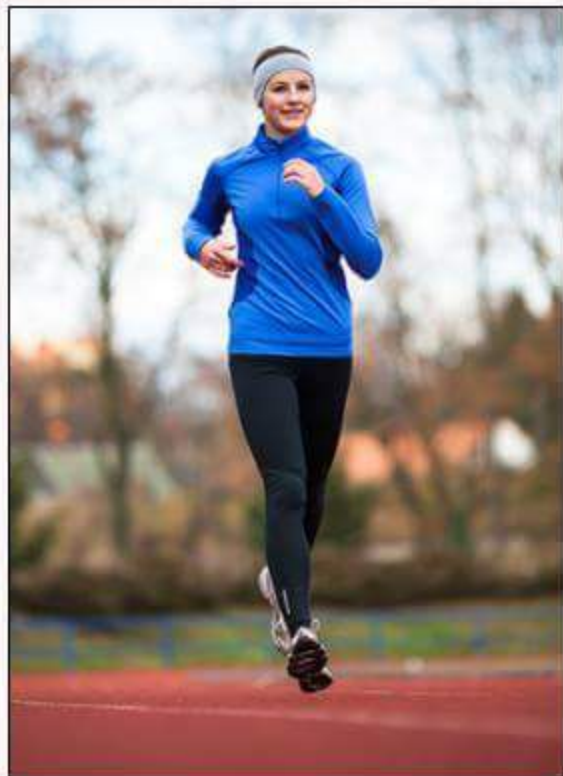


You are going to read a text about marathons. Before you read, guess the correct answer.

- 1 A marathon is a very old ☒ competition.
- 2 A marathon is ☒ kilometres.
- 3 It ☒ a team sport.
- 4 The fastest time to run a marathon is ☒.
- 5 The oldest person to run a marathon is ☒ years old.



Read the text. Are these topics mentioned?

		Yes	No
Laura's training and plans	✓	☒	☐
Laura's favourite marathon	✓	☐	☒
Places in London	✓	☒	☐
Why marathons are difficult	✓	☐	☒
Different marathon cities	✓	☒	☐
Why Laura likes marathons	✓	☒	☐
A famous marathon runner	✓	☒	☐
Why Laura wants to run faster	✓	☐	☒

famous London places, like Buckingham Palace and Big Ben.

There are many famous marathons in the world – Boston, Tokyo, Berlin, New York, even the Great Wall of China! Next year I want to do the Budapest Marathon. That will be exciting.

Why is the marathon my favourite sport? It's because the marathon is not a team game. It is you *and only you*. It is not important if you are young or very old. Many people run marathons when they are older. Fauja Singh runs marathons, and he is more than 100! I want to run marathons when I'm that age!

It really isn't important if you are very fit and finish in two hours, or very slow and finish in six hours. It isn't a competition. Everybody wants you to finish. There is no other sport like this.

Also, it is an endurance sport. It gives you a strong body. But it also gives you a strong mind – and that's good in life, too.

Choose the correct answer.

1 This is Laura's first marathon. ✓

- ☐ True
☒ False

2 Laura practises running. ✓

- ☒ True
☐ False

3 Laura thinks she is slow. ✓

- ☒ True
☐ False

4 Marathon running is an international sport. ✓

- ☒ True
☐ False

5 Laura wants to try a different sport next. ✓

- ☐ True
☒ False

6 Laura thinks marathon running is not useful. ✓

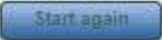
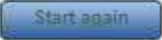
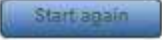
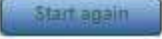
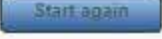
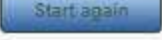
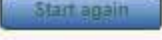
- ☐ True
☒ False

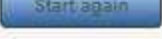
Please tell me about your favourite sport, and why it is your favourite.

What's my favourite sport? That's easy. It's marathon running. I do a marathon every year. This year, I'm running in London. It is the world's largest marathon – there are around 36,000 runners.

I train every week for months before. I go jogging for about 15 km every week. The marathon is over 42 km. That's very long! My fastest time is four hours, but that's not fast. Some people finish in two hours!

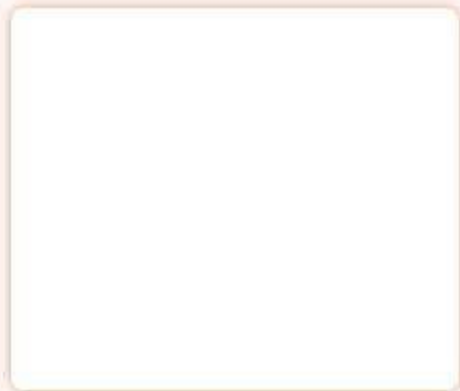
The London Marathon is great. You run over bridges and past famous London places, like Buckingham Palace and Big Ben. There are many famous marathons in the world – Boston, Tokyo, Berlin, New York, even the Great Wall of China! Next year I want to do the Budapest Marathon. That will be exciting.

- 1 Karate 

- 2 Horse-riding 

- 3 Basketball 

- 4 Swimming 

- 5 Squash 

- 6 Rugby 

- 7 Cricket 

- 8 Baseball 

- 9 Exercise 

- 10 Jogging 


Put the sports in the correct part of the table.

Do	Play	Go
kung-fu ✓	football ✓	swimming ✓
karate ✓	baseball ✓	jogging ✓
exercise ✓	rugby ✓	skiing ✓
judo ✓	cricket ✓	running ✓
tai-chi ✓	volleyball ✓	horse-riding ✓



Choose the correct prepositions.

1 Around 2 billion people watched the Olympic Games  television.

2 Football is the most popular sport  the world.

3 I go running  my free time.

4 I don't like karate or judo. I like to do sports  a team.

5 I go jogging  the park every day.

6 Cricket is very popular  India and Pakistan.

7 People sometimes play volleyball  the beach.

8 In the summer, I go swimming  the sea.

Write the sentences with the adjectives in the right place.

- 1 Football is an exciting game to watch. (*exciting*)



Start again

- 2 Skiing is dangerous. You need to have special training. (*dangerous*)



Start again

- 3 An expensive sport is horse-riding. (*expensive*)



Start again

- 4 Judo and Karate are difficult sports to learn when you are old. (*difficult*)



Start again

- 5 Marathon running is a popular sport with young and old people. (*popular*)



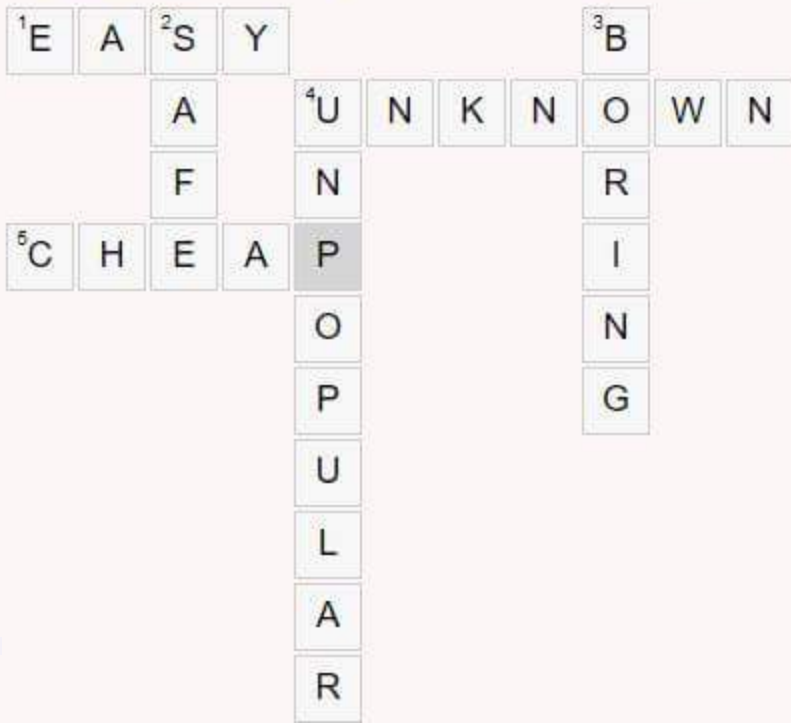
Start again

- 6 Pele is a famous footballer from Brazil. (*famous*)



Start again

Complete the crossword puzzle with the opposite adjectives.



Choose the correct answers.

1 My wife thinks .

2 I am not a  of exercise. I prefer to watch sport on TV.

3 Tai chi  in my country. Not many people know what it is.

4 I think motor racing . I love watching it.

5 Jogging is not . You need special clothes and good shoes.

6 She . She can finish a marathon in three hours.

Put the words in the correct order.

1 I go running in the evening . ✓

2 We go to the beach in the summer . ✓

3 She does exercise in the gym . ✓

4 My mother does Tai Chi in the morning . ✓

5 We go skiing in the winter . ✓

6 I visit my family in December . ✓

7 I watch football on TV . ✓

8 My son plays baseball at the stadium . ✓