

WORD	UNIT NO	PAGE	DEFINITION	POS	EXAMPLE	CEF	IPA
basketball	8	74	a game in which two teams try to score points by throwing a ball through a high net, or the ball used in this game	noun	He plays a lot of basketball.		'bɑːskɪt.bɔːl
horseracing	8	74	the sport where people race on horses, usually to win money	noun	We love to watch horseracing on TV.		'hɔːs.reɪ.sɪŋ
mountaineering	8	74	the sport or activity of climbing mountains	noun	She belongs to a mountaineering club.		ˌmaʊn.tɪ'niə.rɪŋ
athletics	8	74	the sports which include running, jumping and throwing	noun	an athletics team/club/meeting		æθ'let.ɪks
swimming	8	74	the activity of moving through water by moving your body	noun	Let's go swimming today.		'swɪm.ɪŋ
tennis	8	74	a sport in which two or four people hit a small ball to each other over a net	noun	Do you fancy a game of tennis?	A2	'ten.ɪs
ball	8	74	a round object that you throw, kick, or hit in a game, or something with this shape	noun	a beach/golf/tennis ball	B1	bɔːl
race	8	74	a competition in which people run, ride, drive, etc. against each other in order to see who is the fastest	noun	a horse race	B1, B2	reɪs
track	8	74	a path, often circular, used for races	noun	a race track	B1	træk
water	8	74	the clear liquid that falls from the sky as rain and that is in seas, lakes, and rivers	noun	hot/cold water	B2	'wɔː.tə
rope	8	74	very thick string made from twisted thread	noun	We tied the boat to a post with a length of rope.	B1	rəʊp
net	8	74	an object that has many holes in it and that is used in many sports and for catching fish	noun	a fishing net	A1, C2	net
match	8	74	a sports competition in which two people or teams compete against each other	noun	a football/tennis match	A1	mætʃ
rider	8	74	someone who rides a horse, bicycle, or motorcycle	noun	One of the riders was thrown off his horse.	A2	'raɪ.də
finish line	8	74	a line that marks the end of a race	noun	He was first to cross the finish line.	A1, B1	'fɪn.ɪʃ ˌlaɪn
try	8	75	to attempt to do something	verb	I tried to open the window but I couldn't.	A1	traɪ
win	8	75	to get the most points in a competition or game	verb	Which year was it that Italy won the World Cup?	B1	wɪn
lose	8	75	to stop having something that you had before	verb	If we lose this game, we're out of the championship.	A2, C2	luːz
run	8	76	to move on your feet at a faster speed than walking	verb	He can run very fast.	A2	rʌn
sailing	8	76	a sport using boats with sails	noun	a sailing boat		'seɪ.lɪŋ
diving	8	76	the activity of swimming under water, usually with breathing equipment	noun	I want to go diving in Malta.		'daɪ.vɪŋ
golf	8	76	a game on grass where players try to hit a small ball into a series of holes, using a long, thin stick	noun	Do you play golf?		ɡɒlf
gymnastics	8	76	a sport in which you do physical exercises on the floor and on different pieces of equipment, often in competitions	noun	Let's watch the gymnastics on TV.	B1	dʒɪm'næst.ɪks
rock-climbing	8	76	the activity of climbing large pieces of hard stone	noun	We go rock-climbing in this area.		'rɒk.klaɪ.mɪŋ
rugby	8	76	a sport played by two teams with an oval ball and H-shaped goals	noun	He's a keen rugby fan.	B1, B2, C1	'rʌɡ.bi
snowboarding	8	76	a sport in which you stand on a large board and move over snow	noun	I love snowboarding.		'snəʊ.bɔː.dɪŋ
skiing	8	76	the sport of moving over snow on skis	noun	I'm going skiing at Easter.		'skiː.ɪŋ
volleyball	8	76	a game in which two teams use their hands to hit a ball over a net without allowing it to touch the ground	noun	They played volleyball on the beach.		'vɒl.i.bɔːl
windsurfing	8	76	a sport in which you sail across water by standing on a board and holding onto a large sail	noun	We had a great holiday by the beach with lots of windsurfing.	A2	'wɪnd,sɜː.fɪŋ

player	8	76	someone who takes part in a game or sport	noun	a football/tennis player	A1	'pleɪ.ə
team	8	76	a group of people who work together to do something	noun	a basketball/hockey/netball team	A1	ti:m
play football	8	76	to take part in a game of football	phrase	I love to play football.	A1, B1	,pleɪ 'fʊt.bɔ:l
go running	8	76	to run as a form of exercise	phrase	I go running three times a week.	A1	,gəʊ 'rʌn.ɪŋ
do athletics	8	76	to do sports that involve running, jumping and throwing	phrase	I did athletics at school.	B1	,du: æθ'let.ɪks
team sport	8	76	sport that involves groups of people playing together	phrase	I don't enjoy team sports.		'ti:m ,spɔ:t
water sport	8	76	sport that takes place in or on water	phrase	Popular water sports include surfing and water skiing.		'wɔ:..tə ,spɔ:t
football	8	77	a game in which two teams of players kick a round ball and try to score goals	noun	Do you play football?		'fʊt.bɔ:l
running	8	77	the sport of moving on your feet at a speed faster than walking	noun	I keep fit by running.		'rʌn.ɪŋ
skateboarding	8	77	the activity of moving by standing on a board with wheels	noun	We're going skateboarding at the park later.		'skeɪt ,bɔ:..dɪŋ
surfing	8	77	the sport of riding on a wave on a special board	noun	Let's go surfing this afternoon.		'sɜ:.fɪŋ
cycle	8	77	to ride a bicycle	verb	I cycle a lot too.		'saɪ.kl
team games	8	77	games that involve groups of people playing together	plural noun	I don't really like team games and sports very much.		'ti:m ,geɪmz
skate-park	8	77	a place where people do skateboarding, in-line skating, etc.	noun	There's a skate-park with a really good ramp.		'skeɪt.pɑ:k
ramp	8	77	a sloping surface that joins two places that are at different heights	noun	There's a skate-park with a really good ramp.		ræmp
ski	8	77	to move over snow on skis	verb	I'm learning to ski too.	A2	ski:
competition	8	78	an organized event in which people try to win a prize by being the best, fastest, etc.	noun	a swimming/chess competition	B1	,kɒm.pə'tɪʃ.ən
American football	8	78	a game for two teams of eleven players in which each team tries to kick, run with, or throw an oval ball across the opposing team's goal line	noun	Do you know the rules of American football?	A2	ə ,mer.ɪ.kən 'fʊt.bɔ:l
sumo wrestling	8	78	a style of wrestling (=a fighting sport) originally from Japan, in which each man tries to defeat the other either by pushing him outside of a special ring or by forcing him to touch the ground with a part of his body other than the bottom part of the foot	noun	I enjoy watching sumo wrestling.	A2	'su:.məʊ ,res.lɪŋ
wrestler	8	78	a person who wrestles as a sport	noun	He is a professional wrestler.	A2	'res.lə
referee	8	78	a person who is in charge of a sports game and who makes certain that the rules are followed	noun	I think the referee made the wrong decision.		,ref.ə'ri:
cycle race	8	78	a race between people riding bicycles	noun	She took part in a cycle race.	A1, A2, B2, C2	'saɪ.kl ,reɪs
cyclist	8	78	someone who rides a bike	noun	He drove into a cyclist.	A2, B1, B2	'saɪ.klɪst
first half	8	78	the first part of a sports match	noun	He scored a goal in the first half.	A1, A2, B1, B2, C2, CB	'fɜ:st ,hɑ:f
kick-off	8	78	the time when a football match begins	noun	Kick-off is at 6pm.	A1, A2, B1, B2, C2	'kɪk.ɒf
half time	8	78	a short period of rest between the two halves of a game	noun	The players went off at half time.	A1, C	,hɑ:f 'taɪm
second half	8	78	the second part of a sports match	noun	They played better in the second half.	A1, C2	'sek.ənd ,hɑ:f
at first	8	79	at the beginning of a situation or period of time	phrase	At first I thought she was unfriendly, but actually she's just shy.		ət 'fɜ:st
then	8	79	at that time or next, after something has happened	adverb	I've got two essays to write and then my science project to finish.		ðen
after	8	79	when a time or event has happened	preposition	Shall we go for a walk after breakfast?	B1	'ɑ:f.tə

finally	8	79	after a long time or some difficulty	adverb	We finally got home at midnight.	A2, B2	'faɪ.nə.li
marathon	8	80	a running race of slightly over 26 miles (42.195 kilometres)	noun	the London marathon		'mær.ə.θən
athlete	8	80	a person who is very good at sports or physical exercise, especially one who competes in organized events	noun	He became a professional athlete at the age of 16.		'æθ.li:t
spectator	8	80	someone who watches an event, sport, etc.	noun	They won 4-0 in front of over 40 000 cheering spectators.		spek'teɪ.tə
bronze medal	8	80	a metal disc given as a prize to the person or team that comes third in a race or competition	phrase	She won a bronze medal at the Olympics.		,brɒnz 'med.əl
silver medal	8	80	a metal disc given as a prize to the person or team that comes second in a race or competition	phrase	He was happy to win a silver medal.		,sɪl.və 'med.əl
gold medal	8	80	a metal disc given as a prize to the person or team that comes first in a race or competition	phrase	Who will win the gold medal this year?		,gəʊld 'med.əl
stadium	8	81	a large, open area with seats around it, used for playing and watching sports	noun	Thousands of football fans packed into the stadium to watch the match.		'steɪ.di.əm
trophy	8	81	a prize, such as a silver cup, that you get for winning a race or competition	noun	He's an excellent snooker player, but he's never won a major trophy.		'trɒf.i
goal	8	81	a point scored in sports such as soccer, when a player sends a ball or other object into a particular area, such as between two posts	noun	He scored two goals in the second half.		gəʊl
winner	8	81	someone who wins a game or competition	noun	There'll be a prize for the winner.		'wɪn.ə
climb	8	74	to go up, or to go towards the top of something	verb	In 2010, Gerlinde Kaltenbrunner had already tried to climb K2 three times.		klaɪm
accident	8	74	something bad which happens that is not expected or intended, and which causes injury or damage	noun	The accident happened in the evening.		'æk.sɪ.dənt
shine	8	76	to produce bright light	verb	The sun shone in Barcelona.		ʃaɪn
dream	8	76	something that you want to happen very much but that is not very likely	noun	Her dream was to climb them all.		dri:m
practise	8	77	to do or play something regularly or repeatedly in order to become skilled at it	verb	I practise a lot.		'præk.tɪs
competitive	8	77	wanting very much to win or be more successful than other people	adjective	I am not competitive.		kəm'pet.ɪ.tɪv
lose control	8	78	to no longer be able to make something do what you want	phrase	After two seconds, he lost control of the bike.		,lu:z kən'trəʊl
take place	8	80	to happen	phrase	The Olympic Games take place every four years.		,teɪk 'pleɪs
cross	8	80	to go across from one side of something to the other	verb	People picked him up and he crossed the line.		kɹɒs
grab	8	80	to take hold of something or someone suddenly	verb	She grabbed him so he couldn't run away.		græb
high	8	86	great in amount, size or level	adjective	a high temperature		haɪ