

## 3,2,1. Rozgrzewka

2.06



Poniższe słowa brzmią lub wyglądają podobnie w języku polskim i angielskim. Sprawdź ich znaczenie. Posłuchaj nagrania i zaznacz znakiem ✓ te wyrazy, których polska wymowa najbardziej różni się od angielskiej.

- |  |                                 |  |                                  |                                       |                                 |
|--|---------------------------------|--|----------------------------------|---------------------------------------|---------------------------------|
| <input type="checkbox"/> sports discipline | <input type="checkbox"/> golf   | <input type="checkbox"/> jogging       | <input type="checkbox"/> goal    | <input type="checkbox"/> club         | <input type="checkbox"/> record |
| <input type="checkbox"/> athletics         | <input type="checkbox"/> tennis | <input type="checkbox"/> rugby         | <input type="checkbox"/> ring    | <input type="checkbox"/> fitness club |                                 |
| <input type="checkbox"/> baseball          | <input type="checkbox"/> hockey | <input type="checkbox"/> cricket       | <input type="checkbox"/> stadium | <input type="checkbox"/> medal        |                                 |
| <input type="checkbox"/> football          | <input type="checkbox"/> judo   | <input type="checkbox"/> tennis racket | <input type="checkbox"/> match   | <input type="checkbox"/> opponent     |                                 |

### Zadanie 1

Do podanych nazw dyscyplin sportowych dopisz brakujące końcówki i dopasuj je do odpowiedniej kolumny.

- |            |             |                |            |              |               |
|------------|-------------|----------------|------------|--------------|---------------|
| aerob_____ | runn_____   | volley_____    | sail_____  | hand_____    | ice-skat_____ |
| foot_____  | athlet_____ | div_____       | ski_____   | gymnast_____ | acrobat_____  |
| cycl_____  | basket_____ | motor rac_____ | swimm_____ | box_____     |               |

-ICS

-BALL

-ING

### Zadanie 2

Podziel dyscypliny sportowe z zadania 1. na dwie grupy. Do każdej z nich dodaj jeszcze po trzy przykłady.

INDIVIDUAL SPORTS

TEAM SPORTS

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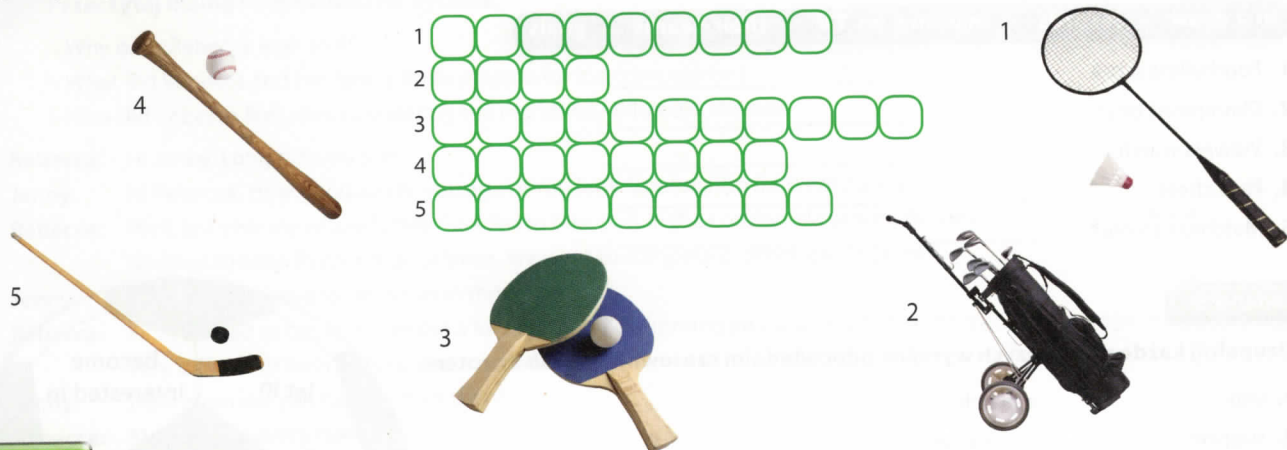
### Zadanie 3

Napisz, kim są podane osoby. Jeśli to konieczne, skorzystaj z internetu.

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. Andrzej Gołota – a _____        | 7. Małgorzata Glinka – a _____   |
| 2. Lance Armstrong – a _____       | 8. Robert Kubica – a _____       |
| 3. Cristiano Ronaldo – a _____     | 9. Agnieszka Radwańska – a _____ |
| 4. Otylia Jędrzejczak – a _____    | 10. Marek Pławgo – an _____      |
| 5. Adam Małysz – a _____           | 11. Agata Wróbel – a _____       |
| 6. Mateusz Kusznierewicz – a _____ |                                  |

**Zadanie 4**

Uzupełnij krzyżówkę nazwami sportów, w których używamy sprzętów/przedmiotów pokazanych na rysunkach.



**Zadanie 5**

Skreśl wyraz, który nie pasuje do danej kategorii. Następnie podaj nazwę dyscypliny sportu, która kojarzy ci się ze skreślonym wyrazem.

1. volleyball net court racket \_\_\_\_\_
2. athletics bat trainers track \_\_\_\_\_
3. ski jumping hill skis tracksuit \_\_\_\_\_
4. football pitch boots ring \_\_\_\_\_
5. ice hockey skates stadium ice rink \_\_\_\_\_
6. golf club course weights \_\_\_\_\_
7. cycling goal helmet bike \_\_\_\_\_
8. martial arts judo karate flippers \_\_\_\_\_

**Zadanie 6**

W każdym zdaniu dopisz odpowiednią końcówkę do niedokończonego wyrazu.

**-ful ● -ship ● -ment ● -ors ● -ment ● -ers**

1. This medal was a real achieve\_\_\_\_\_ for me.
2. The other competit\_\_\_\_\_ were very strong and it wasn't easy to come first.
3. I only won this medal because of my wonderful train\_\_\_\_\_.
4. I also had good equip\_\_\_\_\_, which my parents paid for – thank you Mum and Dad!
5. The next champion\_\_\_\_\_ is next year and I really hope to win again.
6. It's great to be success\_\_\_\_\_!

**Zadanie 7**

Uzupełnij zdania odpowiednimi wyrazami i wyrażeniami z ramki.

**tournament ● match ● game ● race ● fight ● events ● World Cup ● achievement**

1. The \_\_\_\_\_ between Liverpool and Manchester City ended in a draw.
2. The boxing champion lost his last \_\_\_\_\_.
3. The Olympic Games is one of the most important sporting \_\_\_\_\_ for the world athletes.
4. The 2010 Wimbledon \_\_\_\_\_ was really exciting.
5. The students from Oxford and Cambridge Universities compete in a boat \_\_\_\_\_ every year.
6. Chess is a \_\_\_\_\_ for patient people.
7. The 2006 \_\_\_\_\_ was held in Germany.
8. Winning a gold medal is a real \_\_\_\_\_.

### Zadanie 8

Wstaw brakujące wyrażenia tak, aby powstały poprawne zdania.

in a draw • records • matches on TV • their teams • goals

1. Footballers score \_\_\_\_\_.
2. Champions beat \_\_\_\_\_.
3. Viewers watch \_\_\_\_\_.
4. Fans cheer \_\_\_\_\_.
5. Matches can end \_\_\_\_\_.

### Zadanie 9

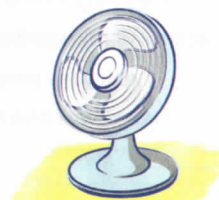
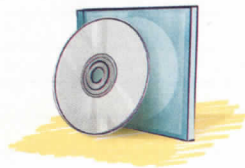
Uzupełnij każde z poniższych wyrażen odpowiednim czasownikiem lub zwrotem.

1. win / \_\_\_\_\_ a match
2. support / \_\_\_\_\_ a team
3. take up / \_\_\_\_\_ a new sport
4. participate / \_\_\_\_\_ in a tournament
5. score / \_\_\_\_\_ a goal
6. beat / \_\_\_\_\_ an opponent
7. keep fit / \_\_\_\_\_ in a gym / fitness club



### Zadanie 10

Podpisz rysunki tak, aby wpisane słowa miały również znaczenie związane ze sportem. Następnie poszukaj w tym rozdziale trzech innych wyrazów, które mają podwójne znaczenie, np. *court – sąd i kort (tenisowy)*.



### Zadanie 11

Sprawdź swoją pamięć. Bez zaglądania do książki sporządź listę jak największej liczby słów dotyczących tematu SPORT, od których można utworzyć nowe wyrazy, np. *to box – a boxer*.



## Zadanie 1

Przeczytaj dialog i odpowiedz na pytania.

- Why does Rebecca look so fit?
- What did Rebecca and her family do to prepare for the competition?
- How did Rebecca feel after completing the marathon? What did she do?

**Rebecca:** Hi Jenny. Long time no see!

**Jenny:** Hi Rebecca. How good to see you again! You look fabulous! So fit! What have you been up to?

**Rebecca:** Well, last year my whole family decided to take part in the London Marathon. We completed it and then we decided to keep fit on a regular basis. We want to compete in other sports as well.

**Jenny:** What did you have to do to run in the marathon?

**Rebecca:** First, we had to get fit, so we did a lot of jogging, swimming and working out in the gym. At the beginning it was very difficult to train so hard and so often.

**Jenny:** How often did you have to do it then?

**Rebecca:** More or less every day ...

**Jenny:** Wow! It sounds really tough. Did you have a trainer at all?

**Rebecca:** To start off with, we didn't but after a couple of months my dad got a professional runner to help us train specifically for the marathon. He was very helpful. He gave us lots of tips on how to run in long-distance races, you know, how to pace yourself etc.

**Jenny:** How long did it take you to get ready for the marathon?

**Rebecca:** More than six months.

**Jenny:** And did you have a good time?

**Rebecca:** First, when I completed the race, I thought I was going to die. Later, when I got my breath back I felt over the moon. The first thing I did when I calmed down was drink lots of water! The whole thing was just a great experience.

**Jenny:** And are you going to do it again?

**Rebecca:** No, not this year. Now we're getting ready for a swimming competition.

**Jenny:** Good luck then. Get in touch when it's over. We could meet and have a chat - OK?

**Rebecca:** Sure! See you then.

## Zadanie 2

Uzupełnij odpowiedzi w poniższych dialogach. Następnie napisz w zeszycie trzy podobne dialogi.

1. - Was it easy to learn how to ski?  
- First \_\_\_\_\_ but then \_\_\_\_\_.
2. - Did you enjoy the sports camp?  
- To start off with, \_\_\_\_\_ but after a couple of days \_\_\_\_\_.
3. - What did you do after you won the race?  
- The first thing I did was \_\_\_\_\_. Next, I \_\_\_\_\_.

## Zadanie 3

Z kolegą lub koleżanką ułóż dialog według podanych wskazówek. Następnie przećwiczcie go razem.

**A:** Przywitaj kolegę/koleżankę. Pochwal go/ją, że świetnie wygląda. Zapytaj co u niego/u niej słychać.

**B:** Powiedz, że właśnie wróciłeś/wróciłaś z obozu sportowego i pochwal się, że umiesz jeździć na desce snowboardowej.

**A:** Powiedz, że też chciałbyś/chciałabyś się nauczyć tego sportu i zapytaj, jak to zrobić.

**B:** Opisz krok po kroku, co należy robić, aby nauczyć się jeździć na snowboardzie.

**A:** Zapytaj, ile czasu może to zająć.

**B:** Odpowiedz na pytanie i poleć ten sport jako wspaniałe doświadczenie.

## Zadanie 4

Napisz do gazetki szkolnej krótką notatkę, w której opiszesz jakieś ostatnie ciekawe wydarzenie ze świata sportu.

3,2,1.. Rozgrzewka 1

Ułóż pytania z rozsypanki wyrazowej i napisz odpowiedzi. W każdej rozsypance znajduje się jeden zbędny wyraz.

- 1. are ● do ● into ● sports ● you? \_\_\_\_\_
- 2. what ● do ● watching ● like ● to ● you ● sports? \_\_\_\_\_
- 3. what ● you ● doing ● can ● sports ● at ● school ● play? \_\_\_\_\_
- 4. do ● you ● extreme ● making ● like ● sports? \_\_\_\_\_
- 5. how ● keep ● never ● fit ● you ● do? \_\_\_\_\_

Zadanie 1

2.07 

Usłyszysz dwukrotnie pięć krótkich tekstów. Do każdego z pytań 1–5 dobierz odpowiedź zgodną z treścią nagrania. Zakreśl literę A, B lub C.

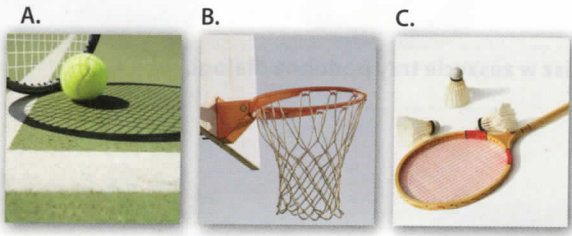
- 1. What is Olivia mainly talking about?  
A. The history of cheerleading.  
B. Cheerleading in general.  
C. Her career as a cheerleader.
- 4. The two speakers think the match was  
A. interesting to watch.  
B. of average quality.  
C. very poor.

2. What sport are the people talking about?



- 5. Who is the speaker?  
A. A parent.  
B. A student.  
C. A PE teacher.

3. What sport did Bob take up?



3,2,1.. Rozgrzewka 2

Podkreśl wyrazy związane z grą w piłkę nożną. Jeśli to konieczne, skorzystaj ze słownika.

- penalty ● bat ● goal ● court ● pitch ● free kick ●  
draw ● striker ● goalkeeper ● track

Zadanie 2

2.08 

Usłyszysz dwukrotnie fragment audycji radiowej. Na podstawie informacji w niej zawartych zaznacz znakiem X, które ze zdań 1–5 są zgodne z treścią nagrania (TRUE), a które – nie (FALSE).

- 1. Kaká signed his first contract when he was eight. TRUE FALSE
- 2. Kaká played in the Brazilian Junior Cup. TRUE FALSE
- 3. Kaká became religious after he read the Bible. TRUE FALSE
- 4. Kaká is famous for saying 'I belong to Jesus'. TRUE FALSE
- 5. The text is mainly about Kaká's football skills. TRUE FALSE



## 3,2,1... Rozgrzewka 1

Zrób jak najdłuższą listę rzeczy, które można kupić w sklepie sportowym. Porównaj swoją listę z listą dowolnego kolegi lub dowolnej koleżanki z klasy. Otrzymasz jeden punkt za każdą rzecz, której nie wymienił twój rozmówca.

## Zadanie 1

Przeczytaj oferty trzech sklepów sportowych (A–C) oraz pytania dotyczące tych ofert (1–4). Do każdego pytania dopasuj właściwą ofertę. Wpisz odpowiednią literę w kratkę obok każdego pytania. Jedna oferta pasuje do dwóch pytań.

- A. Welcome to *Sports Galore*, a new online sports shop! We offer amateur sports gear at competitive prices. We specialize in high quality brands of trainers, tracksuits and swimsuits. We also provide a helpline for people wanting more information about sports equipment. So, if you're unsure about something, just send us an email. Each online purchase will be awarded with a small gift until March 5th.
- B. We've just opened a new high street shop especially for you. If you're seriously interested in sports and wish to go beyond the amateur level in your favourite discipline, we are the place for you! You'll find equipment for all sports disciplines you can possibly imagine!
- C. *Sports Professionals* is a new type of online service. If you want to surprise someone with a wonderful sports gift, just email us with the person's details. We'll contact them and find out what they may want to receive for free from a friend of theirs. If they guess who the sports clothes or sports equipment could be from, they'll get a free pass to a sports centre of their choice! Worth trying, isn't it?

Which sports shop would be the best for someone who ...

1. wants advice about sports gear?
2. needs professional sports equipment?
3. wants to buy a new set of sports clothes?
4. wants to buy someone a present?

## 3,2,1... Rozgrzewka 2

Wymyśl nową dyscyplinę sportu (im śmieszniejsza, tym lepiej). Pomyśl o potrzebnym sprzęcie i ustal reguły. Przedstaw swój pomysł klasie. Wspólnie wybierzcie najciekawszy sport.

## Zadanie 2

Przeczytaj trzy krótkie teksty. Do każdego z pytań 1–3 dobierz właściwą odpowiedź, zgodną z treścią tekstu. Zakreśl literę A, B lub C.

Once a popular activity for children, toe wrestling is now a competitive sport. The World Toe Wrestling Competition first started at a pub in Derbyshire, UK in 1976. Locals thought it would be a great idea to hold a competition where individuals test their strength using their toes rather than their arms. The organizers applied in 1997 to get the sport included in the Olympics, but unfortunately, it was not accepted and no-one believes it ever will be.

Dear students!

I'm sure you know Ellen O'Hara and that you've heard about her sporting achievements. She's our school's star despite the fact that she's disabled. She's won more medals for the school's basketball club than anyone else. Now it is time for you to make Ellen's dream come true! She wants to compete in the next Paralympic Games and she needs money to go there. Please support Ellen and send any money you can to the following bank account ...

Hi Rosie,

Why didn't you come to the training session again? I was afraid something had happened to you. You know we can't win the cup without you so please tell me what's going on. The coach wasn't angry with you so don't worry about it. Just explain your problems at school to him and I'm sure he'll be able to help you somehow.

Get in touch asap pls!

Love, Tracy

1. Toe wrestling
  - A. was played competitively before 1976.
  - B. was originally a game for youngsters.
  - C. may become an Olympic discipline one day.
2. Tony wrote the notice mainly to
  - A. introduce Ellen.
  - B. ask for help for Ellen.
  - C. advertise Ellen's competition.
3. Tracy feels
  - A. sad.
  - B. worried.
  - C. angry.

3,2,1..

**Rozgrzewka 1**

Do podanych czasowników dopisz odpowiednie wyrazy. Następnie dopisz jeszcze przynajmniej po jednym przykładzie do każdego czasownika.

**the pool** ● **the tournament** ● **cards** ● **running** ● **yoga**

go \_\_\_\_\_ ; \_\_\_\_\_

take up \_\_\_\_\_ ; \_\_\_\_\_

look forward to \_\_\_\_\_ ; \_\_\_\_\_

take someone to \_\_\_\_\_ ; \_\_\_\_\_

play \_\_\_\_\_ ; \_\_\_\_\_

**Zadanie 1**

Uzupełnij poniższe dialogi (1–6), wybierając spośród podanych możliwości (A–C) brakującą wypowiedź jednej z osób. Zakreśl literę A, B lub C.

1. X: I go jogging in the park before breakfast.  
Y: \_\_\_\_\_  
A. Don't mention it.  
B. Good for you!  
C. Have we met before?
2. X: When I was younger, my dad used to take me to the stadium.  
Y: \_\_\_\_\_  
A. Is your dad younger than your mum?  
B. Yes, I've seen many football stadiums.  
C. Did he? That's great.
3. X: So, why did you take up swimming?  
Y: \_\_\_\_\_  
A. I like water a lot.  
B. No, I didn't take it.  
C. Take care.
4. X: We're really looking forward to the school tournament.  
Y: \_\_\_\_\_  
A. What are you looking for?  
B. Me too. It's going to be very exciting.  
C. We can't see a thing – it's too far.
5. X: Shall we meet in front of the gym?  
Y: \_\_\_\_\_  
A. Yes, as soon as I finish my homework.  
B. No, I haven't met anyone yet.  
C. Yes, let's take the front seats.
6. X: Jenny says you played beautifully last Saturday.  
Y: \_\_\_\_\_  
A. Congratulations!  
B. Yes, I was the last one.  
C. Thanks, that's very kind of her.

3,2,1..

**Rozgrzewka 2**

Uzupełnij tekst podanymi przymiotnikami tak, by najlepiej opisać sytuację w twojej rodzinie. Możesz skorzystać z wyrazów w ramce.

**dangerous** ● **willing** ● **well-educated** ● **fascinating** ● **bored** ● **happy** ● **annoyed** ● **physically fit**

My parents are very \_\_\_\_\_ that I am so much/so little into sport. They think being \_\_\_\_\_ is the most important thing for a young person. For them, team sports like football, volleyball or hockey are \_\_\_\_\_. Mum and dad are quite \_\_\_\_\_ when I want to watch sports on TV.

**Zadanie 2**

Do każdej z opisanych sytuacji (1–4) dopasuj odpowiedni sposób wypowiedzi. Zakreśl literę A, B lub C.

1. Poproś rodziców, żeby cię dziś odebrali z treningu.  
A. Will you pick me up after the karate class tonight?  
B. Could you go to football training with me in the evening?  
C. Why don't we go to the cinema after my judo lesson tonight?
2. Chcesz pójść z kolegami na mecz siatkówki. Jak poprosisz rodziców o pozwolenie?  
A. I'm so excited about the game on Saturday. Are you?  
B. Should I go to see the game with your parents on Saturday?  
C. Can I go to the game with my friends on Saturday?
3. Świetnie rozegrałeś / rozegrałaś mecz tenisa. Jak pochwalisz się rodzicom?  
A. I always wanted to play tennis.  
B. That was a great game!  
C. You're fine, aren't you!
4. Zaproponuj rodzicom wspólne oglądanie meczu.  
A. How about watching the game together?  
B. Could we look for it together?  
C. Would you like me to see a game on the telly?



3,2,1..

**Rozgrzewka 1**

Wyobraź sobie, że planujesz wakacyjną wycieczkę rowerową z kolegami i koleżankami. Chcesz uzyskać na to zgodę rodziców. Podaj trzy argumenty, które mogłyby ich przekonać.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Zadanie 1**

Przeczytaj tekst. Wybierz właściwe, poprawne pod względem gramatycznym i leksykalnym, uzupełnienie luk 1-5. Zakreśl literę A, B lub C.

To: \_\_\_\_\_

Cc: \_\_\_\_\_

Subject: \_\_\_\_\_

Hi Greg,

I've just 1  something really exciting: they are building a great bicycle route between Paris and Prague. Wouldn't it be great to do a trip in the summer with my mum and dad, you and your parents?

I've already talked to my dad. He also thinks it 2  great. He says he'll talk to mum over the weekend. I've checked the website, too: 3  are super things to see on the way, especially the castles. And 4  route goes through Champagne and Pilsen, so I think my dad is looking forward to it, too. Of course, we can't do it all on one trip - why 5  you come over so we can look at the map and plan things?

Think about it! Ben

- |                |             |             |
|----------------|-------------|-------------|
| 1. A. seen     | B. see      | C. saw      |
| 2. A. was      | B. had been | C. would be |
| 3. A. here     | B. there    | C. they     |
| 4. A. a        | B. -        | C. the      |
| 5. A. couldn't | B. don't    | C. not      |

3,2,1..

**Rozgrzewka 2**

Wpisz co najmniej po jednym przykładzie każdego rodzaju sportu.

Expensive sports \_\_\_\_\_

Crazy sports \_\_\_\_\_

Fun sports \_\_\_\_\_

**Zadanie 2**

Przeczytaj tekst. Spośród wyrazów podanych w ramce wybierz właściwe, poprawne pod względem gramatycznym i leksykalnym, uzupełnienie luk 1-6. Wpisz odpowiednią literę (A-L) obok numeru luki. Sześć wyrazów zostały podanych dodatkowo i nie pasują do żadnej luki.

A. equipment	B. idea	C. profession	D. city	E. hard	F. skiing
G. fit	H. money	I. risky	J. incredible	K. successful	L. extreme

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**Don't try this at home!**

Rafting down a river somewhere in South America, speed 1  in the Alps, sky surfing over Alaskan plains ... 2  sports are often associated with distant places, expensive 3  and very expensive tuition. Danny MacAskill proves you need none of these: a bicycle will do. Danny has become a YouTube celebrity when he made a series of videos of himself performing absolutely 4  bicycle stunts on the streets of Edinburgh. He demonstrates that talent and a really great 5  matter more than big budgets. Of course it also takes true passion and a lot of 6  work. Plus it's still an extreme sport - very, very dangerous!