



## Doing it for England!

## Today's SPORT

BBC Sports Personality of the Year

## The nominees' fitness tips!



■ **Stephanie Houghton:** Girls don't play football? **Wrong:** they often do! Look at Steph: the Manchester City and England captain.

## Her tips to keep fit?

“ Work hard, watch what you eat and drink, always believe you can do it and never give up! ”

■ **Maro Itoje:** Maro plays for England and Saracens but he doesn't always play rugby, he also studies politics at university.

## Maro's tip

“ Work out, relax, get enough sleep, never forget to stretch. ”



■ **Zara Phillips:** Zara is a top level horse-rider and a member of the Royal Family, but that's not all. She is also married to a famous rugby player.

## She says

“ We often go for runs together. Keeping fit is a family thing! ”



- 1 Look at the document. Read the titles. What do you think the page is about?
- 2 Read the reports. Note down two facts about each personality.
- 3 **Speak out!** Close your book. Do you remember the three fitness tips?

## How to say it



- Écoute et répète. Quel mot est accentué ?
- They always stretch after training.
- We often go for a run.
- She never eats junk food.

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## We're all fans!



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- 1 Look at the picture. Say what you can about the man and the children.
- 2 Listen and memorize one fact about each one of them.
- 3 Tell the class what you remember.

### At home

► Connais-tu quelqu'un de sportif ? Entraîne-toi à dire quelle(s) activité(s) il/elle pratique et à quelle fréquence.



### YOUR CHALLENGE

#### ► Write about your favourite sportsperson.

Write 4 lines about a very sporty person you know.  
How does he/she keep fit?

- 1 Name the sports this person does.



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horse riding

volleyball

cycling

handball

boxing

- 2 Name two or three of his/her habits. Say how often he/she practises.

go for a run

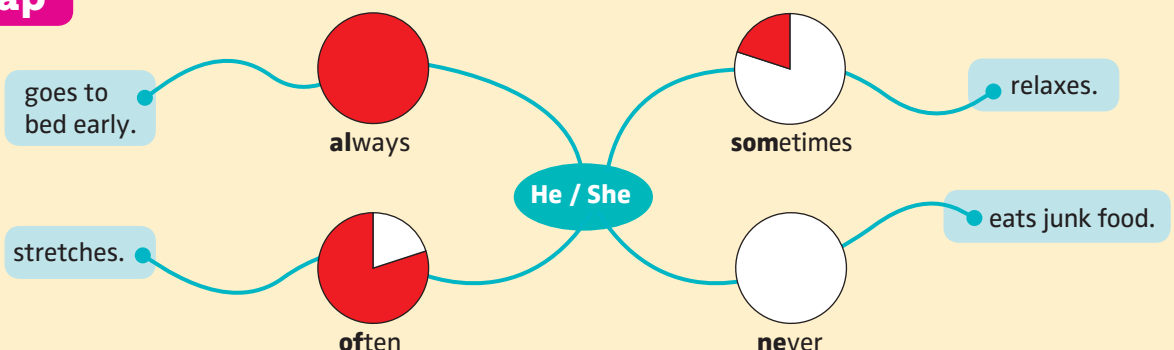
go to the gym

train with a team

stretch

### Mind map

### J'exprime la fréquence



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