

7 Time Out!

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- 7.1 **time out** (phr) /taɪm aʊt/
free time; a break from work or studying • *Now my exams are finished, I really need some time out.*
- 7.2 **participant** (n) /pɑː'tɪsɪpənt/
sb who takes part in an activity or event
• *Anyone over 10 years old can be a participant in this race.* > participate (v), participation (n)
- 7.3 **attempt** (v) /ə'tempt/
try • *Barbara is attempting to run faster than ever, and I think she's going to do it.* > attempt (n)
- 7.4 **course** (n) /kɔːs/
a race track • *One of the racing cars broke down in the middle of the course.*
- 7.5 **Taiwan** (n) /taɪ'waɪn/

Reading

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- 7.6 **skill** (n) /skɪl/
sth you are good at • *Molly is learning new painting skills in her art class.* > skilful (adj)
- 7.7 **baking** (n) /'beɪkɪŋ/
preparing food and then cooking it in an oven
• *The smell of fresh home baking filled the air when we reached grandma's cottage.* > bake (v), baker (n), baked (adj)
- 7.8 **robotics** (n) /rəʊ'bɒtɪks/
the activity of creating and operating a robot
• *Marios love science, so he goes to a robotics club every weekend.*
- 7.9 **gardening** (n) /'gɑːdnɪŋ/
the activity of creating and looking after a garden • *Alistair enjoys gardening and he grows his own vegetables.* > garden (n), gardener (n)
- 7.10 **origami** (n) /,ɒrɪ'gɑːmi/
the activity of folding paper to make artistic shapes • *Claire is good at origami and she can make paper animals very quickly.*
- 7.11 **advert** (n) /'ædvɜːt/
an advertisement; sth printed or shown to attract you to buy or do sth • *I looked at loads of hotel adverts on the internet to find the perfect place for a holiday.* > advertise (v), advertising (n)

Word Focus

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- 7.12 **be into** (phr v) /bi 'ɪntə/
enjoy (sth) • *My dad's really into rock music from the 1970s.*
- 7.13 **juggle** (v) /'dʒʌɡl/
throw things (e.g. balls) in the air and catch them • *The circus clowns were juggling with real fruit and they didn't drop anything.* > juggler (n), juggling (n)
- 7.14 **unicycle** (n) /'juːnɪsaɪkl/
a one-wheeled thing like a bike • *How can you ride a unicycle without falling?*
- 7.15 **wheel** (n) /wiːl/
a round object that helps a vehicle move along the road • *Ellie crashed her bicycle and one of the wheels came off.* > wheel (v)
- 7.16 **practise** (v) /'præktɪs/
do sth often to get better at it • *Pavlina had a chance to practise speaking German when she went to Austria.* > practice (n)
- 7.17 **ability** (n) /ə'blɪəti/
being able to do sth • *Simon has the ability to sing and play the piano.* > able (adj)
☞ Opp: inability
- 7.18 **confidence** (n) /'kɒnfɪdəns/
the feeling of being sure of what you or sb else can do • *Sadie never sings in front of others because she doesn't have enough confidence.* > confident (adj)
- 7.19 **perform** (v) /pə'fɔːm/
do an act in front of people • *The ballet dancers performed beautifully.* > performance (n), performer (n)

Reading

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- 7.20 **session** (n) /'seʃn/
a period of time set for an activity • *I've just had a two-hour swimming session and I'm so tired.*
- 7.21 **program** (v) /'prəʊgræm/
design sth with a set of instructions that it has to follow to do sth • *This car is programmed to drive by itself.* > program (n), programmer (n)

- 7.22 workshop** (n) /'wɜːkʃɒp/
a group meeting where you can learn to do sth practical; a session where you can discuss a subject in a small group • *There was a photography workshop at the fair where people could learn to use their cameras better.*
- 7.23 pop** (adj) /pɒp/
a type of music that has simple words and beats to sing and dance to • *Georgina has posters of her favourite pop singer on her wall.* > pop (n)
- 7.24 classical** (adj) /'klæsɪkl/
in a style of music that most people know from many years ago, usually with lots of instruments playing • *Yiannis plays relaxing classical music on his piano.*
- 7.25 musical** (n) /'mjuzɪkl/
a performance with singing and dancing • *We're performing the musical of the Harry Potter story in our school theatre.* > music (n), musician (n), musical (adj)
- 7.26 join** (v) /dʒɔɪn/
become a member of sth • *A new boy has joined our basketball team and he's a great player.*
- 7.27 pronoun** (n) /'prəʊnaʊn/
a word used in place of a noun • *The pronoun 'she' refers to a girl or woman.*
- 7.28 that's a shame** (phr) /ðæt ə ʃeɪm/
used to say sth makes you sad or disappointed • *That's a shame about the concert being cancelled. I was looking forward to it.*
- 7.29 solve** (v) /sɒlv/
find a way to do sth • *It took me ages to solve the crossword puzzle.* > solution (n)
- 7.31 controller** (n) /kən'trəʊlə(r)/
a small device for controlling moves in a computer/video game • *This robot will do whatever you like when you move the controller.* > control (v, n)
- 7.32 selfie stick** (n) /'selfiː stɪk/
a long stick that can hold a camera to take photos of yourself • *Rita and Alex took some good photos of themselves with different views by using their selfie stick.*
- 7.33 sleeping bag** (n) /'sliːpɪŋ bæɡ/
a bag that you use to sleep in, e.g. for camping • *We got into our sleeping bags in the tent and told stories until we went to sleep.*
- 7.34 gaming** (n) /'geɪmɪŋ/
playing games on a computer • *Alvy bought a really fast computer because he enjoys gaming on the internet with his friends.* > game (v, n), gamer (n)
- 7.35 Scotland** (n) /'skɒtlənd/
> Scot (n), Scottish (adj)
- 7.36 hiking** (n) /'haɪkɪŋ/
the activity of going for long walks in the countryside • *Chris goes hiking in the hills around Athens once a month.* > hike (v, n), hiker (n)
- 7.37 the Highlands** (n pl) /ðə 'haɪləndz/
the high mountains in the north of Scotland • *On our bus tour of the Highlands, we saw some amazing views of Scottish mountains and rivers.*
- 7.38 yoga** (n) /'jəʊɡə/
a type of exercise that keeps you fit and helps you relax • *Yoga is a great form of exercise for all ages and it helps you to breathe better.*
- 7.39 chess** (n) /tʃes/
a game for two people played by moving specially shaped pieces on a board with black and white squares • *Alice plays chess as a hobby with her friends.*
- 7.40 running** (n) /'rʌnɪŋ/
the sport of running on a track • *A lot of people go running in the park for exercise.* > run (v), runner (n)

Vocabulary

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- 7.30 brush** (n) /brʌʃ/
a small tool with hard hairs at the end used for putting paint onto paper, etc. for painting pictures • *Don't forget to clean your brushes when you've finished painting.* > brush (v)
📎 Syn: paintbrush

- 7.41 table tennis** (n) /'teɪbl tennis/
a sport played with small rackets and a ball on a table with a net across the middle • *On our camping holiday, my friends and I played table tennis every day after swimming.*
☞ Syn: ping pong
- 7.42 crazy (about sth)** (adj) /'kreɪzi (ə'baʊt 'sʌmθɪŋ)/
enthusiastic or excited (about sth) • *I'm not crazy about gaming because I can't sleep well if I play at night.*
- 7.43 involved (in sth)** (adj) /ɪn'vɒlvd (ɪn 'sʌmθɪŋ)/
(be) doing (sth); take part (in sth) • *Our teacher is involved in planning the school athletics competition.* > involve (v), involvement (n)
- 7.44 keen (on sth)** (adj) /ki:n (ɒn 'sʌmθɪŋ)/
interested (in sth) • *Jim is very keen on football and he goes to watch matches every Saturday.*

Expressing Likes

crazy (about sth)	be into
involved (in sth)	keen (on sth)

- 7.45 preposition** (n) /,prepə'zɪʃn/
a word used before a noun or pronoun to show where, when or how sth is done • *Maria is studying the different words to use with the prepositions 'on', 'at' and 'in'.*
- 7.46 alive** (adj) /ə'laɪv/
living • *The yachtsman was lucky to be alive after his boat sailed onto the rocks.*
- 7.47 lost** (adj) /lɒst/
not able to find your way; not knowing where you are • *The hiking group got lost in the forest because they followed the wrong path.*
> lose (v)
- 7.48 realise** (v) /'ri:əlaɪz/
start to understand (that sth is happening or true) • *They realised they were going the wrong way when they came to the river.*
> realisation (n)
- 7.49 search** (v) /sɜ:tʃ/
look for • *I searched for my keys everywhere, and then found them in the door.* > search (n)

- 7.50 dictionary** (n) /'dɪkʃənri/
a book that gives the meanings of words
• *Tom uses his French dictionary to understand the meaning of words he doesn't know.*
- 7.51 stressed** (adj) /strest/
worried; not relaxed • *I always get so stressed about taking exams.* > stress (v, n), stressful (adj)
- 7.52 correctly** (adv) /kə'rektli/
in the right way • *Dennis spelt all the words correctly in his word test and got full marks.*
> correct (v, adj), correction (n)
- 7.53 skateboarding** (n) /'skeɪtbɔ:dɪŋ/
the activity of riding a skateboard
• *Skateboarding is exciting, but it's dangerous to do on a busy street.* > skateboard (v, n), skateboarder (n)
- 7.54 snowboarding** (n) /'snəʊbɔ:dɪŋ/
the sport/activity of riding a board on snow down a hill • *Did you know that snowboarding is a sport in the Winter Olympics?*
> snowboard (v, n), snowboarder (n)
- 7.55 win** (v) /wɪn/
be the first in a competition, match or race, etc.
• *Which team won the Champions League last year?* > winner (n)
- 7.56 horror film** (n) /'hɒrə(r) fɪlm/
a film that is made to be scary • *I get scared if I watch horror films alone at night.*
- 7.57 be worth** (phr) /bi wɜ:θ/
be useful enough to do; have a value • *Is it worth paying to see a film at the cinema or better to watch it on TV?*
- 7.58 gymnastics** (n) /dʒɪm'næstɪks/
exercises that make you strong and able to bend easily • *The sports club offers gymnastics for children from 6-12 years old.* > gymnast (n), gymnastic (adj), gym (n)
- 7.59 fitter** (adj) /'fɪtə(r)/
comparative form of *fit*; healthier and stronger
• *Ron feels much fitter since he started running as a hobby.* > fitness (n), fit (adj)

- 7.60 **woodwork** (n) /'wʊdwɜːk/
the activity of making things from wood
• Mum made a chair at her woodwork class.
- 7.61 **talent** (n) /'tælənt/
a natural ability • Leonardo had great talent as an artist and produced amazing paintings.
> talented (adj)

Listening

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- 7.62 **board game** (n) /bɔːd geɪm/
any game played with pieces that you move on a board (on a table, etc.) • Sometimes I play chess or other board games with my family.
- 7.63 **quiz** (n) /kwɪz/
a game or competition where you answer questions to win points • Our team came first in the school history quiz.
- 7.64 **drums** (n pl) /drʌms/
a musical instrument that is round and is empty inside, which you play by hitting with sticks or your hands • I couldn't hear the TV because my brother was making so much noise on his drums in his room. > drummer (n)
- 7.65 **competitive** (adj) /kəm'petətɪv/
wanting very much to win or be more successful than other people • If you want to be a professional athlete, you must be very competitive. > compete (v), competition (n), competitor (n)
- 7.66 **absolutely** (adv) /'æbsəluːtli/
very much; completely • The film was absolutely fantastic. > absolute (adj)
- 7.67 **actually** (adv) /'æktʃuəli/
in fact • I didn't know that Marie was actually from France. > actual (adj)
- 7.68 **in actual fact** (phr) /ɪn 'æktʃuəl fækt/
in fact • Paul sounds Spanish, but in actual fact, he's from Portugal.

Adverbs

absolutely	before
actually	correctly
anywhere	

Useful Phrases

be worth	in common
for sale	that's a shame
in actual fact	time out

Speaking

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- 7.69 **stage** (n) /steɪdʒ/
a part of a theatre where people perform
• Natalie was nervous about going on stage to sing.
- 7.70 **audience** (n) /'ɔːdiəns/
the people who watch a performance in a cinema or theatre • The audience were thrilled when the lead singer came down off the stage to sing among them.
- 7.71 **violin** (n) /,vaɪə'liːn/
a musical stringed instrument that you hold on your shoulder to play • Marinos placed his violin under his chin and began to play a beautiful tune.
- 7.72 **in common** (phr) /ɪn 'kɒmən/
with the same ideas/interests; being similar
• My best friend and I have got lots of things in common, so we do a lot of activities together.
- 7.73 **scan** (v) /skæn/
look at all the parts of sth • Len scanned the online adverts to find a new job. > scan (n), scanner (n)

Activities

athletics	origami
baking	quiz
board game	robotics
chess	running
competition	skateboarding
drama club	snowboarding
gaming	stamp collecting
gardening	table tennis
gymnastics	woodwork
hiking	yoga

Equipment

brush	selfie stick
controller	sleeping bag
drums	unicycle
machine	violin
model	wheel

Writing

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- 7.74 suggestion** (n) /sə'dʒestʃən/
an idea that sb gives sb else to do sth
• *I agreed with Mary's suggestion to go dancing.* > suggest (v)
- 7.75 imperative** (n) /ɪm'perətɪv/
the form of a verb that you use to give an order, warning, etc. • *The phrase 'Be careful!' is an imperative.*
- 7.76 persuade** (v) /pə'sweɪd/
talk sb into doing sth or believing sth is true
• *Have you persuaded your parents to buy tickets for the concert?* > persuasion (n), persuasive (adj)
- 7.77 DJ** (abbr) /'di: dʒeɪ/
short form of 'disc jockey'; sb who plays recorded music in a public place • *We asked the DJ to play our favourite One Direction song.*
- 7.78 mix** (v) /mɪks/
put things together to form sth different • *The DJ mixed the songs to create a non-stop dance session with music from the eighties and nineties.* > mixture (n)
- 7.79 offer** (v) /'ɒfə(r)/
say you will do sth; say you can give sth to sb
• *Clive has offered to help carrying the band's equipment.* > offer (n)
- 7.80 stamp collecting** (n) /stæmp kə'lektɪŋ/
collect different stamps as a hobby • *Grandad enjoys stamp collecting and some of his old stamps are worth a lot of money.* ❖ κάνω συλλογή γραμματοσήμων,
- 7.81 drama club** (n) /'drɑ:mə klʌb/
a club for people interested in acting and producing plays • *Our school drama club is putting on an ancient Greek play and I'm playing the part of Theseus.*
- 7.82 per** (prep) /pə(r)/
for each • *The tickets for the show cost five pounds per person.*
- 7.83 brave** (adj) /breɪv/
not afraid to do sth • *You have to be brave to try snowboarding.*
- 7.84 for sale** (phr) /fə(r) seɪl/
ready for you to buy • *There were some snacks and drinks for sale at the exhibition.*

People

audience	performer
DJ	skateboarder
participant	

Places

circus	stage
course	Scotland
desert	Taiwan
hill	the Highlands

Video 7

Mechanical Lizard Car

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- 7.85 desert** (n) /'dezət/
a large area of land that is very dry and hot
• *The nomads travelled for hours across the sand in the desert.*
- 7.86 rat** (n) /ræt/
a small animal like a big mouse with a long thin tail • *There was so much rubbish in the streets and we could see rats eating food from the bins.*
- 7.87 off-road** (adj) /ɒf rəʊd/
that can drive on difficult ground • *This truck is specially designed for off-road driving across the countryside.*
- 7.88 lizard** (n) /'lɪzəd/
a small reptile with four short legs and a long tail • *When we opened the window, a tiny green lizard ran up the wall of the cottage.*
- 7.89 machine** (n) /mə'ʃi:n/
a device that works with electricity or with an engine • *Imagine how life was before people had flying machines to travel anywhere in the world.*
- 7.90 model** (n) /'mɒdl/
a small copy of sth • *George wanted to buy a model robot after he watched Star Wars.*
- 7.91 before** (adv) /bɪ'fɔ:(r)/
at a time in the past • *The Smiths have never been to Denmark before.*
- 7.92 anywhere** (adv) /'eniweə(r)/
in any place • *I can't find the tickets anywhere. Where can they be?*
- 7.93 hill** (n) /hɪl/
an area of land like a small mountain
• *It wasn't easy to ride our bikes up the hill.*
> hilly (adj)
- 7.94 hold** (v) /həʊld/
have sth in your hand (or arms) • *The gorilla picked up her baby and held it gently in her arms.*

- 7.95 operate** (v) /'ɒpəreɪt/
use or make sth (e.g. a machine) work • *Do you know how to operate this tumble dryer?*
➤ operation (n), operator (n)
- 7.96 steep** (adj) /sti:p/
this describes a slope that goes up or down very quickly • *I had to get off my bicycle and push it up the steep hill.*
- 7.97 accident** (n) /'æksɪdənt/
sth (usually bad) that happens without you expecting it • *Drive carefully or you might cause an accident.* ➤ accidental (adj), accidentally (adv)

Verbs

attempt	practise
hold	realise
join	scan
juggle	search
mix	solve
operate	suggest
perform	win
persuade	

Adjectives

active	off-road
alive	pop
brave	shy
classical	steep
fit	stressed
lost	