

English for **PHYSICAL AND SPORT ACTIVITIES**

Grado medio de Actividades físicas y deportivas



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English for PHYSICAL AND SPORT ACTIVITIES

Grado medio de Actividades físicas y deportivas



INDEX

1 MOUNTAINEERING

2 ADVENTURE SPORTS

3 CYCLING

4 EQUESTRIAN SPORTS

5 ACTIVE LEISURE ACTIVITIES

6 NATURAL AQUATIC ENVIRONMENT

7 SWIMMING

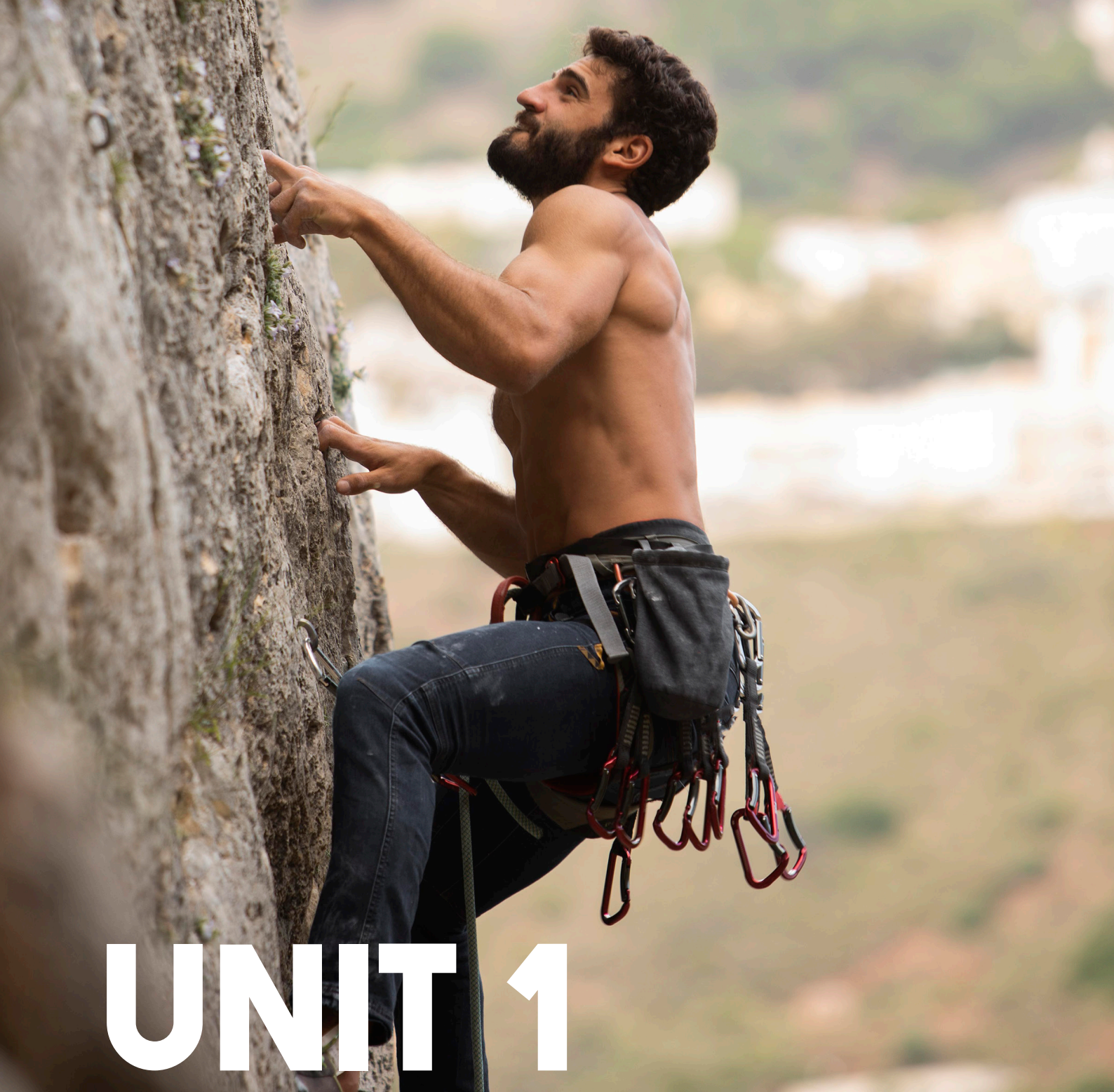
8 ACCIDENTS AND EMERGENCIES

9 START WORKING

VOCABULARY	READING	GRAMMAR
Mountain terminology Meteorology symbols	Don't get lost in the mountain	Present simple
Extreme and adventure sports Leisure and adventure supplies	The amazing world of sport	Present continuous
Parts of a bike Bike accessories	Braving the cold	Past simple Used to
Horse riding terminology Action verbs	Michelle Payne	Past continuous
Leisure education activities Activities in natural environment	A summer as a boy scout	Will/won't for predictions Be going to for future plans and intention
Types of natural aquatic environment sports and equipment	Film review: Point Break	Modals: can/can't, could/couldn't Comparatives and superlatives
Swimming techniques and equipment	Michael Phelps and Leon Marchand	Present perfect
Body parts and injuries First aid kit	The most expensive rescue	Modal verbs: should, must, have to.
Parts of a CV	A job vacancy	zero and first conditional



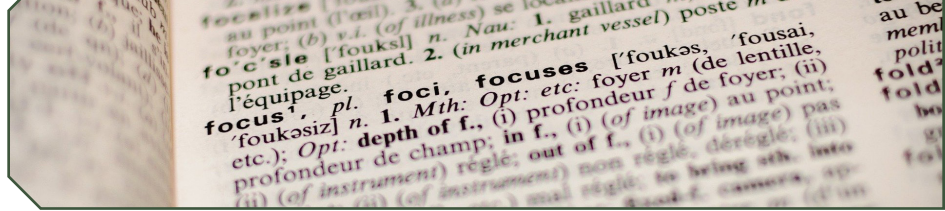
LISTENING	SPEAKING	WRITING
A mountain guide's life	Conversation: Getting to refuge	Message
Extreme stories	Telling an anecdote	Poster
A cycling trip: Are you ready?	Giving instructions: Mountain bike route	Story
Horse Riding competition	An Equestrian school class	Infography
Summer camp	Role playing: We are activity leaders	Posting a blog entry
Surfing in the sea	Interview	A film review
World swimming championship	Broadcast: swimming events	An article
First-aid techniques	Instructions: Safe and sound	A pamphlet
Recruitment for a theme park	Job interview	Write your curriculum vitae



UNIT 1

MOUNTAINEERING

VOCABULARY	READING	GRAMMAR
Mountain terminology Meteorology symbols	Don't get lost in the mountain	Present simple
LISTENING	SPEAKING	WRITING
A mountain guide's life	Conversation: Getting to refuge	Advice



WARM UP

In pairs, look at the photos below. Describe what you see. Think and write the parts of the mountain that you already know.



PARTS OF MOUNTAIN

1. Match the words in the box to the photo A-F .

slope

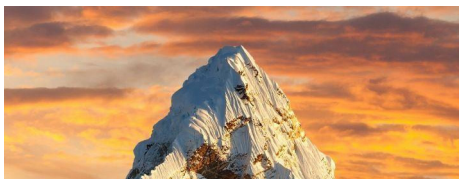
peak

foothill

valley

lake

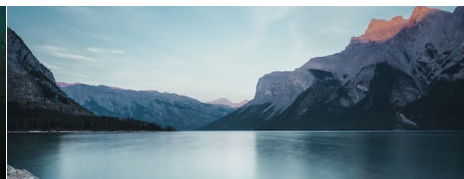
base



A.



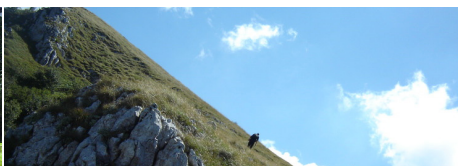
B.



C.



D.



F.



G.

2. Look at the pictures 1-6. In which of the pictures can you see these parts of the mountain?

Ridge

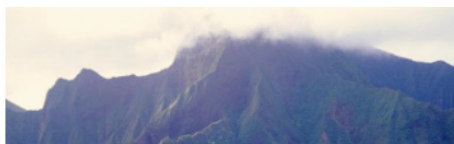
Waterfall

Range

Summit

Path

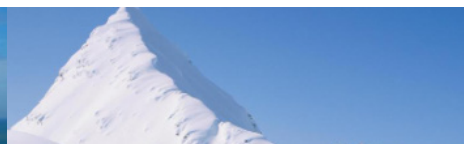
Precipice



1.



2.



3.



4.



5.



6.

3. Match the words from exercise 2 to the descriptions A-F.

- The _____ is the highest part of a mountain. Also known as the peak or mountaintop.
- _____ is a very steep cliff.
- _____ is a steep descent of the water of a river.
- _____ is a long narrow range of hills.
- _____ is an established line of access to people.
- _____ is a series of hills or mountains.

IN PAIRS

4. Look at the words below and complete the text.

ranges base summit peaks valleys

The world's tallest mountain a) _____ were formed when pieces of Earth's crust were pushed together. Thirty of the world's highest mountains are in the Himalaya. The b) _____ of Mount Everest, at 29,035 feet (8,850 meters), is the highest point on Earth.

The tallest mountain is Mauna Kea, an inactive volcano on the island of Hawaii in the Pacific Ocean. Measured from the c) _____, Mauna Kea stands 33,474 feet (10,203 meters) tall. Wind and rain pummel the domes, sculpting d) _____ and e) _____.

Text adapted from National Geographic.

<https://www.nationalgeographic.com/science/article/mountain>

GOING BEYOND

5. Look at the image below. Identify and point all the parts of the mountain terrain. Use the words in the box to help you.



- peak or summit
- valley
- range
- ridge
- path
- foothill
- slope
- base

6. Glossary: Complete the table: Parts of the mountain.

METODOLOGY - WARM-UP

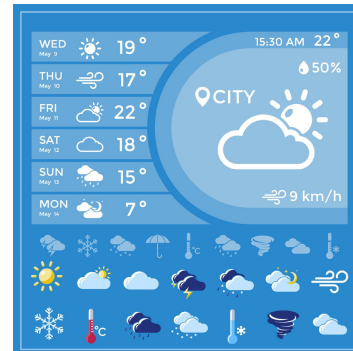
Recognising symbols. When it comes to planning any adventure in the mountains, you should always start with the weather forecast, even before you have chosen your route.

These pictures represent the most common weather situation that you can find in the mountains. Draw the weather symbols for each situation.



A.	B.	C.
----	----	----

7. Check the meaning of the symbols in the box below. Match the words 1-7 to the weather symbols. Draw the symbols next to each word.



- rainy
- sunny
- cloudy
- windy
- stormy
- snowy
- whirlwind

GOING BEYOND

8. Complete the chart with the words or phrases in the box.

1. It's _____ (quite cold, not cold or hot).	4. There is a _____ (a light wind)	6. It's _____ (a bit wet but not raining).	It's mild (pleasant and not cold).
2. It's _____ (unpleasantly cold)		It's drizzling. (raining lightly)	9. _____ (a pleasantly high temperature).
It's cold	It's windy	It's raining/wet	It's hot.
It's freezing.	5. There are _____ (very strong) winds.	8. There is a _____.	10. It's _____ or boiling (unpleasantly hot).
3. The temperature is _____ (-10°).			

9. Glossary: Complete the table: Meteorology.



DON'T GET LOST IN THE MOUNTAINS



When you are in the mountains, you can use different strategies to know where you are. Today, people rely too much on technology, but what happens if you run out of battery? For this reason, it is good to learn more about orientation techniques based on the earth's constant and predictable relationships with the Moon, stars, planets and the Sun.

The Sun always rises in the east and makes its way across the sky. The sun, at noon, indicates the south and at sunset, it indicates the west. So if you get lost in the mountains, you can look at the sun as it tells you in which direction you are going.



The moon usually rises in the east and sometimes sets in the west; however, it depends on the phase of the Moon and the time of the year. When the moon is full, it has the same journey as the Sun and you see it during the night. On the one hand, during the first quarter phase, the Moon rises in the South at 6:00 p.m. (solar time) and sets in the West at 12:00 a.m. (solar time). In this phase, the Moon is never visible during the last part of the night. On the other hand, during the last quarter phase, the Moon rises in the East at 00:00 (solar time) and sets in the South at 06:00 (solar time), and it is only visible during the second half of the night.

It is important to note that these patterns apply to both the Northern Hemisphere and the Southern Hemisphere. However, in the Northern Hemisphere we must look South to see the Moon, while in the Southern Hemisphere we must look North. With a little practice, we will be able to use the Moon or the Sun as a guide to know our location anywhere in the world.

READING COMPREHENSION

1. Specific information. Complete the sentences.

- The Moon and the Sun usually rise in the _____.
- At noon, the Sun indicates the _____ and sets in the _____.
- In the Northern Hemisphere, the Moon is in the _____.
- In the Southern Hemisphere, the Moon is in the _____.

2. General questions. Answer the questions.

a) Explain the main ideas in no more than 30 words.

b) Write a different headline to this article.

GOING BEYOND

3. The drawings below indicate the path of the sun during the day, and the path of the moon, according to its lunar phase, during the night (from the Northern Hemisphere). Identify the direction (North, South, West or East) marked by the Sun and the Moon.

THE SUN

sunrise



A. _____

noon



B. _____

sunset



C. _____

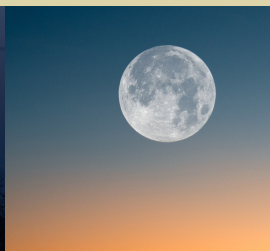
FULL MOON

Moonrise



A. _____

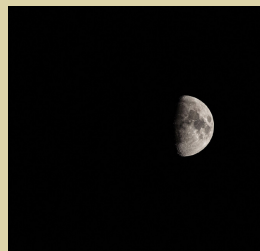
Moonset



B. _____

FIRST QUARTER OF THE MOON

Moonrise



A. _____

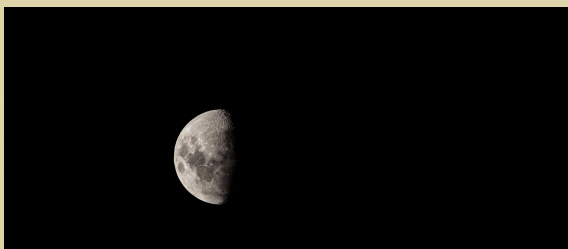
Moonset



B. _____

FIRST QUARTER OF THE MOON

Moonrise



A. _____

Moonset



B. _____

INSPECTING THE TEXT

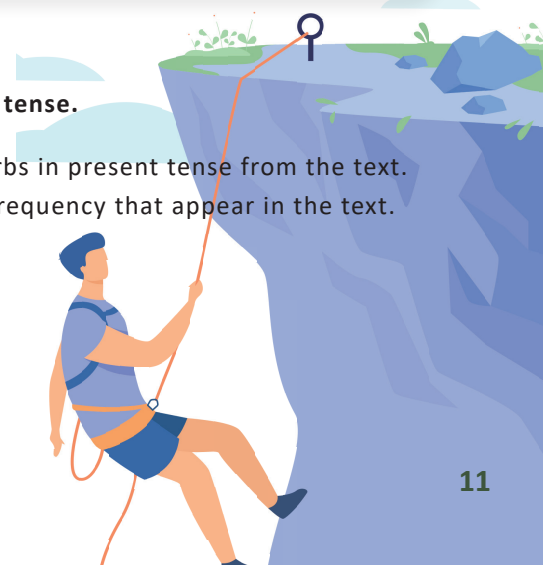
4. Opposites. Find words in the text that indicate opposite things.

- South - _____
- _____ - West
- _____ - Moon
- Rise - _____

5. Glossary. Complete the table orientation.

6. Verbs in present tense.

- List different verbs in present tense from the text.
- List adverbs of frequency that appear in the text.





PRESENT SIMPLE AND ADVERBS OF FREQUENCY

- a. The moon is full.
- b. The Sun **always** rises in the East.
- c. The moon **usually** rises in the east and **sometimes** sets in the west.
- d. The Moon is **never** visible during the last part of the night.
- e. You are in the mountains

1. Classifying sentences. From the sentences above which ones are written with the verb to be?

a) Complete the table.

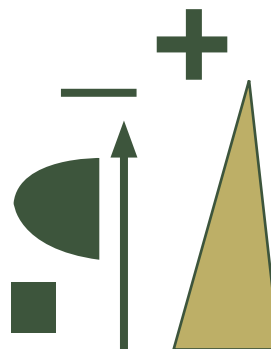
Verb "to be"

I	AM
We/____/They	ARE
He /She/It	_____

- Glossary: Complete the table: Adverbs of frequency.

b) From the sentences in the box:

- Write the adverbs of frequency in the right place (words in bold)



PRESENT SIMPLE

2. Complete the table

When	To express habits, repeated actions or general truths. E.g. <i>The Sun rises in the East.</i> To give instructions or directions. E.g. <i>Look at the Sun in the mountains</i>
How	Base form: Subj. I, You, We, They + verb in base form + rest of the sentence. E.g.
Affirmative	Adding -s or -es: Subj. He, She, It + verb ending in -s or -es + rest of the sentence. E.g.
Negative	Subject I, you, we they + don't + verb in base form + rest of the sentence. E.g. Subject he, she, it + doesn't + verb in base form + rest of the sentence. E.g.
Questions	Wh-question + DO + Subj. I, You, We, They + verb in base form + rest of the sentence. E.g. Wh-question + DOES + Subj. He, She, It + verb in base form + rest of the sentence. E.g.

3. Write these sentences in present simple.

- a) When people _____ (go) to the mountain, they _____ (take) a waterproof jacket.
- b) A mountain's guide never _____ (forget) the compass.
- c) My best friend Jessica _____ (not climb) any mountain.
- d) Fred always _____ (want) to see the sunset.
- e) A climber _____ (know) how hard it is to reach the peak.
- f) Jorge Díaz-Rullo _____ (not get) lost in the mountains. He is one of the best Spanish climbers.
- g) What time _____ the sun _____ (set) in summer?
- h) Mountaineers _____ (not go) to the mountains without checking the weather forecast.

SPECIAL CASE

4. Verb to be. Complete the sentences with the words AM, ARE, IS:

- I _____ a mountaineer.
- Eduñe Pasabán _____ the first woman to climb the K2 (8.611m).
- Mountaineers _____ brave persons.
- Monte Perdido _____ a very popular place in Spain.
- The highest mountains in Spain _____ Teide, Mulhacen, Aneto and Veleta.

5. Verb to have (got). Complete the sentences with the words HAS (GOT), HAVE (GOT):

- The rooms _____ a very beautiful sightseeing.
- The mistress of the refuge _____ blankets and beds.
- My partners _____ long-sleeved shirts to lend, if necessary.
- Reinhold Messner _____ the strength to climb a mountain.
- My trainer _____ more than 15 different trekking boots.

6. Rewrite the sentences from exercise 4 with the negative form of the verb to be: AM NOT, ISN'T (or IS NOT), and AREN'T (or ARE NOT).

7. Rewrite the sentences from exercise 5 with the negative form of the verb to have: HAVEN'T (GOT), and HASN'T (GOT).

GOING BEYOND

8. Spelling issues. Complete the chart.

VERB	RULE	EXAMPLES
Misses	When verb ends in -s, -sh, -z, -ch, -x, we add _____	pass → _____ finish → _____ buzz → _____ kiss → _____ watch → _____ mix → _____
Goes	When verb ends in -o we add _____	Go → _____ Do → _____
Plays	When verb ends in a vowel + -y, we add _____	Say → _____ Buy → _____
Study	When verb ends in a consonant + -y, this -y drops, and we add _____	Carry → _____ Fly → _____

ADVERBS OF FREQUENCY

9. Look at the examples. Complete the sentences to guess the rules.

The Sun **always** rises in the East.

They don't **always** go to the mountain on Friday.

Do you **usually** go to the Pico del Lobo mountain?

In winter, the temperature is **usually** below zero in the Alps.

This part of the park isn't **always** the hottest.

Is it **usually** freezing?

a) The adverb of frequency is positioned before the main _____ in affirmative, negative and interrogative sentences.

b) The adverbs of frequency come after the verb to _____ in affirmative and negative sentences. But, in interrogative sentences, the adverbs of frequency come after the _____.

SENTENCE ORDER

10. Write the adverbs of frequency in brackets in the right place.

- He/ shouts/ on the peak of the mountain. (never)
- Are/ you/ in the tent during the day? (sometimes)
- His sister/ isn't/ very fit. (always)
- Do/ you/ go to the climbing wall next to the school? (usually)
- My classmates/ climb/ Teide in summer. (sometimes)
- Her best friend/ doesn't/ wear/ appropriate clothes in extreme weather conditions. (always)
- It/ is/ hot on the summit of Everest mountain. (never)
- My good mountaineer/ has/ an ace up the sleeve. (usually)

GOING BEYOND

11. What do you usually prepare to go to the mountain? Make sentences about your habits before going on a mountain trip. Write in present simple and add adverbs of frequency. Use these questions to help you:

- What materials and/or clothes do you need?
- Do you take food and drinks?
- Do you need to check the weather forecast?
- Do you prepare your car, if it's snowy? What do you need?

E.g. Before going to the mountain I always try on warm clothes.



A MOUNTAIN GUIDE'S LIFE

You are going to listen to an interview by the Los Angeles channel. David, a mountain guide in the USA is going to talk about how he knew that this was the profession he wanted to.

1. Listen to David. Tick the sentences that are true.

- I spent most of my childhood playing only football.
- We dedicated 100 hours to play sports.
- I studied Biology.
- I was also volunteering in an organization in Philadelphia.
- I had the best mentor.
- I was not hired by Rock Climb Everyday.
- You can learn how to use a harness, an anchor and a rope to climb.
- I wanted to share the mountain with people.
- Climbing is a metaphor of life.



2. Listen again and correct the mistakes.

- a) When I graduated, I worked in LA Boulders.
- b) I was volunteering in Waypoint Maryland.
- c) I work as a climber.
- d) Mountains change when we step on them.

3. Copy and complete the sentences:

- a) David spent most of his childhood...
- b) His mentor helps him experience what it means to take and share...
- c) From there, my desires ...
- d) The mountain makes us ...





SPEAKING

1

IN PAIRS

1. Look at these ideas. Which advice do you think is the best to go to the mountain?

- Take a warm jacket or a waterproof jacket.
- Don't forget to take sunscreen.
- If you get hurt, take a first-kit aid.
- To know where to go, a compass is necessary.
- A very useful device, the mobile phone.
- A rubbish bag, don't throw anything in the mountain.

2. Look at the images below. A good friend wants to go on holidays to the highest mountains in his country. First, talk about the things he has to buy before going on a mountain trip. Then, say which will be the best use of his/her money.



3. Glossary. Complete the table: Outdoors.

4. Oral presentation. Look for information on the Internet about safety when you go to the mountain. Do an oral presentation about the topic



Useful language:

• Beginning:

I'm going to talk about ...

I'd like to talk about ...

The main focus of this presentation is ...

• Order the ideas:

First of all, ... Finally, ...

Firstly, ... Lastly, ...

Then, ... To sum up, ...

Secondly, ... In conclusion, ...

Next, ...



A MESSAGE

IN PAIRS

1. Read the message from Jordan. There are 8 underlined mistakes: 4 grammar mistakes, and 4 spelling mistakes. Correct the text.

New message

To

Iris

Subject

Hello

Hi Iris,

How are you? Are you going on holiday? (a)I is sorry. I couldn't answer earlier. I am planning my mountain trip. I (b) has bought several things: a (c) waterprof jacket, good mountain boots, sunglasses and sunscreen. Do you think I am missing any (d) necessary device?

I don't know if I have to wear a (e) compas, or maybe with the mobile phone, (f) it're enough. Some workmates say that there are some (g)safeti measures I (h) needs to know to not get lost. Can you give me some advice?

Take care,

Jordan.

SEND

- A. B. C. D.
 E. F. G. H.

WRITE

2. Write a message to Jordan, expressing all the tips that he should know to go to the mountain.

PLAN the content:

- Underline the questions in the message that Jordan wants you to answer.
- Underline some comments that you need to respond to.
- Think of how to answer Jordan's doubts.

WRITE 80 words in two paragraphs. Use informal language.

CHECK your message for mistakes (grammar, punctuation, spelling).

Write the translation of the vocabulary. Complete the table.

PARTS OF THE MOUNTAIN

ENGLISH	TRANSLATION
base/foot	
foothill	
lake	
path	
peak	
precipice	
range	
ridge	
river	
slope/face	
summit	
valley	
waterfall	

Showers	
Snow (n)	
Snowy (adj)	
Storm (n)	
Stormy (adj)	
Sun (n)	
Sunny (adj)	
Thunderstorm	
walking sticks	
Warm	
Wet	
Whirlwind	
Wind (n)	
Windy (adj)	

ORIENTATION

METEOROLOGY

ENGLISH	TRANSLATION
Breeze	
Below Zero	
Chilly	
Cold	
Cloudy	
Cool	
Damp	
Drizzle/ it's drizzling	
Freeze/ it's freezing	
Gale-force	
Hot	
Mild	
Rain (n)	
Rainy (adj)	
Scorching	

ENGLISH	TRANSLATION
Dawn	
Dusk/ nightfall	
East	
Location	
Journey	
Noon	
North	
Moon	
Moonrise	
Moonset	
Star	
Sun	
Sunrise	
Sunset	
South	
West	



ADVERBS OF FREQUENCY

ENGLISH	TRANSLATION
Always	
Never	
Sometimes	
Usually	

Sweater	
Tent	
Vest	
Warm (or winter) hat	
Waterproof jacket	
Waterproof pants or trousers	
Wool socks	

OUTDOORS

ENGLISH	TRANSLATION
Altimeter watch	
Backpack	
Balaclava	
Bag	
Bandana	
Binoculars	
Boots	
Cardigan	
Coat	
Compass	
Earmuffs	
First-aid kit	
Gaiters	
Glasses	
Glacier Glasses	
Gloves	
Googles	
Insulating layer	
Lantern	
Map	
Mountain boots	
Puffy coat	
Puffy pants or trousers	
Raincoat	
Rope	
Scarf	
Sleeping bag	
Sunscreen	

GLOSSARY