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978-1-009-02306-1 — Prepare Level 2 Student's Book with eBook
Joanna Kosta , Melanie Williams , Annette Capel
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GET STARTED!



VOCABULARY Things in the classroom

1 EP **Match the words in the box to the letters A–P in the photo.**

bag board chair coat
computer door exercise book
map pencil case pen
poster rubber ruler
teacher textbook window

01 **Then listen, check and repeat.**

GRAMMAR Verb *be*

I am
he/she/it is
you/we/they are

1 **What colour is each thing? Write five sentences. In pairs, ask and answer the questions.**

A: *It's blue and white.*
B: *Is it the coat?*
A: *Yes, it is.*

there is / there are

2 **Look at the photo and read the sentences. Write *yes* or *no*.**

0 There's a rubber on the table. *yes*
1 There are five students in the classroom.
2 There's a red pencil case on the table.
3 There's a blue bag on a chair.
4 There's a computer near the window.
5 There's a poster on the wall.
6 There's a bag on the floor.

02 **3** **Look at the photo and listen to the questions. Complete the table with a tick (✓) for the right answers.**

	Yes, there is.	Yes, there are.	No, there isn't.	No, there aren't.
1		✓		
2				
3				
4				
5				

4 **Work with a partner. Student A, look around your classroom for 60 seconds, and then close your eyes. Student B, ask questions about the classroom.**

B: *Is there a green bag under my desk?*
A: *Yes, there is. / No, there isn't.*
A: *Are there any coats near the door?*
B: *No, there aren't.*

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have got

5 Read what Simon says. Tick (✓) the things he's got in his bag.



My bag's really heavy today! I've got three textbooks, four exercise books and my pencil case. I've also got a bottle of water because I've got football club after school. I've got a sandwich and some money too. I haven't got my phone – that's at home in my bedroom.

6 In pairs, ask and answer the questions.

A: *What have you got in your bag today?*
B: *I've got* _____ *…*
A: *Have you got a/an/any* _____ *in your bag today?*
B: *Yes, I have. / No, I haven't.*

Write five sentences about your partner.

» GRAMMAR REFERENCE AND PRACTICE PAGE 137

SPEAKING

ə PRONUNCIATION The alphabet

03 **1** Listen and repeat.

Aa	Bb	Cc	Dd
Ee	Ff	Gg	Hh
Ii	Jj	Kk	Ll
Mm	Nn	Oo	Pp
Qq	Rr	Ss	Tt
Uu	Vv	Ww	
Xx	Yy	Zz	

2 In pairs, read out the names of the letters and complete the table with the letters that sound the same. Two columns have no additional letters!

A	B	F	I	O	U	R
H	*C*					

04 Listen and check.

3 Complete questions 1–6 with the words in the box. Then match the questions to answers a–f.

borrow mean page
repeat say spell

1 I'm sorry, can you _____ that, please?
2 How do you _____ *bonjour* in English?
3 What _____ are we on?
4 How do you _____ 'because'?
5 Can I _____ your ruler?
6 What does 'in pairs' _____?

a B-E-C-A-U-S-E.
b Sure, here you are.
c With your partner.
d I said, 'please do Exercise 3'.
e 19, I think.
f Hello.

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VOCABULARY Numbers

10 ten · 20 twenty · 30 thirty · 40 forty
50 fifty · 60 sixty · 70 seventy · 80 eighty
90 ninety · 100 a hundred

05 **1** Listen and repeat.

06 **2** Listen and choose the numbers you hear.

a	25	75	39
b	13	30	70
c	41	61	91
d	14	16	40
e	17	19	90
f	15	50	80

Dates

3 Say the months in the correct order.

November · September · March · January · May · December · August · July · February · October · April · June

07 **4** Listen and write the dates.

When we **say** dates, we **say** *the* and *of*:
My birthday is on ***the*** *ninth* ***of*** *June.*
When we **write** dates, we don't write *the* or *of*:
My birthday is on 9th June.

1 *1st March*

In pairs, compare your answers. Say the dates.

5 **In small groups, ask and answer the questions.**

- When / your birthday?
- What / today's date?
- When / your mum's/dad's birthday?

Write the dates of all the students in your group.



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GRAMMAR *can*

1 **Match the photos A–H to the words in the box.**

draw a car	make a cake	play tennis
ride a bike	run 5 km	speak three languages
stand on your head	swim underwater	

















2 **In pairs, ask and answer about the activities in Exercise 1.**

Can you play tennis?

Yes, I can.

Can you swim under water?

No, I can't.

Now ask around the class. How many people can …

- swim under water?
- speak three languages?
- ride a bike?
- play tennis?
- draw a car?

Present simple

3 **Read about the students and answer the questions. Use complete sentences.**

1 Does Tyler like music?
2 How many brothers has Jason got?
3 What sport does Millie like?
4 Where does Tyler want to go?
5 What does Jason do every day?
6 When does Millie go shopping?



Hi, my name's Tyler.

I've got a brother and a sister. I like music and I love travelling. I want to go to China.



Hello, I'm Jason.

I haven't got any brothers or sisters. I like all sports and I play football every day.



Hello, my name's Millie.

I like swimming and I often go shopping with my sister on Saturday. I love sweets but I don't like ice cream.

4 **Work with a partner. Ask and answer the questions.**

0 / do sports every day?
A: *Do you do sports every day?*
B: *Yes, I do. I play tennis after school every day.*

1 What kind of music / like?
2 / like travelling?
3 / play football at school?
4 / like swimming?
5 What / favourite food?

Now tell the class.

Manuela doesn't like swimming. She likes …

» GRAMMAR REFERENCE AND PRACTICE PAGE 138

SPEAKING

1 **Write questions to find out about your partner's …**

- age
- address
- phone number
- brothers and sisters
- favourite pop star
- favourite school subject

In pairs, ask and answer the questions. Then write sentences about your partner.

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1 SPORTS AND GAMES

ABOUT YOU

Do you like basketball, football or tennis?
Which sport do you prefer?
Do you play any sports?



VOCABULARY AND READING

Sports

1 Match the pictures A–M to the words in the box.

EP

do athletics	play badminton
do gymnastics	play baseball
go cycling	play hockey
go sailing	play rugby
go skating	play table tennis
go snowboarding	play volleyball
go surfing	

08 Listen and check. Then repeat.

2 In pairs, ask and answer the questions.

1 Which of the sports do you do in teams (a group of people)? Which do you do alone (just one person)?
2 Which of the sports can you do both in teams and alone?
3 Which of these sports do *you* do?
4 Do you prefer team sports or sports you do alone? Why?

PRONUNCIATION /eɪ/ and /aɪ/

3 Put the words into the correct column.

baseball bike fly play
riding skating

/eɪ/ sailing	/aɪ/ cycling

09 Listen and check. Then repeat.

4 Read Sophie's and Ben's blogs. Who does their sport every week? Who can't do their sport where they live?

5 Read about Sophie and Ben again and answer the questions.

1 How many women and girls do Sophie's sport?
2 What does Sophie do at the weekend?
3 What does Sophie want to do at Loughborough University?
4 Where does Ben prefer to be?
5 Why does Ben go snowboarding every day?
6 Ben says he's 'goofy-foot'. What does 'goofy-foot' mean?

TEENBLOG: SPORT

Post about you and your sport here.

It's fun!

My sport is … rugby! That's me in the photo. People think that rugby is for boys, but that's not true. More than 18,000 women and girls play rugby in England. My team always plays a match on Saturday or Sunday, and I usually go to practice games three times a week. It's hard work, but it's never boring! I'm 14 and I play for the U15s. That's the team for players under the age of 15. When I'm older, I want to go to the rugby summer camp at Loughborough University. My favourite player, Fran Matthews, went there and now she plays for the England national rugby team.

Posted by **Sophie White**

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GRAMMAR Adverbs of frequency

We use the present simple to talk about things we do often or every day.
*I **go** snowboarding every day.*

1 **Look at these examples from the blogs. The adverbs of frequency are in purple.**

My team **always** plays a match on Saturday or Sunday. It's **never** boring.
It's **usually** quiet.
I **often** go with my little sister and other young people.
I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.



a ..... **b** ..... **c** ..... **d** ..... **e** .....

2 **Answer the questions.**

1 Which sentences in Exercise 1 have a present simple verb?
2 Which sentences in Exercise 1 have the verb ***be***?

3 **Choose the correct words to complete the rules.**

In sentences with the **verb *be***, we put the adverb of frequency *before* / *after* the **verb**.
In sentences with the **present simple**, we put the adverb of frequency *before* / *after* the **verb**.

4 **Read the examples and choose the correct words to complete the rules.**

People don't **always** play sport in teams.
Ben doesn't **usually** go snowboarding with his dad.
Do you **sometimes** play volleyball with friends?
Is rugby **often** dangerous?
Football isn't **always** boring!

In negatives and questions with the **present simple**, we put the adverb of frequency *before* / *after* the **main verb**.
In negatives and questions with the **verb *be***, we put the adverb of frequency *before* / *after* the verb *be*.

» GRAMMAR REFERENCE AND PRACTICE PAGE 138

5 **Put the adverbs in the right place to complete the sentences and questions.**

1 I play hockey at school on Fridays. (usually)
2 Sophie is tired after rugby matches. (often)
3 People don't go sailing in teams. (always)
4 My uncle and my dad play table tennis. (never)
5 Is gymnastics dangerous? (sometimes)
6 Do you go cycling? (often)

6 **Put the words in order to make sentences and questions and questions.**

0 often / school / plays / my friend / after / football
My friend often plays football after school.
1 welcome / sports / are / in / our / club / always / you
2 Mondays / do / on / athletics / never / we
3 skating / brother / she / go / her / usually / does / with / ?
4 table tennis / students / not / often / do / school / play / at
5 cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /

7 **How often do you do the sports in Exercise 1 on page 14?**

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

8 **In pairs, ask and answer the questions.**

1 What sports do you do?
2 How often do you do them?
3 Do you play sports at school?
4 How often do you watch sports on TV?
5 How often do you go to watch sports?
6 Who are your favourite sports stars?

10

Goofy-foot or regular?

I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future – I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm *goofy-foot* – that means I put my right foot at the front of the board.



Posted by **Ben James**

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READING

1 Look at the photos of the sports and games. What can you see?

2 Read the three texts and match them to the photos.



11

TRY THESE SPORTS!

1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.

2 GILLI-DANDA

This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.



3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.

3 Read the three texts again. Are the sentences right (✓) or wrong (✗)?

1 There are always two players in a cycleball team.
2 The ball in cycleball is small and light.
3 Players in cycleball can't hit the ball with their hands.
4 *Gilli-danda* comes from India.
5 The stick and the bat in *gilli-danda* are the same size.
6 Players use a small ball in *gilli-danda.*
7 People play octopush in teams.
8 Players in octopush hit the ball, or puck, with their hands.
9 Players in octopush swim underwater to play their game.

TALKING POINTS

Which of these sports do you want to try?

Do you have any sports like these in your country?

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VOCABULARY Sports equipment

1 **Match the photos A–E to the words in the box.**

EP



bat ball board racket stick

12 **Listen and check. Then repeat.**

2 **Complete the table with the sports in the box. Some sports can go in more than one column.**

badminton baseball basketball cycleball cycling football *gilli-danda* hockey octopush rugby running sailing skating snowboarding surfing swimming table tennis tennis volleyball

		
Use a stick, a racket or a bat	**Use a ball**	**Use a board**

13 **Listen and check. Then repeat.**

3 **Complete the information with the sports words in Exercise 1.**

TABLE TENNIS
1 One _____ for each player.
2 One small, light _____ for the game.

BASEBALL
3 One _____ for each team.
4 One small, hard _____ for the game.

BADMINTON
5 One _____ for each player.

OCTOPUSH
6 One small _____ for each player.
7 One heavy puck, like a flat _____ for the game.

LISTENING

1 **Look at the photo of the sport. Match the words 1–2 to A and B in the photo.**

1 handle **2** net

14 **2** **Listen to an interview with a boy about his unusual sport. What's the name of the sport?**



14 **3** **Listen again, and choose the correct words.**

1 There are *four / six* players in each team.
2 There are *six / eight* handles on the ball.
3 Players *throw / give* the ball to each other.
4 Players *throw / put* the ball in the net to score a goal.

SPEAKING

1 **Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.**

1 Do people do this sport inside or outside?
2 Is the sport on or under water?
3 Is this sport on snow?
4 What things do people need to do this sport?
5 Do people play this sport in your country?
6 What do you like about this sport?
7 Who are some of the famous players of this sport?

Try and guess the sport.

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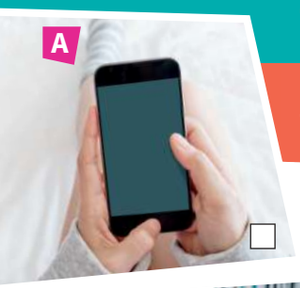
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2 THIS IS MY DAY



ABOUT YOU

What time does your alarm go off on a school day?
What do you do in the morning before you go to school?



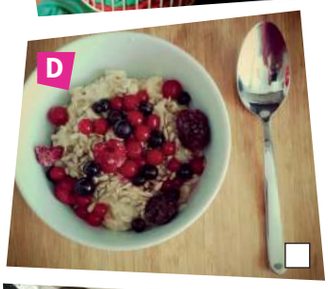


















0:03 / 4:05

MY MORNING ROUTINE 11,345 views 1k Share

Maddie's mad life FOLLOW

VOCABULARY AND LISTENING

Daily routines

1 **Match the photos to the phrases in the box.**

EP

brush your hair — check your messages
clean your teeth — get dressed — have breakfast
leave the house — prepare your school bag
put on your shoes — tidy your room — wake up

15 **Listen and check. Then repeat.**

16 **2** **Listen to Maddie talking about her morning routine. Number the photos in the order that you hear them.**

3 **Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.**

6.00 — 6.30 — 6.45 — 6.50 — 7.00 — 7.10
7.15 — 7.30 — 7.40 — 8.00 — 8.10

1 My alarm goes off at _____.
2 I get up at _____.
3 I clean my teeth at _____.
4 I get dressed at _____.
5 I prepare my school bag at _____.
6 I put my shoes on and leave home at _____.

16 **Listen again and check.**

4 **In pairs or small groups, talk about your morning routine.**

I wake up at seven o'clock.

I get dressed and then I have breakfast.

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GRAMMAR Present continuous and present simple

1 **Look at the examples from the listening. Write *simple* or *continuous*.**

Present _____
Today, I'm talking about my morning routine.
I'm having cereal with fruit today.
At the moment, I'm wearing my favourite T-shirt.
I'm leaving the house now.
I'm not wearing my uniform today.

Present _____
I never have a shower in the morning.
I always check my messages in the morning.
I sometimes have toast and butter.
I usually wear my uniform.
I don't usually have a shower in the morning.

2 **Complete the rules with the underlined words.**

We often use the **present simple** with words like _____, _____, _____ and _____.
We often use the **present continuous** with words like _____, _____ and _____.

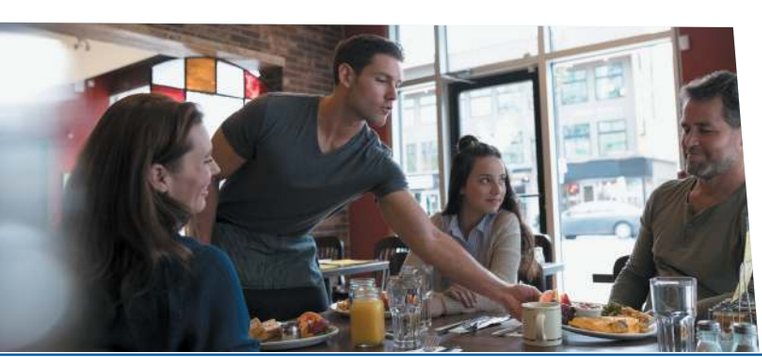
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3 **Complete the sentences with the correct tense of the verbs in brackets.**

0 I *'m shopping* (shop) at the moment. I can't talk.
1 My mum always _____ (cook) nice food.
2 The teachers usually _____ (give) us a lot of homework on Monday.
3 I _____ (stay) at home today. I _____ (not go) to school.
4 It's five o'clock now and I _____ (watch) TV with my sister.
5 What time _____ your dad usually _____ (get up) on a Sunday?
6 It's OK, Jack's _____ (not sleep) at the moment. You can go and talk to him.

4 **Correct the mistakes in the sentences.**

is getting
0 My cousin ~~gets~~ married today.
1 How are you? I write to you to give you some news.
2 What do you do at the moment?
3 My brother and I are not going swimming every day.
4 My mum is only working in the mornings.
5 We usually are eating a big breakfast on Sunday.



5 **Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.**

0 walk to school / go by bus.
I usually walk to school, but today I'm going by bus.
1 have a sandwich for lunch / spaghetti
2 watch TV after school / do my homework
3 play football on Saturday / play tennis
4 get up at seven o'clock / eight o'clock
5 have a shower / have a bath

6 **Put the words in order to make questions.**

1 your / the / moment / friend / what / doing / is / at?
2 bed / do / go / you / what / usually / to / time?
3 school / do / get / home / how / from / you?
4 sitting / is / teacher / at / down / your / the / moment?
5 sun / today / shining / is / the?
6 day / do / every / get / at / same / up / the / time / you?

Now match the questions to the correct answer.

a No, it isn't.
b 10 pm.
c I walk.
d Yes, he is.
e She's sleeping.
f Yes, I do.

In pairs, ask and answer the questions.

7 **Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.**

catch a bus	check your messages
do some homework	go to sleep
paint a picture	play football
prepare lunch	put on your coat
take a photo	



Are you putting on your sunglasses?

No

Are you taking a photo?

Student A, when Student B guesses the activity, give more information:

I go to a photography club every Friday. It starts at 7 pm. I go there by bus.

Student B, ask more questions.

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