ILLUSTRATED UNIT - ENGLISH 2AC - SEMESTER 2

Unit 6 (Sports day)

He plays football every Friday, but he is playing tennis now. The present simple describes his routine; the present continuous describes the action happening now. In this Sports day lesson for English 2AC semester 2, learn sports, equipment and ball actions, talk about ability with can, ask about a classmate's habits and write a short athlete profile. You also describe sports clothes with I'm wearing and has on, ask How often…?, say what you are good at and report the results of sports day in the simple past. Three teaching pictures help connect each verb to a clear action.

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By the end of this lesson, you can

- Name familiar sports, equipment, sports clothes and places for sport
- Describe kicking, throwing, catching and hitting
- Use can/cannot for ability, be good at + verb-ing and match short answers
- Ask about sporting routines with do, does and How often…?
- Describe actions now with am/is/are + verb-ing and clothes with wearing or has on
- Report a finished match or race with the simple past
- Read a sports timetable, interview a partner and write a connected 50-75-word profile

Before you start

Subject pronouns and present forms of be; Present simple and present continuous forms from School day.

1. Activities 1: what sports and equipment should you know?



A racket has strings. A baseball bat is solid. A shuttlecock is used in badminton.

Sport or activity	Useful equipment	Natural phrase
football	a ball; boots; a goal	play football
basketball	a ball; a basket	play basketball
volleyball	a ball; a net	play volleyball
tennis	a racket; a ball; a net	play tennis
badminton	a racket; a shuttlecock; a net	play badminton
table tennis / ping-pong	a small bat; a ball; a table; a net	play table tennis
baseball	a bat; a ball; a glove	play baseball
swimming	suitable swimming equipment	go swimming
skateboarding	a skateboard; a helmet	go skateboarding
running	trainers; a track	run a race

A racket has strings and is used in sports such as tennis or badminton. A baseball bat is solid. In British English, the small implement for table tennis is also called a bat. Badminton uses a shuttlecock, not a tennis ball. Equipment is normally uncountable: say some equipment or two pieces of equipment, rather than two equipments. Trainers is a common British English word for sports shoes.

1.1 Where do you do the activity?

Place	Example
pitch	The players play football on a pitch.
court	The boys play tennis on a court.
track	The runners run on a track.
gym	The class practises in the gym.
pool	The club goes swimming in a pool.
sports club	The athlete trains at a sports club.

A player takes part in a game; a runner runs and an athlete takes part in sport. A team is a group playing together. A race is a competition to finish a course quickly. A match is a sporting contest between opponents. Use play for many games with a ball, go with many activity names ending in ing, and learn run a race as a useful phrase.

2. Practice 1: how do you talk about sporting ability?

Can for ability

Use can + base verb to say someone is able to do something: I can play tennis. Use cannot or can't for the negative. Can has the same form with I, he, we and they.

Form	Example
Statement	He can catch the ball.
Negative	He cannot play baseball.
Question	Can he play tennis?
Positive short answer	Yes, he can.
Negative short answer	No, he cannot. / No, he can't.

Do you play tennis? asks about a habit or participation. Can you play tennis? asks about ability. Someone may know how to play but rarely do it, so the answers need not be identical. Answer the question actually asked: Do you play? Yes, I do. Can you play? Yes, I can. A longer answer can add helpful detail: I can play, but I do not play every week.

Remember

Do not add to or a third-person s after can: He can play, not He can to play or He can plays. Do not use do to form this ability question: Can he swim? is the correct pattern.

3. Activities 2: how do you describe ball actions?

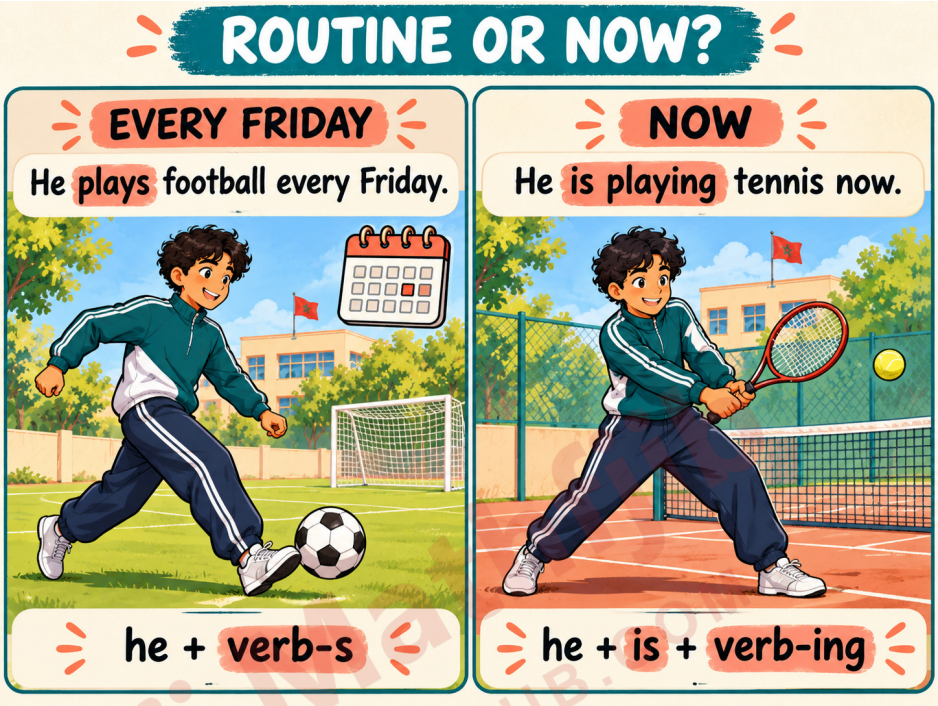


Describe an action now with be + verb-ing: he is kicking, throwing, catching or hitting the ball.

Base verb	Action meaning	Action happening now
kick	hit with a foot	He is kicking the ball.
throw	send through the air with a hand	He is throwing the ball.
catch	receive and stop something moving	He is catching the ball.
hit	strike something	He is hitting the ball.
pass	send to another player	He is passing the ball.
jump	push off the ground into the air	He is jumping.
run	move quickly on foot	He is running.
win	be successful in a competition	He is winning the race.

Throw and catch describe opposite directions in the illustrated action: a thrown ball moves away from the hand, while a caught ball arrives in the hands. Kicking uses a foot. Hitting may use a hand, a racket or a bat, depending on the sport. Passing describes the purpose of sending the ball to another player; a pass may be made by kicking or throwing.

4. What is the difference between present simple and present continuous?



Use plays for a routine and is playing for an action now. Compare every Friday with now.

Meaning	Present simple	Present continuous
Routine versus now	He plays football every Friday.	He is playing tennis now.
Negative	He does not play baseball.	He is not playing baseball now.
Yes/no question	Does he play football?	Is he playing tennis now?
Information question	When does he play?	What is he doing?
Short answer	Yes, he does.	Yes, he is.

A repeated activity takes the present simple. With I, you, we and they, use play; with he or she, use plays in a positive statement. After does or doesn't, return to play. An action in progress takes am, is or are plus the ing form. I am playing; he is playing; they are playing. Put not after be for a continuous negative and move be before the subject for a question.

4.1 How do you spell the ing forms?

Pattern	Examples
Usually add ing	play → playing; throw → throwing; catch → catching
Double the final consonant in these short stressed verbs	run → running; hit → hitting; swim → swimming; win → winning
Drop a final silent e	skate → skating; practise → practising

Remember

He playing is incomplete: add is. Does he plays? is incorrect: use Does he play? In the continuous, They are running needs both are and the doubled n. Time words help, but meaning comes first: I like tennis now still normally uses like in the simple form.

Choose meaning before a verb form

Adil usually plays football after school. Today he is practising tennis for sports day. His friends are watching, but they are not playing.

- Usually plays reports a repeated habit.
- Is practising and are watching describe today's scene in progress.
- Are not playing uses the negative continuous to describe what is not happening in that scene.

5. How do you ask about preferences, routines and performance?

Purpose	Question	Possible answer
Preference	What is your favourite sport?	My favourite sport is volleyball.
Habit	What sport do you play?	I play basketball.
Place	Where do you play?	I play at the sports club.
Time	When do you train?	I train on Wednesday.
Ability	Can you hit the ball with a racket?	Yes, I can.
Current action	What are the boys doing?	They are running a race.
Measurement	How tall is the athlete?	He is 1.60 metres tall.

Use on with a day and at with a clock time: on Friday, at nine o'clock. A useful personal answer adds a reason: I like volleyball because I enjoy team games. To describe someone's profile, keep age and height separate: He is thirteen years old. He is 1.60 metres tall. Write the numbers given on the profile card instead of guessing from a drawing.

6. What are you wearing for sports day?

Sports clothes	Example
a tracksuit	I'm wearing a blue tracksuit.
a T-shirt and shorts	The runners have on white T-shirts and black shorts.
trainers	These trainers are light and comfortable.
a cap	He has on a cap because it is sunny.
socks	Bring a pair of clean socks.
a sports bag	My sports bag is next to the door.

Use the present continuous or have on for clothes now: Today Ilyas is wearing his team T-shirt. He has on new trainers. Use the present simple for a habit: He usually wears a tracksuit on Wednesday. Trainers, shorts and socks are plural, so say these trainers are and a pair of socks. Clothes, adjectives and shopping are taught fully in the Spotlight 2 Unit 5 lesson.

7. How often do you do sport, and what are you good at?

Question	Possible answer
How often do you play football?	I play football twice a week.
How often does she go swimming?	She hardly ever goes swimming in winter.
Are you good at running?	Yes, I am. I'm good at running long distances.
What sport do you enjoy?	I enjoy playing basketball with my friends.
Is he good at catching?	No, he isn't good at catching yet.

How often…? asks about frequency: answer with an adverb before the main verb, I always train on Monday, or a time expression at the end, We play once a week. Be good at and enjoy are followed by verb-ing: She is good at throwing. I enjoy swimming. Can describes an ability; good at says how well you do it: I can swim, and I'm good at swimming fast.

8. What happened on sports day? The simple past

Base verb	Simple past	Sports-day sentence
win	won	Our class won the relay race.
run	ran	I ran 100 metres.
throw	threw	Amine threw the ball very far.
catch	caught	The goalkeeper caught the ball.
swim	swam	We swam two lengths of the pool.
come	came	Sami came second.
score	scored	Our team scored three goals.
play	played	We played against 2AC-3.

Use the simple past to report a finished event: Yesterday we played football and our team won. Many sports verbs are irregular: win → won, run → ran, throw → threw, catch → caught. Ask with did + base verb: Did your team win? Yes, it did. Who won the race? Hamza won it. Compare the tenses: He is running now; he ran yesterday; he runs every Friday.

9. Reading: Ilyas gets ready for sports day

Ilyas is thirteen and lives in Meknes. His favourite sport is basketball. He trains at the sports club every Wednesday at five o'clock. He can throw and catch a ball, but he cannot play baseball yet. His school's sports day is on Friday. The running race starts at nine, and the basketball match starts at ten. It is Thursday afternoon now. Ilyas is practising on the school court with his brother. They are passing the ball. Their friend Hamza is writing the team names. He is not playing at the moment. Ilyas is excited because he enjoys helping his team.

Step by step: Read a sports profile and schedule

1. Read once to identify the athlete, favourite sport and purpose.
2. Separate regular training on Wednesday from sports day on Friday.
3. Find Thursday afternoon now to identify the current scene.
4. Use the stated times and activities, and leave an unstated result unknown.

Sports-day event in the reading	Start time
Running race	09:00
Basketball match	10:00

The two start times belong to the invented school event in Ilyas's story.

10. Listen and compare a habit with an action now

Partner-read script: My name is Rayan. I play badminton on Saturdays at eleven. I have got a racket and a shuttlecock. I can play tennis too, but I cannot play baseball. Today I am running on the school track. My brother is watching. Ask a partner to read slowly. First identify Rayan's regular sport; listen again for the day, time, equipment and current activity. Check together against the script. This listening task uses a partner's voice.

11. Practice 2: interview a partner

Work in pairs. Ask what sport your partner likes, where and when he practises, and what he can do. Then describe a sports picture together using What is he doing? or What are they doing? Ask Can you repeat, please? if necessary. You can discuss an imaginary athlete if you prefer. Focus on clear answers and matching auxiliaries instead of speaking quickly.

12. Review: how do you write an athlete profile?

Make notes on name, age, town, favourite sport, routine and ability. Add one sentence about a picture showing the athlete now. Write a connected 50-75-word paragraph and link related ideas with and, but or because. If the person is invented, say so in your planning notes; avoid attaching fictional claims to a real sports star.

An original model profile

This is Adam, an imaginary young athlete from Rabat. He is thirteen years old and plays volleyball at his school club. He trains on Tuesday because he enjoys team games. He can pass the ball, but he cannot play baseball. In my picture, he is practising with a ball. His brother is watching from beside the court.

- Plays and trains describe routines; can describes an ability.
- Is practising and is watching refer to the scene in the picture.
- Use your own notes to create another athlete with a different routine and current activity.

Self-check: underline every can and check the next verb. Circle does or doesn't and remove any extra s from the main verb. In every current-action sentence, check both be and ing. Match your time expressions to the story. Exit task: name an equipment pair, ask one ability question and describe one routine plus one action now.

Key points

- Play football, tennis, badminton or baseball; go swimming or skateboarding; run a race.
- Describe sports clothes now with is wearing or has on: He has on new trainers.
- Answer How often…? with twice a week or hardly ever, and say I'm good at running.
- Report a finished event in the simple past: Our class won; I ran; she caught the ball.
- A tennis racket has strings, a baseball bat is solid, and badminton uses a shuttlecock.
- Can + base verb expresses ability: He can catch the ball.
- Match the short answer to the question: can/can, do/do, does/does and is/is.
- Use the present simple for repeated activities: He trains on Wednesday.
- Use am/is/are + verb-ing for an action happening now.
- Check run → running, hit → hitting, swim → swimming and win → winning.
- Read event times and training routines carefully; a current action is not a completed result.

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Exercises - Try before checking

Write your answers in your notebook. Use the lesson and write complete sentences before you read the corrections.

Exercise 1. Match sports and equipment

Easy

Match tennis, badminton, baseball and football with racket + ball, racket + shuttlecock, bat + ball and ball + boots.

Exercise 2. Choose play, go or run

Easy

Complete: ... tennis; ... swimming; ... a race; ... skateboarding; ... volleyball.

Exercise 3. Identify the ball action

Easy

Choose kick, throw, catch or hit: a) strike with a foot; b) send from a hand; c) receive in the hands; d) strike with a tennis racket.

Exercise 4. Build ability sentences

Easy

Make sentences: he / can / play tennis; they / cannot / swim; I / can / catch the ball.

Exercise 5. Match questions and short answers

Easy

Complete: Can you swim? Yes, I ... . Do you play tennis? No, I ... . Does he train? Yes, he ... . Is he running? Yes, he ... .

Exercise 6. Write positive routines

Intermediate

Complete with the present simple: I ... football. (play) Ilyas ... on Wednesday. (train) He ... a racket. (have) They ... swimming. (go)

Exercise 7. Ask and negate a routine

Intermediate

Make a question and a negative sentence from He plays basketball. Then ask when he trains.

Exercise 8. Spell the ing forms

Intermediate

Write play, run, hit, swim, win and skate in the ing form.

Exercise 9. Describe actions happening now

Intermediate

Complete with the present continuous: He ... the ball. (kick) They ... a race. (run) I ... tennis. (play) We ... the ball. (pass)

Exercise 10. Habit or now?

Intermediate

Choose: He usually plays / is playing tennis on Friday. Look! They run / are running. Today I practise / am practising badminton instead of football. I like / am liking volleyball.

Exercise 11. Repair the commentator's sentences

Intermediate

Correct: He can plays tennis. They running now. Does he trains on Friday? He is hiting the ball.

Exercise 12. Read Ilyas's profile

Intermediate

How old is Ilyas? Where does he live? When does he train? What can he do? What can he not do yet?

Exercise 13. Separate event, routine and now

Challenge

From the reading, give the sports-day day, the two event start times, today's day and Hamza's current activity. Does the text say who wins?

Exercise 14. Listen to Rayan's sporting plans

Challenge

Use the partner-read script. Record his regular sport, day, time, two equipment words, current action and one sport he cannot play.

Exercise 15. Interview a sports partner

Challenge

Ask four questions about preference, ability, regular training and a current action. Give matching answers for an imaginary partner.

Exercise 16. Write an athlete profile

Challenge

Write 50-75 words about an imaginary athlete. Include name, age, town, a sports routine, an ability and an action now. Use because or but.

Exercise 17. Name the sports clothes

Easy

Write the word: a jacket and trousers for sport; shoes for running; a hat with a front part against the sun; short trousers for summer.

Exercise 18. Write the simple past

Easy

Write the simple past of win, run, throw, catch, swim, come, score and play.

Exercise 19. Wearing or wears?

Intermediate

Complete: Today Nora … (wear) her team T-shirt. She usually … (wear) a tracksuit on Monday. Look! The goalkeeper … (have on) green gloves.

Exercise 20. Ask How often…?

Intermediate

Write a question for each answer: I swim once a week. They play basketball every Friday. She hardly ever goes skateboarding.

Exercise 21. Report the results

Intermediate

Use the simple past: Our team (win) the relay race. Sami (come) second. The goalkeeper (catch) the ball three times. We (not play) baseball.

Exercise 22. Write a sports-day report

Challenge

Write 50 to 70 words about last sports day. Say what you wore, two events you took part in, one result in the simple past, one sport you are good at and how often you train now.

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Explained answers to the exercises

Exercise 1. Match sports and equipment

Tennis: racket + ball. Badminton: racket + shuttlecock. Baseball: bat + ball. Football: ball + boots. A strung racket is different from a solid baseball bat.

Exercise 2. Choose play, go or run

Play tennis, go swimming, run a race, go skateboarding and play volleyball. Learn each activity with its usual verb.

Exercise 3. Identify the ball action

a) Kick; b) throw; c) catch; d) hit. Watch the body part, equipment and direction of the moving ball.

Exercise 4. Build ability sentences

He can play tennis. They cannot swim. I can catch the ball. Can and cannot stay unchanged with different subjects, and the next verb is a base form.

Exercise 5. Match questions and short answers

Yes, I can. No, I don't. Yes, he does. Yes, he is. Repeat the question's auxiliary rather than using can for every sporting question.

Exercise 6. Write positive routines

I play football. Ilyas trains on Wednesday. He has a racket. They go swimming. A singular third-person subject takes trains or the irregular form has.

Exercise 7. Ask and negate a routine

Does he play basketball? He does not play basketball. When does he train? After does or does not, use play or train without s.

Exercise 8. Spell the ing forms

Playing, running, hitting, swimming, winning and skating. Double the final consonant in run, hit, swim and win; drop the silent e in skate.

Exercise 9. Describe actions happening now

He is kicking the ball. They are running a race. I am playing tennis. We are passing the ball. Match be to the subject and include the ing form.

Exercise 10. Habit or now?

He usually plays tennis on Friday. They are running. Today I am practising badminton instead of football. I like volleyball. Meaning distinguishes routine, current action and a preference.

Exercise 11. Repair the commentator's sentences

He can play tennis. They are running now. Does he train on Friday? He is hitting the ball. Check base verbs after can/does, the missing are and the doubled t.

Exercise 12. Read Ilyas's profile

He is thirteen and lives in Meknes. He trains every Wednesday at five. He can throw and catch a ball. He cannot play baseball yet. Each answer is stated in the profile.

Exercise 13. Separate event, routine and now

Sports day is Friday. The race starts at 09:00 and the basketball match at 10:00. Today is Thursday afternoon. Hamza is writing team names. No winner is stated; preparation does not tell us the result.

Exercise 14. Listen to Rayan's sporting plans

Rayan plays badminton on Saturdays at eleven. His equipment is a racket and a shuttlecock. Today he is running on the track. He cannot play baseball. His brother is watching, not running.

Exercise 15. Interview a sports partner

Model: What is your favourite sport? Tennis. Can you play baseball? No, I can't. When do you train? On Saturday. What are you doing now? I am practising with a racket. Assess whether the question and answer forms match.

Exercise 16. Write an athlete profile

Model: This is Sami, an imaginary athlete from Fes. He is fourteen and plays tennis at a small sports club. He trains on Saturday because he likes racket sports. He can hit the ball, but he cannot play baseball. In my drawing, he is running towards a tennis ball. His brother is waiting beside the court.

Other connected profiles are acceptable. Check the word count, he + verb-s for routines, can + base verb and be + ing for the pictured current actions.

Exercise 17. Name the sports clothes

A tracksuit; trainers; a cap; shorts. Trainers and shorts are plural words, so say these trainers are new and a pair of shorts.

Exercise 18. Write the simple past

Won, ran, threw, caught, swam, came, scored, played. Score and play are regular and add -ed; the other six verbs are irregular and must be learned.

Exercise 19. Wearing or wears?

Today Nora is wearing her team T-shirt. She usually wears a tracksuit on Monday. Look! The goalkeeper has on green gloves. Today and look show now; usually shows a habit; have on stays simple.

Exercise 20. Ask How often…?

How often do you swim? How often do they play basketball? How often does she go skateboarding? Use does with she, followed by the base verb go.

Exercise 21. Report the results

Our team won the relay race. Sami came second. The goalkeeper caught the ball three times. We didn't play baseball. The negative uses didn't + base verb.

Exercise 22. Write a sports-day report

Model: Last sports day I wore my blue tracksuit and new trainers. I ran in the 100-metre race and I played in the basketball match. Our class won the relay race, and I came third in the long jump. I'm good at running, so now I train twice a week with the school club.

Other reports are acceptable. Check the simple past for finished events, good at + verb-ing, a How-often expression at the end and present simple for the habit now.

Frequently asked questions

What should I revise in Sports day English 2AC?

Revise sports and equipment, ball-action verbs, can for ability, present simple routines and present continuous actions. Apply the language to a sports profile, a timetable, an interview and a short paragraph.

How do I choose present simple or present continuous in sports sentences?

Use present simple for a habit: He plays football every Friday. Use am/is/are + verb-ing for an action now: He is playing tennis now. Read the meaning and check both the subject and verb form.

What is the difference between Can you play? and Do you play?

Can you play? asks whether you have the ability. Do you play? asks about your activity or habit. Match the short answer: Yes, I can, or Yes, I do. Someone can know a sport without playing it regularly.

What is the difference between a racket, a bat and a shuttlecock?

A racket has strings and is used in tennis and badminton. A baseball bat is solid. A shuttlecock is the feathered or synthetic object hit in badminton. Table tennis also uses the word bat in British English.

How do I write an athlete profile for English 2AC?

Plan the athlete's name, age, town, sport, routine and ability, then add an action happening now in a picture. Write about 50-75 connected words, using clear pronouns and a connector such as because or but.

Are there Sports day 2AC exercises with answers?

This lesson includes 22 corrected exercises. They cover equipment, abilities, sports clothes, present tenses, the simple past, reading, listening, speaking and writing, supported by three original teaching illustrations.

What is the simple past of win, run and catch?

They are irregular: win becomes won, run becomes ran and catch becomes caught. Use them for finished events: Our team won the match. I ran 100 metres. The goalkeeper caught the ball.

What is the difference between I can swim and I'm good at swimming?

I can swim says you have the ability. I'm good at swimming says you swim well. Good at is followed by verb-ing or a noun: She is good at running, he is good at tennis.

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Follow your teacher's sequence and instructions.
Find the lesson, the pictures and the activities online.

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