

Vocabulary reference How active are you?

SB Vocabulary Workshop Pages 110–111

Read the texts and study the words and phrases in blue. Check the dictionary if necessary.

Sport



This is me and my **teammates** when we won the **championship**. Lorenzo's in the middle, lifting the **trophy**. You can see the spectators behind us, **cheering** and making loads of noise. It was crazy! We're lucky to have such a great coach who **motivates** us so well. We just want to keep playing better and better.

Recently I've been worried that my lifestyle is too **sedentary** because I'm at my computer all day, so I've **signed up** for next year's Dance Marathon. I've never **taken part** in an **event** like it! It should be really fun.



I like yoga because it requires a **moderate** amount of physical effort and it's also good for my mental and emotional **wellbeing**. I started a basketball course, but I **dropped out** because I wasn't very good at it. Yoga suits me because I'm not a really **sporty** or **competitive** person, but I like to be **active**.

Phrasal verbs

The party might not go ahead. (= to happen)
Everyone ended up at my house.

(= came to a place or situation they didn't plan or expect to be originally)

We've come up with a new plan. (= thought of)
E-sports won't take over from traditional sports.

(= become bigger / more popular than)
You can keep track of your fitness with an app.
You can work out in your living room if you have enough space.

For further examples of phrasal verbs, see page 68.

Health & wellbeing

Live well

Want to **take care** of yourself better? Why not **enrol** on one of our health and wellbeing courses? For more information visit our website www.livewell.courses.

Exercise: **Get in shape** with our weekly **keep fit** classes, or **take up** something new, like dance or yoga. We'll **get your heart rate up** and help you **stretch** and relax, too.

Mind work: Our six-week courses teach you to be **mindful** at regular intervals throughout the day. You'll never look at life the same way again!

Nutrition: These courses teach you how to eat and drink to build your **immunity** and stay **hydrated**. We can also help you **cut out** sugar.

Life coach: Our life coach can help you **gain perspective** on problems, **set goals** and maintain a **positive focus**.

Sleep coach: Never feel properly **rested**? Always wanting to **take a nap**? Our sleep coach can **train** you in healthy night-time sleep habits.

Grammar reference Relative clauses

SB Grammar Workshop Pages 93–94

RELATIVE PRONOUNS & ADVERBS

We use relative pronouns (*who, that, whose*) and relative adverbs (*where, when*) to introduce relative clauses.

We use *who* and *that* for people:

A referee is someone who / that makes sure the players in a sports match follow the rules.

We use *which* and *that* for things:

A triathlon is a race which / that consists of running, swimming and cycling.

We use *whose* to show possession:

Yannick Noah, whose son is the professional basketball player Joakim Noah, is a singer and former professional tennis player from France.

We use *where* for places:

Velodromes are specially-designed stadiums where racing cyclists can ride at speeds of up to 60 mph.

We use *when* for times:

In November, when the ski season begins, the town gets very busy.

DEFINING & NON-DEFINING RELATIVE CLAUSES

Defining relative clauses

Defining relative clauses give essential information about a noun in the main clause. The relative pronoun can be the subject or the object of the relative clause.

NOUN + (SUBJECT) RELATIVE CLAUSE

Amy Price is a football coach who / that uses e-games to develop her players' skills.

NOUN + (OBJECT) RELATIVE CLAUSE

Tennis is the only sport which / that Kiki Bertens plays.

When the relative pronoun is the object of the relative clause, we usually omit it, especially in less formal style.

Tennis is the only sport Kiki Bertens plays.

We don't use commas to separate a defining clause from the main clause.

Non-defining relative clauses

Non-defining relative clauses give extra, non-essential information about a noun in the main clause. We use commas to separate non-defining relative clauses from main clauses.

E-sports, which are played online, have helped improve traditional sports.

The relative pronoun or adverb can be the subject or the object of the relative clause, but we can never omit it.
You could try gymnastics, which develops flexibility and co-ordination.

We can't use *that* in non-defining clauses.

Esports, that are played online, have helped improve traditional sports.

THAT, WHAT & WHICH

We can use *that* in informal style instead of *which* and *who*.

There are three things that you need to know.
It was Maya that first introduced me to kickboxing.

We use *that* after *all, everything, nothing* and *superlatives*.

All that really matters is love.
It was the best meal that I'd ever had.

What can mean 'the thing(s) that' and doesn't have a noun before it.

Have you done what she told you to do?
Have you done the thing(s) she told you to do?

Which can refer to the whole clause before it.

CLAUSE + RELATIVE CLAUSE

They scored seven goals, which is amazing!
I've got a cold, which means I don't want to go swimming.

FORMAL & INFORMAL STRUCTURES

In informal style, prepositions go after the relative clause.

This is the online platform which the championship is played on.

In formal style, prepositions go before the relative clause.

This is the online platform on which the championship is played.

EXAM tip Use of whom

In formal style, when the object of the main clause is a person, the relative pronoun *whom* is used instead of *who*.

He took out a photo of his son, whom he adores.
Whom is often commonly used in formal writing, e.g. we use *To whom it may concern* when we're not sure of the identity of the person we're writing to.

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