

Workbook answer key

Unit 1

Lesson A

Exercise 1

Across:

- 1 fashion
- 4 art
- 8 languages

Down:

- 1 sports
- 2 politics
- 5 technology
- 6 culture
- 7 travel

Exercise 2

- | | | | |
|-----|-----|-----|-----|
| 1 e | 3 g | 5 h | 7 d |
| 2 c | 4 a | 6 b | 8 f |

Exercise 3

- 1 It's Gomez.
- 2 Yes, she is.
- 3 No, it isn't.
- 4 She's 22 years old.
- 5 She's from Mexico.
- 6 She's interested in soccer and tennis.
- 7 Yes, she is.
- 8 She's interested in China, Japan, and South Korea.

Exercise 4

- 1 Yolanda is interested in sports.
- 2 She's not interested in fashion.
- 3 She's interested in politics.
- 4 She's interested in travel.
- 5 She's not interested in art.
- 6 She's not interested in pop culture.
- 7 She's interested in literature.
- 8 She's interested in languages.

Exercise 5

- 1 What's your name?
- 2 Where are you from?
- 3 How old are you?
- 4 Are you married or single?
- 5 How old is your husband?
- 6 Are you interested in languages?
- 7 Are you interested in travel?

Lesson B

Exercise 1

- Gino: Hi. This is Gina.
Clerk: Hello, Gina. What's your lastname?
Gino: My last name is Rodriguez.
Clerk: Could you say that again, please?
Gino: Sure. Rodriguez.
Clerk: Oh, OK, Ms. Rodriguez. How do you spell that?
Gino: R-O-D-R-I-G-U-E-Z.

Exercise 2

- 1 more slowly
- 2 more slowly
- 3 repeat
- 4 more slowly
- 5 repeat

Lesson C

Exercise 1

- 1 gymnastics
- 2 swim
- 3 yoga
- 4 karate
- 5 table tennis
- 6 bowl
- 7 golf
- 8 ski
- 9 baseball

Exercise 2

- 1 do gymnastics
- 2 play table tennis
- 3 ski
- 4 do yoga
- 5 play golf

Exercise 3

- 1 A: What sports does she play?
B: She plays table tennis.
- 2 A: Where do they do gymnastics?
B: They do gymnastics at school.
- 3 A: Does he like karate?
B: Yes, he does.
- 4 A: When do you play golf?
B: I play golf in the morning.
- 5 A: Do you sell skis?
B: No, we don't.
- 6 A: Do they swim in the afternoon?
B: No, they don't.

Exercise 4

- | | |
|-----------|----------|
| 1 like | 7. don't |
| 2 don't | 8. likes |
| 3 like | 9. Do |
| 4 When do | 10. play |
| 5 do | 11. like |
| 6 Do | 12. do |

Exercise 5

- | | |
|---------|---------|
| 1 likes | 5 play |
| 2 has | 6 wins |
| 3 wins | 7 likes |
| 4 plays | 8 have |

Exercise 6

- 1 What game does Linda like?
- 2 Does a miniature golf course have 18 holes?

- 3 Who does Linda play miniature golf with?
- 4 Where do Linda and Debbie / they play miniature golf?
- 5 When do Linda and Debbie / they play miniature golf?
- 6 Does Debbie like the game, too?

Exercise 7

Answers will vary.

Lesson D

Exercise 1

The following items are checked: 1, 2, 6

Exercise 2

- 1 The decathlon has ten events.
- 2 Athletes throw things in three events.
- 3 The shot is a large heavy ball.
- 4 Men jump over hurdles on a 100-meter course.
- 5 The women's decathlon started in 2001.

Unit 2

Lesson A

Exercise 1

- | | |
|-------------|---------------|
| 1 friendly | 6 creative |
| 2 talkative | 7 funny |
| 3 confident | 8 hardworking |
| 4 generous | 9 serious |
| 5 shy | |

Exercise 2

- 1 Ethan is shy but confident.
- 2 Rita is friendly and talkative / talkative and friendly.
- 3 Tom and Ed are serious and hardworking / hardworking and serious.
- 4 Paul and Yoko are creative.
- 5 Ms. Perez is generous.
- 6 Emma is funny.

Exercise 3

- 1 Laura is a shy but confident person.
- 2 Sue and Kelly are hardworking students.
- 3 Dana is a talkative and funny girl.
- 4 He's a serious but friendly guy.
- 5 She's a generous mother.
- 6 They're creative and confident musicians.
- 7 I'm a friendly person.
- 8 Mr. Nelson is a talkative but serious teacher.

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CH Cherryholmes



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ausdauer für einsteiger was sie wissen müssen herbststiftung - Apr 13 2023

web ausdauer für einsteiger diese fehler sollten sie vermeiden wie sie als sporteinsteiger ihre ausdauer trainieren ohne den körper zu überfordern sporteinsteiger die ihre ausdauer trainieren möchten sollten mit dem training langsam starten

ausdauer verbessern so klappt s runner s world - May 14 2023

web dec 1 2021 vom 5 zum 10 kilometer läufer aufsteigen vom halbmarathon zum marathonsläufer kein problem unsere trainingstipps und beispiele machen es für alle möglich die eigenen grenzen zu verschieben

ausdauertraining so steigern sie ihre kondition mylife de - Dec 09 2022

web jul 27 2021 ausdauertraining die richtige technik regelmäßiges ausdauertraining wirkt sich auf organe muskeln und andere körperstrukturen aus da diese sich unterschiedlich schnell anpassen sollte man dies im trainingsplan berücksichtigen

ausdauersport richtiges training und ernährung academy of - May 02 2022

web apr 26 2020 während radfahren zur arbeit oder 30 minuten joggen unbedenklich sind zählt bei intensiverem training das richtige maß eine halbe stunde sport an vier bis fünf tagen pro woche gilt als gesund für ausdauersportler ist es ratsam pausen in den trainingsplan einzubauen

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web mar 17 2023 kraft und ausdauertraining richtig kombinieren sportwissenschaftliche trainingstipps die perfekte kombination krafttraining zielt eher auf eine verbesserung der maximalkraft und steigerung der muskelmasse ab ausdauertraining auf eine steigerung der maximalen sauerstoffaufnahme fähigkeit erfahren sie in diesem artikel wie sie

ausdauertraining tipps und grundlagen für anfänger elle - Mar 12 2023

web jan 28 2020 foto istock laufen fahrradfahren oder schwimmen ein ausdauertraining verbessert die körperliche fitness wer seine ausdauer aufbaut und sein training gezielt darauf auslegt tut seiner gesundheit gutes hier bekommst du die wichtigsten fakten und tipps zum thema