

ROZMOWA WSTĘPNA

1. Do you prefer doing sports or watching sports? Why?
2. What extreme sport would you like to try? Why?
3. What do you do to keep fit?
4. Have you ever taken part in a sports event as a participant? Tell us about it.
5. What would be your definition of 'real sports'?

PRZYDATNE SŁOWA I WYRAŻENIA

1. *doing sports – keeps you fit, competitive, satisfying, exciting, tiring, takes a lot of / too much time, exhausting training*
watching sports – interesting, comfortable, you don't have to be fit, pure laziness
2. *extreme sports – paragliding, bungee jumping, free skiing, skydiving, white-water rafting; exciting, high adrenaline, dangerous; I'd love to try it, you must be crazy to do it*
3. *exercise, work out at a gym, go jogging / swimming / skiing, ride a bike, play tennis / football, take the dog for long walks*
4. *it was last year / two years ago / when I was a kid, sports day, school championship, sports competition, I won / didn't win a match, I played football / basketball / volleyball, ran in the relay / street race*
5. *physical activity, competition, the winner; set a record, achievement, measurable results, special equipment*

ZADANIE I

Wraz z kolegą / koleżanką postanowiliście poprawić swoją kondycję fizyczną i rozmawiacie jak to zrobić. Poniżej podane są cztery kwestie, które musisz uwzględnić w rozmowie z egzaminującym.



Rozmowę rozpoczyna zdający.

PRZYDATNE SŁOWA I WYRAŻENIA

Rodzaj aktywności fizycznej

take up a sport, start swimming / working out at a gym / jogging / walking, join a (football) team, ride a bike / horse

Miejsce treningu

outdoor / indoor sports, local sports centre, swimming pool, gym, park, stadium, horse riding club / stables

Częstotliwość treningu

once / twice / three times a week, at the weekends, every day, not too often

Potrzebny sprzęt lub ubranie

T-shirt and shorts, tracksuit, trainers, swimming costume / trunks / cap / goggles, riding boots / helmet