

**Before you watch****1 SPEAKING** Work in pairs. Answer the questions.

- 1 What sports are popular in your country?
- 2 What famous football teams are there in your country?
- 3 Who's the most famous football player in your country? What do you know about him?

**Comprehension check****2**  Watch the DVD clip. Choose the correct answers.

- 1 Where can young people learn how to be professional footballers?  
a at school    b at special academies    c at university
- 2 How old are the students at the Oxford United Football Academy?  
a 16    b 19    c between 16 and 19
- 3 When do they practise football?  
a in the morning    b in the afternoon    c in the evening

**3**  Watch again. Are the sentences true or false?

- 1 There are boys and girls at the Football Academy. **true / false**
- 2 The school day at the Football Academy starts at 10.00. **true / false**
- 3 The first lesson today is maths. **true / false**
- 4 The students use computers in the classroom. **true / false**
- 5 After class, the students are in the gym. **true / false**
- 6 This afternoon they are playing an important match. **true / false**
- 7 All of the students here are going to become professional football players. **true / false**

**4**  Watch again. Complete the sentences with the adjectives below.

exercise   healthy   important   professional   strong   talented

- 1 At the football academy, young people learn about life as a \_\_\_\_\_ footballer.
- 2 The students at the academy are all \_\_\_\_\_ footballers.
- 3 It's very \_\_\_\_\_ for students to understand how their bodies work.
- 4 In the gym, the students have a special \_\_\_\_\_ routine.
- 5 Footballers need \_\_\_\_\_ hearts and lungs to run around for ninety minutes.
- 6 Nutritionists teach people about \_\_\_\_\_ food.

**Round up****5 SPEAKING** Work in groups. Answer the question.

Would you like to go to a football academy and train to be a professional footballer? Why? / Why not?

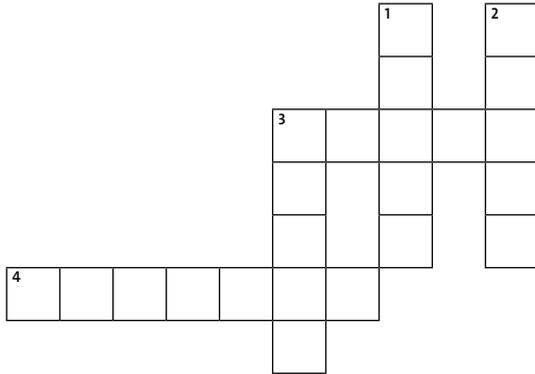
## Vocabulary

### 6 RECYCLE Complete the sentences with the correct noun forms of the words below.

achieve develop educate fit prepare present

- 1 A good \_\_\_\_\_ is very important if you want to go to university.
- 2 There's going to be a useful \_\_\_\_\_ today about healthy food and drink.
- 3 Winning the World Cup was a great \_\_\_\_\_ for the team.
- 4 It's amazing to see the baby's \_\_\_\_\_ over six months.
- 5 Going to the gym every day will improve your \_\_\_\_\_.
- 6 All the training we're doing will be good \_\_\_\_\_ for the big match on Saturday.

### 7 Read the clues and complete the crossword.



#### DOWN

- 1 This moves blood around the body.
- 2 We use these to breathe.
- 3 The hard parts of the body that support us.

#### ACROSS

- 3 This controls everything we do.
- 4 These help us walk, run and carry things.

## Extension

### 8 Work in groups. Find some photos and make a poster about a famous sportsperson from your country. Write a presentation about the person. Think about the following:

- where he / she is from
- when he / she started doing the sport
- his / her achievements
- what you think about him / her

### 9 Give your presentation. Use the key phrases for expressing opinions.

#### Expressing opinions

In my opinion, ...  
 I think that ...  
 It seems to me that ...  
 To be honest, ...  
 In addition, ...

## DVD clip summary

This DVD clip is about a day in the life of students at the football academy at Oxford United Football Club.

## Background

Football academies are usually run by professional football clubs. Children are often signed up to these academies at a very young age following a trial with a club, and then spend many years learning to play football to a professional standard. The aim of the clubs is to develop young talent and help build their teams in the future. The academies can also offer the club huge financial rewards if they are able to sell their young players to large and wealthy professional clubs. Famous academies around the world include: Santos in Brazil, which produced international stars such as Neymar; Manchester United in England, which produced David Beckham; and Sporting in Portugal, which helped develop Cristiano Ronaldo. Oxford United is a professional club playing in League Two (the fourth level) of the English football league (in 2016). It was founded in 1893, and joined the English Football League in 1962. In 1986, the club was promoted into the First Division and also won the League Cup. In 2007, the Football and Education Academy was launched to provide football training, coaching and academic studies for talented young footballers. Students at the academy can study for between one and three years and the courses combine training, coaching, fitness, diet and nutrition, and career development. The most talented players can progress to play in the youth team, and some even become professional footballers.

## Before you watch

### Exercise 1

- Read the questions with the class and elicit answers from individual students. Encourage the students to personalise their answers and use their suggestions to start a class discussion.
- **Answers:** Students' own answers

## Comprehension check

### Exercise 2

- **Pre-watching:** Go through the questions with the students.
-  Play the whole DVD clip. The students choose the correct answers. Check their answers.
- **Answers:** 1 b 2 c 3 b

### Exercise 3

- **Pre-watching:** Ask the students to say if the sentences are true or false before they watch the DVD clip again.
- **Weaker classes:** Go through the sentences together. Play the DVD clip and pause after each answer.
-  Play the DVD clip to check the answers.
- **Answers:** 1 true 2 false 3 false 4 true 5 true 6 false 7 false

### Exercise 4

- **Pre-watching:** Ask the students to try to complete the sentences before they watch the DVD clip again.
- **Weaker classes:** Check that students understand the meaning of the adjectives. Play the DVD clip and pause after each answer.
-  Play the DVD clip to check the answers.
- **Answers:** 1 professional 2 talented 3 important 4 exercise 5 strong 6 healthy

## Round up

### Exercise 5

- Put the students in groups. Give them a few minutes to discuss the question.
- **Answers:** Students' own answers

## Vocabulary

### Exercise 6

- Ask the students to complete the sentences with the correct noun forms. With a **weaker class**, you could go through the noun forms of the words with the students and check they understand them.
- **Answers:** 1 education 2 presentation 3 achievement 4 development 5 fitness 6 preparation

### Exercise 7

- Ask the students to read the clues and complete the crossword. With a **weaker class**, you could give them some of the letters to begin.
- **Answers:** **DOWN** 1 heart 2 lungs 3 bones **ACROSS** 3 brain 4 muscles

## Extension

### Exercises 8 and 9

- **Materials needed:** Access to the internet, large pieces of paper
- **Preparation:** Put the students in groups of three or four. Tell them that they are going to make a poster and give a presentation about a famous sportsperson.
- **Language:** Encourage them to use the key phrases for expressing opinions.
- **Activity:** Ask the students to spend a minute deciding on which famous sportsperson they would like to research. Nominate one note-taker in the group. Give the students 5–6 minutes to find out about all the points and make notes. Alternatively, you could ask students to do this at home. Then give them another 5–6 minutes to make their poster and write their presentation. Ask them to present their posters and their ideas to the class. Set a time limit for each presentation of 2–3 minutes.
- **Extension:** Ask the students to write a profile of their favourite sportsperson.

## Oxford Football Academy

In countries all over the world, children and teenagers want to become professional footballers, but it isn't easy. They have to start when they are young and they have to practise a lot. Even then, most people won't make it. Some won't have enough time to play, some will play other sports and some simply won't be good enough. But a lucky few will go to football academies. It's a great achievement. They will play football every day and learn about life as a professional footballer.

This is the Oxford United Football Training Academy. The students here are all between sixteen and nineteen and they are all very talented footballers. But they don't spend all their time on the pitch; they spend a lot of it in the classroom too.

It's nine o'clock in the morning and the school day is just starting. In this morning's class, they are going to study science and at the end of the class, they are going to give a presentation on the human body. They need to understand how their muscles and bones work together, and how they connect to the brain. This is very important because athletes need to understand their bodies in order to keep fit and healthy. It's useful knowledge too. Some of these students aren't going to become professional footballers, but they will be able to use this education in other professions.

After class, they go to the gym. Here they follow a special routine. They exercise on different machines and build different muscles. Correct muscle development is very important. It makes them stronger and improves their fitness.

Footballers need strong hearts and good lungs to run around a football pitch for ninety minutes. After lunch, they all go outside to train. They warm up and stretch their muscles before they practise their skills. They practise passing and shooting before they play a short five-a-side match.

For these students, it's a lot of fun because they're doing what they love to do, but it's also good preparation for their future career. Some are going to work in the health industry, some will be nutritionists and teach people about healthy food, some will be physiotherapists and help people with injuries, some are going to become coaches to teach others how to play football, and some might even become famous footballers!