

English Unlocked

The Annie Way

READY-TO-USE B2 PACK

SPORTS VOCABULARY B2

Vocabulary bank • Practice • Reading • Answer keys

90

target items

12

practice tasks

1

B2 reading

Learn the language. Build the stamina. Go the distance.

For independent study, classroom practice and exam preparation

1. Verbs & phrasal verbs (20)

Expression	Polish meaning	Example
compete	rywalizować	Athletes from over 40 countries competed in the event.
train	trenować	She trains five times a week for long-distance races.
qualify	zakwalifikować się	He qualified for the national championships.
defeat	pokonać	The home team defeated their strongest rivals.
recover	wrócić do zdrowia / formy	It took her several weeks to recover after the race.
warm up	rozgrzać się	Always warm up before an intense training session.
cool down	wyciszyć organizm po wysiłku	We cooled down with a slow ten-minute jog.
work out	ćwiczyć / trenować	He works out at the gym three evenings a week.
take up	zacząć uprawiać	I took up running when I was in my thirties.
give up	zrezygnować / poddać się	She refused to give up despite the difficult conditions.
keep up with	dotrzymywać tempa	I couldn't keep up with the faster runners.
pull out of	wycofać się z	He had to pull out of the tournament because of an injury.
beat	pokonać / pobić	She beat her previous marathon time by six minutes.
score	zdobyć punkt / gola	He scored twice in the second half.
tackle	podjąć wyzwanie / odebrać piłkę	The team must tackle several weaknesses before the final.
overtake	wyprzedzić	She overtook three runners in the final kilometre.
stretch	rozciągać się	I usually stretch after training.
sprint	sprintować	He sprinted towards the finish line.
pace yourself	rozłożyć siły	You need to pace yourself during a long race.
push yourself	zmuszać się do większego wysiłku	Training with a group can help you push yourself.

PRACTICE

Work through the tasks without looking back at the vocabulary bank whenever possible.

Task 1. Match the verbs with their meanings.

1. take up
 2. pull out of
 3. keep up with
 4. warm up
 5. overtake
 6. pace yourself
 7. give up
 8. work out
 9. qualify
 10. recover
- A. stop trying
B. become healthy or strong again
C. start doing a new activity
D. exercise, especially at a gym
E. move past someone who is ahead
F. prepare your body before exercise
G. earn the right to enter the next stage
H. withdraw from an event
I. control your speed and energy
J. stay at the same speed or level as someone

Task 2. Complete the collocations with one word.

1. _____ a record
2. _____ a personal best
3. _____ an injury
4. _____ from an injury
5. _____ up stamina
6. _____ a steady pace
7. _____ the lead
8. _____ a medal
9. _____ to a training plan
10. _____ tough competition

Task 3. Choose the correct word.

1. After months of training, Marta finally ___ her goal.
A achieved B scored C defeated D qualified
2. The course was so ___ that several runners stopped halfway.
A competitive B demanding C consistent D outstanding
3. He had to ___ out of the race because of a calf injury.
A take B keep C pull D give
4. The crowd of ___ cheered loudly near the finish.
A rivals B referees C spectators D coaches
5. Regular swimming helped her build up her _____.
A tournament B stamina C lead D opponent