

START IT!

▶ On your marks, get set, go!
6.1

What? Are you feeling tired and lazy? That's not good! We need to move, walk and run. We sit too much: at a computer, in a car or train or on the sofa. So, what can we do? Sports! Sports are good for you. Sports make us strong and healthy. They can also make us very happy. You can meet old and new friends and have lots of fun. Is running for the bus a sport? Well, you are getting exercise. And that's great! But sports are something more. Sports can be a game you play. With your friends or family, just for fun. Or a competition. There are great team sports, like cricket. Or handball. Two teams with seven players try to get the ball into the other team's goal, using their hands. But, careful! The ball can fly up to 130 kilometres per hour! There are fun individual sports, too. Like rollerblading, rock-climbing, and mountain biking. You can do these sports like this. And like this. Wow! Sports like these are called 'extreme sports' or 'action sports'. They are hard and can be dangerous. These guys practise all the time and are very fit. They want to be safe and don't want to get hurt. That's why they use special things, like helmets and ropes. And guess what? They all start like this. You can try doing sports, too! Try biking to school. You don't even have to like sports. You can walk or dance. Just remember: get off the sofa, get moving and have fun!

LANGUAGE IN ACTION 1

▶ Which sport is better?
6.2

Hi, guys. Today, we're talking about sports. Let's compare basketball to football. Did you know, in the U.S., most people think basketball is better than football? In fact, they don't even call it 'football'. They call it 'soccer'! Yes, basketball players are taller than football players. But in the rest of the world football is more popular than basketball. In my opinion, football is the winner. How about yoga and gymnastics? Yoga is slower than gymnastics. So I think gymnastics is more interesting to watch. But, research says doing yoga can make you happy, so it's healthier for you. And now, my favourites: windsurfing and kitesurfing. I think windsurfing is more difficult. But I think kitesurfing is more exciting. Definitely more exciting than yoga! Bye!

Language in action

Comparative adjectives

Let's talk about the vlog. Which language does the vlogger use to compare two sports? We add *-er* to the end of short adjectives to form the comparative: *slow/slower*.

Yoga is slower than gymnastics.

We use *more* before a long adjective to form the comparative: *popular/more popular*.

Football is more popular than basketball.

Irregular adjectives can use a different word or different spelling to form the comparative: *good/better*.

Basketball is better than football.

Use it!

Form the comparatives to compare things from each column.

*Running is **faster** than rock climbing.*

Now you try.

*Table tennis is **more boring** than volleyball.*

*Playing the piano is **more difficult** than speaking English.*

*Hanging out with friends is **better** than going shopping.*

LANGUAGE IN ACTION 2

▶ Are you the best?
6.3

Hello. I have a question for you: have you got something you're the best at? Not just good or better than your friends at, but the best of all? I can draw and paint quite well. But some of my friends are better than me. And my friend Joan, well, she's the most amazing painter! I can play the piano very well. But my friend Carlos plays better than me. But, definitely, my friend Amelie is the best of all of us! And she is the fastest player, too. I'm pretty good at most things. But I guess the only thing I'm the best at is having the best friends! OK. Let me know if you're the best at anything! Leave a note in the comments. Bye!

Language in action

Superlative adjectives

Which language does the vlogger use? We use superlative adjectives to compare more than two things. To form the superlative of short adjectives, we use *the* plus *-est*.

And she's the fastest player, too.

To form the superlative of long adjectives, we use *the most* plus adjective.

Well, she's the most amazing painter!

The best and *the worst* are irregular adjectives.

Have you got something you're the best at?

Use it!

Change the sentences to use superlatives.

He's *the fastest* rider.

Now you try.

He is *the tallest* of his brothers.

She is *the most amazing* singer.

The apple is *the healthiest* snack.