

6 Ready, Steady, Go!

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- 6.1 Ready, steady, go!** (expr) /'redi 'stedi gəʊ/
words said at the beginning of a race to tell you when to start • *Stand still everybody! Ready, steady, go!*
- 6.2 tortoise** (n) /'tɔɪtəs/
a slow-moving animal that can pull its head and legs into its round hard shell • *Many people keep tortoises as pets, but they don't know how to look after them properly.*
- 6.3 roll** (v) /rəʊl/
turn over and over and move in a particular direction • *The child lay down and rolled down the grassy hill.* > roll (n)


Word Focus


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- 6.4 equipment** (n) /ɪ'kwɪpmənt/
things that are needed for an activity • *The equipment for sports like scuba diving is very expensive.* > equip (v), equipped (adj)
- 6.5 coordination** (n) /kəʊ,ɔːdɪ'neɪʃn/
the ability to control your movements well • *An athlete needs to be fit and have excellent coordination.* > coordinate (v)
- 6.6 controlled** (adj) /kən'trəʊld/
done in a careful way • *When the police find a suspicious package, they destroy it by creating a controlled explosion.* > control (v, n)
- 6.7 ice rink** (n) /aɪs rɪŋk/
a specially prepared surface of ice where you can skate • *It is quite cold on the ice rink, so dress warmly.*

Reading

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- 6.8 fit** (adj) /fɪt/
strong and healthy because you take regular exercise • *Dad runs in the park three times a week, so he's very fit.* > fitness (n)  Opp: unfit
- 6.9 watersports** (n) /'wɔːtəspɔːts/
sports that are done on or in water • *I love all watersports, especially skiing and diving.*
- 6.10 skate** (v) /skeɪt/
move on skates (skate = a boot with a metal blade on the bottom) • *I put on my skates and went round and round the ice rink.* > skate (n), skater (n)
- 6.11 paddleboarding** (n) /'pædlbɔːdɪŋ/
a sport where you lie flat on a surfboard and use your arms to move forward • *Paddleboarding was fun, but I kept slipping off the board into the water.*

- 6.12 surfing** (n) /'sɜːfɪŋ/
a sport where you stand on a board and ride on waves • *Surfing is popular in places like Hawaii, where the waves are huge.* > surf (v), surfer (n)
- 6.13 rowing** (n) /'rəʊɪŋ/
a sport or activity of travelling in a boat using oars • *Rowing is great exercise, especially for your arms.* > row (v), rower (n)
- 6.14 knee** (n) /niː/
the joint between the top and bottom parts of the leg • *He fell and hurt his knee badly, so he can't walk.*
- 6.15 lie** (v) /laɪ/
be in a position in which your body is flat on a surface • *The surfer was lying on the board, and when a big wave came he stood up and rode it.*
- 6.16 board** (n) /bɔːd/
a long thin piece of hard material used in sports like surfing • *This board is used for surfing and it is made of expensive material.*
- 6.17 borrow** (v) /'bɒrəʊ/
take sth that belongs to sb else, use it and return it to them later • *I had forgotten to take some money with me, so I had to borrow 20 euros from a friend.* > borrower (n)
- 6.18 scuba diving** (n) /'skuːbə 'daɪvɪŋ/
swimming underwater using a container of air that you have on your back and a tube that you use to breathe the air in the container • *My greatest ambition is to go scuba diving in the Great Barrier Reef and see the corals, fish and other sea life there.*
- 6.19 course** (n) /kɔːs/
a series of lessons • *Dad wants to learn another foreign language, so he's doing a Spanish course for beginners.*
- 6.20 level** (n) /'levl/
a particular standard; how much you know about a subject; how good you are at an activity • *I've been studying English for five years and my level is quite good.* > level (adj)
- 6.21 including** (prep) /ɪn'kluːdɪŋ/
having sth as part of a larger group or amount • *The child ate everything on her plate, including the spinach.* > include (v)  Opp: excluding
- 6.22 instructor** (n) /ɪn'strʌktə/
a trainer, sb who teaches you a sport • *Dan is a swimming instructor and gives lessons to children every evening at the local pool.* > instruct (v), instruction (n)

- 6.23 be in safe hands** (expr) /bi: ɪn seɪf hændz/
not be in danger • *You are in safe hands because the instructor has been giving skiing lessons for twenty years.*
- 6.24 hire** (v) /haɪə/
rent for a short time • *You don't have to buy a boat when you go on holiday. You can hire one for as long as you want.*
- 6.25 goal** (n) /gəʊl/
sth that you hope to achieve • *Her goal is to win the chess championship next year.*
- 6.26 belt** (n) /belt/
a long narrow piece of leather or cloth that you wear around your waist • *He's good at judo; he has a black belt.*
- 6.27 confidence** (n) /'kɒnfɪdəns/
a belief in your ability to do sth successfully • *If you want to win, you must have confidence in your abilities.* > confident (adj), confidently (adv)
- 6.28 enter a competition** (phr) /'entə ə ,kɒmpə'tɪʃn/
put your name on the list for a competition • *Are you going to enter the story-writing competition? You might win it.*
- 6.29 helmet** (n) /'helmit/
a hard hat that protects your head • *In Formula 1 racing, the drivers wear helmets to protect their heads.*
- 6.30 figure skating** (n) /'fɪgə 'skeɪtɪŋ/
a type of skating in which you move in patterns on the ice and do jumps and spins • *My favourite spectator sport is figure skating because the athletes are great to watch.*
- 6.31 pull sb/sth along** (expr) /pʊl 'sʌmbədi/ 'sʌmθɪŋ ə'lɒŋ/
make sb/sth move towards you because they are attached to you or because you are holding them • *Our car broke down and it was pulled along by another car.*
- 6.32 combine** (v) /kəm'baɪn/
have two or more different features • *To make the cake, combine all the ingredients.* > combination (n)
- 6.33 water-skiing** (n) /wɔ:tə-'ski:ɪŋ/
a sport in which you are pulled behind a fast boat and you are on skis on water • *Water-skiing is a hard sport and many people fall in the water when they first try.* > water-ski (v)
- 6.34 motorboat** (n) /'məʊtəbəʊt/
a fast boat with an engine • *They got to Aegina in half an hour in the motorboat.*
- 6.35 surfboard** (n) /'sɜ:fbo:d/
a board used for surfing (surfing = riding on waves while standing on a surfboard) • *Get your surfboard and let's go to the beach. The waves are great for surfing today.* > surfing (n), surf (v), surfer (n)
- 6.36 ride the waves** (phr) /raɪd ðə weɪvz/
move on the surface of the water on a board • *Professional surfers can ride the waves for great distances.*
🔗 Syn: surf
- 6.37 hold on tight** (expr) /həʊld ɒn taɪt/
not let go, hold firmly • *Here we go. Hold on tight so you don't fall into the sea!*
- 6.38 life jacket** (n) /laɪf 'dʒækɪt/
a jacket filled with air that helps you float in water • *If you are in a boat, you should wear a life jacket in case you fall into the water.*
- 6.39 suitable** (adj) /'su:təbl/
right or appropriate • *You can't go running in those shoes. They aren't suitable.*
> suitably (adv), suitability (n)
🔗 Opp: unsuitable
- 6.40 village** (n) /'vɪlɪdʒ/
a very small town in the countryside • *There are two hundred people living in this small mountain village.* > villager (n)
- 6.41 shy** (adj) /ʃaɪ/
nervous about meeting and speaking to other people • *Gerry is shy and he hates going to places where there are a lot of strangers.* > shyly (adv), shyness (n)
- 6.42 compete** (v) /kəm'pi:t/
take part in a competition or sport • *Hundreds of athletes compete for a gold medal at the Olympic Games.* > competitor (n), competition (n), competitive (adj), competitively (adv)
- 6.43 confident** (adj) /'kɒnfɪdənt/
feeling sure • *He has been training for six months and is confident that he can finish the marathon.* > confidence (n)
- 6.44 instruct** (v) /ɪn'strʌkt/
teach sb, especially a skill • *The chemistry teacher instructed the students on how to do the experiment.* > instructor (n), instruction (n)
- 6.45 champion** (n) /'tʃæmpiən/
a person who has won a contest • *Mohammed Ali was a world heavyweight boxing champion.* > championship (n)
- 6.46 race** (n) /reɪs/
a competition in which people run to see who finishes first • *Dave ran in the race and came second.* > race (v)
- 6.47 coach** (n) /kəʊtʃ/
sb who trains people to play a sport • *The rowing coach made his team train every day for an hour.* > coach (v)
- 6.48 sail** (v) /seɪl/
travel on water in a boat with sails • *Sir Francis Chichester was the first person to sail around the world on his own.* > sail (n), sailor (n)

- 6.49 gymnastics** (n) /dʒɪm'næstɪks/
a sport involving movements that need skill and strength • *She's very good at gymnastics and hopes to get into the Olympic team one day.*
> gymnast (n), gym (n)
- 6.50 aerobics** (n) /eə'rəʊbɪks/
physical exercises that are intended to make the heart and lungs stronger • *They do aerobics three times a week to keep fit and healthy.*
- 6.51 weightlifting** (n) /'weɪtlɪftɪŋ/
the sport of lifting heavy weights • *Of course you need to be strong to do weightlifting, but you also need a good technique.* > weightlifter (n), weight (n)
- 6.52 snowboarding** (n) /'snəʊbɔːdɪŋ/
the sport of moving over snow on a board • *Snowboarding is a winter sport.*
> snowboard (n), snowboarder (n)
- 6.53 net** (n) /net/
the thing that you must hit the ball over in games like tennis; the thing behind the goal posts that players try to hit the ball into • *The footballer kicked the ball into the net, scoring the first goal of the match.*
- 6.54 cap** (n) /kæp/
a flat hat with a curved part sticking out at the front • *Baseball players often wear a cap to keep the sun out of their eyes.*
- 6.55 referee** (n) /refə'riː/
sb who makes sure that players follow the rules of a sport • *The referee gave the player a yellow card.* > referee (v)
- 6.56 stick** (n) /stɪk/
a long piece of wood that you use to hit a ball in some sports • *You hit the ball with a stick when playing hockey.*
- 6.57 tournament** (n) /'tɔːnəmənt/
a set of games where you must win to carry on to the next game • *The team have won the first game, so they are still in the tournament.*
- 6.58 track** (n) /træk/
the ground you run along in a race • *He ran 400 metres on the track in one minute.*
- 6.59 umpire** (n) /'ʌmpaɪə(r)/
a person who watches a game like tennis and makes sure that players do not break the rules • *The umpire sent the player off the field for using bad language.*
- 6.60 line judge** (n) /laɪn dʒʌdʒ/
sb who decides when a ball is out of the playing area in a sport • *The line judge saw the footballer was offside and held up his flag.*
- 6.61 pitch** (n) /pɪtʃ/
the area of grass where you play football, soccer or rugby • *The grass on the football pitch was really wet after the heavy rain.*
- 6.62 bat** (n) /bæt/
a wooden stick used in a sport like baseball • *He swung the baseball bat and hit the ball.*
- 6.63 glove** (n) /glɒv/
sth that you wear on your hand to protect it • *In baseball, the players wear a large glove to catch the ball.*
- 6.64 goal post** (n) /gəʊl pəʊst/
one of the two posts that form the area where the ball must go in order to score in football, hockey, etc. • *Gerard tried to score, but the ball hit the goal post and didn't go into the net.*
- 6.65 individual** (adj) /ɪndɪ'vɪdʒʊl/
for one person • *Weightlifting is an individual sport where athletes train to get strong.*
> individual (n)
- 6.66 indoor** (adj) /'ɪndɔː(r)/
located or done inside a building • *In winter, we go swimming at an indoor swimming pool.*
> indoors (adv)
📎 Opp: outdoor
- 6.67 match** (n) /mætʃ/
a sports event • *Did you see the football match between Arsenal and Liverpool on Saturday?*
- 6.68 the ball is in** (phr) /ðə bɔːl ɪz ɪn/
If a ball is in during a game, it is inside the area where the game is being played. • *The umpire said the ball was in.*
📎 Opp: the ball is out
- 6.69 the ball is out** (phr) //ðə bɔːl ɪz aʊt/
If a ball is out during a game, it is outside the area where the game is being played. • *The ball was out and Murray lost the match.*
📎 Opp: the ball is in
- 6.70 astonished** (adj) /ə'stɒnɪʃt/
very surprised • *Everyone was astonished when I beat the school champion at tennis.*
> astonishing (adj), astonish (v), astonishment (n)
- 6.71 nasty** (adj) /'nɑːsti/
painful; serious • *I've got a nasty cold, so I'm not going to school today.*
> nastily (adv), nastiness (n)
- 6.72 one-on-one** (adj) /wʌn-ʊn- wʌn/
between two people only • *She's having a one-on-one lesson with her music teacher.*
- 6.73 extra time** (n) /'ekstrə taɪm/
a period of time that is added to the end of a sports game like football if there is no winner at the end of the normal period • *The score was 0-0 after the second half, but then David scored in extra time.*

6.74 score (v) /skɔː/ win a point in a game or sport • *Our team scored five goals in the match yesterday!*
 > score, scorer (n)

Sports

figure skating	snowboarding
free-diving	surfing
gymnastics	wakeboarding
kiteboarding	water-skiing
paddleboarding	watersports
rowing	weightlifting
scuba diving	

Sports Equipment

air tank	glove	parachute
bat	helmet	stick
belt	life jacket	surfboard
board	motorboat	
cap	net	

People

champion	instructor	sportsperson
coach	professional	umpire
competitor	referee	
diver	spectator	

Grammar

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- 6.75 regularly** (adv) /'regjələli/ at regular intervals • *My grandparents visit us regularly. We see them once a month.*
 > regular (adj)
- 6.76 stay in shape** (expr) /steɪ ɪn ʃeɪp/ keep fit • *I go running twice a week to stay in shape.*
- 6.77 evaporate** (v) /ɪ'væpəreɪt/ If a liquid evaporates, it changes into a gas. • *I left the pan on the cooker and all the water evaporated.* > evaporation (n), evaporated (adj)
- 6.78 sunbathe** (v) /'sʌnbet̪/ sit or lie in the sun in order to get a suntan • *You shouldn't sunbathe at midday. The sun is too hot then.*
- 6.79 on time** (phr) /ɒn taɪm/ at the time arranged • *Please arrive on time. You mustn't be late.*
- 6.80 nutritious** (adj) /njuː'triʃəs/ containing substances that help the body to grow • *We had a nutritious breakfast of fresh orange juice, boiled eggs and yoghurt.* > nutrient (n), nutritionist (n)

- 6.81 sweatshirt** (n) /'swetʃɜːt/ a loose piece of clothing that covers the top part of your body and that you wear when you do a sport or when you are relaxing • *I like wearing sweatshirts when I'm at home because they are so comfortable.*
- 6.82 virtual** (adj) /'vɜːtʃʊəl/ made to seem real • *If you are no good at sport, you can enjoy playing virtual ones with a computer game.*
 > virtually (adv)
- 6.83 virtual sport** (n) /'vɜːtʃʊəl spɔːt/ a sport on a computer • *Virtual sports like the football game FIFA '11 are very popular computer games.*
- 6.84 screen** (n) /skriːn/ the flat part of a television or computer where the picture or information appears • *We bought a television with a 42-inch screen.*
- 6.85 high-tech** (adj) /haɪ-tek/ using the most modern technology • *Our college bought some high-tech equipment for the physics laboratory.*
- 6.86 connected** (adj) /kə'nektɪd/ joined or linked to sth else • *I can't download anything because the computer isn't connected to the Internet.* > connect (v), connection (n)
- 6.87 come onto the market** (expr) /kʌm 'ɒntu ðə 'mɑːkɪt/ become available to buy • *Every year new computer games come onto the market and you can find them in many shops.*
- 6.88 experienced** (adj) /ɪk'spɪəriənst/ having skills or knowledge in a particular activity or job • *You should take her advice as she's very experienced and she knows how to do things properly.* > experience (n, v)
 ☞ Opp: inexperienced
- 6.89 comfort** (n) /'kʌmfət/ the pleasant feeling of being physically relaxed • *She doesn't go to a gym, but keeps in shape with a workout DVD in the comfort of her own living room.* > comfortable (adj)

Listening

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- 6.90 relieved** (adj) /rɪ'liːvd/ happy because you are no longer worried about sth • *When her son finally came home after midnight, she was relieved that he hadn't had an accident.* > relief (n), relieve (v)
- 6.91 What a shame!** (excl) /wʌt ə ʃeɪm/ used to express regret • *He lost because he fell near the end of the race. What a shame!*
- 6.92 Thank goodness!** (excl) /θæŋk 'ɡʊdnɪs/ what a relief, expressing relief • *Thank goodness! You have arrived just in time. The match is about to start.*

- 6.93 Phew!** (excl) /fjuː/
used to express relief • *The goalkeeper caught the ball on the line. Phew!*
- 6.94 behaviour** (n) /bɪ'heɪvjə(r)/
the way sb does things • *The students were expelled from school for bad behaviour.*
> behave (v)
- 6.95 unacceptable** (adj) /ʌnək'septəbl/
so wrong or bad that it should not be allowed
• *The team lost the basketball game 32–68 and their coach said the score was unacceptable.*
> accept (v), acceptance (n)
📎 Opp: acceptable
- 6.96 get out of my sight** (expr) /get aʊt əv maɪ saɪt/
go away • *'Get out of my sight!' she shouted at her little brother when she found out he had read her diary.*
- 6.97 emotion** (n) /ɪ'məʊʃn/
a strong feeling such as love or anger • *She couldn't control her emotions and she started crying.* > emotional (adj), emotionally (adv)
- 6.98 sound** (v) /saʊnd/
if sb sounds a particular way, that is how they seem to you when you hear them
• *You sound unhappy. What's wrong?*
- 6.99 commentary** (n) /'kɒməntri/
a spoken description of an event while it is happening • *Grandpa is blind so he follows the football by listening to radio commentaries.* > comment (n, v), commentator (n)

Speaking

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- 6.100 major** (adj) /'meɪdʒə/
important • *The football World Cup is a major championship that all countries want to win.*
> majority (n) 📎 Opp: minor
- 6.101 specialist** (adj) /'speʃəlɪst/
used for a very particular purpose • *This is specialist equipment and you need training to use it.* > specialist (n), specialised (adj), specialise (v), special (adj)
- 6.102 challenging** (adj) /'tʃælɪndʒɪŋ/
difficult in an interesting way • *Being a teacher is a challenging job because it isn't easy to deal with children.* > challenge (n, v)
- 6.103 take up** (phr v) /teɪk ʌp/
start a sport or hobby • *Our kids have taken up tae kwon do this year and they have lessons twice a week.*
- 6.104 totally** (adv) /'təʊtəli/
completely • *I don't want to play the piano any more. I want to try a totally different instrument.* > total (adj)
- 6.105 absolutely** (adv) /'æbsəluːtli/
completely • *Thank you for your present. It's absolutely lovely.* > absolute (adj)

Vocabulary

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- 6.106 define** (v) /dɪ'faɪn/
describe clearly • *He defined the phrasal verb 'call off' for the class and explained that it means 'to cancel'.* > definition (n)
- 6.107 defined** (adj) /dɪ'faɪnd/
accurately described • *Use this dictionary; the words in it are well-defined.* > define (v), definition (n)
- 6.108 competitor** (n) /kəm'petɪtə(r)/
a person who takes part in a competition
• *All the competitors are very good, so it will be interesting to see who wins the prize.* > compete (v), competition (n), competitive (adj), competitively (adv)
- 6.109 competitively** (adv) /kəm'petətɪvli/
in a way that shows you are trying very hard to be more successful or better than others
• *She wants to win, so she plays very competitively.* > competitive (adj), compete (v), competition (n), competitor (n)
- 6.110 assistant** (n) /ə'sɪstənt/
a person who helps sb, usually in their job
• *I couldn't do my job without my assistant, Mr Robinson.* > assist (v), assistance (n)
- 6.111 assist** (v) /ə'sɪst/
help sb to do sth • *Good morning, sir. How may I assist you?* > assistance (n), assistant (n)
- 6.112 free** (v) /friː/
allow sb to leave prison or a place where they have been kept against their will • *The men were freed after a few weeks in prison.* > free (adj), freely (adv), freedom (n)
- 6.113 freely** (adv) /'friːli/
without anyone stopping sb/sth; allowing sb/sth to move without stopping them • *They are going to make the road wider so that traffic can move freely.* > free (adj, v), freedom (n)
- 6.114 follower** (n) /'fɒləʊə(r)/
a person who admires a particular person, sport, ideas, etc. • *I write a blog on sport and I have a large number of followers.* > follow (n), following (adj)
- 6.115 following** (adj) /'fɒləʊɪŋ/
next in time; that will be mentioned next
• *We arranged to meet outside school the following day.* > follow (v), follower (n)
- 6.116 concentrated** (adj) /'kɒnsntreɪtɪd/
made stronger because water has been removed • *I bought a tin of concentrated milk from the supermarket.* > concentrate (v), concentration (n)
- 6.117 depth** (n) /depθ/
the distance from the top to the bottom of sth
• *The divers measured the depth of the lake.*
> deep (adj), deeply (adv), deepen (v)

- 6.118** **deepen** (v) /'di:pən/
become deeper; become stronger • *The longer they knew each other, the more their love deepened.* > deep (adj), deeply (adv), depth (n)
- 6.119** **deeply** (adv) /'di:pli/
very much • *They love each other deeply.*
> deep (adj), deepen (v), depth (n)
- 6.120** **supervisor** (n) /'su:pəvaɪzə(r)/
sb who makes sure that sb else does a job correctly or that a job or activity is done correctly • *Her supervisor was pleased with her work.* > supervise (v), supervision (n)
- 6.121** **supervise** (v) /'su:pəvaɪz/
be in charge of a person or activity and make sure things are done correctly and safely • *Lifeguards supervise the beach in the summer to make sure nobody gets into difficulties in the sea.* > supervision, supervisor (n)
- 6.122** **proper** (adj) /'prɒpə(r)/
appropriate, correct • *I don't want to eat a sandwich. I want a proper meal – some fish and boiled potatoes, perhaps.* > properly (adv)
- 6.123** **free-diving** (n) /fri:-'daɪvɪŋ/
diving without breathing equipment
• *You need to do breathing exercises before you try free-diving in deep water.*
- 6.124** **hold your breath** (expr) /həʊld jɔ: breθ/
not breathe on purpose • *I can hold my breath underwater for 40 seconds and then I need to come up for air.*
- 6.125** **air tank** (n) /ə tæŋk/
a large container with air to breathe for divers
• *Divers use air tanks so they can stay under water for a long time without coming to the surface to breathe.*
- 6.126** **diver** (n) /'daɪvə(r)/
a person who works underwater, usually with special equipment; a person who dives for pleasure • *The divers explored the ship at the bottom of the sea.* > dive (v, n)
- 6.127** **professional** (n) /prə'feʃənl/
sb who does a sport or other activity as a job and earns money from it • *Doug is a professional and makes a lot of money playing golf.* > profession (n), professional (adj) ☞ Opp: amateur
- 6.128** **excel** (v) /ɪk'sel/
do very well • *He excels at basketball and wants to be a professional player.*
> excellence (n), excellent (adj)
- 6.129** **parachute** (n) /'pærəʃu:t/
a large piece of cloth fastened to the back of a person who jumps out of a plane that opens to form an umbrella shape and makes the person fall to the ground slowly
• *He jumped out of the plane and a few seconds later his parachute opened.*
> parachute (v), parachutist (n)

Grammar

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- 6.130** **properly** (adv) /'prɒpəli/
correctly; appropriately • *You must learn to speak English properly, without mistakes.*
> proper (adj)
- 6.131** **calm down** (phr v) /kɑ:m daʊn/
become calm, not excited, angry, upset or nervous • *Please don't shout. Calm down and take deep breaths.*

Writing: sentence transformation

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- 6.132** **warm up** (phr v) /wɔ:m ʌp/
get ready to do or play a sport by doing some gentle exercises • *The sprinters walked up and down the track to warm up before the race.* > warm-up (n)
- 6.133** **fall to pieces** (phr) /fɔ:l tə pi:sɪz/
become disorganised; lose the ability to do an activity properly • *The game began well, but in the second half our team fell to pieces and we lost 6–1.*
☞ Syn: fall apart

Video & Water Sports Adventure

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- 6.134** **spectator** (n) /spek'teɪtə(r)/
a person who is watching a sport • *The spectators cheered when Harvey scored the winning goal.*
- 6.135** **spectator sport** (n) /spek'teɪtə spɔ:t/
a sport that many people watch because it is interesting • *Football is the most popular spectator sport in the world.*
- 6.136** **professional** (adj) /prə'feʃənl/
having a job that needs training and experience
• *She's a professional golfer and she makes a lot of money playing golf.* > professional (n), profession (n)
- 6.137** **sportsperson** (n) /'spɔ:tspɜ:sn/
a person who plays sport as a job • *They interviewed the sportsperson who had won the most medals at the Olympics.*
☞ plural: sportspeople
- 6.138** **uncomfortable** (adj) /ʌn'kɒmfətəbl/
not letting you feel physically relaxed
• *The hotel bed was uncomfortable, so he couldn't sleep.* ☞ Opp: comfortable
- 6.139** **power** (n) /'paʊə(r)/
strength; energy • *I think that getting energy from the power of the wind is a fantastic idea.*
> power (v), powerful (adj), powerfully (adv)

- 6.140 kite** (n) /kaɪt/
a frame covered in paper or plastic that you fly in the air on the end of a string • *Traditionally, children fly kites in Greece on the day that starts the 40-day period before Easter.*
- 6.141 wing** (n) /wɪŋ/
one of the parts of a bird's or insect's body used for flying • *The eagle flew high into the sky without moving its powerful wings.*
- 6.142 gorge** (n) /ɡɔːdʒ/
a very deep valley • *You can go on walking holidays in the Samaria Gorge in Crete.*
- 6.143 divide** (v) /dɪ'vaɪd/
cut in two • *The River Danube divides the city of Budapest.* > division (n)
- 6.144 connect** (v) /kə'nekt/
join together two or more things • *If I can connect to the Internet, I'll send you an email.*
> connection (n), connected (adj)
📧 Opp: disconnect
- 6.145 kiteboarding** (n) /'kaɪtbɔːdɪŋ/
water-skiing while being pulled along by a kite • *Kiteboarding is fun, but you can't do it if there isn't any wind!*
- 6.146 tower** (n) /'taʊə(r)/
a tall structure • *We climbed the tower and looked down on the people below.*
- 6.147 wakeboarding** (n) /'weɪkbɔːdɪŋ/
a sport like water-skiing but on a board • *Have you ever tried virtual wakeboarding on the Wii game system? At least you don't get wet when you fall off the board!*
- 6.148 foot** (n) /fʊt/
a unit for measuring length (30.48 centimetres)
• *That basketball player is seven feet tall, that's over two metres!*
- 6.149 invent** (v) /ɪn'vent/
make or design sth that has not existed before
• *Everyone knows that Alexander Graham Bell invented the telephone.* > inventor (n), invention (n), inventive (adj)
- 6.150 launch** (v) /lɔːntʃ/
throw into the air • *We tried again and again to launch our kite into the air, but there wasn't enough wind for it to fly.*
> launch (n)
- 6.151 mechanical engineer** (n) /mə'kæɪnɪkl endʒɪ'nɪə/
sb who has a university degree in mechanical engineering, sb who works with machines and engines • *Greg's father is a mechanical engineer and works for a car manufacturing company.*
- 6.152 come up with sth** (phr v) /kʌm ʌp wɪθ 'sʌmθɪŋ/
find or think of an answer, an idea, a solution, etc. • *The student came up with a clever solution to the problem.*
- 6.153 rope** (n) /rəʊp/
very strong thick string used to tie things
• *Mountain climbers use strong ropes to help them climb.*