

# How long have you been skiing?



a

bowling



b



c

## Preview



Track 8

**A** Some students are talking about their favorite sports and activities. Look at the chart. Listen and write the sports on the pictures.

Student	Sport	For how long? / Since when?
1. Laura has been	running	for three months. / for three years.
2. Victor has been	skiing	since last year. / for a year.
3. Emily has been	doing gymnastics	since she was five. / for five years.
4. Kelly has been	bowling	for a long time. / for only a short time.
5. Mike has been	playing golf	since last summer. / since he was 14.
6. Tomas has been	playing table tennis	for about six months. / since sixth grade.
7. Sarah has been	playing softball	since 2010. / for ten years.
8. Jared has been	doing taekwondo	since the beginning of the year. / since the end of last year.



Track 8

**B** Listen again. How long has each person been doing his or her sport? Circle the correct time phrases in the chart in **A**.

**C** What sports or activities do you do? How often do you do them? Tell a partner. Use the ideas in the box below and in **A**.

- playing rugby
- playing tennis
- playing soccer
- playing volleyball
- doing capoeira
- doing karate
- doing yoga
- skateboarding
- working out
- ice skating

**A:** What activities do you do regularly?

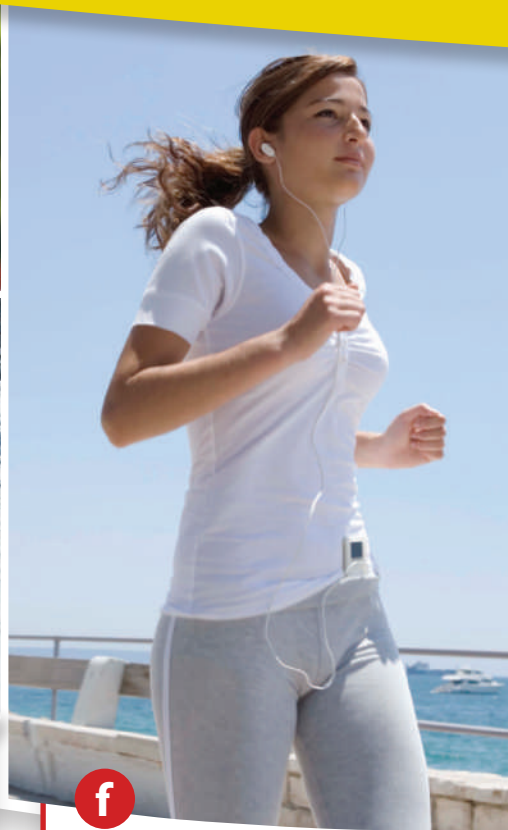
**B:** I do yoga every day.



d



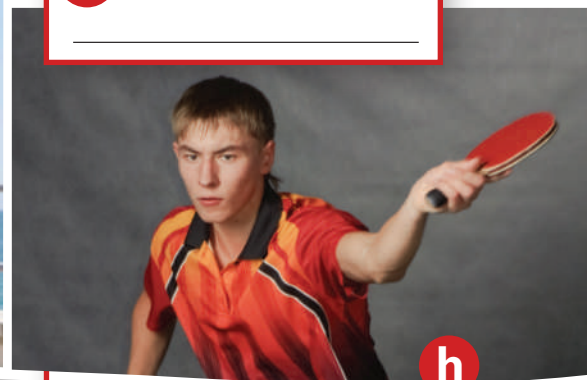
e



f



g



h

## Conversation



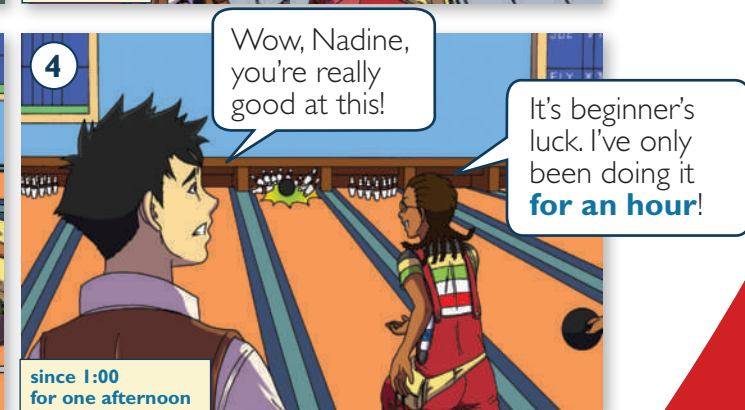
Track 9

**A** Listen to the conversation. Then listen again and repeat.

**B** Practice the conversation with a partner. Replace the words in **blue**.

**Real English**

give it a try





# Language Focus

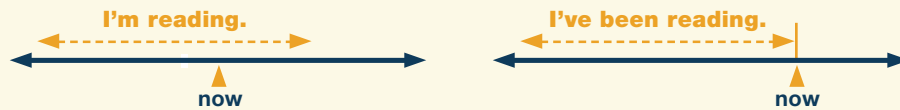


Track 10

## A Study the chart.

What **have** they **been doing since** lunch? They've **been playing** chess.  
 How long **have** you **been doing** taekwondo? I've **been doing** it **since** last year.  
 How long **have** we **been waiting**? We've **been waiting for** almost two hours!  
**Has** she **been studying** the violin **long**? No, she **hasn't been studying long**. She's  
 only **been taking** lessons **for** six months.

Nick is tired. He's **been working** very hard **lately**.  
 Junko and Mari **have been hanging out** together a lot **recently**.



## B Read the situations. Then complete the sentences.

- The snow started last night. It's still snowing now.  
It 's been snowing since last night.
- We started our chess game two hours ago. We're still playing now.  
We \_\_\_\_\_ for two hours.
- Kara and Marco started their homework at 5:00. They're still doing it now.  
Kara and Marco \_\_\_\_\_.
- John started karate lessons when he was 14. He's still doing karate now.  
\_\_\_\_\_.
- I started working at the neighborhood pool two months ago. I'm still working there now.  
\_\_\_\_\_.



Track 11

## C Complete the conversations with the correct form of the verbs. Then listen and check.

- ① **Ying:** Hi, Karl. You're really good at tennis, right? Can you help me after school today?  
**Karl:** Well, I (1) \_\_\_\_\_ only \_\_\_\_\_ for two years, but sure, I can help you. How long (2) \_\_\_\_\_?  
*(play / play)*  
**Ying:** I (3) \_\_\_\_\_ since last month. *(take lessons)*  
 But actually, I've only been able to hit the ball over the net for three days!
- ② **Leo:** Hey, Sara, what (4) \_\_\_\_\_ you \_\_\_\_\_ now? *(do)*  
**Sara:** Oh, I (5) \_\_\_\_\_ some pictures on my blog. *(post)*  
**Leo:** That's cool; you have a blog. (6) \_\_\_\_\_ you \_\_\_\_\_ long?  
*(blog)*  
**Sara:** No, I (7) \_\_\_\_\_. I (8) \_\_\_\_\_ only \_\_\_\_\_ it for about three weeks! *(do)*

**D** Write sentences about your hobbies. How long have you been doing them? Tell a partner.

*I play the guitar, but I haven't been playing long. I've only been playing for three months.*

## Pronunciation



Track 12

**A** Listen to the sentences. Then listen again and repeat.

### Weak forms: been

- I've been playing chess since I was seven years old.
- What have you been doing lately?



Track 13

**B** Listen and complete the sentences. Then practice reading them with a partner.

- We've \_\_\_\_\_ the Olympics on TV lately.
- I've \_\_\_\_\_ for three years.
- She's \_\_\_\_\_ really hard lately.
- Have you \_\_\_\_\_ a lot recently?
- We're tired. We've \_\_\_\_\_ for two hours.
- People have \_\_\_\_\_ for thousands of years.

**Do you know?**

Match the country to its national sport.

1. Sri Lanka	a. taekwondo
2. Korea	b. volleyball
3. Brazil	c. capoeira

## Communication

What sport do you like doing? Tell the class about it.

**1**

Make some notes about a sport you like to play or a hobby you have.

**2**

Work in pairs. Take turns talking about your favorite sport or hobby with a partner. Your partner will ask questions.



**3**

Change partners. Talk about your favorite sport or hobby with a new partner. Do this several times with new partners.

What sport?	When?
How long?	Clothes?
Team?	Competitions?
With who?	



# Reading

**A** Skim the text. Check (✓) the sentences you think are true.

- You can't use your head in Thai boxing.
- You can see Thai boxing on TV almost every day in Thailand.
- There are only three boys at a famous Thai boxing training camp.
- The boys come from families with a lot of money.
- The boys train every day.

**B** Read the text and check your answers in **A**.  
Correct the false ones.

**C** Answer the questions on page 18.



Fighters train very hard, seven days a week.



# Becoming a Champion



Track 14

1 Thai boxing, or *Muay Thai*, is Thailand's oldest martial art. It looks a little like western boxing, but it's actually pretty different. Thai boxers can use every part of their bodies: their hands, head, feet—and even their knees and elbows.

5 People have been doing Thai boxing for a long time. Two thousand years ago, fighters trained in the martial art to protect their country. Now, it's one of Thailand's most popular sports. Millions of people in Thailand love watching it. It is part of almost every festival, and it is on TV almost every day.

## Train hard, get respect

Many of the most successful boxers in Thailand started boxing at a training camp in Chiang Mai. 10 Right now, the camp is home to a 12-year-old boy named Manat. He and 15 other boys have been training here to become boxers.

Most of the boys are young. Many come from poor families, so the camp pays for their training. While they are here, the boys do very little except box. The boys have to train for seven hours a day, seven days a week. They train very hard because they hope to become great champions. 15 For Manat and the other boys, this is their big chance. It is an opportunity to see the world outside their villages. It is also a chance to win the respect of their family and friends.

The boys dream of success, but they have a lot of work to do, too. Manat has been practicing a lot. He is training his mind as well as his body. His goal is to help his parents. He wants them to be proud of him. He says, "If I move on to the bigger fights, one day I'll be a champion—a 20 champion of Chiang Mai. I'll feel very proud and good. And I'll send the money I win to my parents."

## Big fight night

Manat's big night finally arrives. The fight is in a small town next to Chiang Mai. Manat fights hard, but the other fighter is taller, heavier, and more experienced. Even though Manat loses, he 25 fights very well and his coaches believe he will be a winner one day. The fight is just one step in the long process of becoming a Thai boxing champion.



# Comprehension

**A** Answer the questions about *Becoming a Champion*.

- What can we infer about western boxing?
  - It is not popular in Thailand.
  - It is more than 2,000 years old.
  - It doesn't allow boxers to use as many body parts as Muay Thai.
- At the training camp in Chiang Mai, boys practice Muay Thai \_\_\_\_\_.
  - every day
  - five days a week
  - when they want to
- What is the main idea of the fourth paragraph?
  - Boys from poor families train harder than other boys.
  - Success in boxing gives poor boys a new chance in life.
  - The camp pays for poor boys to train in a difficult sport.
- In line 25, "he" refers to \_\_\_\_\_.
  - Manat
  - the boy Manat fights
  - Manat's coach
- Manat's coaches think he will \_\_\_\_\_.
  - not be a champion
  - win his next fight
  - be a successful boxer



**B** Circle the four sentences that best summarize the article. Then put them in order.

- \_\_\_\_\_ Chiang Mai is in northern Thailand.
- \_\_\_\_\_ In a training camp in Chiang Mai, young boys train to become boxers.
- \_\_\_\_\_ The boys come from different villages.
- 1 \_\_\_\_\_ Muay Thai is a very old martial art from Thailand.
- \_\_\_\_\_ One boy, Manat, trains very hard.
- \_\_\_\_\_ The other boy is a better fighter than Manat.
- \_\_\_\_\_ Manat is 12 years old.
- \_\_\_\_\_ Manat loses a fight, but his teachers think he will be a great champion.

## Writing

Read the biography. Then research and write a short biography about a famous athlete.

### Nastia Liukin, Gymnast

Anastasia "Nastia" Liukin was born in Moscow, Russia, on October 30, 1989. When she was two and a half years old, her parents moved to the United States. During their first years in the United States, Nastia's gymnast parents could not pay for a babysitter. Instead, they took Nastia to the gym where they worked out. Nastia loved to copy the other gymnasts. Soon, she started competing. Now she has been competing for more than 15 years.

For a few years, she has been having problems with her knee. But during the Beijing Olympics, Nastia won five medals. That's a record! Since then, Nastia has been training even harder.





# The Real World

What do you eat before doing sports?



Billy Demong has a very special machine. It can go more than 100 km per hour and can even fly. What is this amazing machine? It's his body!

Demong is an Olympic skier. He trains hard every day, and is careful about what he eats. At 6 a.m., he eats eggs, three pieces of bread, and some cereal—he knows eating a big breakfast is important. He also knows how many calories are in it. (A calorie measures how much energy food gives you.) When Demong gets to the gym at 10 a.m., he has already ridden his bike 50 km. He works out for several hours at a stretch. He stops a few times to rest and to eat lunch. He eats the same number of calories his body burns for energy.



By 6 p.m., Demong is tired. He has been in-line skating and doing practice ski jumps. After dinner, he closes his eyes, but he does not sleep—this is the last part of his workout. Demong imagines the shape of his body as he jumps. That way, when he is competing, he won't have to think about his movements—they will be natural.



**A** What do you think these famous athletes like eating before competing? Match the athletes with their favorite foods.

1. basketball star Yao Ming \_\_\_
2. skateboarding champion Tony Hawk \_\_\_
3. tennis star Serena Williams \_\_\_
4. baseball star Hideki Matsui \_\_\_
5. gymnastics champion Nastia Liukin \_\_\_
6. soccer player Cristiano Ronaldo \_\_\_

## Idiom

\_\_\_ makes perfect.

- a. Practice
- b. Play
- c. Participating

a. sushi



b. Chinese food



c. codfish with potatoes

d. chicken soup, and "anything Mom makes"



e. bagels



f. curry rice

**B** What do you enjoy eating before doing sports? Tell your partner.