

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
skateboarding	7	66	the activity of moving using a board with small wheels	noun	Skateboarding is a popular hobby with teenagers everywhere.	A2	'skeɪt,bɔː.dɪŋ
gymnastics	7	66	a sport in which you do physical exercises on the floor and on different pieces of equipment, often in competitions	noun	The Firecrackers are a group of young girls who do gymnastics.	B1	dʒɪm'neɪs.tɪks
football	7	66	a large ball made of leather or plastic and filled with air, used in games of football	noun	Nikolai Kutsenko can do amazing things with a football.	A1	'fʊt.bɔːl
golf	7	66	a game on grass where players try to hit a small ball into a series of holes, using a long, thin stick	noun	He can hit a golf ball.	A2	gɒlf
kick	7	66	to hit someone or something with your foot	verb	He can kick a ball well.	A1	kɪk
hit	7	66	to touch someone or something quickly and with force using your hand or an object in your hand	verb	He can hit a golf ball.	A2	hɪt
push	7	66	to move someone or something by pressing them with your hands or body	verb	He jumps on the skateboard and pushes it with his feet.	A2	pʊʃ
jump	7	66	to push your body up and away from the ground using your feet and legs	verb	He jumps on the skateboard and pushes it with his feet.	A2	dʒʌmp
spin	7	66	If something or someone spins, they turn around and around quickly.	verb	They can jump and spin and do somersaults.	C1	spɪn
somersault	7	66	when you roll your body forwards or backwards so that your feet go over your head and come back down to the ground again	noun	They can jump and spin and do somersaults.		'sʌm.ə.sɔːlt
skipping rope	7	67	a rope that you move over your head and then jump over as you move it under your feet	noun	The Firecrackers use a skipping rope at the same time.		'skɪp.ɪŋ ,rəʊp
routine	7	67	a regular series of movements used in a performance	noun	But some gymnastics routines use music, too.	B1	ruː'tiːn
can	7	68	to be able to	verb	They can jump.	A1	kæn
can't	7	68	the negative of the verb 'can'	verb	He can't read or write.	A1	kɑːnt
ice-skate	7	68	to move across ice using boots with a thin metal part on the bottom	verb	I can ice-skate but I can't play volleyball.	A2	'aɪs.skeɪt
ride a bike	7	68	to travel using a bicycle	phrase	He can't ride a bike.	A2	'raɪd ə 'baɪk
play volleyball	7	68	to play a game in which two teams use their hands to hit a ball over a net	phrase	I can ice-skate but I can't play volleyball.	A2	'pleɪ 'vɒl.i.bɔːl
do tae kwon do	7	68	to do a sport that is originally from Korea, in which people fight with their hands and feet	phrase	Can you do tae kwon do?		duː ,taɪ 'kwɒn dəʊ
surf	7	68	to ride on a wave as it comes towards land, while standing or lying on a special board	verb	She can surf.	A2	sɜːf
play basketball	7	68	to play a game in which two teams try to win points by throwing a ball through a high net	phrase	I like playing basketball.	A1	'pleɪ 'bɑːskɪt.bɔːl
snowboard	7	68	to stand on a large board and move across snow	verb	We snowboard in winter.	B1	'snəʊ.bɔːd
play tennis	7	68	to play a sport in which two or four people hit a small ball to each other over a net	phrase	Do you want to play tennis?	A1	'pleɪ 'tenɪs
quarter past	7	69	used to say that it is fifteen minutes after the hour	phrase	It's quarter past four.	A1	'kwɔː.tə ,pɑːst
half past	7	69	used to say that it is thirty minutes after the hour	phrase	It's half past eight.	A1	'hɑːf ,pɑːst
o' clock	7	69	used after the numbers one to twelve to mean exactly that hour when you tell the time	phrase	It's three o'clock.	A1	ə 'klɒk
quarter to	7	69	used to say that it is fifteen minutes before the hour	phrase	It's quarter to one.	A1	'kwɔː.tə tuː
winner	7	70	someone who wins a game or competition	noun	Bhutan win 4–0, but everyone decides that football is the real winner.	A2	'wɪn.ə
win	7	70	to get the most points in a competition or game	verb	Bhutan win 4–0, but everyone decides that football is the real winner.	A2	wɪn
final	7	70	the last in a series of games, races or competitions, usually the one in which the winner is chosen	noun	Two great teams, Brazil and Germany, are ready to play in the World Cup final.	A2	'faɪ.nəl
organise	7	70	to make arrangements for something to happen	verb	He organises 'the other final'.		'ɔː.gən.aɪz
January	7	71	the first month of the year, after December and before February	noun	the 1st January	A1	'dʒæn.jʊ.ri
February	7	71	the second month of the year, after January and before March	noun	the 27th February	A1	'feb.ru.ər.i
March	7	71	the third month of the year, after February and before April	noun	the 26th March	A1	mɑːtʃ
April	7	71	the fourth month of the year, after March and before May	noun	the 20th April	A1	'eɪ.prəl
May	7	71	the fifth month of the year, after April and before June	noun	the 30th May	A1	meɪ
June	7	71	the sixth month of the year, after May and before July	noun	the 24th June	A1	dʒuːn
July	7	71	the seventh month of the year, after June and before August	noun	the 22nd July	A1	dʒʊ'laɪ
August	7	71	the eighth month of the year, after July and before September	noun	the 13th of August	A1	'ɔː.gəst
September	7	71	the ninth month of the year, after August and before October	noun	the 23rd September	A1	sep'tem.bə
October	7	71	the tenth month of the year, after September and before November	noun	the 22nd October	A1	ɒk'təʊ.bə
November	7	71	the eleventh month of the year, after October and before December	noun	the 5th November	A1	nəʊ'vem.bə
December	7	71	the twelfth and last month of the year	noun	the 23rd December	A1	dɪ'sem.bə
winter	7	71	the coldest season of the year, between autumn and spring	noun	Winter is from December to February.	A1	'wɪn.tə
spring	7	71	the season of the year between winter and summer, when the weather becomes warmer and plants start to grow again	noun	Spring is from March to May.	A2	spɪŋ
summer	7	71	the season of the year between spring and autumn, when the weather is warmest	noun	Summer is from June to August.	A1	'sʌm.ə
autumn	7	71	the season of the year between summer and winter, when leaves fall from the trees	noun	Autumn is from September to November.	A2	'ɔː.təm
first	7	71	1st written as a word	ordinal	I live on the first floor.	A1	'fɜːst
second	7	71	2nd written as a word	ordinal	Her birthday is on the second of May.	A1	'sek.ənd
third	7	71	3rd written as a word	ordinal	the third road on the right	A2	θɜːd
fourth	7	71	4th written as a word	ordinal	My birthday is on the fourth of December.	A2	fɔːθ
fifth	7	71	5th written as a word	ordinal	the fifth floor of the building	A2	fɪfθ
sixth	7	71	6th written as a word	ordinal	I have to return my library books on the sixth (of July).	A2	sɪksθ
seventh	7	71	7th written as a word	ordinal	It's the seventh (of May) today.	A2	'sev.ənθ
eighth	7	71	8th written as a word	ordinal	He finished eighth in the race.	A2	eɪtθ
ninth	7	71	9th written as a word	ordinal	The ninth letter of the alphabet is I.	A2	naɪnθ
tenth	7	71	10th written as a word	ordinal	My sister's birthday is on the tenth of July.		tenθ
eleventh	7	71	11th written as a word	ordinal	Our holiday is on the eleventh of October this year.		i'lev.ənθ
twelfth	7	71	12th written as a word	ordinal	Today is the twelfth of September.		twelfθ
thirteenth	7	71	13th written as a word	ordinal	She lives on the thirteenth floor.		θɜː'tiːnθ
twentieth	7	71	20th written as a word	ordinal	Our school's Sports Day is on the twentieth of June.		'twen.ti.əθ
thirtieth	7	71	30th written as a word	ordinal	Today is my aunt's thirtieth birthday.		'θɜː.ti.əθ
thirty first	7	71	31st written as a word	ordinal	This year is our school's thirty-first Maths competition.		'θɜː.ti 'fɜːst
stuff	7	73	used to refer to a substance or a group of things or ideas, etc. without saying exactly what they are	noun	I've got some stuff to do first, but I think 3.30 is OK.	B1	stʌf
Now what?	7	73	used to ask what will happen next or what you should do next	phrase	Now what do we do?		'nəʊ ,wɒt
It's no big deal	7	73	used to say that something is not important	phrase	It's no big deal. I'm sure I can fix it.		ɪts ,nəʊ bɪg 'diəl
I'm sure	7	73	used to say that you are certain about something	phrase	It's no big deal. I'm sure I can fix it.		aɪm 'ʃʊː