the games: Basketball and Football.
5. What kind of techniques do you think most important in playing Basketball?

Exercise 5 Fill in gaps using the words in the box.

Baskets shoot referees violations hoop time-out shot clock turnover MVP draft

1. Players earn more points if they _____ from outside the three-point line.
2. Players have to keep an eye on the _____ while they are playing.
3. Their coach indicated that he wanted a _____, and the referee stopped the game.
4. Good players protect the ball to stop opposition players from making a _____.
5. Two of the most common _____ in junior basketball are double-dribbling and travelling.
6. How many _____ are usually on court during a game of basketball?
7. Michael was awarded _____ many times during his career.
8. The ball has to go through the _____ from above to score a goal.
9. Every team studies the players in the _____ and decides which ones they'll try to recruit.
10. In the early days, peach _____ were nailed to the walls and used as goals.

Exercise 6 In the video via the link given below, you are going to listen to the fouls and violations in a basketball game. Discuss in pairs the followings: Fouls in Basketball, Personal Fouls in Basketball, Technical Fouls in Basketball, Flagrant Foul in Basketball, Violations in Basketball.

<https://www.youtube.com/watch?v=sRYsGCKrLII>

UNIT REVIEW

Exercise 1 Complete the sentences with the words in parentheses using the past simple or the past continuous.

My mother called me around four. My husband came home a little after five. When he 1) (come) home, I 2) (talk) to my mother on the phone. Yesterday Roman and Aysuluw 3) (go) to the zoo around one. They 4) (see) many kinds of animals. They stayed at the zoo for two hours. While they 5) (walk) home, it 6) (begin) to rain, so they 7) (stop) at a small café and had a cup of coffee. Yesterday afternoon I went to visit the Parker family. When I 8) (get) there around two o'clock, Mrs. Shirin was in the yard. She 9) (plant) flowers in her garden. Mr. Aman was in the garage. He 10) (change) the oil.

Exercise 2 Complete the sentences with the words in parentheses using the simple past or the past continuous.

1. While they (travel) to Navoi, Maman (keep) a diary.
2. Mrs. Hurliman (drive) past a house in Kalinin Street when she (see) the ground floor on fire.
3. While Bahram (fly) off the coast, the pilot (see) sharks approaching the swimmers.
4. The fireman (fight) the fire on a balcony below when he (hear) someone's shouts.
5. She (die) while she (run) after a bus for work.
6. We (have) dinner together when the electricity (go) off at home.
7. She (think) of something else while you (talk) to her.
8. I (see) her sitting in the garden while I (look) out of the window.
9. While the teacher (talk), the students (look) at an insect on the ceiling.
10. While I (study) last night, Farid (drop by) to visit me.

Exercise 3 After you have completed the Exercise 3 above, read the text carefully. Then translate it into your mother tongue.

Millions of people love the sport of basketball in the United States and around the world, but few people stop to 1)_____ about who invented it, why, where and when. James Naismith 2)_____ the game. He was born in 1861 in Ontario, Canada and he loved to 3)_____ sports in school. After he grew up, he 4)_____ a sports education teacher before he moved to the state of Massachusetts in the U.S. He invented basketball for 5)_____ reasons. First, he wanted his students to have 6)_____ activity they could play during the winter months when it was 7)_____ cold

to play outside. Second, he believed that basketball was 8)_____ than football. The very first game of basketball was played on December 21, 1891 when James asked his college class to play a new kind of game that he invented. Some of his students 9)_____ very excited about this strange new sport, but they played anyway. After the game, someone suggested that the new game should be called the “Naismith Game”, but James Naismith decided to call it “Basket Ball” (which later became “basketball”). There were some differences between the first games and the games we 10)_____ today. For example, 11)_____ are now fewer players on a team (five instead of nine). Also, the first games were played with soccer balls – the first real “basketball” was only invented several years later. Basketball later became an international sport as it became popular 12)_____ Europe after the First World War, and then in China, India, Japan and many other countries.

Exercise 4 Complete the activity.

Alley oop Rebound Dribble Lay-up Travelling Airball
Goal tending Free throw Double dribble Jump ball

1. A play in which one player throws the ball into the vicinity of the rim and a jumping team-mate catches it and scores a basket in one motion
2. Controlling the basketball by bouncing it with either hand
3. An unhindered basketball shot from the foul line; given to penalize the other team for committing a foul
4. A basketball shot made with one hand from a position under or beside the basket (and usually banked off the backboard)
5. An official tosses the ball up between two players who jump in an effort to tap it to a teammate
6. Touching the ball when a shot is descending towards the basket or is directly above the basket
7. A violation by a player with the ball who moves both feet without dribbling
8. The act of securing possession of the rebounding basketball after a missed shot
9. A shot that missed the rim, net and backboard
10. An illegal dribble in basketball (the player uses both hands to dribble or the player starts to dribble a second time after coming to a stop).

Exercise 5 Revision. Choose the correct answer.

This morning I __1)__ to work. I __2)__ to go by bus because the sun __3)__. While I __4)__ past the supermarket, I __5)__ something strange. A man __6)__ near me and he __7)__ a song very loudly on his own! He __8)__ for a few minutes. Then he __9)__ a friend and he __10)__ singing.

1. A) was walking B) walked C) walk D) walking
2. A) didn't want B) wasn't wanting C) don't want D) am not wanting

3. A) shone B) is shining C) was shining D) shines
4. A) walked B) am walking C) was walked D) was walking
5. A) was seeing B) saw C) am seeing D) see
6. A) passed B) was passing C) pass D) passes
7. A) sang B) sing C) was singing D) song
8. A) was continuing B) continues C) is continuing D) continued
9. A) will met B) met C) was meeting D) meet
10. A) was stopping B) stop C) stopped D) is stopping

UNIT 5 LEISURE AND SPORT

Grammar: Present Perfect tense

Forming the Present Perfect

The present perfect of any verb is composed of two elements: the appropriate form of the auxiliary verb **to have** (present tense), plus the past participle of the main verb. The past participle of a regular verb is **base+ed**, e.g. *played, arrived, looked*.

The infographic is divided into three main sections. The top section, marked with a plus sign (+), shows the affirmative structure: 'S + have/has + past participle' with the example 'I have tried sushi.' The middle section, marked with a minus sign (-), shows the negative structure: 'S + have not (haven't)/has not (hasn't) + past participle' with the example 'I have not tried sushi.' The bottom section, marked with a question mark (?), shows the interrogative structure: 'Have/Has + subject + past participle?' with the example 'Have you tried sushi?'. Below these sections is an illustration of a person running on a path, with the text 'He has completed the running.' Below the illustration is a blue box containing the 'Structure' (S + has/have + V3) and an 'Example' (She has written an essay.).

Examples: *to walk*

Affirmative	Negative	Interrogative
I have walked	I haven't walked	Have I walked?
You have walked	You haven't walked.	Have you walked?
He, she, it has walked	He, she, hasn't walked	Has he, she, it walked?
We have walked	We haven't walked	Have we walked?
You have walked	You haven't walked	Have you walked?
They have walked	They haven't walked	Have they walked?

(See Appendix V)

Exercise 1 Write a suitable sentence using the Present Perfect tense.

1. Amir's shirt was dirty. Now it's clean. (**wash**)
.....
2. Tursinbek was 80 kg. Now he's 70. (**lose weight**)
.....
3. Bahadir played football yesterday. Now he can't walk; his leg is in plaster. (**break**)
.....
4. My brother is looking for his pencil case. (**lose**)
.....
5. Mafruza is on holiday in France. (**go**)
.....
6. Mr. Hakim was in Switzerland last week. He's back in London now. (**be**)
.....
7. Look! Mrs. Aysultan has got a lot of packages. (**buy**)
.....
8. I can't eat anything now. (**eat too much**)
.....
9. Mrs. Japparova is very tired. (**clean / house**)
.....
10. Tumaris needs a holiday. (**work / hard / this year**)
.....

Exercise 2 Follow the example and do the same using Already/Yet/Just.

Examples:

a) Bring the milk in, please.

- I have **ALREADY** brought it in.

b) She has been in the shop. (buy anything)

- She has been in the shop but she hasn't bought anything **YET**.

c) he / go out

- What has he **JUST** done?

- He has **JUST** gone out.

1. You have a bad cough. I think you should stop smoking.
.....
2. Why don't you clean your shoes?
.....

3. I finished reading my library books a long time ago. (not change them)
.....
4. the teacher / walk out
.....
5. the dog / see the cat
.....
6. We have guests today. Shall we make a cake?

.....
7. She went to the bus-stop half an hour ago. (the bus / not come)
.....

8. Jane / turn the TV off
.....

9. He borrowed my book last year. (not give it back)
.....

10. We should invite Mary to the party.
.....

Exercise 3 Read the passage. Open the brackets and put the words in Present perfect tense.

A Look at the Intriguing History of Snowboarding by Keith Kingston

To say who actually invented the sport of snowboarding would be impossible because people _____ always 1) _____ (love) to slide down a snow-covered hill. Soaring through the snow on some kind of seat or board is nothing new. The ways to enjoy the snow are numerous, and people 2) _____ (devise) ways to turn garbage can lids and cardboard into 'snow boards' to enjoy an afternoon frolic outdoors. The various ways to glide through snow 3) _____ (become) more sophisticated and 4) _____ (evolve) into using polished boards or skis in much the same manner as a surfboarder would ride a wave. There 5) _____ (to be) many attempts at developing a modern snowboard. In 1965, the 'Snurfer' (a word play on 'snow' and 'surfer') was developed as a child's toy. From the first crudely built snowboards to the advanced and specialized models available today, snowboarders 6) _____ (carry) a 'bad boy' image. Olympic and world wide snowboarding events 7) _____ (become) among the most popular of winter sports and the competition to be the best is fierce. Retailers nation wide and around the world carry many types of snowboards, and the choice in specially made snowboarding gear is immense. Snowboarders 8) _____ (participate) in the X Games and even charity events such as Boarding for Breast Cancer. From its early meager beginnings snowboarding 9) _____ (progress) into a fully recognized sport, and large numbers of people 10) _____ (turn) to snowboarding for adventure, fun, and professional recognition.

Exercise 4 Use present perfect tense after "because".

1. Hamida can't walk very fast. (hurt / leg)
.....

2. I can't get in the house. (lose / key)
.....

3. I know this story very well. (see the film)
.....

4. I can't post the letter. (not put / stamp / on it)
.....

5. Atabek can't stand up. (eat too much)
.....

.....
6. They can't go on holiday to Paris. (not save / money)
.....

7. I know Mrs Farida well. (meet her before)
.....

8. We don't know how Mr Axmed is. (not hear from him)
.....

9. Anvar won't take a cigarette. (give up smoking)
.....

10. Salamat can't get in. (he / lock the door)
.....

Exercise 5 Rewrite the following sentences twice, using "since" and "for".

Example: I haven't seen you. (Sabrina's wedding / 3 months)

a) *I haven't seen you SINCE Sabrina's wedding.*

b) *I haven't seen you FOR 3 months.*

1. We've been here in the park. (an hour / 5 o'clock)

a)

b)

2. Gulsara hasn't spoken to me. (5 weeks / last week)

a)

b)

3. Turmanovs have lived in this street. (1990 / a long time)

a)

b)

4. I haven't had time to do the task. (last Monday / a few days)

a)

b)

5. We haven't bought a new house. (ages / many years)

a)

b)

Exercise 6 In this video, you can learn how to talk about sports in English. What sports do you like playing?

<https://www.youtube.com/watch?v=QH0mj2TO4mM>

Vocabulary



Topic vocabulary in contrast

umpire / referee	final / finale / end / ending	draw / equal
Pitch / track / court / course / ring / rink	bat / stick / rod / racket	Spectator / viewer
sport / athletics	interval / half time	competitor /opponent
Win / beat / score	Play / game	amateur / professional

Word formation

fortune misfortune, (un)fortunate(ly)	allow disallow, allowance, allowable	interest (un)interesting(ly)
medal medallist, medallion	associate dicassociate, assotiation,	oppose opposition, opponent,
train retrain, trainer	know knowledge, (un)knowledgeable opposite, opposing	practice practise, (im)practical(ly) competitive(ly)
enjoy enjoyment, ejoyable	compete competetion, competitor,	maintain maintanance
equip equipment, equipped	lose lost, loss	prefer to do(rather than (to) do); prefer sth (rather than

		smth)
--	--	-------

Exercise 1 Complete using the correct form of the words in the box.

*course pitch rink track beat score win bat stick
rod racket court ring*

1. We used to go skating at the iceevery Sunday.
2. Keith had never seen such a large golf until he went to Scotland.
3. We all met at the basketballat half past three.
4. It's called a boxing, but it's actually square!
5. For the 800 metres race, you have to run round thetwice.
6. The football match had to be called off because the was flooded.
7. Our teamuntil half time, but in the second half the other team three goals, and so they us. But it was a great match!
8. Adrian got a new fishingfor this birthday.
9. I'd spend hours putting linseed oil on my cricket to keep the wood strong.
10. Why are hockey such a strange shape?

Exercise 2 Circle the correct word or phrase.

1. The *umpire/referee* blew the whistle and the most important football match I've ever played began.
2. We used to play rugby in the winter term, football in the spring term, and we'd do *athletics /sport* and swimming in the summer term.
3. Do you fancy a *game/play* of cards?
4. I only do magic tricks for fun. I've never thought of becoming *an amateur/ a professional* magician.
5. The play was so boring, we walked out during *half time/the interval*.
6. The Aral *equalled / drew* 3-3 with Namangan in the match last Saturday.
7. *Spectators/ Viewers* who watched last week's programme will remember we were looking at the history of baseball.
8. We got through to the *final / finale*, but then lost to Paxtakor.
9. Most people prefer films which have a happy *end/ ending*.
10. Would all *opponents / competitors* please make their way to the starting line?

Exercise 3 Use the word given in the box at the end of each line to form a word that fits in the gap in the same line.

*know enjoy equip practical compete oppose lose
become improve fortune*

A snooker player speaks

When I first started playing snooker. I had no real 1)of the rules. I just thought it looked an 2) game. Also, I didn't need to buy any expensive 3) because the snooker hall near my house had tables and cues. I spend 4) all the free time I had practising, and then decided to enter a 5) It was great fun!. My 6) was someone who'd been playing for years. Of course, he beat me, but the fact that I'd 7) didn't put me off at all. And, 8) , my game 9) enough for me to 10) a professional snooker player three years ago.

Exercise 4 Complete the sentences by changing the form of the word in capitals when this is necessary.

1. I need to buy a new pair of (**TRAIN**).
2. Elvira used to(**PRACTICE**) for hours to learn to juggle properly.
3. That was the most(**INTEREST**) book I've ever read. I can't wait for the sequel!
4. Would you describe yourself as a (**COMPETE**) person?
5. Many professional basketball players earn a(**FORTUNE**) these days.
6. F.A. stands for Football (**ASSOCIATE**).
7. The gold, silver and bronze (**MEDAL**) took their places on the podium for the presentation ceremony.
8. In Britain, the money parents give their children is often called pocket money. In America, It's often called an (**ALLOW**).
9. I'm afraid the swimming pool is closed at the moment as they're carrying out some essential (**MAINTAIN**).
10. I wanted to be (**INVOLVE**) in school sports competitions.

Exercise 5 Name one other piece of equipment necessary to play these sports apart from the item given, as in the example. What special clothing, if any, is worn for each sport?

1. archery:	<i>bow, ...</i>
2. badminton:	<i>racket, ...</i>
3. hockey:	<i>stick, ...</i>
4. baseball:	<i>bat, ...</i>
5. darts:	<i>darts, ...</i>
6. golf:	<i>clubs, ...</i>
7. swimming:	<i>swimming togs, ...</i>
8. mountain-biking:	<i>padded bike shorts, ...</i>
9. sky-diving:	<i>parachute, ...</i>
10. gymnastics:	<i>climbing ropes, ...</i>

UNIT REVIEW

Exercise 1 Put the verbs in the correct tense. Use the simple past or the present perfect.

1. Nigina (study) yesterday afternoon?
2. you (send) the letters yet?
3. she (call) him a week ago?
4. My book isn't here. Somebody (take) it.
5. Why (Jamal / not want) to play tennis last Sunday?
6. you (ever / be) in a TV studio?
7. you and Sabina (enjoy) the party last night?
8. you (not / finish) school last year?
9. I (lose) my English dictionary. I can't find it anywhere.
10. His hair looks short. He (have) a haircut.

Exercise 2 Ask questions with "How long?".

Example: She is married. - *HOW LONG has she been married?*

1. I know Boburov.
2. Sara and Allamurat are married.
3. Gulnigar is unemployed.
4. Those books are here.
5. Marina is at the airport.
6. My sister is ill.
7. Sapar has got a bad cold.
8. Janargul has long hair.
9. I have a yacht.
10. They are in the restaurant.

Exercise 3 Answer the questions given in the following quiz. The results of the quiz will help you to figure out whether "extreme sports" can be your hobby or one of the ways of spending your leisure time.

Pop quiz

Are you the sort of person who loves adventure?

1. Which activity would you prefer?
 - a. Gliding
 - b. Horse-riding
 - c. Stamp-collecting
2. You are lost in a strange town. What would you do?
 - a. I'd panic. If I had enough money, I'd take a taxi.

- b. I'd ask a passer-by for directions.
- c. If I wasn't in a hurry, I'd explore.
- 3. You've been to a disco. It's past midnight and you have missed the last bus home. What would you do?
 - a. I'd start walking home.
 - b. I'd hitch a lift from a passing car.
 - c. I'd phone home and ask to be collected.
- 4. You are invited to dinner by some Australian friends. They want you to try a special dish: kangaroo steaks. What would you say?
 - a. I'd say "Fantastic! I wouldn't miss it!"
 - b. I would make an excuse so that I didn't have to go.
 - c. I would accept the invitation, a bit hesitantly.
- 5. If your best friend dyed his/her hair blue, what would you think?
 - a. I would think about changing my own hairstyle to something a little bit more original.
 - b. I'd think that they were mad.
 - c. It would depend whether or not the colour suited them.
- 6. You win first prize in a competition: a trip to East Atlantic. What would be the main attraction for you?
 - a. I'd enjoy staying in a luxury hotel and relaxing
 - b. I'd enjoy improving my sun-tan at the beach and joining a couple of sight-seeing tours.
 - c. The main attraction would be discovering a new country: the people, the scenery, the wildlife.

Exercise 4 Choose the correct answer.

- 1. The in the stadium all cheered the athletes.
A) viewers B) witnesses C) spectators D) onlookers
- 2. I got a new baseball yesterday.
A) stick B) club C) racket D) bat
- 3. After a hard match, United managed to with city , 1-1
A) equal B) exast C) draw D) score
- 4. In this game, the players it in turns to throw the dice.
A) take B) do C) make D) have
- 5. It's nice to win, but the important thing is to your best.
A) make B) take C) have D) do
- 6. Just ask them if you can play and I'm sure they'll let you
A) take up B) join in C) go off D) take to
- 7. Everyone expects Johnson toSmith in today's final;
A) beat B) score C) win D) champion
- 8. Why are you so tired? Because I all morning.
A) jog B) was jogged C) have been jogging D)had been jogged
- 9. It was the first time I a live match.
A) was every seeing B) had ever been seeing C) had ever seen D) was ever seen

10. I the whole of War and Peace by the time I was seven years old.
A) was reading B) had been reading C) had read D) had been read

Exercise 5 Revision. Choose the correct answer.

1. _____ I have finished this exercise. Thank goodness! It was so boring.

A) Together B) At last C) Exactly D) Just

2. Gulaim's English is getting better. She _____ a lot of English since she _____ here.

A) learnt / has come B) has learnt / has come C) has learnt / came D) learnt / came

3. Murat and Jamal _____ here five months ago. They _____ in this city for five months.

A) came / have been B) have come / have been C) come / were D) has come / has been

4. Dastan can go to bed now. He _____ his homework.

A) finish B) has finished C) finishes D) finished

5. Alima _____ in Russia, but she would like to go there one day.

A) was B) has been C) wasn't D) has never been

6. He and his wife have lived next to me _____ their son, Nadirbek, was born.

A) for B) when C) since D) *

7. I've known him _____ we went to school together, but I've _____ met his parents.

A) ever / ever B) for / never C) since / for D) since / never

8. Anna has had a bad cold _____ the last few days.

A) for B) after C) since D) in

9. I have written a letter _____ breakfast.

A) * B) before C) for D) since

10. I'm looking after Tursinbek today. He's been at my house _____ 8.00 this morning.

A) at B) for C) since D) from

UNIT 6 THE OLYMPIC GAMES

Grammar: Present Perfect Continuous tense

+	-	?	Present Perfect Continuous		
I've been working	I haven't been working	Have I been working?		helping verbs	present participle
You've been working	You haven't been working	Have you been working?	I	have been	thinking
He/she/it's been working	He/she/it hasn't been working	Has he/she/it been working?	You	have been	dreaming
We've been working	We haven't been working	Have we been working?	He/She/It	has been	writing
You've been working	You haven't been working	Have you been working?	We	have been	eating
They've been working	They haven't been working	Have they been working?	You	have been	noticing
			They	have been	laughing



He **has been sleeping** for five hours.

The kids **have been playing** since morning.

Forming the Present Perfect Continuous

The present perfect continuous is made up of two elements: the present perfect of the verb *to be* (have/has been), and the present participle of the main verb (base+ing)

Subject	has/have been	base+ing
She	has been	swimming

Examples: *to live*

Affirmative	Negative	Interrogative
I have been living	I haven't been living	Have I been living?
You have been living	You haven't been living	Have you been living?
He, she, it has been living	He hasn't been living	Has she been living?
We have been living	We haven't been living	Have we been living?

Affirmative	Negative	Interrogative
You have been living	You haven't been living	Have you been living?
They have been living	They haven't been living	Have they been living?

(See Appendix VI)

Exercise 1 Put each verb in brackets into the most appropriate perfect or past verb form.

- 1) So far we **haven't noticed** (*not/notice*) anything unusual, but we (**not/pay**) very close attention.
- 2) I'm sorry I (**not/come**) to grammar club lately.
- 3) He (**work**) late in the evenings for the past fortnight.
- 4) Begis (**get**) that new job, but he (**complain**) about it ever since.
- 5) Here is the news. The Home Office (**announce**) that the two prisoners who (**escape**) from the prison earlier this morning (**give themselves up**) to local police.
- 6) (**you/make up**) your minds? What (**you/decide**) to do?
- 7) Umid (**leave**) home rather suddenly and we (**not/hear**) from him since.
- 8) Recent research (**show**) that Columbus (**not/discover**) America, but that Vikings (**land**) there five hundred years before him.
- 9) I think that people (**become**) tired of the poor quality of television programmes, though they (**improve**) lately.
- 10) (**something/happen**) to the phonelines? I (**try**) to get through to London for the past hour.

Exercise 2 Use Present Perfect Continuous tense to fill in the blanks.

0. I'm tired, because ***I have been working*** (work) on my rapport very hard.
1. She _____ (**earn**) quite a lot of money for the last three years.
2. He _____ (**write**) letters all morning.
3. Catherina is getting fatter because she _____ (**eat**) too much.
4. My mother _____ (**peel**) the potatoes all afternoon.
5. Clara _____ (**attend**) a cookery course since March.
6. How long _____ you _____ (**learn**) English?
7. Where are my eye-glasses? I _____ (**look**) for them for two hours.
8. Charles _____ (**escape**) from the police for years.
9. How long _____ you _____ (**use**) a computer?
10. Elizabeth _____ (**live**) with Mike for three years.

Exercise 3 Complete the postcard below with the present perfect continuous form of the verbs.

Hi Damir!

We 1) _____ (**spend**) an awesome time. Right now, I'm in a little café near the beach. I 2) _____ (**sit**) here since breakfast! The others 3) _____ (**play**) volleyball for hours, but I'm too lazy! This place is really interesting. I 4) _____ (**read**) a bit about its history since we arrived. Some of the buildings are hundreds of years old. My dad bought a new camera at the airport and since then he 5) _____ (**take**) photos non-stop. I 6) _____ (**take part in**) small sport competitions here since we came. However, I realized that I should practice more. Also, I 7) _____ (**read**) that book you borrowed since I left the town, but I haven't finished it yet. It's really interesting.

Anyway, how are you? I hope you 8) _____ (**feel well**) and everything is OK. What 9) _____ (**you/do**) since the last time we spoke? I hope it 10) _____ (**not rain**) all week!

See you soon.

Salamat

Exercise 4 Use present perfect tense or present perfect continuous to fill in the blanks.

- Oh, Hakim **has scored / has been scoring** in the match.
- This group of girls **have danced / have been dancing** for half an hour.
- I **have been waiting / have waited** for Ayzada for ages.
- I've **finished / 've been finishing** my essay on topic "Global problems".
- I've **been writing / have written** this letter for half an hour.
- Damegul **has visited / has been visiting** ten museums this week.
- I'm very tired. Because I **have travelled / have been travelling** around Muynak all day.
- She **has found / has been finding** a good job at a company.
- I'm hot and tired because I **have been running / have run**.
- I have **written / have been writing** articles for weeks.

Exercise 5 Match the situations on the left (1-10) with the causes (a-j) on the right.

1	The streets are wet.	a	She's been exercising all month.
2	The children aren't hungry now.	b	She's been leaning on the blackboard
3	He's out of breath.	c	She's been dancing for hours.
4	Both students have black eyes.	d	It's been raining for hours.
5	Carol's pants are dirty	e	He's been running for an hour.
6	The teacher's sweater is covered in chalk.	f	She's been working in the garden.
7	Anvar coughs all the time.	g	They've been eating cookies all day.
8	Liliya's feet are sore.	h	He's been smoking for years.
9	Dinara feels great.	i	They've been fighting.
10	Marjan's eyes are very red.	j	She's been crying all night.

Vocabulary



Topic vocabulary

Word	Meaning	Word	Meaning
alter	to make something or someone different	goalkeeper	the player whose job is to stop the ball going into the goal in games such as football
clothing	clothes of a particular type outdoor/protective/waterproof clothing	ice rink	a large flat area of ice inside a building, where people can go to ice-skate
competitor	someone who takes part in a sports competition	opponent	someone who is competing against you
crash helmet	a hard round hat that you wear to protect your head while driving a motorcycle or racing car	release	the act of moving a piece of equipment from the position that it is held in
goal	the net or structure that you try to get the ball into in games such as football and basketball	track	a piece of ground used for racing

Exercise 1 Read the short extract from the text “The Ancient Olympics”. Fill in gaps with the words below.

Olympus mythology javelin event games appeared race olive tree peace wreaths

The Ancient Olympics

The first recorded Olympic Games were an altogether more modest affair than those of today, consisting of just one 1) _____, the stadion foot race. The year was 776 BC and the location was Olympia in western Greece, not to be confused with 2) _____, which is a mountain in north-east Greece and thought to be the home of the Gods. The origins of the Games are shrouded in the 3) _____ of Ancient Greece – some say Herakles (or Hercules) was responsible for them, others say Pelops (a Lydian prince) started them, but all agree that the 4) _____ were started up to honour Zeus, king of the Gods. The Games were held every four years from the beginning and each Olympiad saw additions to the events. The Pentathlon consisted of five events; the long jump, the stadion 5) _____, discus throwing, 6) _____ and wrestling, but this only 7) _____ seventy years after the first Olympiad. Before the start of the first Olympiad, King Iphitos of Elis (a city-state of Olympia) was ordered by the Delphic Oracle to plant an 8) _____ to symbolise 9) _____ among the cities and states of Ancient Greece. It was from this tree that the winners’ 10) _____ were taken over the five days of the Games.

Exercise 2 Complete the sentences with words formed from the ones given in the brackets.

1. He took part in a lot of _____ (COMPETE) when he was younger.
2. He’s the youngest _____ (CONTEST) in the race.
3. You should respect your _____ (OPPOSE).
4. The FA Cup is a popular _____ (SPORT) event.
5. The first _____ (DIVIDE) in England is called the Premier League.
6. One of the _____ (SPECTATE) attacked the referee.
7. The _____ (GOAL) saved two penalties.
8. We do a lot of _____ (GYM) at our school.
9. We do _____ (DOOR) sports in good weather.
10. _____ (WEIGHT) is a popular sport in Bulgaria.

Exercise 3 Read the short text below. Then fill in gaps by using the in the box.

Penalties ski carry fly made up in flat add mass finish
--

Biathlon

This is an individual sport 1) _____ 2) _____ and rifle shooting. Players 3) _____ their rifles 4) _____ their backs, competitors ski a long distance (up to 20 kilometres) on a snow-covered route that is mostly 5) _____ .

They have to stop in various places to 6) _____ their rifles at targets: whenever they 7) _____ a target there is a time penalty, which means some time is 8) _____ on to the time they take to reach the end of the route. The winner is the competitor who 9) _____ in the quickest time, including 10) _____.

Exercise 4 Read the definitions and guess the names of sports.

1. It's like tennis but you use a shuttlecock, not a ball. _____
2. It's like tennis but you hit the ball against a wall. _____
3. You can play it on grass or on ice. _____
4. Indoors there are six players on each side, but on the beach there are two on each side. _____
5. Popular in the USA, 11 a side, you need a bat and a ball. _____
6. Popular in New Zealand, 15 a side, the ball is not round. _____
7. You need a bow, an arrow and a target. _____
8. When you throw the ball well, you get 1, 2 or 3 points. _____
9. You have to run 42.195 kilometres. _____
10. A baton, 4 runners, 100 or 400 metres. _____.

Exercise 5 Match the vocabulary with the correct definition and write a-j next to the numbers 1–10.

1. Sports that include running, jumping and throwing.	a. boxing
2. Two people fight just using their hands. They wear special gloves.	b. athletics
3. Jumping or falling into water.	c. rowing
4. Two people fight using swords.	d. diving
5. Similar to dancing. You need a lot of strength, balance, co-ordination and flexibility.	e. hockey
6. A team sport. You have to move the ball into the opponent's goal with a stick.	f. marathon
7. A long-distance running race. It's 42.195km!	g. fencing
8. Athletes race in boats on rivers or lakes.	h. swimming
9. Athletes race in the water.	i. volleyball
10. A team sport with six players on each side. You hit the ball over the net with your hands.	j. gymnastics

Exercise 6 In this video, you are going to watch the ancient origins of the Olympics - Armand D'Angour through the link given below. Discuss in groups and answer the following question: How did the Olympics become the greatest show of sporting excellence on Earth? Dig into the history and evolution of the global event.

<https://www.youtube.com/watch?v=VdHHus8IgYA>

UNIT REVIEW

Exercise 1 Use present perfect tense or present perfect continuous to fill in the blanks.

1. I *haven't seen / haven't been seeing* you for ages.
2. *Have you finished / Have you been finishing* reading T.Qayipbergenov yet?
3. *They've eaten / have been eating apples* all afternoon, ever since they came from school.
4. *I've been reading / have read* this journal now, so you can have it back.
5. *I've been writing / have written* eight pages already.
6. Temur, your exam paper is completely blank! What *have you been doing / have you done?*
7. Oh, no! There's nothing to eat. My little sister *has been eating / has eaten* everything I left in the kitchen.
8. Oh, no! There's no red wine to drink. They *have drunk / have been drinking* all the red wine.
9. No wonder your eyes hurt. *You've been playing / have played* computer games ever since you had your dinner.
10. *I've bought / have been buying* a new pair of black shoes.

Exercise 2 Use the present perfect tense or the present perfect continuous to fill in the blanks.

1. I'm extremely tired. We (**walk**) along this street for over an hour. Let's stop and rest for a while.
2. The zoo isn't far from here. I (**walk**) there many times before.
3. I (**write**) my friends a dozen emails since I left home and come home.
4. Saltanat is writing a letter to her boyfriend. She (**write**) it since she got home from class. It's going to be a long letter.
5. The telephone (**ring**) four times in the last hour, and each time it has been for my groupmate.
6. The telephone (**ring**) for almost a minute. Why doesn't someone answer it?
7. She is 70 and she (**never / read**) a book in her whole life.
8. The secretary looks so tired. She (**type**) all morning in the office.
9. Alimbek is reading a book. He started two hours ago and he is on page 63. He (**read**) for two hours.
10. Hi! I (**clean**) the windows. So far I (**clean**) four of them and there are two more to do.

Exercise 3 Read the text carefully. Then translate it into your mother tongue.

The Modern Olympics

Around 1,500 years after the Ancient Olympics were abolished; a Frenchman named Baron de Coubertin decided to reinstate the Games as a means of providing friendship and understanding between nations. The first Modern Olympics were held in Athens in 1896, but it wasn't until 1920, in Antwerp, that the Olympic rings made their debut on the flag. The five rings are thought to symbolise the five continents; Europe, Asia, Africa, Australia and America, and it is widely believed that the colours of the rings (blue, black, red, yellow and green) were chosen because at least one of them can be found in the flag of every nation.

At the 1908 London Games, Bishop Ethelbert Talbot impressed Baron de Coubertin with his speech to the Olympic athletes when he declared "The important thing in these Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle." Baron de Coubertin adopted the first part of this speech as the creed for the Games which now appears on the scoreboard during the opening ceremony. As well as providing the games with a creed, Baron de Coubertin also adopted the motto "Citius, altius, fortius" from his father's school motto. It means "Swifter, higher, stronger", a sentiment that athletes from all over the world aspire to achieve.

Exercise 4 Circle the correct one answer.

1. When were the first Ancient Olympics held?
 - a) 776 BC
 - b) 76 BC
 - c) 76 AD
 - d) 776 AD
2. Where were they held?
 - a) Olympus
 - b) Sparta
 - c) Athens
 - d) Olympia
3. The Games were held in honour of _____.
 - a) Apollo.
 - b) Zeus.
 - c) Athena.
 - d) Poseidon.
4. The Ancient Games took place every _____.
 - a) year.
 - b) four years.
 - c) five years.
 - d) seventy years.
5. The prize for winning an event was _____.
 - a) five gold rings.
 - b) a crown of wild olive branches.
 - c) a gold medal.
 - d) five goats.
6. When were the first Modern Olympics held?
 - a) 1896
 - b) 1908
 - c) 1920
 - d) 1924
7. Where were they held?
 - a) Antwerp
 - b) Amsterdam
 - c) Athens
 - d) London
8. The five Olympic rings represent _____.
 - a) five continents.
 - b) five rings.
 - c) five colours.
 - d) five athletes.

- a) the winner's five gold rings.
 - b) the five continents.
 - c) the five events of the Pentathlon.
 - d) the winner's five goats.
9. Finish this sentence "The important thing in these games is _____.
- a) ... not to take part but to win."
 - b) ... to make friends around the world."

- c) ... not to win but to take part."
 - d) ... to take drugs and not be caught."
10. The Olympic motto 'Citius, altius, fortius' means _____.
- a) A lemon a day keeps the doctor away
 - b) My country is the best
 - c) Swifter, higher, stronger
 - d) Forty people from each country.

Exercise 5 Revision. Choose the correct answer.

We __1)__ in our new house for several months. Since we __2)__ in, we __3)__ very busy. Everyone __4)__ to get the house ready. So far we __5)__ the living room and the kitchen. Soon after we arrived the central heating __6)__ down, so we __7)__ to spend a lot of money to repair it. We __8)__ gardening very much, but we __9)__ time to do anything in the garden yet. And it __10)__ very heavily recently, so we'll just wait till the weather gets better.

- 1. A) lives B) lived C) have lived D) have been living
- 2. A) have moved B) moved C) have been moving D) are moving
- 3. A) are B) have been being C) were D) have been
- 4. A) has been helping B) has helped C) helps D) helped
- 5. A) decorated B) decorate C) have decorated D) have decorating
- 6. A) have broken B) broke C) breaks D) are breaking
- 7. A) have been having B) have C) had D) have had
- 8. A) are liking B) liked C) have liked D) like
- 9. A) don't have B) haven't had C) had not D) aren't having
- 10. A) is raining B) rained C) have been raining D) has rained

UNIT 7 TRAVELLING

Grammar: Stative Verbs

Stative Verbs **Dynamic Verbs** & **Stative Verbs**

States/actions

- I **see** a doctor
- I **see** what's wrong with my patient
- I am **seeing** my patient tomorrow

VERB: I believe that recycling is important

List of Stative Verbs

adore	agree	appear (seem)
appreciate	be (exist)	believe
belong to	concern	consist of
contain	cost	deny
depend on	deserve	detest
disagree	dislike	doubt
equal	feel	hate
have (possession)	hear	imagine
include	involve	know
lack	like	loathe
look (seem)	love	matter
mean	measure	mind
need	owe	own
possess	promise	realize
recognize	remember	resemble
satisfy	see	seem
smell	sound	suppose
surprise	taste	think (opinion)
understand	want	weigh

wish		
------	--	--

(See Appendix VII)

Exercise 1 Complete each sentence using the stative verb from the parenthesis.

1. Jasur _____ dessert every day. (*has, eats, possesses*)
2. I _____ good about the race's outcome. (*am, were, feel*)
3. She _____ her mother. (*imagines, resembles, walks with*)
4. Do you _____ they will win? (*think, involve, promise*)
5. They really _____ everything you did for them. (*include, appreciate, dislike*)
6. I think the professor was _____ with my speech. (*involved, measured, satisfied*)
7. Can you _____ the coffee brewing? (*feel, smell, dislike*)
8. My sister still _____ a lot of money on her student loans. (*deserve, owe, involve*)
9. You _____ more shoes than anyone else I know! (*dislike, suppose, have*) .
10. Do you _____ the answer? (*depend on, know, include*)

Exercise 2 Put the verb into the correct form. Use either the present simple or the present continuous.

1. Please girls don't make so much noise. I _____ (*study*).
2. Hurry! The bus _____ (*come*). I _____ (*not/want*) to miss it.
3. I _____ (*not/belong*) to a political party.
4. The river _____ (*flow*) very fast today, much faster than usual.
5. We usually _____ (*grow*) vegetables in our garden, but this year we _____ (*not/grow*) any.
6. A: Anna, can you drive? B: No, but I _____ (*learn*). My father _____ (*teach*) me.
7. Alisa, you can borrow my umbrella. I _____ (*not/need*) it at the moment.
8. I usually _____ (*enjoy*) parties but I _____ (*not/enjoy*) this one very much.
9. Nagima is still ill but she _____ (*get/better*) slowly.
10. Sabira _____ (*stay*) with her sister at the moment, until she finds somewhere to live.

Exercise 3 Circle the correct form of the verbs in parentheses.

- 1) Right now my brothers (**think, are thinking**) about studying at a foreign university.
- 2) Azamat (**has been knowing, has known**) Jasur for many years.
- 3) She told me that she (**had always loved, had always been loving**) the theatre and music.
- 4) It (**is depending, depends**) on what the weather (is being, is) like on Sunday.
- 5) Elmira (**has owned, has been owning**) that car for over five years.
- 6) Mariana (**saw, was seeing**) Farhad for the first time in a club in Samarkand Village.
- 7) Aziz (**was tasting, tasted**) the wine when suddenly the fire alarm went off in the restaurant. He spilled wine all over his shirt and trousers.
- 8) The flowers (**smelled, were smelling**) lovely in our garden last year in summer days.
- 9) I (**am thinking, think**) that I should look for a new job in the city centre.

10) The thieves looked into his rear-view mirror and (**was realizing, realized**) that they (**were being, were**) followed by a police car on the big road.

Exercise 4 Complete the second sentences that it has a similar meaning to the first sentence using one of the words in bold. Do not change the word in bold.

1) Bahram and his father are exactly alike in appearance. **looks like/looking like**
Bahram _____ his father.

2) Take all your possessions and walk slowly to the exit. **belongs/belonging**
Take _____ everything and walk slowly to the exit.

3) I'm finding it really enjoyable to work here. **enjoy/enjoying**
I _____ here.

4) I take work home regularly because of my new responsibility at work. **means/meaning**

My new responsibility at work _____ work home regularly.

5) In my cycling group there's Gafur, Tursin, Hakim and me. **consists/consisting**
My _____ Gafur, Tursinbek, Hakim and me.

6) In your opinion, who's going to win the Cup? **think/thinking**
Who do _____ win the Cup?

7) I'm seeing how wide the front door is. **measure/measuring**
I _____ the front door.

8) Nadir always forgets his wife's birthday. **remembers/remembling**
Nadir _____ his wife's birthday.

9) Its ability to catch marine fish is the key to the polar bear's survival. **depends/depending**

The polar bear's _____ to catch marine fish.

10) What's on your mind at the moment? **think/thinking**
What _____ at the moment?

Exercise 5 Most of these sentences contain an error. Where there is an error, rewrite the sentence correctly.

1) I'm *depending on* you, so don't make any mistakes!

2) Is this total *including* the new students?

3) Excuse me, but *do you wait for* somebody?

4) These tomatoes *are tasting* a bit funny.

5) How *are you feeling* today?

6) I *look forward to hearing* from you.

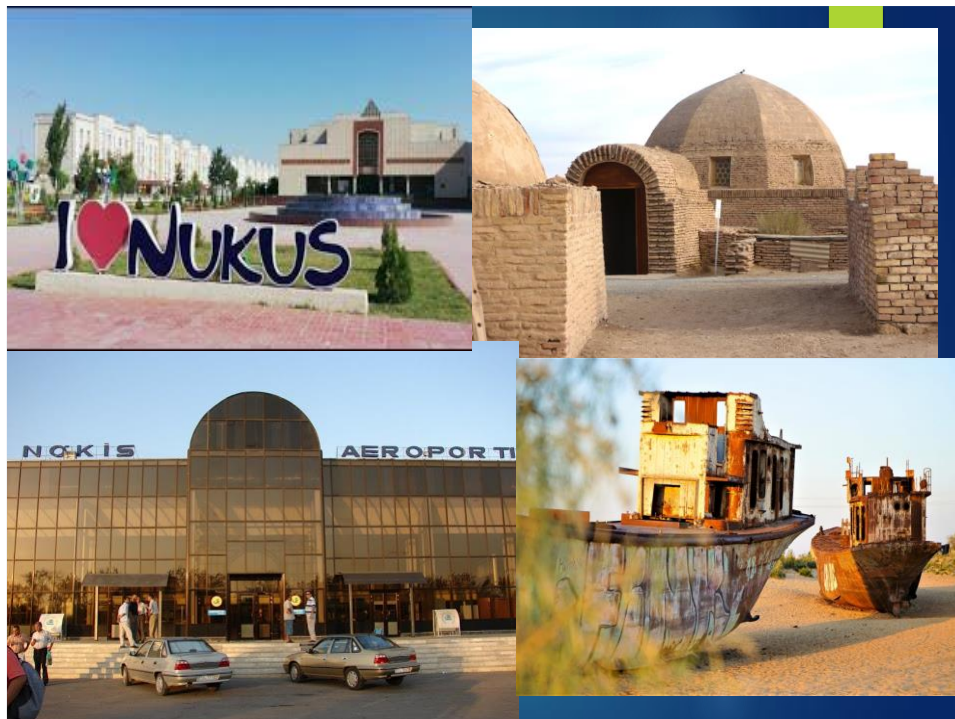
7) I have a feeling that something *goes wrong*.

8) What's that *you're eating*?

9) *Are you hearing* anything from Mirbek these days?

10) I think *you're being* rather mean about this.

Vocabulary



Topic vocabulary in contrast

Voyage/journey/trip/travel/excursion	Fare/ticket/fee	Live/stay
View/sight	Miss/lose	Border/edge/line
World/earth	Take/bring/go	Length/distance
Area/territory	Book/keep	Guide/lead
Season/period	Arrive/reach	Native/home

Word formation

Arrange rearrange, arrangement	Direct indirect, direction, director, (in)directly	Recognise (un)recognisable, recognition
Arrive arrival	Distant distantly, distance	Time timetable
Broad breadth, broaden	Enter entrance	Tour tourism, tourist
Culture cultural(ly), (un)cultured	Inhabit inhabitant	World worldwide
Differ different(ly), difference	Photograph photography, photographer, photographic	

Exercise 1 Use the word given in capitals at the end of each line to form a word (it may be a compound) that fits in the gap in the same line.

**TOUR VOYAGE ARRANGE FEE TIME SIGHT
CULTURE PHOTOGRAPH INHABIT AREA**

It's not always easy being a 1) _____. You spend half your time making 2) _____ for your holiday and the other half worrying about sticking to the 3) _____. I think it's relaxing sometimes to spend a holiday at home. There are no 4) problems, you don't need someone to be the 5) _____ and you know that the local 6) _____ are always friendly! You learn a lot about the local 7) _____ by speaking to local people. Captain Cook discovered Australia on a 8) _____ to the Pacific. Most tourist attractions in London charge an admission 9) _____. The sunset over Niagara Falls really is a magnificent 10) _____.

Exercise 2 Complete the sentences by changing the form of the word in capitals when this is necessary. You may sometimes need a compound.

1. Nukus has changed so much in the last few years that it's almost _____ (**RECOGNISE**).
2. The number of cars _____ (**WORLD**) is about a billion and is increasing all the time.
3. The new maglev trains run on a completely _____ (**DIFFER**) system from ordinary trains.
4. Living in a foreign country really does _____ (**BROAD**) your horizons.
5. I can't find a _____ (**DIRECT**) flight from London to Tashkent so I've booked one that changes in Frankfurt.
6. All passengers must complete a visa form upon (**ARRIVE**) _____ at Singapore airport.
7. You can still see old milestones by the side of the road in England, showing the _____ (**DISTANT**) to the nearest town.
8. The Museum of Transport has a full-sized jet plane next to the _____ (**ENTER**).
9. I get the train to work every day and the _____ (**FARE**) is quite expensive.
10. It's good to have someone to _____ (**GUIDE**) you when you are on holiday.

Exercise 3 Find the extra word in each line.

The cancelled trip

1. _____ Oh, let me tell you about our trip. Did you know that Sara is afraid of be
2. _____ flying? We had arranged it with her family to go to France for a few days.
3. _____ I have always wanted to see Paris and would love to live in there one day.
4. _____ Well, we got to the airport and Sara appeared being nervous. I asked her if

5. _____ she was okay and she said she was fine, so we continued on to our way.
6. _____ We went through passport control and I could see so that Sara wasn't
7. _____ keen on going any further. Just then, a voice announced: "We regret it to
8. _____ inform passengers that Flight 114 to France is been cancelled." That was
9. _____ our flight! Sarah said she was glad because of she was too frightened to
10. _____ fly anyway! So, we all went to home. That was the end of that trip!

Exercise 4 Match each person from the box with one of the comments.

conductor rambler hitchhiker commuter passenger driver steward
traffic warden passer-by pedestrian

- 1) I love wandering through the countryside along deserted footpaths. _____
- 2) I'll bring you your drink in just a minute, madam. _____
- 3) I've been waiting all morning at this roundabout for someone to stop. _____
- 4) I was just walking down the street opposite the bank when I saw it happen. _____
- 5) I've spent the last half an hour looking for a spot. It's hopeless. _____
- 6) I'll ring the bell for you, love, when it's time to get off. _____
- 7) The sign clearly says two hours only and you've been here all day. _____
- 8) It's just impossible getting across the road here. We need a subway. _____
- 9) Do you think you could go a little more slowly, I'm a bit nervous. _____
- 10) This train is late every morning. It has been for years. _____

Exercise 5 Choose the correct answer.

1. You need a passport to cross the _____ between Uzbekistan and the United States.
 A) edge B) line C) border D) rim
2. The hotel where we are _____ is quite luxurious.
 A) living B) remaining C) existing D) staying
3. When you _____ your destination, your tour guide will meet you at the airport.
 A) arrive B) get C) reach D) achieve
4. It can be quite busy here during the tourist _____.
 A) season B) phase C) period D) stage
5. Dawran _____ me to the train station every morning.
 A) goes B) has C) takes D) makes
6. I always enjoy our school _____ to Khiva.
 A) excursion B) trip C) journey D) travel
7. Hurry up, or we'll _____ the train!
 A) avoid B) drop C) miss D) lose
8. The brochure says that the hotel has a great _____ of the sea.
 A) appearance B) sight C) look D) view
9. I must remember to _____ a souvenir back from Spain for my grandmother.
 A) go B) bring C) take D) keep

10. The _____ from London to Berlin is about 818 kilometres.
A) measure B) gap C) length D) distance

Exercise 6 Travelling is one of the favorite activities of most people. Through travelling you can visit different countries at list once a year. Besides the fun, a travelling has an important value to add to your life. In the video you are going to watch the beneficial sides of travelling through the link given below. Discuss in groups and give responses to the following questions: Why do people need to travel? What are some benefits of travel? <https://youtu.be/MyqhDKNig88>

UNIT REVIEW

Exercise 1 Complete the expressions using the words from the box.

*making talking coming trying listening
getting on asking taking shooting thinking*

- 1) He is _____ to concentrate.
- 2) Are you _____ off now, or can we talk?
- 3) Go on, I'm _____.
- 4) I think we're _____ at cross purposes.
- 5) You're _____ for trouble.
- 6) It's _____ along nicely.
- 7) You don't seem to be _____ much interest.
- 8) You're _____ a fuss about nothing.
- 9) What's on your mind? What are you _____ at the moment?
- 10) You've only just started the job, haven't you? How are you _____?

Exercise 2 Aziz is on the Internet. He's telling people about himself. Say which verbs express states and which express actions.

1. My apartment **is** in the town centre.
2. I **drive** a taxi in the daytime.
3. I **own** two cars.
4. I **go** to lots of parties.
5. I **love** football.
6. I **surf** the Net most evenings.
7. I'm **enjoying** the game.
8. My car is **costing** a lot of money.
9. I **am being** extremely happy, that's all.
10. I **like** my job.

Exercise 3 Look at the table of some basic travel vocabulary. Highlight any of the words that you are not sure about and look them up in your dictionary. There are some more words below which could have been included in the table opposite. Where would they fit into the table?

Transport	Different kinds of vehicle	Parts of vehicle	People working with it	Associated facilities
Road	sports car,	boot, engine, gears,	driver,	Petrol station,

	estate car, bus, coach, tram, van, lorry	steering-wheel, brakes, tyres	mechanic, chauffeur, bus-conductor	garage, service station
Rail	passenger train, freight train, local train, express	sleeping-car, buffet, restaurant-car, compartment	ticket collector, engine-driver, guard, porter	waiting-room, ticket office, signal-box
Sea	yacht, rowing-boat, fishing-boat, liner, ferry, trawler	engine-room, deck, bridge, gangplank, companionway	captain, skipper, purser, docker, steward(ess)	port, buoy, quay, customs shed, light-house, docks
Air	aeroplane, jet, helicopter, supersonic aircraft	cockpit, nose, tail, wings, fuselage, joystick	pilot, ground staff, steward, air traffic controller	duty-free shop, departure lounge, hangar, runway

bonnet	balloon	deck-chair	guard's van
mast	petrol pump	bus driver	anchor
glider	oar	rudder	left luggage lockers
check-in desk	control tower	canoe	dual carriageway

Exercise 4 Complete the words or phrases below using words from the box.

off	control	free	card	baggage
in	lounge	luggage	reclaim	locker

1. boarding _____	6. duty _____
2. baggage _____	7. overhead _____
3. excess _____	8. take- _____
4. passport _____	9. departure _____
5. hand _____	10. check _____

Exercise 5 Revision. Choose the correct answer.

- I never a face but I've got no idea what her name is.
A) forgetting B) forgets C) forget D) forgot
- I don't want to have a fight about it. Just forget it! It
A) isn't matter B) isn't mattering C) doesn't matter D) doesn't mattering
- Why are you crying at that photo, mum? Are you that perfect day at the beach all those years ago?
A) remember B) remembering C) remembers D) remembered
- They're a party. I want to go but I nothing to wear.
A) have/have B) having/having C) have/having D) having/have

5. Commentator: She's running incredibly well. She must be the pain but she's so close to the finishing line, she can victory.
A) feeling/tasting B) feeling/taste C) feel/taste D) feel/tasting
6. They're really rich. They 2 houses and 5 cars but they always..... so unhappy! I it's true that money can't buy happiness.
A) own/seem/suppose B) owning/seeming/suppose
C) own/seem/supposing D) owning/seem/suppose
7. At the airport I the man I had to pick up from the photo the company had given me.
A) was recognizing B) am recognizing C) recognized D) will recognize
8. He a raise because he is such a good employee.
A) has been deserving B) is deserving C) deserves D) will deserve
9. I what you mean. And I agree with you.
A) was seeing B) am seeing C) see D) will see
10. Every morning when I wake up I wonderful cooking smells from the hotel kitchen.
A) had smelt B) am smelling C) can smell D) would better smell.

UNIT 8 EDUCATION AND LEARNING

Grammar: Past Perfect tense

+

S + had + past participle + ...

She had finished the test.

-

S + had not/hadn't + past participle + ...

She hadn't finished the test.

?

Had + S + past participle + ...?

Had she finished the test?


Past Perfect Tense
had + past participle

When do we use Past Perfect Tense?
The **past perfect** takes place before another **past action**.

Example:
I **noticed** that he **had left** his books behind.

past action past perfect

Past Perfect Tense



He **had cleaned** the room when I got home yesterday.

Had + Past Participle

First, a Completed activity

↓

Past

Then, another activity

↓

Present

Future

Forming the past perfect

Examples: to decide

Affirmative	Negative	Interrogative
I had decided	I hadn't decided	Had I decided?
You had decided	You hadn't decided	Had you decided?
She had decided	She hadn't decided	Had she decided?

Affirmative	Negative	Interrogative
We had decided	We hadn't decided	Had we decided?
They had decided	They hadn't decided	Had they decided?

(See Appendix VIII)

Exercise 1 Use the words in parentheses to complete the sentences. Use the past perfect tense. Add “not” where necessary.

- Ikram _____ (be) a rock climber before the age of twelve.
- Dastan _____ (climb) free solo until he moved to California.
- By 1989, he _____ (become) bored with climbing.
- In 1989, Damir _____ (appear) in the Masters of Stone videos yet.
- Anvar hunter didn't start his book about Dastan until he _____ (meet) him.
- When Dastan died, Anvar hunter _____ (finish) the book yet.
- Before his death, Damir _____ (already / travel) around the world.
- My father _____ (complete) a jump of almost 1000 feet not long before his fatal jump.
- Alima was excited because she _____ (go) mountain biking alone before.
- We didn't recognize her because she _____ (change) her hairstyle and dressing style.

Exercise 2 Read the short extract from the article about Alex Honnold. Then open the brackets and fill in the gaps with the words in the past perfect tense.

Daring. Defiant. Free.

Honnold couldn't use a rope or anything else to help him stick to the slippery stone. The few people who 1) _____ (climb) Half Dome before 2) _____ (use) ropes, and it 3) _____ (take) them more than a day to do the climb. On a bright September morning, Honnold was clinging to the face of Half Dome, less than 100 feet (30 meters) from the top. He 4) _____ (climb) forty-five minutes before he stopped suddenly. Something potentially disastrous 5) _____ (occur) he 6) _____ (lose) some of his confidence. He 7) _____ (not feel) that way two days before when he'd been racing up the same rock with a rope. That climb 8) _____ (go) well. Today though, Honnold hesitated. He knew that even the slightest doubt could cause a deadly fall, thousands of feet to the valley floor below. He knew he had to get moving, so he 9) _____ (chalk) his hands, before started climbing again. Within minutes, he was at the top. Bloggers spread the news of Honnold's two-hour-and-fifty-minute free solo, and climbers were amazed. On this warm fall day, 23-year-old Alex Honnold 10) _____ just _____ (set) a new record in one of climbing's biggest challenges.

Exercise 3 Choose the correct verb from the list below to complete the following sentences. Put the verb in the past perfect tense (had & past participle).

make start write leave forget fly escape ring eat change

1. When I got to the museum, Madina wasn't there. She _____ already _____.
2. I didn't recognize my old classmate because she _____ so much.
3. We were late for the show last night. By the time we got to the theater, the movie _____ already _____.
4. Yesterday evening I went on my first plane trip. I was very nervous because I _____ never _____ before.
5. I couldn't eat much supper last night because I _____ such a big meal.
6. I couldn't get into my apartment when I came home from work last night because I _____ to take my key.
7. Last week our teacher gave back the essays we _____ the week before.
8. By the time the police arrived at the bank, the robber _____ already _____.
9. The boys got to school late yesterday. The bell _____ already _____.
10. Shahnoza couldn't come to my house last night because she _____ already _____ other plans.

Exercise 4 Combine the following sentences by using “after / before”.

1. My sister took her umbrella. She went out for work.
.....
2. Farruh called me. I went to the institute.
.....
3. I washed all the dishes. I watched TV.
.....
4. Raya washed her hands. She had lunch.
.....
5. The boys bought a ball. They played football.
.....
6. My mother made a cake. The guests came.
.....
7. Amir put sugar in his tea. He drank it.
.....
8. I got up. I had breakfast.
.....
9. The pupils ran away. They broke the window.
.....
10. I fastened my seat belt. The plane took off.
.....

Exercise 5 Underline the correct word or phrase in each sentence below.

- 1) According to Grandma, people used to dress formally *those days/in his day*.
- 2) It was more than a month *before/until* I realized what had happened.
- 3) I managed to talk to Feruza *just as/while* she was leaving.
- 4) It wasn't *until/up* to 1983 that Nadir could afford to take holidays abroad.
- 5) Gafur always lets me know *by the time/whenever* he was going to be late.
- 6) I was having a bath *at the time/that time*, so I didn't hear the door bell.
- 7) We bought our tickets and five minutes *after/later* the train arrived.
- 8) *Once/Afterwards* I'd read the manual, I found I could use the computer easily.
- 9) Everyone was talking but stopped *at that time/the moment* Mr Sabirov arrived.
- 10) The letter still hadn't arrived *by/until* the end of the week.

Vocabulary



Topic vocabulary in contrast

take / pass	prefect / pupil / student	lesson / subject
read / study	qualifications / qualities	achieve / reach
test / exam	count / measure	task / effort
primary / secondary / high	degree / certificate / results	know / recognize
colleague / classmate	Speak / talk	teach / learn

Word formation

academy academic, academically attend attention, (in)attentive(ly), attendance, attendant behave , behavior certify certificate, certified educate , education, educator, educational(ly)	improve improvement, improved intense intensity, intensify, intensely literate illiterate, (il)literacy, literature reason (un)reasonable, (un)reasonably, reasoning revise revision, revised solve solution, (un)solvable	scholar scholarship, scholarly, scholastic study student, studies, studious teach teacher, taught think thought, (un)thinkable, thoughtful, thoughtless understand (mis)understanding, understandable
--	---	--

Exercise 1 Complete using the correct form of the words in the box.

achieve degree certificate results reach teach learn
high primary secondary

1. When he finally graduated, Shalkar felt he had everything he set out to do.
2. The work we're doing now will make more sense when you the fifth.
3. Who you how to play the drums like that?
4. I would love to a new language I don't know anything about, like Spain.
5. Children in Karakalpakstan go to school from the age of six.
6. In Britain, grammar schools, public schools and comprehensives are often referred to as schools.
7. Americans usually refer to their secondary school as a School, and there are often separate junior and senior schools.
8. The exam come out today and I'm really nervous. I hope I've passed.
9. I was so proud when my exam finally arrived in the post.
10. I would prefer to go to university and do a in astronomy, rather than start work.

Exercise 2 Circle the correct word.

1. Our teacher asked us to choose one of our *colleagues/classmates* to be our partner for the next exercise.
2. I made a few mistakes in the exam and I don't think I *passed/took* it.
3. It's not always easy to *count/measure* how intelligent someone is.
4. Did you know that our French teacher can *speak/talk* four languages?
5. My *qualifications/qualities* include a degree and an MA in chemistry.
6. Our head teacher had had her hair cut and I didn't *know/recognise* her at first.
7. In design and technology, we were given the *effort/task* of designing a stadium.
8. You'll find plenty of books on the *subject/lesson* of business studies in the library.
9. You have to *read/study* hard in order to do well at university.
10. Look at what we did in today's lesson and we'll have a quick *exam/test* tomorrow morning.

Exercise 3 Both options make sense. Underline the one which forms a common collocation.

- 1) In my country we have to do nine *basic/core* subjects and then we can choose several others.
- 2) At this school we put a strong emphasis on *academic/scholarly* achievement.
- 3) In my country *bodily/corporal* punishment was abolished 40 years ago.
- 4) In my class we had a *helper/support* teacher who assisted pupils with learning difficulties.
- 5) On Sunday afternoons we had lessons with the *trainee/apprentice* teacher.
- 6) In my country we have some end of year tests but most of our marks come from *progressive/continuous* assessment.

- 7) At 16 we have the choice of doing more *vocation/employment* oriented courses, such as business studies and accounting.
- 8) When I was 15, I had a 2-week work *position/placement* with a local factory.
- 9) There were a number of *teenage/child* masters in my class.
- 10) I was expelled from school for *playing/going* truant too many times.

Exercise 4 Complete the sentences by changing the form of the word in brackets when this is necessary.

1. I wonder if you could tell me who was awarded the (**scholar**) ?
2. Do you think that you pay enough (**attend**) in class?
3. Could you tell me what the (**solve**) to number seven is?
4. My dad said I'd better spend more time on my (**study**).
5. I would like to know what qualification (**teach**) require in your country.
6. Joshua was suspended from school for a week for bad (**behave**).
7. I did six hours of (**revise**) for the test, and still failed!
8. Please send photocopies of all your (**certify**) to us at the address below.
9. I suddenly (**realize**) that I had left my homework at home.
10. I was (**success**) in the essay competition at the Institution.

Exercise 5 Complete the text by changing the form of the word in brackets.

Being unable to read

It seems 1) (**think**) today not to provide children with a decent 2) (**educate**). There is such an emphasis on 3) (**academy**) achievement these days that it's easy to forget what a problem 4) (**literate**) used to be. Being unable to read can be 5) (**intense**) embarrassing and can make someone feel like a complete 6) (**fail**). Someone who can't read is often 7) (**understand**) afraid of certain situations. The problem can seem 8) (**solve**). However, given the right teacher, a lot of hard work and a 9) (**reason**) amount of time, anyone can learn. Being able to read can lead to an 10) (**improve**) quality of life.

Exercise 6 In the video through the link given below, you will watch about how Vietnam invested heavily in education, allowing young people to fulfill their dreams of starting their own business. Here how Ngyuen Thu Ha thinks her studies will enable her to be a successful business owner. Discuss in groups and give responses to the following question: Why education plays an important role in business?

<https://youtu.be/huOP8Hye9Ts>

UNIT REVIEW

Exercise 1 Supply a suitable simple past or past perfect tense.

1. I (**go**) to the theatre with my close friends yesterday. I (**not/go**) to the theatre for a year. We (**have**) a very good time there.
2. Murat (**already/learn**) English before he (**leave**) for London, but before he arrived in London, he (**forget**) some.
3. My brother (**eat**) all the pie before we got back home.
4. My father (**water**) the flowers in the garden after he (**clean**) the car. After he (**water**) the flowers, he (**have**) dinner.
5. Rano said that she (**already / see**) the historical place Shilpik in Karakalpakstan.
6. The fire (**spread**) to the next building before the firemen (**arrive**).
7. They drank small cups of coke, after they (**finish**) supper.
8. Bahadir told me he (**catch**) a young snake.
9. His mother (**worry**) a lot about him before she (**hear**) that he was safe.
10. Madina (**go**) swimming after she (**come**) home. After she (**swim**), she (**call**) her friend Gulimxan.

Exercise 2 Underline the correct word or phrase in each sentence.

- 1) When you passed the town hall clock, *did you notice/were you noticing* what time it was?
- 2) Last night my neighbours *were shouting/would shout* for hours and I couldn't get to sleep.
- 3) When you lived in London, *did you use to travel/were you travelling* by bus?
- 4) Everyone was having a good time, although not many people *danced/were dancing*.
- 5) Salima was really hungry because she *didn't eat/hadn't eaten* all day.
- 6) Before we went to the theatre, we *called in/had called* in at Alim's café for a pizza.
- 7) It took a while for me to notice, but then I did. Everyone *stared/was staring* at me. What had I done wrong?
- 8) Nobody bothered to tell me that the school *decided/had decided* to have a special holiday on Sunday.
- 9) I was *trying/tried* to get in touch with you all day yesterday. Where were you?
- 10) A: Excuse me Sir, but this seat is mine. B: I'm sorry, I *didn't realise/hadn't realized* that you were sitting here.

Exercise 3 Each of the words in bold is incorrect. Rewrite them correctly.

1. I've always admired our music teacher **from** being so patient.
2. My new school is quite similar **with** my old one.
3. Mr. Amanlik congratulated me **for** passing the exam.
4. I'd better go home and study **on** tomorrow's test.
5. Islambek is capable **for** doing very well this year if he works hard.
6. This course is suitable **to** students who are considering a career in the media.
7. If you don't get into university, you'll have to settle **with** art college.
8. After six attempts, Bibinaz finally succeeded **with** passing her driving test.
9. In English yesterday, we had a discussion **from** different cultures.
10. **At** my opinion, maths shouldn't be a compulsory subject.

Exercise 4 Read these sentences spoken by Institution students. What is each person studying?

1. You must know this case — it's one of the most famous in legal history.
2. I'm concentrating on the modernist style and the work of Le Corbusier and Frank Lloyd Wright.
3. The way we use fertilizers is much more precise than twenty years ago.
4. We're going to concentrate on Sigmund Freud and Jung this term.
5. I've been reading some books on time management.
6. Expressionism was really a reaction to the work of the Impressionists.
7. We've spent a lot of time on Russian foreign policy and how it has been affected by various domestic problems.
8. We have to know every bone in a person's body.
9. The study of one subject in great depth and detail, often to get new information.
10. In order to communicate with people from other parts of the world, you need to study foreign languages.

Exercise 5 Revision. Choose the one correct answer.

1. As soon as he _____ his driving test, he _____ a car.
A) passed / bought B) had passed / bought
C) passes / had bought D) passed / had bought
2. When I _____ the letter, I _____ it away.
A) read / had thrown B) had read / had thrown C) had read / threw D) read / threw
3. "You look brown. Have you _____ on holiday?" "Yes, we've _____ got back."
A) been / now B) gone / just C) been / just D) did / already
4. I live in a house now, but before I _____ in a flat.
A) am using to live B) used to live C) had used to live D) have used to live
5. I _____ the book back to the library after I _____ reading it.
A) take / finished B) have taken / have finished
C) took / had finished D) had taken / finished
6. _____ I had had a bath I went to bed.
A) Before B) Soon as C) After D) Until

7. I had read the book _____ I saw the film.

A) when B) before C) until D) after

8. I _____ to sleep until I _____ my homework.

A) don't go / did B) had not gone / had done C) didn't go / did D) didn't go / had done

9. I _____ her for everything she _____.

A) thanking / did B) thanked / had done

C) have thanked / has done D) had thanked / had done

10. When I got to the office, I _____ that I _____ to lock the front door.

A) had realized / forget B) realized / had forgotten

C) realized / forget D) had realized / had forgotten

UNIT 9 THE GAME OF FOOTBALL

Grammar: Past Perfect Continuous tense

+ S + had + been + V-ing
They had been playing tennis.

- S + had not/ hadn't + been + V-ing
They hadn't been playing tennis.

? Had + S + been + V-ing ?
Had they been playing tennis?

"had been" + [Present Participle]

She **had been talking** for an hour.

I **had been walking** near the river.

an ongoing activity... → ...ends

past present future



The boys **had been playing** soccer for about an hour when it started to rain.



He **has been sleeping** for five hours.



The kids **have been playing** since morning.

Forming the past perfect continuous

For example: *to buy*

Affirmative	Negative	Interrogative
I had been buying	I hadn't been buying	Had I been buying?
You had been buying	You hadn't been buying	Had you been buying?
She had been buying	She hadn't been buying	Had she been buying?
We had been buying	We hadn't been buying	Had we been buying?
They had been buying	They hadn't been buying	Had they been buying?

(See Appendix IX)

Exercise 1 Use the information provided below to make sentences with past perfect progressive tense and "ever since".

plan - burn - fight - lose - rain - smoke - give - date -
work - look forward to

1. When the boys came home, both had black eyes. They _____.
2. Malika was very disappointed when we had to cancel our lunch date. She _____ it for a long time.
3. When I woke up this morning, the sun was shining, but the ground was all wet. It _____ during the night.
4. The firemen finally put out the fire. It _____ for several hours before they arrived.
5. When I went to Gulzira's house yesterday, her hands were covered in mud. She _____ in the garden for a few hours before I got there.
6. Muhammed bought a new computer last week because his old one _____ him trouble for quite some time.
7. Mr. Sharapat finally had to close his business. It _____ money for several years.
8. Bayram _____ Ayzada for over two years before she finally broke up with him.
9. It is too bad that Kamila had to cancel her trip last week. She _____ it for such a long time.
10. When I went home last night, I could smell cigarettes in the house. Somebody _____ before I got home.

Exercise 2 Read this copy of the original story. Fill in the blanks with the past perfect continuous form of each verb in parentheses.

Who are they? What had they been doing? Where had they been going?

Donald and Elizabeth 1) _____ **(go)** to church before they stopped. They 2) _____ **(drive)** down a dirt road when they heard a strange noise. Donald stopped the car. He got out of the car. Then, he helped Elizabeth out of the car. Elizabeth sat and waited for Donald. Donald looked at the car. It 3) _____ **(go)** for an hour or so. He knew how to fix cars. He 4) _____ **(work)** as a mechanic for 5 years before he moved to the country. Donald got his tools. He looked under the hood. It seemed that the engine 5) _____ **(heat)** up. He crawled under the car. Donald 6) _____ **(work)** on the car for a while when Jake parked beside him. Jake 7) _____ **(drive)** home when he saw Donald and Elizabeth on the side of the road. Jake 8) _____ **(help)** Donald fix the car. Donald 9) _____ **(thank)** Jake for his help before he got prepared. Elizabeth 10) _____ **(wave)** to Jake before they drove away. Thanks to Jake's help, they arrived at church on time.

Exercise 3 Use the words provided to write sentences with the past perfect continuous tense and the word "because".

1. Rasul was digging in the garden all afternoon. Rasul took a nap before dinner.

2. My old car gave me a lot of trouble for a long time. I bought a new car.

3. Behruz drank a lot of beer last Saturday night. Behruz had a bad headache last Sunday.

4. Kamila studied very hard all month for her history test. She did very well on the test.

5. Anargul practiced the poem for weeks. Anargul could recite the poem by heart.

6. Fatima waited for me for over an hour. Fatima was angry at me when I arrived.

7. Makset worked on his car all afternoon. Makset's hands were covered in grease.

8. The team practiced every day for weeks. The team won the championship game.

9. Farida succeeded in her job. Farida worked hard on herself without having a rest.

10. Xalima did not wash her hands before dinner. Xalima had a stomach ache in the evening.

Exercise 4 Fill in the following sentences by using past perfect continuous tense.

1. We _____ (*play*) football with our group mates for half an hour when it started to rain.

2. I _____ (*study*) English for a short time when the electricity went off.

3. She _____ (*do*) her homework before you came in the room.

4. The baby's knees and hands were very dirty. He _____ (*crawl*) in the garden.

5. I _____ (*drive*) the car for seven years when I sold it.

6. We were very exhausted. We _____ (*travel*) for about seventeen hours.

7. They were out of breath. They _____ (*run*) for a long time.

8. Rashid _____ (*live*) in California for ten years when he had an accident.

9. Nurlan was tired because he _____ (*write*) letters all morning.

10. Raxim _____ (*repair*) the radio for an hour when you arrived.

Exercise 5 Fill in the following sentences by using past perfect continuous tense.

1. I was exhausted because I (*type*) for a long time.

2. Nurlibek's boss was very angry with her because she (*come*) to work very late.

3. I didn't know about the earthquake because I (*not/watch*) the news on television.

4. She was too overweight because she (*not/keep*) her doctor's advice.

5. My father took my car to the garage because the brakes (*not/work*).

6. Aziza had to go to the dentist because she (*not/clean*) her teeth.

7. Hasan got bad marks because he (*not/study*) hard.
8. Alima wasn't at home. She (*go*) out with her boyfriend.
9. I thought I (*behave*) like an idiot.
10. Gayrat (*study*) English) very hard for the last few days.

Vocabulary



Topic vocabulary

Word	Meaning	Word	Meaning
championship	a competition to find the best player or team in a sport or game	win	to defeat everyone else by being the best or by finishing first in a competition
cup	a sports competition in which the prize is a large metal cup	crowd	a large number of people in the same place
fan	someone who likes watching or listening to something such as a sport, films, or music very much, or who admires a famous or important person very much	score	to get a point in a game or sport
stadium	a large building, usually without a roof, where people watch sports events such as football matches or races	shot	an act of throwing, hitting, or kicking a ball, or a ball that has been thrown, hit, or kicked
successful	used about a business or	expert	someone who has a

	project that makes a lot of money		particular skill or who knows a lot about a particular subject
--	-----------------------------------	--	--

Exercise 1 Match the words (1-10) with the definitions (A-J).

1. rival	A. game
2. found	B. an accident that happens when a moving vehicle hits something
3. manager	C. the years of a person's life when they are working
4. injured	D. a person, team or business that competes with another
5. match	E. hurt in an accident or an attack
6. qualify	F. to start an organization, company, club, etc
7. crash	G. coach; someone who trains a sports team
8. forward	H. to get better or stronger after a difficult period or experience
9. recover	I. a player in a game such a football or hockey whose job is to attack the other team and score goals
10. career	J. to reach a particular stage of a competition by doing well at an earlier stage

Exercise 2 Read the text. Then complete the sentences with the right word in the box.

October 26th, The Football Association, kick ball, The Greeks, The English, tsu chu, animal skin, about 500 AD, ceremony

The game of football was invented by 1) _____. Or was it? Certainly today's game follows the rules which were written by a schoolmaster nearly 150 years ago. On 2) _____, 1863, a group of London clubs agreed to follow them. This group called themselves 3) _____. So, the rules of today's game were started by the English, but what about the origins of the game itself? The earliest form of the game was played in China in 200 BC. The Chinese called the game 4) _____, which means 5) _____. The ball, which was made of 6) _____, was kicked between two 10-metre bamboo poles to score a goal. About two hundred years later, in 4 BC, 7) _____ enjoyed playing a game which they called pheninda. In this game, players could kick, run with and handle the ball.

Soon afterwards came the Romans. Their game was called hapastum. The object of the game was for teams to kick and 8) _____ throw the ball to each other while moving forward and eventually throw it beyond the opponents' goal-line to score a goal. In 9) _____, Japanese Imperial society played kemari, which means kick ball. Eight players kicked the ball to each other on a square playing ground. There were no

goalposts or teams (so no winners and losers) because this was a 10) _____ for the emperor rather than a competition.

Exercise 3 Match the words in the table with their definitions below.

a. foul	c. goalkeeper	e. pitch	g. save	i. tackle
b. free kick	d. handball	f. referee	h. score	j. throw-in

1. An attempt to take the ball from a player in the other team
2. An opportunity to kick the ball without opposition from the other team
3. Get a goal
4. Something against the rules
5. Stop the ball from going into the goal
6. The act of throwing the ball from the sideline after the ball has gone out of play
7. The area of grass where the game is played
8. The person who is in charge of the game and who makes sure that the rules are followed
9. The player who stands in the team's goal to try to stop the other team from scoring
10. When a player intentionally touches the ball with their hand or arm.

Exercise 4 Read the text carefully. Then complete the sentences below the text with the right word.

Manchester United

Many English football teams have the word United in their name, but by far the most famous is from the northern city of Manchester and plays in red shirts and white shorts. When football fans refer to Manchester United just as 'United', as they often do, other fans always know who they mean. It's possible that United have more fans than any other football team in the world. Their stadium, Old Trafford, holds around 75,000 people and is full for almost every match. It's also true that tens of millions of people around the world watch their matches on TV, and that when they play friendlies thousands of miles away in Asia or Africa (as they have done in recent years in July or August, before the English football season starts) the crowds are always very big. The club was founded back in 1878 and has had a successful history. It has won the English championship eighteen times (the same number as Liverpool, their biggest rivals) and the European Champions' League (previously the European Cup) three times.

A well-known tragedy in United's history was when many of their best players died in a plane crash in Munich, Germany, in 1958. It seemed the club might not recover, but ten years later, in 1968, they became the first English team to win the European Cup. United's best player at the moment is perhaps the 24-year-old English forward Wayne Rooney. He is so good that some fans think England have a chance of winning if he plays, but no chance if he gets injured.

1. _____ crowds have watched Manchester United play friendlies in Asia and Africa.
2. United's _____ is called Old Trafford.
3. The 1958 plane crash happened in _____.
4. Wayne Rooney is a very good _____.
5. United _____ the European Cup for the first time in 1968.
6. Eric Cantona and David Beckham _____ for United in the 1990s.
7. _____ have won the English championship eighteen times.
8. United was _____ in the nineteenth century.
9. Many _____ of people watch United's matches on TV.
10. Old Trafford can _____ very large crowds.

Exercise 5 Read the Rules of Football carefully. Then translate it into your mother tongue.

1. Two teams of 11 players play on a pitch. Each team tries to score more goals than the other.
2. A game lasts 90 minutes, divided into two 45-minute halves.
3. Players can use any part of their body except their arms and hands to move the ball. The exception is when a player takes a throw-in.
4. Goalkeepers can use their hands, especially when making a save.
5. If a player commits a foul, then a free kick is awarded to the other team.
6. If there is a foul inside the penalty area, a penalty kick is awarded to the other team.
7. If there is a more serious foul such as a bad tackle or handball, the referee can show a yellow or red card.
8. Two yellow cards or one red card mean a player is expelled from the game.
9. If teams have the same score (a draw) then extra time and penalty shootouts are used to decide the winner.
10. In Olympic football male players must be under 23 years old, though they can have three older players in each team. There are no age restrictions for female players.

Exercise 6 In the video through the link given below, you will watch 10 rare football rules existed, these are some of the most rare rules in football most people don't know about, also you will learn new rules you probably have never heard of before, even though they do exist. Discuss the rules and laws of the game in groups.

<https://www.youtube.com/watch?v=OSGneV1pjXU>

UNIT REVIEW

Exercise 1 Complete the sentences with the words in parentheses. Use the past perfect continuous. Then compare your answers with a partner.

1. By the time Sabina was 19, she _____ (*hike*) for several years.
2. Two Karakalpak hikers _____ (*follow*) a difficult trail when they lost their way.
3. The Danish hikers _____ (*prepare*) dinner when a bear approached their campsite.
4. Two young hikers were getting ready to go home. They _____ (*not camp*) for very long when they lost interest.
5. The rescue workers _____ (*stay*) at the park office before they moved into a house nearby the park.
6. Yesterday, Azamat rescued a hiker who _____ (*wait*) for help for over 12 hours.
7. Some hikers were worried. They _____ (*head*) back to the camp when they heard thunder, and they had to look for shelter.
8. They _____ (*not think*) about the weather until the sky turned very dark.
9. Marina _____ (*ride*) for several hours when she got a flat tire.
10. She _____ (*sleep*) for long before she felt ready to get up and finish her ride.

Exercise 2 Combine the following sentences by using “After/Before”.

1. My sister took her umbrella. She went out to the stadium.
.....
2. Mamanbiy called me. I went to the train station.
.....
3. I washed the dishes. I prepared materials for my presentation.
.....
4. She had a hot shower earlier. She had lunch.
.....
5. The boys bought a bouquet of flowers. They congratulated their teacher.
.....
6. My mother made our traditional dish. The guests came.
.....
7. Aydarbek watered the ground behind the house. He polished the doors.
.....
8. I got dressed in black. I went to have a walk around the town to see the ceremony.
.....
9. The children ran away. They broke the window of the old building.
.....
10. He fastened his seat belt. The plane took off.
.....

Exercise 3 Read the short text carefully. Then translate it into your mother tongue.

In England, although the game was played as far back as the 12th century, it was a mob sport and people were often injured or killed. For hundreds of years, kings and queens tried to ban the game, without success. In the 19th century, public schools like Eton, Harrow, Rugby and Uppingham adopted ball games to encourage team spirit and discipline. The game developed by Rugby school is now named after the school (rugby), but it was the headmaster of Uppingham School, called Edward Thring, who wrote down the first set of football rules. These rules lead to the foundation of The Football Association and today's game is based on them.

Exercise 4 Remember the history of the game of Football. Then answer the question in the following.

1. Who was the game of football invented by?
2. When did a group of London clubs agree to follow them (the schoolmaster's rules)?
3. What did the group call themselves?
4. What did the Chinese call the game?
5. What does *tsu cha* mean?
6. What was the *ball* made of?
7. Who enjoyed playing a game which they called *pheninda*?
8. What was the Roman game called?
9. When did Japanese Imperial society play *kemari*?
10. What does *kemari* mean?

Exercise 5 Revision. Choose the one correct answer.

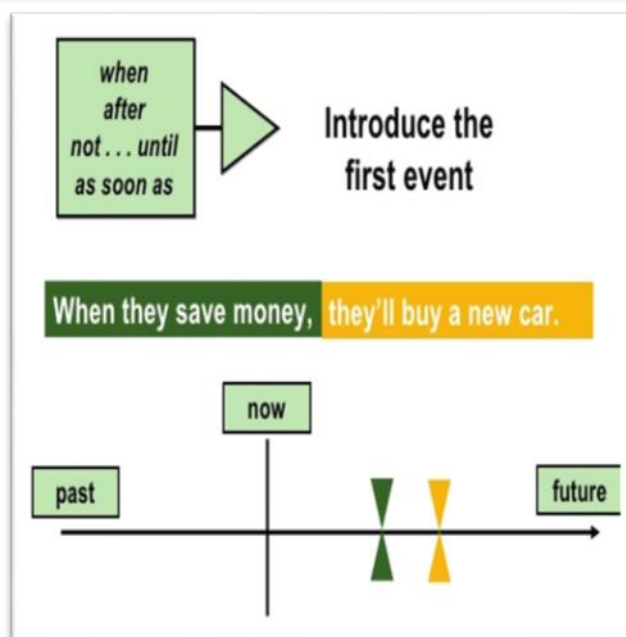
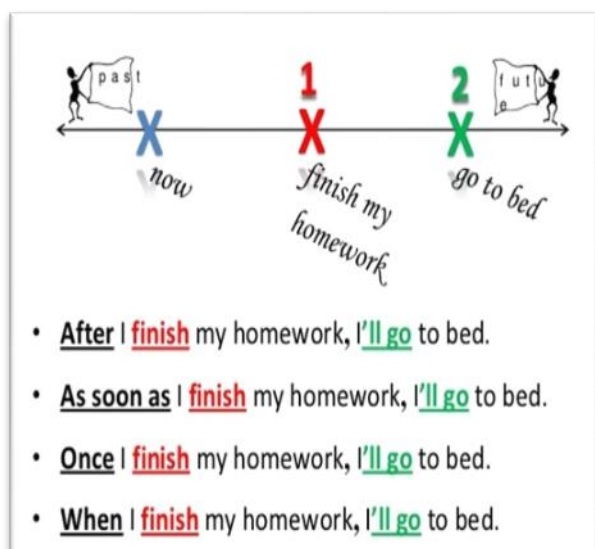
1. I ____ to see Lena at the disco but she didn't turn up.
A) had been expecting B) been expected C) had expected D) expected
2. They ____ the same restaurant for years before they found a better one.
A) had visited B) had been visiting C) had been visit D) will visit
3. Sam ____ to go to the wedding but he couldn't take a day off work.
A) had want B) had been wanting C) had wanted D) wanted
4. Jack said he ____ tickets for the concert.
A) had booked B) had been booked C) had been booking D) to book
5. Mike said they ____ at the airport for two days because of the delay of their flight.
A) had staying B) had been staying C) had stayed D) stay
6. Andrew said he ____ to China before.
A) hadn't never been B) had never being C) had never been D) ever eaten
7. We ____ for half an hour when Dan finally joined us.
A) had eaten B) had been eating C) had eating D) eating
8. Mary insisted that she ____ the ring from the drawer.
A) not had been taking B) hadn't taken C) hadn't been taking D) taking
9. I ____ the golf club before Martin did it.

A) had joined B) had been joining C) had been join D) to join
10. We were very tired at the end of the trip. We ____ for ten hours.
A) had driven B) had drove C) had been driving D) will drive

UNIT 10 SWIMMING

Grammar: Future tenses: Time clauses

TIME CLAUSE				MAIN CLAUSE
Time word	Subject	Verb (present)	Other information	
Before	we	have	a baby	we will buy a house.
Until	he	wins	the lottery	he won't quit his job.
After	we	retire		we are going to travel.



Future time expressions

tonight this weekend a week from Saturday tomorrow morning next weekend two weeks from today tomorrow evening next Sunday at night	the week after next the day after tomorrow next spring next year when before after as soon as until
--	---

(See Appendix X)

Exercise 1 Fill in the blanks with the correct form of the verbs in brackets. (Pay attention: *when, before, after, as soon as, until*).

- 1) When the rector _____ (**arrive**), they _____ (**start**) the meeting.
- 2) If he _____ (**reach**) the sales target this year, the company _____ (**award**) him.
- 3) We _____ (**discuss**) the plans after he _____ (**give**) the presentation.
- 4) After she _____ (**find**) a good job, she _____ (**be able to**) buy a house.
- 5) I _____ (**have to**) finish the reports before the manager _____ (**call**).
- 6) We _____ (**order**) 100 units after the manager _____ (**approve**) the estimate.
- 7) I _____ (**not/ buy**) anything new until I _____ (**pay**) all my debts.
- 8) I _____ (**buy**) a new TV set if the prices _____ (**go**) down.
- 9) Before you _____ (**accept**) the job offer, you _____ (**need**) to be confident that the company is a good place for you to work.
- 10) Any rebates _____ (**subtract**) after you _____ (**negotiate**) the price.

Exercise 2 Read and rewrite the story using contractions.

Who is she? What will she do? What is going to happen?

This weekend, Elmira 1) _____ compete in a swimming competition. She 2) _____ practice hard all week because she wants to win the competition. The winner 3) _____ receive \$2,000. Elmira hopes she 4) _____ get first place! Elmira's husband 5) _____ travel to the competition with Elmira. He 6) _____ watch her compete. He 7) _____ sit in the stands and cheer for Elmira. He 8) _____ be proud of Elmira even if she doesn't win first place. Elmira's parents aren't 8) _____ travel to the competition. They 9) _____ watch the competition on television. They 10) _____ cheer for Elmira at home. They're going to be proud of Elmira whether she wins or loses.

Exercise 3 Underline the correct option(s). There may be more than one correct option. Click on the appropriate options to underline them.

1. Whenever she **has /'ll have** the chance she likes to visit the gym.
2. When you go to the shops this afternoon, **will/could /do** you get some potatoes?
3. While you're **doing /'ll do /do** the pasta, I'll prepare the salad.
4. You'd better get dressed before your grandma **will arrive/arrives/has arrived**.
5. After I've **finished/finish/'ll finish** this, I'll give you a hand with the housework.
6. We won't be able to do anything until Dad **will come /comes** back from work.
7. You can go out as soon as you **have done/'ll do** your homework.

8. We *take/'ll take/'re taking* some of these biscuits in case we get hungry on the way.
9. Unless she *gets /'s getting /'ll get* here soon, we'll have to leave without her.
10. As long as *you'll pass/pass/'ve passed* all your exams, we'll give you a new computer.

Exercise 4 Rewrite each sentence or question with going to.

1. Dawran plans to buy a new computer next year for his study.
.....
2. We don't plan to go to the mountains this weekend together.
.....
3. Does Nursultan plan to join the sports club of the University?
.....
4. What are your plans for next year?
.....
5. Look! That boy is about to fall over from the tree!
.....
6. Do you plan to work hard this year on your English?
.....
7. I don't intend to get a new house with a big garden.
.....
8. The forecast for tomorrow is rain and mist.
.....
9. Do Eldarbek and Polatbek plan to prepare activities for the party?
.....
10. I think it's about to rain and thunderstorm outside.
.....

Exercise 5 Make sentences with going to using the words below in the box.

<p>* make a cake * miss the train * make some tea *</p> <p>* change it * crash * play in the snow*</p> <p>* shout at us * take some photos * fall off * sell his house</p>

1. Gulparshin can't stop the car!
She is
2. The Permanovs are late.
They
3. The headmaster of the company looks furious!
He
4. Nadirbek has got his camera.
He

5. Amanbek's putting up a "On sale" sign.
He
6. The bus has got a flat tyre.
He
7. My grandma's looking at her recipe.
She
8. Look! The ladder is broken and lies on the ground.
Oh no, he
9. The girls are putting their hats and gloves on as it's freezing outside.
They
10. Kamila's putting the kettle on.
She

Vocabulary



Topic vocabulary

Word	Meaning	Word	Meaning
Best Time	A best time is achieved when a swimmer exceeds their own previous "best time" in an event - it shows that a swimmer has improved over their own time, regardless of how other swimmers finish	Meet	A competition between two (dual meet) or more teams with individual swimmers, relays, place ribbons and team scores.
Bubble	A large tent erected over an outdoor pool during the winter months.	Streamline	Position a swimmer assumes at the start of a lap in which their body and arms are straight with the elbows behind the ears arms squeezing the back of the head.
Cut	A time standard that a swimmer must meet or exceed to be included in a specific competition such as State and Regional meets.	Warm-ups	Each meet begins by having a warm-up period. This is very important so that swimmers do not pull muscles and also allows

			swimmers to get familiar with the pool.
Event Winner	This is the swimmer who has the fastest time in the entire event consisting of all the heats of that event.	Relays	Relay races are sometimes offered at the beginning or end of a meet. Medley relays feature 4 swimmers each swimming a different stroke beginning with back, breast, fly and free. Free relays feature 4 freestyle swimmers.
Heat	When an event has more swimmers entered than available lanes, as is usually the case, there are multiple heats of the event.	Starting Block	A raised platform that swimmers dive from during competition.

Exercise 1 Match the words (1-8) with the definitions (A-H).

a. starting block	b. medley	c. relay	d. lane line
e. tumble turn	f. touch pad	g. lap card	h. lane

1. Swimmers use four different strokes in this event.
2. This is a team swimming event.
3. Backstroke and freestyle swimmers use this turn.
4. Swimmers must swim only in this part of the pool.
5. An electronic device which records a swimmer's time when she touches it.
6. The swimmers dive off these at the start of the race.
7. This card shows the swimmers how many laps they have to swim before they finish.
8. This floating line divides the lanes in the pool.

Exercise 2 Read the Questions and Answers in A about the Swimming. Then match the correct answer from the table to the questions below in B using the words in the box.

A)

-I love swimming. Do you?

-Not really. I can't swim very well. I don't like the water.

-The Ancient Greeks would say you need educating. They thought a man who couldn't swim was ignorant.

-Well, I can swim a little. I can do the doggy-paddle but that's not real swimming, is it?

-Actually, the doggy-paddle was probably man's first stroke. We've been swimming like that since pre-history. Then the doggy-paddle developed into the breaststroke...

-What about the other strokes?

-Well, some American Indians introduced the crawl to Britain in 1844.

-Did it become popular straightaway?

-No! The Indians splashed so much the British didn't want to learn the new stroke.

-They thought it wasn't polite, even though it was much faster than breaststroke.

-Did everyone think so?

-I don't know - but the crawl only became popular in 1902.

-Why was that?

-An Australian called Richard Cavill swam the crawl and set a new world record. He copied the way the people of the Solomon Islands swam. That's how modern freestyle began!

-What about the butterfly stroke? That looks the hardest to me.

Perhaps that's why the first butterfly event was only in the Melbourne Games in 1956.

-And how many swimming events were there in the first modern Games?

There were only four events in the first Games, but in the next Games there will be thirty-four!

-That's amazing! I bet there have been other changes, too.

-Yes, in the first Games only men could compete. And there wasn't a heated, indoor pool - the athletes had to swim in the sea!

-Really? Lucky it was a Summer and not a Winter Olympics event!

B)

a. Thirty-four	b. No	c. Solomon Islanders	d. In the sea	e. American Indians
f. Breaststroke				
g. Four	h. 1956			

1. What stroke developed from the doggy-paddle?
2. Who first introduced the crawl to England?
3. Which people did Richard Cavill copy to develop the crawl?
4. When was the first butterfly event?
5. How many swimming events were there in the first Games?
6. How many swimming events will there be in 2012?
7. Were women allowed to swim in the first Games?
8. Where did the athletes swim in the first Games?

Exercise 3 Choose the correct verb form to fill the gaps.

a. had to swim	b. swam	c. couldn't swim	d. will be swimming
e. have been swimming	f. can't swim	g. swimming	h. can swim

1. I am keen on _____.
2. I _____ very well. I don't like water!
3. The Greeks thought if you _____ you were ignorant.
4. I _____ a little. I can do the doggy-paddle!
5. We _____ the doggy-paddle since pre-history.
6. Ruslan _____ the crawl and set a new record.
7. In the first Games there wasn't a pool, the athletes _____ in the sea.
8. Now athletes _____ in the new Aquatic Centre.

Exercise 4 Read the short text and choose the correct answer a, b or c.

Last summer I participated in a sports camp. Imagine my surprise when I saw it was only 3 km from my grandparents' house! I used to 1) _____ swimming in the lake there when I was a child. The teachers at the camp divided us into 5 groups and every day we had competitions. My group was the best! During the first two weeks we 2) _____ most of the competitions. The final one was held during the last weekend: we had to find our way through a forest till we reached the lake. Then we had to sail back to the camp. My team had some bad luck. We got lost, so my friend, Jake, climbed a tree to see where we were. Unfortunately, he's 3) _____ of spiders. So, when a huge spider climbed on his hand he screamed, jumped back and fell 4) _____ the tree. To make things worse, he hit one of the branches when he was falling and 5) _____ himself. We had to help him walk back to the camp.

1. a) do b) make c) go
2. a) brought b) won c) scored
3. a) afraid b) scary c) shame
4. a) out b) of c) off
5. a) injured b) broke c) in danger

Exercise 5 Match the words in the table with their definitions below and fill the gaps in the sentences where necessary.

a. hold	b. kicking	c. goalkeeper	d. quarter	e. free throw
f. goal	g. referee	h. mallets	i. chase	j. barrels

1. If athletes get the ball into here they score.
2. This is awarded for ordinary fouls.
3. When an athlete grabs another player to stop him moving.
4. This player tries to stop the ball from going into the goal.
5. A person who is in charge of the game and makes sure everyone follows the rules.
6. An athlete can be sent out for this.

7. One of the four periods of a game.
8. Marco Polo is a game of _____ played by children, in water.
9. Nowadays players hit the ball with their hands, not with _____.
10. In some early versions of the game, players rode on _____.

Exercise 6 In this video, you are going to watch Freestyle swimming: 5 most common mistakes, and how to fix the most common freestyle mistakes. Specifically, by doing swimming exercises and drills from the video, you will master arm stroke and breathing technique really fast. Discuss in pairs and answer the following question: What do you think is the biggest mistake in swimming?

<https://www.youtube.com/watch?v=s2h0tFWwqFc>

UNIT REVIEW

Exercise 1 A Use the words/phrases with *going to* from the list to complete the sentences.

* sell her office * be late for the institution * make a cake * fix * lose weight*

1. Nigora's putting an ad in the daily newspaper.
She is.....
2. The washing machine isn't properly working.
My brother
3. I bought some flour, a bottle of milk and some eggs.
I
4. Hasan is on a healthy diet from this day.
He
5. Paraxat is still in bed.
He

Exercise 1 B) Bahadir is not satisfied with his life as it is. He has already decided to change a number of things. Look at the prompts and say what he intends to do.

1. move to the city center in Nukus
.....
2. sell his car and farm
.....
3. buy a bigger house with a garden
.....
4. marry Ayzada
.....
5. apply for a job with a law firm
.....

Exercise 2 Write questions and answers as in the example.

	Designer	Academician	Tennis player	Famous actor
Salamat				*
Nargiza			*	
Zoya		*		
Aygul	*			
You				

Example: *Farid/singer?*

Is Farid going to be a singer?
No, he isn't. He isn't going to be a singer.
He is going to be a doctor.

1. Salamat and Aygul / designers?

.....

2. Zoya / tennis player?

.....

3. Nargiza / academician?

.....

4. Aygul / famous actor?

.....

5. You/ teacher?

.....

Exercise 3 Read the rules of Swimming carefully. Then translate them into your first language.

1. The Olympic pool is 50m long and 21m wide. Floating lines, called lane lines, divide the pool into eight lanes.
2. Each swimmer must stay in his lane.
3. The different ways of swimming are called 'strokes'.
4. There are four strokes that swimmers can use: crawl or freestyle, breaststroke, butterfly and backstroke.
5. Races can be:
 - Individual but using the same stroke e.g. 50M freestyle or 200M breast stroke
 - Relay which means a race between teams of swimmers. Each swimmer swims one leg (length of the pool) of the event.
 - Medley which means swimmers or relay teams swim a combination of backstroke, breaststroke, butterfly and freestyle.
 - In most races swimmers begin by diving into the water from starting blocks.
6. In the backstroke swimmers begin the race in the water.
7. They swim down their lanes to the end of the pool and touch it. A touch pad records their time. Then they turn and swim back.
8. Backstroke and freestyle swimmers use tumble turns.
9. Breaststroke and butterfly swimmers use open turns.

10. In long races a lap card shows the swimmers how many laps remain.

Exercise 4 Read the dialogue carefully. Then decide if the following sentences about the text are true or false.

- Polo, eh? Played in water? Any connection with Marco Polo?
- You mean Marco Polo, 1254-1324, the famous traveller and merchant? No, nothing.
- Though there is a game played by children, in water, called Marco Polo.
- I see. Is that a form of polo, then?
- No – just a game of chase.
- So is Water Polo like polo played on land? You know, with horses, helmets, mallets, and so on?
- Yes, similar. Players do have to try and hit a ball through their opponent's goal. But they don't use mallets - just their hands. And there are no helmets, just caps. No horses either, I'm afraid - it would take too long to get them into and out of the pool!
- But originally players in the US rode on floating barrels and used sticks to hit the ball, so it was called water polo.
- Didn't they ride on barrels in Europe, then?
- No, there was a different version over here, originally called water rugby.
- When was all this?
- Back in the 1870s. Actually, both versions of the sport were quite violent, with a lot of fighting and wrestling.
- What happened to that, then?
- The sport got formal rules and became more disciplined - no hitting or rough stuff. It got more popular after that, particularly the European version.
- And when did they start playing it in the Olympics?
- The first time was at the 1900 Paris games, and then regularly from 1908.
- Do women play, too?
- Yes, but there was no women's Water Polo in the Olympics until 2000.
- Which country is the best at it?
- The Hungarians won medals at every games from 1928 to 1980. They got a ninth gold in 2008 (making 15 medals in total).
- Why are they so good?
- Mm...you might have to ask a Hungarian about that.

1. *There is a version of Water Polo named after Marco Polo.*
2. *Early American versions of the sport used different equipment from the European version.*
3. *Since the 19th century the sport has become increasingly violent.*
4. *Water Polo has featured in most modern Olympics.*
5. *Women's Water Polo became an Olympic sport at the start of the 20th century.*
6. *The US have won more medals than anyone else.*

Exercise 5 Revision. Choose the one correct answer.

1. This time tomorrow we ____ probably ____ fishing.
A) are/will B) -/shall C) shall/be D) shall/-
2. What ____ you ____ at 6 tomorrow?
A) will/do B) was/doing C) will/be doing D) is/doing
3. I ____ to start a new life tomorrow.
A) to be going B) am going C) shall go D) is going
4. Mark ____ into the army next year.
A) was going B) goes C) will go D) would go
5. They ____ dinner at this time tomorrow.
A) have B) are having C) will have D) will be having
6. I think I ____ a cassette recorder and use it in class.
A) buy B) am buying C) shall buy D) would buy
7. We ____ for Niagara tomorrow.
A) are leaving B) have left C) left D) had to leave
8. I'll ask him what he ____ for lunch.
A) was having B) are having C) would have D) will have
9. Who ____ for a walk tomorrow?
A) go B) will go C) didn't go D) doesn't go
10. They ____ their English exam at this time tomorrow.
A) will take B) will be taking C) would take D) is taking

APPENDICES

GRAMMAR RULES

APPENDIX I. PRESENT SIMPLE TENSE

The simple present tense in English is used to describe an action that is regular, true or normal.

We use the present tense:

1. For repeated or regular actions in the present time period.

*I **take** the train to the office.*

*The train to Berlin **leaves** every hour.*

*John **sleeps** eight hours every night during the week.*

2. For facts.

*The President of The USA **lives** in The White House.*

*A dog **has** four legs.*

*We **come** from Switzerland.*

3. For habits.

*I **get up** early every day.*

*Carol **brushes** her teeth twice a day.*

*They **travel** to their country house every weekend.*

4. For things that are always / generally true.

*It **rains** a lot in winter.*

*The Queen of England **lives** in Buckingham Palace.*

*They **speak** English at work.*

Short Answers with Do and Does

In questions that use do/does it is possible to give short answers to direct questions as follows:

Sample Questions	Short Answer (Affirmative)	Short Answer (Negative)
Do you like chocolate?	Yes, I do.	No, I don't.
Do I need a pencil?	Yes, you do.	No, you don't.
Do you both like chocolate?	Yes, we do.	No, we don't.
Do they like chocolate?	Yes, they do.	No, they don't.
Does he like chocolate?	Yes, he does.	No, he doesn't.
Does she like chocolate?	Yes, she does.	No, she doesn't.
Does it have four wheels?	Yes, it does.	No, it doesn't.

Verb Conjugation and Spelling

We form the present tense using the base form of the infinitive (without the TO).

In general, in the third person we add 'S' in the third person.

The spelling for the verb in the third person differs depending on the ending of that verb:

1. For verbs that end in **-O**, **-CH**, **-SH**, **-SS**, **-X**, or **-Z** we add **-ES** in the third person.

go – goes

catch – catches

wash – washes

kiss – kisses

fix – fixes

buzz – buzzes

2. For verbs that end in a **consonant + Y**, we remove the **Y** and add **-IES**.

marry – marries

study – studies

carry – carries

worry – worries

NOTE: For verbs that end in a **vowel + Y**, we just add **-S**.

play – plays

enjoy – enjoys

say – says

Negative Sentences in the Simple Present Tense

To make a negative sentence in English we normally use **Don't** or **Doesn't** with all verbs EXCEPT **To Be** and **Modal verbs** (can, might, should etc).

Affirmative:

You speak French.

Negative: You **don't** speak French.

You will see that we add **don't** between the subject and the verb. We use **Don't** when the subject is **I**, **you**, **we** or **they**.

Affirmative: He speaks German.

Negative: He **doesn't** speak German.

When the subject is **he**, **she** or **it**, we add **doesn't** between the subject and the verb to make a negative sentence. Notice that the letter **S** at the end of the verb in the affirmative sentence (because it is in third person) disappears in the negative sentence. We will see the reason why below.

Negative Contractions

Don't = Do not

Doesn't = Does not

I **don't** like meat = I **do not** like meat.

There is no difference in meaning though we normally use contractions in spoken English.

Word Order of Negative Sentences

The following is the word order to construct a basic negative sentence in English in the Present Tense using **Don't** or **Doesn't**.

Examples of Negative Sentences with Don't and Doesn't:

*You **don't** speak Arabic.*

*John **doesn't** speak Italian.*
*We **don't** have time for a rest.*
*It **doesn't** move.*
*They **don't** want to go to the party.*
*She **doesn't** like fish.*

Questions in the Simple Present Tense

To make a question in English we normally use **Do or Does**. It has no translation in Spanish though it is essential to show we are making a question. It is normally put at the beginning of the question.

Affirmative: You speak English.

Question: **Do** you speak English?

You will see that we add **DO** at the beginning of the affirmative sentence to make it a question. We use **Do** when the subject is **I, you, we** or **they**.

Affirmative: He speaks French.

Question: **Does** he speak French?

When the subject is **he, she** or **it**, we add **DOES** at the beginning to make the affirmative sentence a question. Notice that the letter **S** at the end of the verb in the affirmative sentence (because it is in third person) disappears in the question. We will see the reason why below.

We **DON'T** use **Do** or **Does** in questions that have the verb **To Be** or **Modal Verbs** (can, must, might, should etc.)

Word Order of Questions with Do and Does

The following is the word order to construct a basic question in English using **Do** or **Does**.

Remember that the infinitive is the verb before it is conjugated (changed) and it begins with **TO**. For example: to have, to eat, to go, to live, to speak etc.

Examples of Questions with Do and Does:

***Do** you need a dictionary?*

***Does** Mary need a dictionary?*

***Do** we have a meeting now?*

***Does** it rain a lot in winter?*

***Do** they want to go to the party?*

***Does** he like pizza?*

However, if a question word such as **who, when, where, why, which** or **how** is used in the question, you can not use the short answers above to respond to the question.

APPENDIX II. PRESENT CONTINUOUS TENSE

Present Continuous Tense is used to express an action which is in progress. It expresses a continued or ongoing action at present time. The action in Present Continuous Tense takes place at the time of speaking or in current time. Present Continuous Tense is also called Present progressive tense. For example if a person says, "I am going to the market". It means that he is in the process of going to the

market. This kind of actions happens in the current time and thus expressed by present continuous tense.

Forming the present continuous

The present continuous of any verb is composed of two parts - the present tense of the verb to be + the present participle of the main verb.

(The form of the present participle is: base+ing, e.g. talking, playing, moving, smiling)

Affirmative	Negative		Interrogative	Short answers	
Full forms	Full forms	Contractions	-----	Affirmative	Negative
I am eating	I am not eating	I'm not eating	Am I eating?	Yes, I am	No, I'm not
You are eating	You are not eating	You aren't eating	Are you eating?	Yes, you are	No, you aren't
He is eating	He is not eating	He isn't eating	Is he eating?	Yes, he is	No, he isn't
She is eating	She is not eating	She isn't eating	Is she eating?	Yes, she is	No, she isn't
It is eating	It is not eating	It isn't eating	Is it eating?	Yes, it is	No, it isn't
We are eating	We are not eating	We aren't eating	Are we eating?	Yes, we are	No, we aren't
You are eating	You are not eating	You aren't eating	Are you eating?	Yes, you are	No, you aren't
They are eating	They are not eating	They aren't eating	Are they eating?	Yes, they are	No, they aren't

Note: alternative negative contractions: I'm not going, you're not going, he's not going.

Functions of the present continuous

As with all tenses in English, the speaker's attitude is as important as the time of the action or event. When someone uses the present continuous, they are thinking about something that is unfinished or incomplete

The present continuous is used:

- a) to describe an action that is going on at this moment: You are using the Internet. You are studying English grammar.
- b) to describe an action that is going on during this period of time or a trend: Are you still working for the same company? More and more people are becoming vegetarian.
- c) to describe an action or event in the future, which has already been planned or prepared: We're going on holiday tomorrow. I'm meeting my boyfriend tonight. Are they visiting you next winter?
- d) to describe a temporary event or situation: He usually plays the drums, but he's playing bass guitar tonight. The weather forecast was good, but it's raining at the moment.
- e) with "always, forever, constantly", to describe and emphasise a continuing series of repeated actions: Harry and Sally are always arguing! You're constantly complaining about your mother-in-law!

Examples:

Affirmative Negative Interrogative

I am going I am not going Am I going?
You are going You aren't going. Are you going?
He, she, it is going He, she, it isn't going Is he, she, it going?
We are going We aren't going Are we going?
You are going You aren't going Are you going?
They are going They aren't going Are they going?

BE CAREFUL! Some verbs are not usually used in the continuous form.

The verbs in the list below are normally used in the simple form because they refer to states, rather than actions or processes.

Exceptions

Perception verbs (see, hear, feel, taste, smell) are often used with can: I can see...

These verbs may be used in the continuous form but with a different meaning

This coat feels nice and warm. (your perception of the coat's qualities)

John's feeling much better now (his health is improving)

She has three dogs and a cat. (possession)

She's having supper. (She's eating)

I can see Anthony in the garden (perception)

I'm seeing Anthony later (We are planning to meet)

APPENDIX III. SIMPLE PAST TENSE

The simple past tense sometimes is used to talk about a **completed action** in a time **before now**. The simple past is the basic form of past tense in English. The time of the action can be in the recent past or the distant past and action duration is not important.

Examples

John Cabot **sailed** to America in 1498.

My father **died** last year.

He **lived** in Fiji in 1976.

We **crossed** the Channel yesterday.

You always use the simple past when you say **when** something happened, so it is associated with certain past time expressions

a) frequency: *often, sometimes, always*

I sometimes **walked** home at lunchtime.

I often **brought** my lunch to school.

b) a definite point in time: *last week, when I was a child, yesterday, six weeks ago*

We **saw** a good film *last week*.

Yesterday, I **arrived** in Geneva.

She **finished** her work *at seven o'clock*

I **went** to the theatre *last night*

c) an indefinite point in time: *the other day, ages ago, a long time ago*

People **lived** in caves a *long time ago*.

She **played** the piano *when she was a child*.

Note: the word *ago* is a useful way of expressing the distance into the past. It is placed **after** the period of time: *a week ago, three years ago, a minute ago*.

Be Careful: The simple past in English may look like a tense in your own language, but the meaning may be different.

Notes on affirmative, negative, & interrogative forms

Affirmative

The affirmative of the simple past tense is simple.

I was in Japan last year

*She **had** a headache yesterday.*

*We **did** our homework last night.*

Negative and interrogative

For the negative and interrogative simple past form of "to do" as an ordinary verb, use the auxiliary "did", e.g. We **didn't do** our homework last night.

The negative of "have" in the simple past is usually formed using the auxiliary "did", but sometimes by simply adding *not* or the contraction "n't".

The interrogative form of "have" in the simple past normally uses the auxiliary "did".

Examples:

*They **weren't** in Rio last summer.*

*We **didn't have** any money.*

*We **didn't have** time to visit the Eiffel Tower.*

*We **didn't do** our exercises this morning.*

Were they in Iceland last January?

*Did you **have** a bicycle when you were young?*

*Did you **do** much climbing in Switzerland?*

Note: For the negative and interrogative form of **all** verbs in the simple past, always use the auxiliary '**did**'.

Simple past, irregular verbs

Some verbs are irregular in the simple past. Here are the most common ones.

to go

*He **went** to a club last night.*

*Did he **go** to the cinema last night?*

*He **didn't go** to bed early last night.*

to give

*We **gave** her a doll for her birthday.*

*They **didn't give** John their new address.*

*Did Barry **give** you my passport?*

to come

*My parents **came** to visit me last July.*

*We **didn't come** because it was raining.*

*Did he **come** to your party last week?*

APPENDIX IV. PAST CONTINUOUS

The past continuous describes actions or events in a time **before now**, which began in the past and were **still going on** when another event occurred.

It is used:

Often, to describe the background in a story written in the past tense, e.g. "The sun **was shining** and the birds **were singing** as the elephant came out of the jungle. The other animals **were relaxing** in the shade of the trees, but the elephant moved very quickly. She **was looking** for her baby, and she didn't notice the hunter who **was watching** her through his binoculars. When the shot rang out, she **was running** towards the river..."

a) to describe an unfinished action that was interrupted by another event or action, *I **was having** a beautiful dream when the alarm clock rang.*

b) to express a change of mind: *I **was going** to spend the day at the beach but I've decided to get my homework done instead.*

c) with *wonder*, to make a very polite request: *I **was wondering** if you could baby-sit for me tonight.*

Examples

They were waiting for the bus when the accident happened.

Caroline was skiing when she broke her leg.

When we arrived he was having a bath.

When the fire started I was watching television.

Note: with verbs not normally used in the continuous form, the simple past is used.

APPENDIX V. PRESENT PERFECT TENSE

The present perfect is used to indicate a link between the present and the past. The time of the action is **before now but not specified**, and we are often more interested in the **result** than in the action itself.

BE CAREFUL! There may be a verb tense in your language with a similar form, but the meaning is probably NOT the same.

The Present Perfect is used to describe:

a) An action or situation that started in the past and continues in the present. *I **have lived** in Bristol since 1984 (= and I still do.)*

b) An action performed during a period that has not yet finished. *She **has been** to the cinema twice this week (= and the week isn't over yet.)*

c) A repeated action in an unspecified period between the past and now. *We **have visited** Portugal several times.*

d) An action that was completed in the very recent past, expressed by 'just'. *I **have just finished** my work.*

e) An action when the time is not important. *He **has read** 'War and Peace'. (= the result of his reading is important)*

Note: When we want to give or ask details about when, where, who, we use the simple past. Read more about **choosing between the present perfect and the simple past tenses**.

Actions started in the past and continuing in the present

*They **haven't lived** here for years.*

*She **has worked** in the bank for five years.*

*We **have had** the same car for ten years.*

***Have you played** the piano since you were a child?*

When the time period referred to has not finished

*I **have worked** hard **this week**.*

*It **has rained** a lot **this year**.*

*We **haven't seen** her **today**.*

Actions repeated in an unspecified period between the past and now.

*They **have seen** that film six times*

*It **has happened** several times already.*

*She **has visited** them frequently.*

*We **have eaten** at that restaurant many times.*

Actions completed in the very recent past (+just)

***Have you just finished** work?*

*I **have just eaten**.*

*We **have just seen** her.*

***Has he just left**?*

When the precise time of the action is not important or not known

*Someone **has eaten** my soup!*

***Have you seen** 'Gone with the Wind'?*

*She's **studied** Japanese, Russian, and English.*

Read more about **using the present perfect with the words "ever", "never", "already", and "yet"**, and about **using the present perfect with the words "for" and "since"**.

For irregular verbs, see the **Table of irregular verbs**.

Irregular Verbs

BASE FORM	PAST FORM	PAST PARTICIPLE	BASE FORM	PAST FORM	PAST PARTICIP.	BASE FORM	PAST FORM	PAST PARTICIPLE
arise	arose	arisen	get	got	got	shut	shut	shut
awake	awoke	awoken	give	gave	given	sing	sang	sung
bear	bore	borne	go	went	gone	sink	sank	sunk
beat	beat	beaten	grind	ground	ground	sit	sat	sat
become	became	become	grow	grew	grown	slay	slew	slain
begin	began	begun	hear	heard	heard	sleep	slept	slept
bend	bent	bent	hide	hid	hidden	slide	slid	slid
bet	bet	bet	hit	hit	hit	sling	slung	slung
bind	bound	bound	hold	held	held	sow	sowed	sown
bite	bit	bitten	hurt	hurt	hurt	speak	spoke	spoken
bleed	bled	bled	keep	kept	kept	spend	spent	spent
blow	blew	blown	know	knew	known	spin	spun	spun
break	broke	broken	lay	laid	laid	spread	spread	spread
breed	bred	bred	lead	led	led	spring	sprang	sprung
bring	brought	brought	leave	left	left	stand	stood	stood
build	built	built	lend	lent	lent	steal	stole	stolen
burst	burst	burst	let	let	let	stick	stuck	stuck
buy	bought	bought	lose	lost	lost	sting	stung	stung
cast	cast	cast	make	made	made	stink	stank	stunk
catch	caught	caught	mean	meant	meant	stride	strode	stridden
choose	chose	chosen	meet	met	met	strike	struck	struck
cling	clung	clung	pay	paid	paid	string	strung	strung
come	came	come	put	put	put	strive	strove	striven
cost	cost	cost	quit	quit	quit	swear	swore	sworn
creep	crept	crept	read	read	read	sweep	swept	swept
cut	cut	cut	ride	rode	ridden	swim	swam	swum
deal	dealt	dealt	ring	rang	rung	swing	swung	swung
dig	dug	dug	rise	rose	risen	take	took	taken
draw	drew	drawn	run	ran	run	teach	taught	taught
drink	drank	drunk	saw	sawed	sawn	tear	tore	torn
drive	drove	driven	say	said	said	tell	told	told
eat	ate	eaten	see	saw	seen	think	thought	thought
fall	fell	fallen	seek	sought	sought	throw	threw	thrown
feed	fed	fed	sell	sold	sold	thrust	thrust	thrust
feel	felt	felt	send	sent	sent	tread	trod	trodden
fight	fought	fought	set	set	set	understand	understood	understood
find	found	found	sew	sewed	sewn	wear	wore	worn
flee	fled	fled	shakee	shook	shaken	weep	wept	wept
fling	flung	flung	shed	shed	shed	win	won	won
fly	flew	flown	shine	shone	shone	wind	wound	wound
forbid	forbade	forbidden	shoe	shod	shod	wring	wrung	wrung

APPENDIX VI. PRESENT PERFECT CONTINUOUS

Present perfect continuous tense is used to express an action that started in the past and continued till present. A time reference is found in these kind of sentences like “since 2000”, “for 2 hours”. This time reference specifies that the task has been continued from the past till now. Such time references can be seen in present perfect continuous tense. For Example if a person says, “I have been waiting here for three hours”. It means that the person is waiting for last three hours and he is still waiting. It identifies that he started waiting in the past and still waiting.

The present perfect continuous is used to refer to an **unspecified time** between 'before now' and 'now'. The speaker is thinking about something that started but perhaps did not finish in that period of time. He/she is interested in the **process as well as the result**, and this process may still be going on, or may have just finished.

Actions that started in the past and continue in the present

*She **has been waiting** for you all day (= and she's still waiting now).*

*I've **been working** on this report since eight o'clock this morning (= and I still haven't finished it).*

*They **have been travelling** since last October (= and they're not home yet).*

Actions that have just finished, but we are interested in the results

*She **has been cooking** since last night (= and the food on the table looks delicious).*

*It's **been raining** (= and the streets are still wet).*

*Someone's **been eating** my chips (= half of them have gone).*

Verbs without continuous forms

With verbs not normally used in the continuous form, use the simple present perfect instead (verbs such as: know, hate, hear, understand, want).

*I've **wanted** to visit China for years*

*She's **known** Robert since she was a child.*

*I've **hated** that music since I first heard it.*

*I've **heard** a lot about you recently.*

*We've **understood** everything.*

Present Perfect continuous Tense is made up of three main parts auxiliary verb has/ have , auxiliary verb been and 1st form of base verb+ ing.

Present Perfect continuous Tense= Subject +has/have (Helping Verb) + been (Auxiliary verb) + 1st Verb+ing+Object.

Has → (He, She, It, any Name, Singular noun)

Have → (I, We, They, You, Plural Noun)

Examples of Present Perfect continuous Tense with structure

Positive Sentence

In positive sentences, we simply make the sentences according to Present Perfect continuous Tense rules.

For Example

He has been walking for two days.
She has been doing this job since 4 o'clock.
I have been playing for three hours.
Steve has been feeling little stressed.
You have been teaching me the lesson since morning.

Negative Sentences in the Present Perfect Continuous Tense

When we make negative sentences, we normally use not after auxiliary verbs has/have.

Negative Simple Present tense = Subject +has/have (Helping Verb) + not+ been (Auxiliary verb) + 1st Verb+ ing+ Object.

For example

I have been not attending his class since Monday.
Leena has not been practicing her dance.
Mark has not been using too much computer lately.
Recently I have not been feeling bored.

Yes/No Questions in the Present Perfect Continuous Tense

When you make any question that can be answered as yes or no, then you should start it with auxiliary verb followed by the subject, been and 1st form+ ing.

Yes/No Sentences = has/have + Subject +been+ 1st Verb+ ing+ Object?

For example

Have you been watching this serial since morning?
Has Leena been washed her clothes for four hours?
Have you been solving all the questions since 3 p.m.?
Has Steve been reading this book for 3 hours?

Wh- Questions in the Present Perfect Continuous Tense

When you make any question that starts with **wh** word, then you should start it from **wh** word and then add auxiliary verb, after that subject followed by been and 1st form+ ing..

Wh words are when, why, who, where, whom, how, what, how much, how many.

WH Sentences = Wh word + has/have + Subject + been+1st Verb + Ing + Object?

For example

Which technology has she been working, recently?
Where have you been visiting since afternoon?
Why has she been sending me these gifts?
What have you been doing with this book?

Tag Questions in the Present Perfect Continuous Tense

Tag questions are those questions which are answered at the end of the sentence. They can be simply made by adding auxiliary verbs.

For examples

I have been visiting the market, have you not been?
She has been working, has she not been?

You can also use tag questions in positive sentences

*She **has not been** reading news paper, **has she been**?*
*Those girls **has not been playing** basketball, **have they been**?*

Rules of Present Perfect tense

Action started in past and still ongoing

Since when and for how long

Recently and lately

Since and for

Action started in past and still ongoing

Any action which was started in the past and still in progress, then for this kind of sentences we use present perfect continuous tense.

For example

*He **has been** still working.*

*Why **has she been** wasting my time?*

*What **have you been** thinking about me?*

Since when and for how long

When we have “since when” and “for how long” words in the beginning of the sentences then present perfect continuous tense is used.

For example

*Since when **has she been** living in this house?*

*For how long **have you been** waiting for her?*

*Since when **have you been** staying in hotel room?*

Recently and lately

When we have “Recently” and “Lately” words in the sentences then present perfect continuous tense is used.

For example

*Recently, I **have been** visiting to Canada.*

*She **has been** working too much lately.*

Since and for

When we have “Since” and “For” words in the sentences then present perfect continuous tense is used.

For example

*It **has been** raining for five days.*

*I **have been** sleeping since 7 O'clock.*

*Steve **has been** climbing up this tree for over 3 hours.*

More Examples to unfold some other aspects of Present Perfect Continuous Tense

*Why **have you not been** doing anything for 3 months?*

*I **have not been** working with this company since June 2003.*

*For how long **have you been** wasting your time just like this?*

*Since when **has she been** teaching him?*

APPENDIX VII. STATIVE VERBS

Stative verbs are **verbs** that express a state rather than an action. They usually relate to thoughts, emotions, relationships, senses, states of being and measurements. These verbs are not usually used with **ing** in progressive (continuous) tenses even though they may take on time expressions such as now and at the moment. We use the simple tenses for them.

*Paul **feels** rotten today. He **has** a bad cold.*

*Do you **recognize** him? He **is** a famous rock star.*

*Our client **appreciated** all the work we did for him.*

Incorrect: I'm **smelling** your wife's wonderful spaghetti sauce.

Correct: I **smell** your wife's wonderful spaghetti sauce.

However, there are some verbs that look like they should be stative, but may appear in the **ing** form. These verbs differ in meaning to the stative verbs.

Examples:

*I **see** Michael, but he **can't see** me. I'm too far away. (I see him with my eyes.)*

*James is **seeing** Marsha. They've been together for a month. (He's dating her.)*

hear

*I **hear** music coming from the Smith's apartment. Someone must be home now. (To experience sound)*

*I'm **hearing** voices. (I'm imagining it) **have***

*Jeremy **has** a Mercedes. (He owns it.)*

*Sara is **having** lunch with her editor. (She's eating lunch)*

States and actions

STATES

A state means something staying the same.

The flat is clean.

The farmer owns the land.

The box contained old books.

State verbs cannot usually be continuous.

I think you're right. (= believe)

We have three cars. (= own)

I come from Sweden. (= live in)

I see your problem. (= understand)

Do you see that house? (= have in sight)

This picture looks nice.

She appears very nervous. (= seems)

The bag weighed five kilos.

The coat fits. (it is the right size)

These examples with the verb be are about how people behave.

Permanent Quality

Claire is a very sociable person.

That man is an idiot.

Some state verbs: **be, believe, belong, consist of, contain, depend on, deserve, exist, hate, know, like, love, matter, mean, own, need, prefer, remember, resemble, seem, understand.**

I think/I'm thinking.

Sometimes we can use a verb either for a state or for an action.

ACTIONS

An action means something happening.

I'm cleaning the flat.

The farmer is buying the land.

He put the books in the box.

Action verbs can be simple or continuous.

He put / He was putting everything away.

I'm thinking about the problem.

We're having lunch. (= eating)

I'm coming from Sweden. (= travelling)

I usually come on the plane.

Mark is seeing his boss. (= meeting)

I see Daniel quite often.

I'm looking at this picture.

She appeared/was appearing in film.

They weighed/were weighing my bag.

I'm fitting a lock to the window.

Temporary Behaviour

Amanbek is being very sociable today. You are being an idiot this morning.

(= You are behaving like an idiot.)

Short Period (continuous)

I'm liking/enjoying this party.

I'm liking school much better now.

This trip is costing me a lot of money.

We use am/are/is being only to talk about behaviour, not about other things.

I'm better now, thanks. Are you ready? Is anyone interested?

We can use some state verbs in the continuous to talk about a short period of time.

Permanent (simple tenses)

I love/enjoy parties.

I like school.

Holidays cost a lot of money.

Sometimes we can use either the simple or the continuous with no difference in meaning.

You look well or You're looking well. We feel a bit sad or We're feeling a bit sad.

APPENDIX VIII. FUNCTIONS OF THE PAST PERFECT

The past perfect refers to a time **earlier than before now**. It is used to make it clear that **one event happened before another** in the past. It does not matter which event is mentioned first - the tense makes it clear which one happened first. In these examples, Event A is the event that happened first and Event B is the second or more recent event:

Event A	Event B
John had gone out	when I arrived in the office.
Event A	Event B
I had saved my document	before the computer crashed.
Event B	Event A
When they arrived	we had already started cooking.
Event B	Event A
He was very tired	because he hadn't slept well.

Past perfect + just

“Just” is used with the past perfect to refer to an event that was only a short time earlier than before now, for example:

*The train **had just left** when I arrived at the station.*

*She **had just left** the room when the police arrived.*

*I **had just put** the washing out when it started to rain.*

The Past Perfect tense in English is composed of two parts: the past tense of the verb **to have (had)** + the past participle of the main verb.

Subject	had	past participle
Affirmative		
She	had	given
Negative		
She	hadn't	asked.
Interrogative		
Had	they	arrived?

Subject	had	past participle
Interrogative Negative		
Hadn't	you	finished?

APPENDIX IX. FUNCTIONS OF THE PAST PERFECT CONTINUOUS

The past perfect continuous corresponds to the present perfect continuous, but with reference to a time earlier than 'before now'. As with the present perfect continuous, we are more interested in the **process**.

Examples:

Had you been waiting long before the taxi arrived?

We had been trying to open the door for five minutes when Jane found her key.

It had been raining hard for several hours and the streets were very wet.

Her friends had been thinking of calling the police when she walked in.

Forming the past perfect continuous

The past perfect continuous is composed of two elements: the past perfect of the verb *to be* (= *had been*) + the present participle (*base+ing*).

Subject	had been	verb + ing
I	had been	walking
Affirmative		
She	had been	trying
Negative		
She	Hadn't been	sleeping
Interrogative		
Had you	been	eating?
Interrogative negative		
Hadn't they	been	living?

This form is also used in **reported speech**. It is the equivalent of the past continuous and the present perfect continuous in direct speech:

Jane said, “*I have been gardening all afternoon*”. = Jane said *she had been gardening* all afternoon.

When the police questioned him, John said, “*I was working late in the office that night*”. = When the police questioned him, John told them *he had been working* late in the office that night.

Past perfect continuous – common mistakes

Common mistakes	Correct version	Why?
I had working hard, so I felt very tired. I had been worked hard, so I felt very tired.	I had been working hard, so I felt very tired.	The form of the past perfect continuous is had + been + verb (-ing) .
I had been hearing the song many times before.	I had heard the song many times before.	Some verbs (called <u>stative verbs</u>) are not normally used in the continuous form, e.g. <i>know, like, understand, believe, hear</i> , etc.

The difference between the present perfect continuous and the past perfect continuous is that **the past perfect continuous** describes an action that is definitely finished.

- The structure of the past perfect continuous is:
- ***had + been + -ing form of the verb***

APPENDIX X. FUTURE TENSES: TIME CLAUSES

There are a number of different ways of referring to the future in English. It is important to remember that we are expressing more than simply the time of the action or event. Obviously, any *future tense* will always refer to a time *later than now*, but it may also express our attitude to the future event.

It is clear from these examples that several tenses are used to express the future. The future tense section shows the form and function of each of these uses of future tenses.

Future with **be going to + verb**

We usually use **be going to + verb** to talk about a definite future plan. Plans are things we can decide for ourselves. We think about them in advance. Usually we can control them.

I'm going to cook barbecue chicken for dinner ***tomorrow night***.

(It's my choice. I have already decided what to cook.)

Check Point:

✓ We don't usually use will to talk about future plans unless the plans are very formal or the plan is possible, but not definite.

We **will probably** eat at about eight o'clock.

What is a time clause?

Time clauses are preceded by adverbs or adverb phrases which show that they represent a time.

Examples of these adverbs or adverb phrases are: **when, before, after, as soon as, until.**

A time clause shows that an event will happen at a certain time. Although they have a subject, verb and object, these clauses simply point to a time, similar to saying **at 7 o'clock.**

We use the present tense to talk about future times.

The *future tense* is used in the main clause.

The *present simple* tense is used in the time clause.

When two clauses are joined by adverbs of time or adverb phrases, ***the future form should not be repeated.***

Tom **will turn off** the lights **when** he **leaves** the office. (Not ~~when he will leave~~).

I **will tidy** the living-room **before** I **go** to bed. (Not ~~before I will go~~).

She **will go running** **after** it **stops** raining. (Not ~~after it will stop raining~~.)

I **will not go** home **until** I **finish** the report. (NOT ~~until I will finish~~).

Jane **will call** her mother **as soon as** she **arrives** at the airport. (Not ~~as soon as she will arrive~~).

Time clauses with reference to the future can also be introduced by other expressions such as: **once, immediately, the moment, the minute, the day, by the time.**

Tony **will call** the restaurant **the moment** he **gets** home.

I'll contact you **once** I **receive** an estimate.

You **will be notified** **the minute** your order **arrives**.

It **will be** dark **by the time** we arrive home.

The time clause may come before or after the main clause with no change in meaning.

The moment I hear the doorbell I **will put on** my coat.

I **will put on** my coat **the moment** I **hear** the doorbell.

The day you graduate your mother **will be** very happy.

Your mother **will be** very happy **the day** you **graduate**.

All of the following ideas can be expressed using different tenses:

Simple prediction: There will be snow in many areas tomorrow.

Arrangements: I'm meeting Jim at the airport.

Plans and intentions: We're going to spend the summer abroad.

Time-tabled events: The plane takes off at 3 a.m.

Prediction based on present evidence: I think it's going to rain!

Willingness: We'll give you a lift to the cinema.

An action in progress in the future: This time next week I'll be sun-bathing.

An action or event that is a matter of routine: You'll be seeing John in the office tomorrow, won't you?

Obligation: You are to travel directly to London.

An action or event that will take place immediately or very soon: The train is about to leave.

Projecting ourselves into the future and looking back at a completed action: A month from now he will have finished all his exams.

WORD LIST

UNIT 1

attentive	fault	please
aggressive	famous	person
apathetic	friend	personality
argue	friendship	polite
argument	group	prejudiced
argumentative	happy	relate
assist	infamous	relative(ly)
ancient	(in) ability	relation
audience	(im)personal(ly)	relationship
able unable	impolite	sympathetic
achieve	(im)politely	support
achievement	(im)politeness	sympathetic
blame	insensitive	sensitive
bad-tempered	jealous	sensible
connection	jealousy	solitary
company	jealously	typical
crowd	kind	usual
close	kindly	unknown
ccareful(ly)	likeable	unhappy
careless(ly)	marriage	(un)happiness
correspond	mature	(un)happily
correspondence	nervous	unkind
disabled	near	(un)kindness
disability	nervous(ly)	(un)caring
disobey	nervousness	(un)married
(dis)obedient(ly)	old	willing unwilling
(dis)obedience	ordinary	(un)willingness
devoted	obey	(un)willingly
enjoy	polite	(un)friendly
extrovert	popular	willing unwilling

UNIT 2

age	possess	take
after	prefer	table-tennis
as soon as	play	take part
bat	period	team
beat	produce	tennis
breathhtaking	pass	track
before	racket	track suit
court	run	trainer(s)
go on	seem	train(ing)
interview to feel	since	tournament
know	smash	to see
last	shot	to hear
net	talk	to smell

to taste
to contain
to cost
to hold
to measure
to weigh
to forget
to imagine
to know
to mean
to notice
to recognise
to remember
to understand

to assume
to believe
to consider
to doubt
to feel (= to think)
to find (= to consider)
to suppose
to think
to envy
to dislike
to hope
to like
to mind
to prefer

to regret
to want
to wish
to look (=resemble)
to seem
to be (in most cases)
to have (when it means to
until
volley
wait
when
while

UNIT 3

area
above
above and beyond
aerial
aloft
altitudinal beyond
abyssal
big
bulk
base
below
beneath
bottom
capacity
cavernous
depth
deep
down
diameter
dimensions
diameter
enormous
expanse
extent
elevated

eminent
girth
ground-level
huge
high
height
heaviness
immense
inferior to
low
little
long
length
lofty
medium
massive
minute
magnitude
mass
measure
narrow
nether
onto
over
proportions

small
short
shallow
superior to
squatty
subordinate to
subsided
tiny
tall
thin
thick
tall
top
to the ground
upmost
upon
upward of
under
underneath
volume
volley
wide
width
weight
width

UNIT 4

assist
airball
backcourt
baseline
basket
basketball
ball

block
bounce
bike/go biking
block out
center
court
come into
cheque

chest pass
computer
cut
cycle
double
dribble
draft
dance

forward
free throw
front court
fall on/off/over
free throw
ground
guard
hall
ice-skate
injure
jump
jump stop
key
lay up
landing
learn/learning
live
loft

man-to-man
office
old empty boxes
passing
personal foul
pivot
pay
player
rake
rest
rebound
referee
shave
shed
sideline
steal
sleep
skate

ski
sky diving
storage
study
separated from
traveling
turnover
throw
three point shot
three second violation
turn over
violations
walk into
watch
write
walls
zone

UNIT 5

athletics
amateur
allow
allowance
allowable
associate
association
archery
bat
beat
become
badminton
baseball
court
course
compete
competition
competitor
compete
competitive(ly)
draw
disallow
disassociate
darts
end
ending
equal
enjoy
enjoyment
enjoyable

equip
equipment
equipped
final
fortune misfortune
finale
fortune
game
golf
gymnastics
half time
hockey
interval
interest
(im)practical(ly)
improve
know
knowledge
lose
lost
loss
medal
medalist
medallion
maintain
maintenance
mountain-biking
opponent
oppose
opposition

opposite
opposing
Pitch
practice
prefer to do(rather than (to) do)
prefer smth (rather than smth)
practical
play
professional
referee
ring
rink
rod
racket
retrain
stick
spectator umpire
sport
score
swimming
sky-diving
track
train
trainer
(un)fortunate(ly)
(un)interesting(ly) viewer
(un)knowledgeable
win

UNIT 6

assist
aerobics
archery
athlete
assistance
account
attend
badminton
baseball
basketball
bowling
boxing
bronze medal
bungee jumping
bank
bill
brand
break
coach
cycling
ending
earn
escape
exchange
field
figure skating
finish line
first place
football
goal
gold medal
golf

gym
gymnastics
hang-gliding
hiking
hockey
jogging
kick the goalpost
karate
learn
make
marathon
medal
note
Olympics
offer
price
products/goods
poor poorly
poverty
pay paid
payable
plastic
ping-pong
push-ups
peel
race
referee
rollerblading
running
realize
reality
realistic(ally)

score
scuba diving
second place
silver medal
sit-ups
skating
skiing
skydiving
snowboarding
soccer
squash
stadium
starting line
surfing
snow
sprain
till/checkout
trip over
unending
(un)economical(ly)
(un)acceptable
(un)acceptably
value (in)valuable
valueless
valuation
walk
watch
wealth/fortune
wealth wealthy
write

UNIT 7

adore
agree
appear (seem)
appreciate
area
arrive
arrangement be (exist)
arrival
arrange
border
book
broad
breadth

broaden
believe
belong to
concern
consist of
contain
cost
culture
cultural(ly)
deny
depend on
deserve
detest

disagree
dislike
doubt
distant
distantly
distance
direct
direction
different(ly)
differ
equal
excursion
enter

entrance
edge
feel
fare
fee
guide
hate
have (possession)
hear
home
imagine
include
involve
indirect
(in)directly
journey
know
keep
lack
like
loathe
look (seem)
love
lose
line
length
lead

matter
mean
measure
mind
miss
need
native
owe
own
possess
promise
period
photograph
photography
photographer
photographic
realize
recognize
remember
resemble
reach
rearrange
recognise
recognition
satisfy
see
seem

smell
sound
suppose
surprise
sight
season
taste
think (opinion)
trip
travel
ticket
territory
time timetable
tour
tourism
tourist understand
(un)recognisable
(un)cultured
voyage
view
want
weigh
world
worldwide
wish

UNIT 8

achieve
academy
academic
academically
attend attention
attendance
attendant
achieve
behave
behavior
count
change
colleague
classmate
certify
certificate
certified
degree
escape
eat
effort
educate

education
educator
educational(ly)
forget
fly
high degree
improve
improvement
improved
intense
intensity
intensify
intensely
illiterate
(il)literacy
(in)attentive(ly)
know
leave
lesson
learn
literate
measure

(mis)understanding
make
prefect
pass
primary
qualifications
qualities
read
ring
results
recognize
reason
reach
reasoning
revise
revision
results
reach
revised
student
start
secondary

subject
speak
study
solve
solution
scholar
scholarship
scholarly
scholastic
study
student

studies
studious
secondary
take
test exam
task
talk
teach
teacher
taught
think

thought
thoughtful
thoughtless
teach
(un)reasonable
(un)reasonably
(un)solvable
(un)thinkable
understand
understandable
write

UNIT 9

beat
championship
coach
concede (a goal)
defend
defeat
draw
equipment
extra time
football
football team
fan
football match
foul
game
fight
fringe
faith
faithful
fulfillment
give
gratefulness
honesty
honest
honor honors
injury time
join in
kick (v)
kit
master
match
mascot
national anthem
opponent
obstacles
opportunity
optimistic
plan

pass
penalty
pitch
polystyrene
passion
performance
perk
productivity
perseverance
persistence
positive mindset
promotion
positive
progress
problem solver
patience
role model
reward
referee
responsibility
resilience
stadium
striker
sponsor
substitute
scores
shoot
smoke
surprised
spirit
scientific
solution
satisfaction
self-satisfaction
spirit
support
success
tackle

trophy
tournament
to accelerate
to accomplish
to conquer
to empower
to endure
to overcome
to persevere
to prioritize
to be positive
to be resilient
to be engaged work
to learn
to be supportive
to support
to be disciplined
to be competent
to affiliate
to be grateful
to graduate with honors
to succeed
to encourage
to achieve
to compete
to make progress
to quit
to be patient
to decide
to master
to innovate
to be a creative
to create
unmotivated
utility to utilize
will
willing

UNIT 10

athlete	seeding
backstroke	starting block
barrels	start
best time	stadium
bubble	starting line
chase	streamline
coach	stroke clinic
cut	stroke and turn judge
distances	swimming
disqualify	swimmer
dryland	swimming pool
event	timer
event winner	turns
electronic device	team
finish line	teammate
first place	team sport
finishes	third place
flags	track
floating line	trophy
freestyle	this weekend
free throw	tomorrow morning
gold medal	two weeks from today
goal	tomorrow evening
goalkeeper	the week after next
heat	the day after tomorrow
heat sheet	to connect
heat winner	to get information
hold	tumble turn
individual medley	touch pad
kicking	until
laps	volleyball
lapcard	weights
lane	warm-ups
lane line	water skiing
local swim committee	zone
mallets	
meet	
meet fees	
next weekend	
next Sunday	
next year	
next spring	
pool	
quarter	
race	
relays	
referee	
runner	
score	

Glossary of Sports

Ace: a winning serve which the receiver fails to touch with his or her racket.

Advantage: a player who scores a point at 'deuce' has the advantage, meaning if they win the next point, they win the game.

Athletics: A sport related to physical activity, such as running, jumping or throwing.

A match: two teams playing against each other in a 90-minute game of football.

A pitch: the area where footballers play a match.

A referee: the person who makes sure that the players follow the rules. Normally wears a black shirt and shorts, and has a whistle.

A linesman (referee's assistant): the person whose main duty it is to indicate with a flag when the ball has gone out of play, when a player is offside or when a player should take a corner.

A goalkeeper: the player in goal who has to stop the ball from crossing the goal-line. The only player who is allowed to handle the ball during open play.

A defender: a player who plays in the part of the football team which tries to prevent the other team from scoring goals.

A midfielder: a player who plays mainly in the middle part of the pitch (or midfield).

An attacker: also called a forward; a player whose duty it is to score goals.

A skipper: the player who leads a team, also called the captain.

A substitute: a player who sits on the bench ready to replace another team-mate on the pitch.

A manager: the person in charge of a team and responsible for training, new players and transfers.

A foul: a violation of the rules. For example, if a player kicks another player it is a foul.

A booking: a yellow card shown to a player by the referee for a serious foul. Two bookings or yellow cards result in a red card or sending-off.

An equalizer: a goal that cancels out the opposing team's lead and leaves the match tied or drawn.

A goal: a successful attempt at scoring achieved by putting the ball over the goal line into the goal past the goalkeeper.

An own goal: a goal scored accidentally by a member of the defending team that counts in favour of the attacking team.

A draw: a match that ends in a tie, i.e. has no winner or loser. The teams get one point each for a draw.

A defeat: a match that is lost, the opposite of a win.

A kick: to hit something, or somebody, with your foot. In football, the players kick the ball.

A goal-kick: a kick taken from the 6-yard line by the defending team after the ball has been put over the goal-line (or byline) by the attacking team.

A free-kick: the kick awarded to a team by the referee after a foul has been committed against it.

A penalty: a free shot at goal from 12 yards (11 metres or the penalty spot) awarded by the referee to a team after a foul has been committed in the penalty area.

A corner: a kick from the corner flag awarded to the attacking team when the ball has crossed the goal-line (or byline) after last being touched by a player of the defending team

A throw-in: a throw is taken from the sideline (or touchline) after the ball has gone out of play. The only time a player can handle the ball without committing a foul.

A pass: a kick of the ball from one player to another.

A cross: a pass from the side of the pitch into the penalty area in an attempt to find an attacker and score a goal.

A one-two: a passing move in which player 1 passes the football to player 2, who immediately passes it back to player 1.

A header: the "shot" that occurs when a player touches and guides the ball with his or her head.

A backheel: a kick where the ball is hit with the heel (or the back) of the foot.

A clearance: a defensive kick that is intended to put the ball out of danger.

A penalty shoot-out: in a knock-out competition, a penalty shoot-out takes place if a match is a draw after full-time or extra-time. Five players from each team take a penalty each, and if the score is still level after that, one player from each team takes a penalty in turn, in order to decide who wins the match.

A goal difference: If team A has scored four goals and team B one, the goal difference is three.

A head-to-head: a way of deciding which team is ranked higher if two teams are level (or equal) on points. For example, if team A and B both have six points, but team A beat team B in the head-to-head game, team A will be ranked above team B.

A play-off: an extra match to decide which of two or more teams should go through to the next round.

American football: An American game where a ball is thrown forward to other players.

Away: The team that is playing sport at the ground/field of the other team.

Backhand: a stroke in which the ball is struck on the opposite side of the body to the racquet hand.

Ball Person: Ball Boy/Girl/Kid youngsters who collect balls from the court and give them to players as required.

Baseline: a line at each end of the court, marking the boundary of the playing area.

Badminton: A game played with rackets, a high net and a shuttlecock.

Baseball: An American game where a ball has to be hit with a bat.

Basketball: An American game where a ball has to be bounced on the floor and thrown through a hoop.

Bat: A thin long object that is held and used to hit another object, often a ball.

Baton: A stick that has to be carried to the end of a race by a group of participants.

Best Time: A best time is achieved when a swimmer exceeds their own previous "best time" in an event - it shows that a swimmer has improved over their own time, regardless of how other swimmers finish.

Break: to beat an opponent in a game in which the opponent is serving.

Break point: a point which will result in a break of service if it's won by the receiver.

Boxing: A sport where two people hit each other and try to win the fight.

Boxing ring: A square area with ropes around it in which a boxing match takes place.

Bubble: A large tent erected over an outdoor pool during the winter months.

Captain: The member of a team that is in charge of all the other players while playing the sport.

Car racing: A contest to see which car is the fastest or which is the best car driver.

Club (1): A long stick with a small but heavy head that is used to hit balls in some sports.

Club (2): A group of people all interested in playing the same sport together.

Coach: The person responsible for making sure a team or individual is ready to play a sport.

Crosscourt: a shot in which the ball is hit diagonally across the court.

Court: An area in which a sport is played, and which the sport should not leave.

Cricket: A British game where a bat is used to hit a ball.

Crowd: A group of people together in one place (who are watching sport).

Cue: A long thin wooden stick used to hit the balls in snooker.

Cycling: A sport that uses bicycles, often in races.

Cut: A time standard that a swimmer must meet or exceed to be included in a specific competition such as State and Regional meets.

Darts: A game of skill where a sharp pointed metal stick is thrown at a target on a wall.

Distances: 8 and under swimmers swim one lap (25 yards) in any stroke, except for the individual medley which is 25 yards of each stroke or 100 yards total. 9 and up swimmers swim two laps (50 yards) in any stroke, except for the individual medley (again 100 yards).

Diving: To jump into water from a high platform while performing tricks.

Deuce: a score of 40-40, after which a player must win two consecutive points to win the game.

Double fault: two faults served in a row, resulting in the server losing the point.

Doubles: format in which players play in teams of two.

Drop shot: a gentle shot that just drops over the net.

DQ: Disqualify

Dryland: Exercises or stretches that are conducted out of the pool in order to warm up, build strength and increase flexibility.

Event: This is defined by the age group, sex and swimming stroke, such as Boys' 9-10

Backstroke. The number of events at each meet varies.

Event Winner: This is the swimmer who has the fastest time in the entire event consisting of all the heats of that event.

Equipment: The things that are needed to be able to play a sport.

Exercise: To do sport for health benefits rather than trying to win.

Extra time: if a match has no winner at full-time, 2 x 15 minutes of extra time may be played in some competitions.

Finishes: This is how a swimmer ends the race by touching the wall in a legal way depending upon the stroke.

Fault: a missed serve, served into the net or served outside the correct service box.

Forehand: a shot hit from the racket-arm side of the body.

Flags: Backstroke flags are placed at both ends of the pool 15 feet from the end to serve as a warning to backstroke swimmers that they are nearing the wall for a turn or finish. Timers may "catch the heads" of younger swimmers who would otherwise hit the wall

Football: A team game where the feet are used to kick a ball. (Called soccer in America.)

Fun: To enjoy doing something.

Full-time: the point of the game when the referee blows the final whistle and the match is over. Normally after 90 minutes and any added injury or stoppage time

Game: A single occasion of playing a sport. (Similar to a match.)

Game: in scoring, a game is won by winning points, a set is won by winning games, and a match is won by winning sets.

Game point: a point that will end the game if it is won by the leading Player.

Grand Slam: the four major tournaments; Wimbledon and the French, U.S. and Australian Opens.

Groundstroke: a shot hit from the back court after the ball has bounced; the standard shot in tennis.

Golf: A game in which a club is used to hit a small ball into a hole in the ground.

Grandstand: A building full of seats for people to sit and watch a sport being played.

Ground: The place where a sport is played, e.g. football ground.

Gymnastics: A sporting contest about performing exercises.

Heat: When an event has more swimmers entered than available lanes, as is usually the case, there are multiple heats of the event.

Heat Sheet: This is the official schedule of swimmers in their assigned events, heats and lanes drawn up by the coaches. It is usually sold at the meet so that swimmers can see where they will swim.

Heat Winner: This is the person who comes in first in a particular heat of an event. This does not automatically mean that the swimmer has also won the event, since there are usually multiple heats for any event.

Helmet: A form of protection worn on the head to prevent injuries.

Hockey: A game where a stick is used to hit a small ball.

Home: The team that is playing sport at its own ground/field.

Hoop: A circular shape that a basketball has to be passed through.

Horseracing: A sport where horses are ridden by jockeys trying to win a race.

Ice-hockey: A game played on ice where a small disk is hit with a stick.

Injury time: also called stoppage time, added minutes at the end of the regular playing time at half-time or full-time. Entirely at the referee's discretion and normally indicated by an official on the sideline (or touchline).

IM (Individual Medley): An event that encompasses all four swimming strokes including Butterfly, Backstroke, Breaststroke and Freestyle. Lengths may vary from 100 yards/meters (one lap of each stroke) to 400 yards/meter (four laps of each stroke).

Jockey: The person who rides a horse in horse races.

Legal/DQ: These are the terms that describe whether a stroke is being performed correctly (legally) as defined by United States Swimming rules. If a swimmer is judged by a Stroke and Turn judge to be swimming incorrectly, that swimmer is disqualified (DQ) for that event in the meet. The swimmer should ask their coach for instructions to correct the problem before swimming the same event in another meet. DQ does not mean that a swimmer cannot swim in further events or meets. It is a learning tool for swimmers.

Let: a shot that must be replayed, such as a serve that touches the net.

Line judge: an official who judges whether or not shots land in the Court.

Lob: a shot that is hit in a high arc, usually over the opponent's head.

Love: zero (this meaning is used in tennis only).

LSC: Local Swim Committee (Part of the Southern Zone. Think State Government)

Long-jump: A contest where the participants try to jump as far as possible.

Manager: The person who organizes how, when and where a team or individual will play a sport.

Marathon: A running race that is just over 26 miles long.

Match point: a point that will end the match if it is won by the leading player.

Mixed doubles: doubles format in which each team is made up of one female and one male player.

Meet: A competition between two (dual meet) or more teams with individual swimmers, relays, place ribbons and team scores.

Meet Fees: Fees incurred when a swimmer is registered for a swim meet.

Match: A single occasion of playing a sport. (Similar to a game.)

Motorsport: Races between cars, motorbikes or anything else with an engine on land.

Net: A barrier between the participants over which an object has to pass.

Olympics: A very large sporting contest held every four years in which most countries take part.

Opponent: The other person or team in a sporting contest.

Offside: a player is in a position which is not allowed by the rules of the game, i.e. When an attacking player is closer to the opposing team's goal-line at the moment the ball is passed to him or her than the last defender apart from the goalkeeper.

Para-Olympics: An Olympic contest for people with disabilities.

Participants: The people who take part in or play sports.

Pitch: The area in which a match has to be played.

Play: To do a sport.

Player: A person who does sport.

Playing field: An outside area that is used to play a sport.

Pole-vault: A contest where a long stick is used to try to jump as high as possible.

Race: A contest where the participants have to get to the end as fast as possible.

Racket: An object with a large head that is used to hit another object, often a ball.

Rally: a long series of shots.

Receiver: the player receiving serves.

Return: to hit a shot back to the opponent.

Referee: The person in charge of making sure the rules are followed. (Similar to an umpire.)

Relay: A race where several people run as a team by taking turns and passing a baton.

Relays: Relay races are sometimes offered at the beginning or end of a meet. Medley relays feature 4 swimmers each swimming a different stroke beginning with back, breast, fly and free. Free relays feature 4 freestyle swimmers.

Runner: A volunteer who picks up time slips, DQ slips, and other meet documentation and brings them to the computer table where the meet information is being compiled.

Rugby: A British game where hands are used to pass a ball backwards to other team members.

Running: To move as fast as possible.

Season ticket: A ticket that lets you attend all the matches a team plays.

Seeding: This refers to the heat and lane assignment of the swimmer. Swimmers are arranged (seeded) by the best times, with the slowest swimmers in heat 1 and so forth. Further, the fastest swimmers are seeded in the middle of the pool outward.

Serve: the shot that begins each point, in which the server hits the ball after tossing it into the air.

Set: in scoring, a player must win at least six games to win a set.

Set point: a point that, if won by the leading player, will win him or her the game and the set.

Starting Block: A raised platform that swimmers dive from during competition.

Starts: This is the entry into the water (generally a dive) or the beginning of the backstroke (push off back dive) at the sound of the starting buzzer.

Streamline: Position a swimmer assumes at the start of a lap in which their body and arms are straight with the elbows behind the ears arms squeezing the back of the head.

Stroke Clinic: A practice with a specific goal of improving technique on one or more specific strokes.

Stroke and Turn Judge: A trained volunteer who determines if swimmers are swimming each stroke legally within the guidelines set by USA Swimming, a stroke judge determines if a swimmer will be disqualified.

Shuttlecock: The cone shaped object used in badminton.

Skiing: Using skis to move over snow quickly.

Skis: Two long flat pieces of material attached to the feet used to slide over snow.

Snooker: A game played on a table where a cue is used to hit balls into pockets.

Snowboard: A long and wide piece of material attached to the feet used to slide over snow.

Snowboarding: Using a snowboard to move over snow and perform tricks.

Soccer: A team game where the feet are used to kick a ball. (Name used in America.)

Spectator: Someone who watches sport.

Sport centre: A large building in which people can do different sports.

Sport: A comparison that involves physical activity.

Squash: A game played inside a court where rackets are used to hit a small ball against a wall.

Stadium: The building that surrounds a pitch where sports are played.

Supporter: Someone who follows a specific team.

Swim: To move through water.

Table tennis: A game played on a table with small rackets and balls.

Team: A group of people who play sport together against another group.

Tennis: A game played on a court where a racket is used to hit a ball over a net.

Timer: A volunteer who uses a stopwatch to record a swimmer's time during a swim meet.

Tiebreaker: a game format used to quickly finish a set that's tied at six games each.

Turns: A swimmer who is swimming more than one length of the pool in an event must perform a legal turn at each wall to continue the race. Each stroke has its own turn requirements, which are taught in practice. Turns are needed in the individual medleys, and 50 yard distances for the older swimmers.

Tournament: A group of matches used to find the best team or individual at that sport.

The score: the record of goals that indicates who is winning. The final score is the result that decides who has won the match.

The lead: when a team scores first it is "in the lead", i.e. winning the match at the point of scoring.

The kick-off: the first kick of the game when two players from the same team in the centre circle play the ball and start the match. Also the first kick after half-time or after a goal has been scored.

To concede: to allow a goal in, the opposite of scoring a goal.

To win: a match in which a team is victorious and beats the other team. A win normally gives the winning team three points, the losing team does not get any points.

To knock out: to eliminate another team from a competition.

To shoot: to kick the ball towards the net at one end of the pitch (the goal) in an attempt to score a goal

To volley: to kick a moving ball from the air before it hits the ground.

Track: The path that a race has to follow.

Turnstile: A gate that lets only one person through at a time.

Umpire: The person in charge of making sure the rules are followed. (Similar to a referee.)

Volley: a shot on which the ball is hit before it bounces.

Warm-ups: Each meet begins by having a warm-up period. This is very important so that swimmers do not pull muscles and also allows swimmers to get familiar with the pool.

Winter sports: Sports that need either snow or ice to be undertaken.

World Cup: A big football (soccer) tournament held every four years.

Zone: USA swimming is broken into four Zones: Eastern, Western, Central, Southern.

For Notes

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