

SOLUTIONS ELEMENTARY 4
UNIT 8: BE ACTIVE!
MOVIE

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SPORTS













**WHAT SPORTS
ARE POPULAR
IN IRAN?**



استقلال

ESTEGHLAL F.C

1945 - ۱۳۲۴









FOOTBALL TEAMS



Before you watch

- 1 **SPEAKING** Work in pairs. Answer the questions.
 - 1 What sports are popular in your country?
 - 2 What famous football teams are there in your country?
 - 3 Who's the most famous football player in your country? What do you know about him?

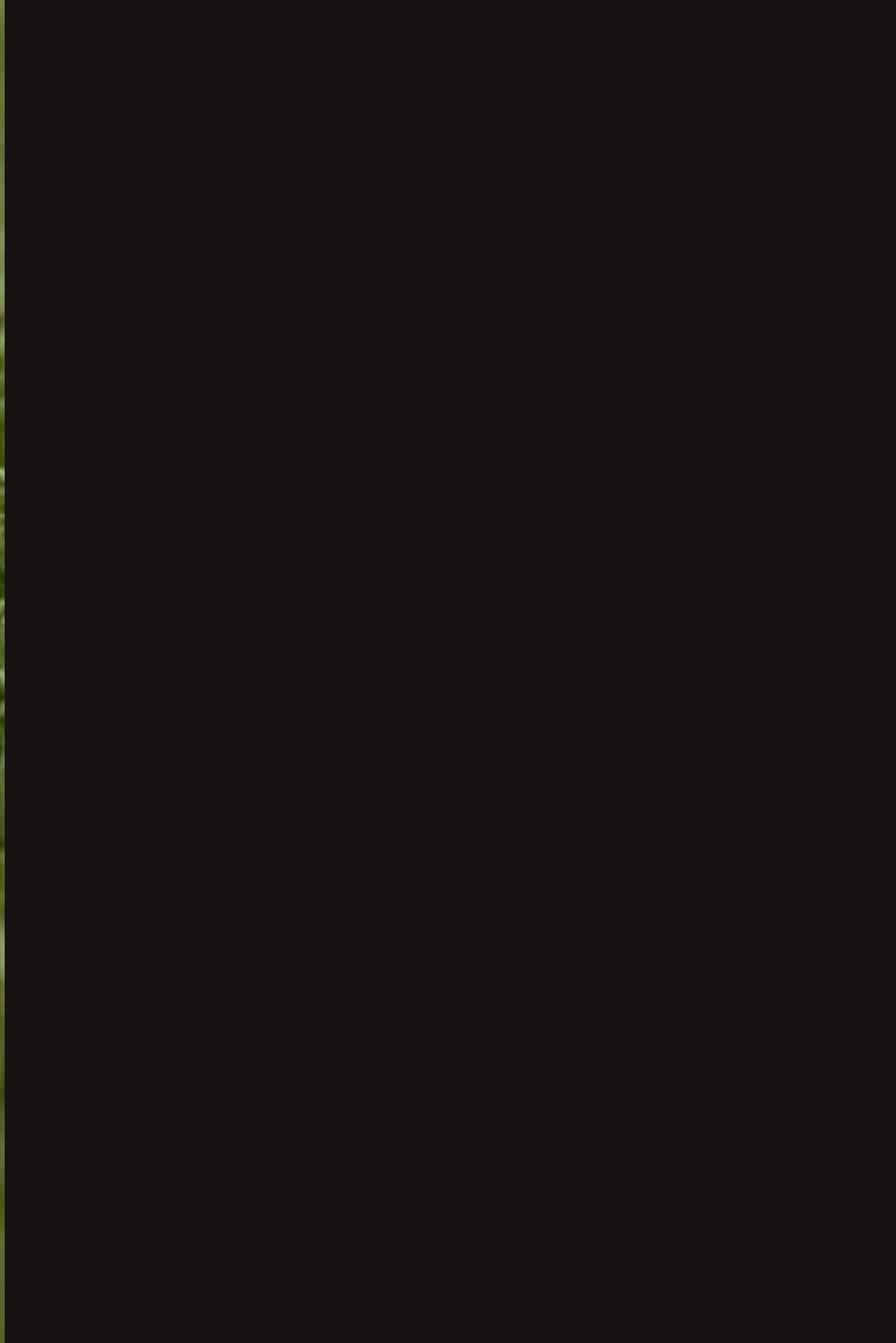
WHERE CAN YOU LEARN FOOTBALL?



WHERE CAN YOU LEARN FOOTBALL?



Football
academy





PITCH



**HOW CAN YOU
BE A GOOD
FOOTBALLER?**





HUMAN MUSCLES







NUTRITIONIST

A person who studies or is an expert in nutrition.


Comprehension check

2  Watch the DVD clip. Choose the correct answers.

- 1 Where can young people learn how to be professional footballers?
a at school b at special academies c at university
- 2 How old are the students at the Oxford United Football Academy?
a 16 b 19 c between 16 and 19
- 3 When do they practise football?
a in the morning b in the afternoon c in the evening

3  **Watch again. Are the sentences true or false?**

- 1 There are boys and girls at the Football Academy. **true / false**
- 2 The school day at the Football Academy starts at 10.00. **true / false**
- 3 The first lesson today is maths. **true / false**
- 4 The students use computers in the classroom. **true / false**
- 5 After class, the students are in the gym. **true / false**
- 6 This afternoon they are playing an important match. **true / false**
- 7 All of the students here are going to become professional football players. **true / false**

4  **Watch again. Complete the sentences with the adjectives below.**

exercise healthy important professional strong talented

- 1 At the football academy, young people learn about life as a _____ footballer.
- 2 The students at the academy are all _____ footballers.
- 3 It's very _____ for students to understand how their bodies work.
- 4 In the gym, the students have a special _____ routine.
- 5 Footballers need _____ hearts and lungs to run around for ninety minutes.
- 6 Nutritionists teach people about _____ food.

Round up

5 **SPEAKING** Work in groups. Answer the question.

Would you like to go to a football academy and train to be a professional footballer? Why? / Why not?

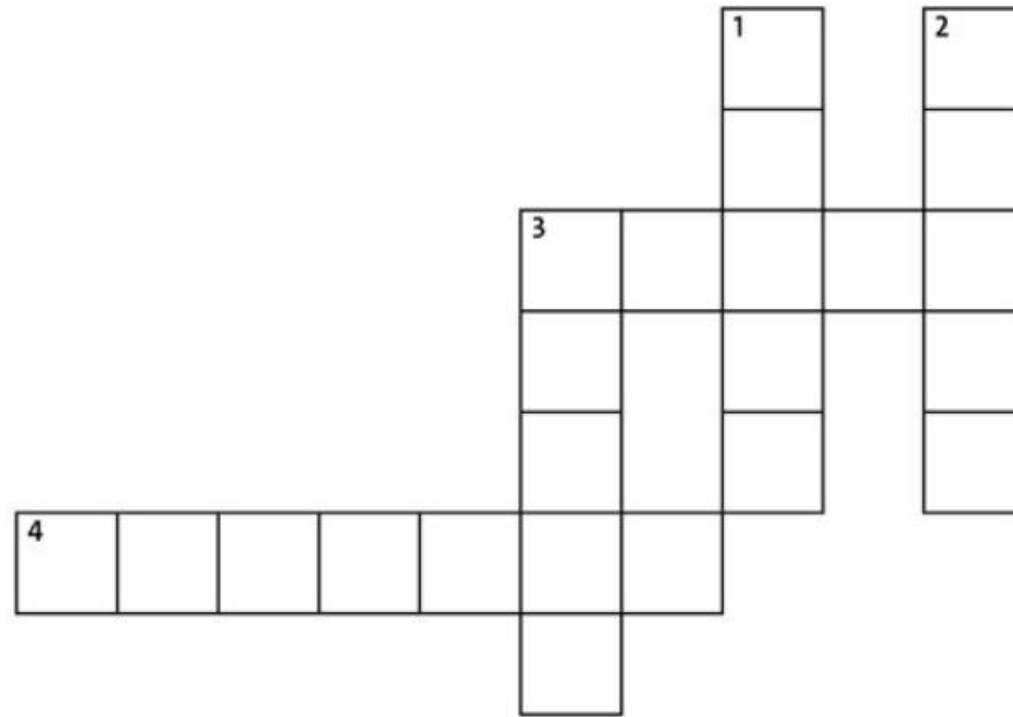
Vocabulary

6 RECYCLE Complete the sentences with the correct noun forms of the words below.

achieve develop educate fit prepare present

- 1 A good _____ is very important if you want to go to university.
- 2 There's going to be a useful _____ today about healthy food and drink.
- 3 Winning the World Cup was a great _____ for the team.
- 4 It's amazing to see the baby's _____ over six months.
- 5 Going to the gym every day will improve your _____.
- 6 All the training we're doing will be good _____ for the big match on Saturday.

7 Read the clues and complete the crossword.



DOWN

- 1 This moves blood around the body.
- 2 We use these to breathe.
- 3 The hard parts of the body that support us.

ACROSS

- 3 This controls everything we do.
- 4 These help us walk, run and carry things.

Extension

8 Work in groups. Find some photos and make a poster about a famous sportsperson from your country. Write a presentation about the person. Think about the following:

- where he / she is from
- when he / she started doing the sport
- his / her achievements
- what you think about him / her

9 Give your presentation. Use the key phrases for expressing opinions.

Expressing opinions

In my opinion, ...

I think that ...

It seems to me that ...

To be honest, ...

In addition, ...

**DON'T FORGET
YOUR FINAL
EXAM!**