

## What sports do you like playing?

Before you start, answer the following questions:

\* Do you do any sports? Yes  / No  If yes, which one?  
How often do you do that sport?

\* Do you prefer individual or team sports? Why?

\* In your opinion, which of the following benefits associated with sports are the most important?

Sports help...



reduce stress



maintain healthy weight



improve concentration



**Pista:** Recordá que al final de la ficha encontrarás la **clave de respuestas** de las actividades para revisar tu trabajo.

1. Scan\* the following text about a young athlete and answer these questions (\*scan: to read something very quickly, in order to get a general idea of its meaning or to find particular information. Source: Macmillan Dictionary).

- What is Cairo's surname?
- What does Cairo do?
- How old is he?
- What nationality is he?
- What sports does he play?
- What is his family's background?

### Meet Cairo Zion: A teen athlete who can dominate any sport!

Cairo Zion is a teen actor, model and sportsperson with an incredible athletic ability and amazing balance. This 16-year-old teenager is a native of New York, USA, but he has got a diverse family background. His heritage includes a mix of European, Puerto Rican, West African and Native American cultures.

He is famous because of a mini documentary about his life called 'No Days Off' by Whistle Sports. He is also popular for his participation as a competitor in the online TV show 'American Ninja Warrior Jr.' Cairo is good at playing many sports but he is well known for his remarkable talent for skimboarding, surfing, skateboarding, wakeboarding, freeline skating; and for doing stunts\* on his unicycle.

Apart from sports, Cairo has got another passion: he really enjoys helping young people with dyslexia. He has dyslexia himself. He loves telling his own story to students around the world, so he makes Vlogs\*\* for classrooms especially in India and Puerto Rico.

\* stunts: acrobacias. \*\* A vlog is a set of videos that someone regularly posts on the internet in which they record their thoughts or experiences or talk about a subject (Source: Collins Dictionary).

Adapted version from "[Who is Cairo Zion?](#)".

2. Find a word in the text that means...
- physically active and strong; good at sports. (Paragraph 1)  
\_\_\_\_\_
  - a special, often creative natural ability or skill. (Paragraph 2)  
\_\_\_\_\_

c. a strong feeling. (Paragraph 3) \_\_\_\_\_

**Highlight** or underline the words in the text and then write them next to each definition.

3. Match some of the sports mentioned in the text with these pictures.



a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

4. Read the text one more time and decide if the following sentences are true or false. Underline the information in the text to justify your answers.

- a. Some members of Cairo's family are from Australia.
- b. Cairo prepares Vlogs about some aspects of his life.
- c. 'No Days Off' is a TV show in the USA.
- d. Cairo is good at doing stunts.

5. Cairo trains very hard. Read about his typical day and complete the gaps with the correct form of the verbs in brackets.

On a typical day, Cairo Zion usually \_\_\_\_\_  
**(have) (a)** breakfast very early in the morning. Depending on the weather, he \_\_\_\_\_ **(go) (b)** surfing or skateboarding. Then, he \_\_\_\_\_ **(ride) (c)** his unicycle and trains for 4 miles. When he \_\_\_\_\_ **(come) (d)** back, it's time for lunch. He \_\_\_\_\_ **(eat) (e)** something light but with lots of proteins because he

\_\_\_\_\_ **(need) (f)** energy to practise for the TV show. Cairo's mother \_\_\_\_\_ **(drive) (g)** him to a place called Jungle Jim. There he \_\_\_\_\_ **(do) (h)** a lot of activities to train. It's the perfect place for Cairo!

Adapted version from [Cairo's documentary](#).

6. Now read what Cairo says about school and underline the correct option.

*After my training sessions every day, I **study / studies (a)** at home in the evening. I **go / don't go (b)** to school like most students my age. I **has / have (c)** dyslexia so traditional school is a bit hard for me. I **learn / learns (d)** online with a special programme for me. This is great for me so I **wants / want (e)** to share my experience with other dyslexic students around the world. I **don't use / use (f)** my platform to tell other people about my experience. I always have a positive message for them: we can do it!*

Adapted version from [Cairo's documentary](#).

**Pista:** *En inglés, cuando queremos hablar de actividades que hacemos habitualmente usamos el **presente simple** (present simple) y para hablar de actividades que estamos realizando ahora / en este momento usamos el **presente continuo** (present continuous). Lee las siguientes oraciones relacionadas con Cairo para ver el contraste: 1) Cairo usually **plays** sports in the morning but at the moment he **is watching** TV. 2) In the evening, Cairo always **takes** online lessons but right now he **is chatting** with his friends.*

7. Cairo is at home. He is ill so he can't train. Read the following sentences and complete the gaps with the correct form of the verbs in brackets. Use the present simple or the present continuous.

- a. Cairo **usually** \_\_\_\_\_ (**go**) to the beach to surf in the morning, but **today** he \_\_\_\_\_ (**watch**) videos about surfing in his bedroom.
- b. Cairo **always** \_\_\_\_\_ (**train**) for the TV show in the afternoon, but **now** he \_\_\_\_\_ (**do**) his school homework.
- c. Cairo \_\_\_\_\_ (**have**) lunch at 2.00 pm **now**, but he **generally** \_\_\_\_\_ (**have**) lunch at 12.30.
8. Today Cairo has a virtual meeting with some students from a school in Argentina. Read part of the conversation and complete the gaps with the correct form of the verbs in brackets.

**Cairo:** Hi, everybody!

**Mica:** Hi, Cairo! We're extremely happy to meet you.

**Cairo:** I'm happy, too. I \_\_\_\_\_ usually \_\_\_\_\_ (**not give**) (**a**) interviews in the afternoon because I always \_\_\_\_\_ (**train**) (**b**) for my TV show, but I am at home today because I am ill, so I \_\_\_\_\_ (**not do**) (**c**) any sports at the moment.

**Fran:** Oh... Are you OK?


**Cairo:** Yes, I am. Thanks for asking. I know that you \_\_\_\_\_ (**work**) (**d**) on a sports project at the moment. And this project is very important for you. I am glad that I \_\_\_\_\_ (**talk**) (**e**) to you right now!

**Maru:** Well, thank you, Cairo. We have some questions for you. How often do you train?

**Cairo:** I \_\_\_\_\_ (**play**) (**f**) sports every day during the week. I also \_\_\_\_\_ (**do**) (**g**) sports on Saturdays. On Sundays, I often \_\_\_\_\_ (**relax**) (**h**) and \_\_\_\_\_ (**go out**) (**i**) with my family.

**Lucas:** Wow! You're really busy. And when do you study?

**Cairo:** Well, I \_\_\_\_\_ (**have**) (**j**) online classes in the evening, but I \_\_\_\_\_ (**not have**) (**k**) classes now.

 **Pista:** A continuación te invitamos a realizar una actividad de **comprensión oral**. Te sugerimos que sigas los siguientes pasos: 1) Visitá el sitio y hacé clic en "Start." 2) Leé las instrucciones y hacé clic en "Continue." 3) Escuchá el audio completo una vez para tener una idea general. Recordá que no es necesario que sepas el significado de todas las palabras para poder comprender el audio y resolver las actividades. 4) Hacé clic en "Continue." 5) Escuchá parte del audio y resolvé la actividad propuesta. 6) Escuchá el audio nuevamente si lo considerás necesario. 7) Chequeá tu respuesta y continuá el recorrido.

9. Visit this website *Cambridge University Press and Assessment* and do the following activity to improve your listening skills: I love sports. Scan the QR code to go to the website.



I love sports  
Cambridge University Press & Assessment  
<https://bit.ly/3yo793d>

Escaneá este código para acceder al contenido.



### Before you finish

Write 10 true and false sentences about Cairo. For example: Cairo doesn't have breakfast in the morning (False). Cairo likes windsurfing (True). Then give the sentences to a classmate and ask him/her to do the exercise. Finally, check your classmate's answers.



## Further practice

Watch the following video to learn more information about Cairo Zion. Source: Whistle. Scan the QR code to watch the video.



*14-Year-Old FREAK Athlete Can DOMINATE Any Sport!*

Whistle

<https://bit.ly/3yNFevj>

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**Keys for correction 1)** a. Zion. b. He is a teen actor, model and sportsperson. c. He is 16 years old. d. He is American. e. skimboarding, surfing, skateboarding, wakeboarding, freeline skating and unicycling. f. His family's background is a mix of European, Puerto Rican, West African and Native American cultures. **2)** a. athletic; b. talent; c. passion **3)** a. skateboarding; b. surfing; c. unicycling **4)** a.F; b.T; c.F; d.T **5)** a. has; b. goes; c. rides; d. comes; e. eats; f. needs; g. drives; h. does **6)** a. study; b. don't go; c. have; d. learn; e. want; f. use **7)** a. goes / is watching; b. trains / is doing; c. is having / has **8)** a. don't usually give; b. train; c. am not doing; d. are working; e. am talking; f. play; g. do; h. relax; i. go out; j. have; k. am not having