

## CZYTANIE 1

DODRZEWANIE - UZUPELNIANIE LUK

1 W parach opiszcie zdjęcie i odpowiedzcie na pytania.

- 1 Do you ever cycle to school? Why?/Why not?
- 2 What would you do if you decided to get fit?

## Zadanie maturalne

2 Przeczytaj tekst, z którego usunięto trzy zdania. Wstaw zdania A-E w luki 1-3, tak aby otrzymać spójny i logiczny tekst. Dwa zdania zostały podane dodatkowo i nie pasują do żadnej luki.

- A Emma was scared of water and had never learnt to swim.  
 B However, she was much fitter than she'd thought she was.  
 C She didn't want to be a professional athlete or take part in competitions.  
 D Now she knew how to get fit and how to get to work on time.  
 E What's more, she was completely out of breath.

3 **SŁOWNICTWO** Podkreśl w tekście wszystkie nazwy sportów. W parach odpowiedzcie na pytania.

- 1 Which of these sports do you do?
- 2 Which ones would you like to try/learn? Why?
- 3 Which ones would you never want to try? Why not?

4 **SŁOWNICTWO** Wpisz w luki wyróżnione wyrazy z tekstu. Następnie uzupełnij zdania prawdziwymi informacjami o sobie. W parach przeczytajcie swoje zdania.

- 1 I'm \_\_\_\_\_ at ...
- 2 ... isn't really my \_\_\_\_\_.
- 3 I'd like/wouldn't like to \_\_\_\_\_ a gym because ...

## Language and Culture

## Boris bikes in London

London has a public bicycle hire scheme. In the central part of the city there are about 570 bicycle docking stations, where you can hire one of the over 8,000 bikes. If you register online, you can have your own electronic key which lets you release a bike very easily. If you're not registered, you can still hire a bike using a credit card at an electronic terminal. The bikes are popularly known as 'Boris bikes' after Boris Johnson, who was Mayor of London at the time when the scheme was introduced.



## Stories



## ON YOUR BIKE

EMMA ran for a bus but missed it. She felt annoyed. She was going to be late for work again. <sup>1</sup> \_\_\_\_\_ It was time to get fit.

What could she do? She'd **joined a gym** once but hadn't enjoyed it. The fitness machines bored her and aerobics gave her a headache. Games like hockey, volleyball and squash were no good, either. She'd always been **useless at** ball sports. Winter sports like skiing and snowboarding looked like fun but there are no mountains near Norwich. Sailing and windsurfing were out, too. <sup>2</sup> \_\_\_\_\_ She decided to try running.

After work, Emma put on trainers and a tracksuit and walked to the park. She started jogging slowly. Almost immediately she had to stop to rest. She started again. She was running so slowly that an old man and his dog overtook her. After a few minutes she felt exhausted and had a pain in her side. She sat on a bench. Maybe running **wasn't her thing**. Then a cyclist went past and Emma smiled. <sup>3</sup> \_\_\_\_\_ The next day, Emma bought herself a bike and a helmet and cycled home from work.

## 1 W parach spróbujcie rozwiązać quiz.

## What do you know about

## USAIN BOLT?

- 1 Who is Usain Bolt?
  - A A sprinter.
  - B A marathon runner.
  - C A middle distance runner.
- 2 Where does he come from?
  - A Great Britain.
  - B Jamaica.
  - C Nigeria.
- 3 What is his top speed?
  - A 36 km per hour.
  - B 40 km per hour.
  - C 44 km per hour.
- 4 What is one of his favourite foods?
  - A Chicken wings.
  - B Bananas.
  - C Nuts.
- 5 What does he like doing in his free time?
  - A Snorkelling.
  - B Dancing.
  - C Playing the drums.

## QUIZ

## 2 Wyszukaj odpowiedzi na pytania z quizu w tekście obok.

## Zadanie maturalne

- 3 Przeczytaj tekst. Na podstawie informacji w nim zawartych zdecyduj, które z podanych zdań są zgodne z treścią tekstu (T), a które nie (F).
  - 1 Usain Bolt used to play cricket professionally.
  - 2 Usain won two gold medals at the 2009 World Championships.
  - 3 Usain has an unusual diet for an athlete.
  - 4 Usain uploads his own dance videos onto the Internet.
  - 5 Usain is such a good runner, he doesn't need to train.
- 4 Przygotuj wypowiedź na temat sportowca, którego podziwiasz, wykorzystując poniższe pytania.
  - 1 Which sports does he/she compete in?
  - 2 Where is he/she from?
  - 3 What are his/her greatest achievements?
  - 4 What else do you know about him/her?
  - 5 Why do you admire him/her?
- 5 W parach lub małych grupach opowiedzcie o wybranych sportowcach.

## SPORT

HOME FOOTBALL TENNIS FORMULA 1 ATHLETICS VOLLEYBALL

## SOME FUN FACTS ABOUT 'LIGHTNING' BOLT

## SPORTS MAD

Usain St. Leo Bolt was born on 21 August 1986 in Trelawny, Jamaica. He was a very active child who loved sport, particularly football and cricket. He used to dream of becoming a professional cricket player. He still loves both sports and has said he'd love to play for Manchester United.

## AS FAST AS LIGHTNING

Usain is the greatest sprinter the world has ever known. At the 2009 World Championships in Berlin he set two world records. He won the 100 metres race in 9.58 seconds and the 200 metres in 19.19 seconds. He can run at a top speed of over 44 kilometres an hour!

## WHAT AN APPETITE!

Usain is 1.95 metres tall and weighs 94 kilograms. He has a great appetite and loves pork and spicy chicken wings. What do you think Usain ate before winning the gold medal in the 100-metre final at the 2008 Beijing Olympics? Fruit? Nuts? Pasta? No, Chicken Nuggets!

## GOOD TIMES

Usain is crazy about music and dancing. He keeps up-to-date with the latest dance moves on YouTube and is said to practise them in front of a mirror. When he's not training, he sometimes performs as a DJ in nightclubs. He's also keen on video football and dominoes.

