

IELTS Speaking – Topic 1.5: Sports

Câu 1: Do you play any sports?

“Not really. I always promise myself that I’m going to take up a sport frequently and try to get into shape but I never seem to get started. Actually, I had a crack at basketball years ago but it was too strenuous for me so I only watch sports but barely play any of them, you know as I am rather lazy not to mention busy with my job commitment and study. I play badminton with my brother in the park when we’re hanging out though.”

▪ **Từ vựng:**

take up	bắt đầu tham gia vào
get into shape	giữ dáng, trở nên cân đối
get started	bắt đầu
have a crack at	thử
strenuous	khó khăn, căng thẳng

Câu 2: What is your favorite sport?

“Volleyball, definitely. I like serving in volleyball which is the only kind I can do well. You know, when I was at high school, I was not popular at all but when the seasons came, I was always called on to serve as an integral member of the team. It was the only time I feel popular, which makes my school time a memorable period.”

▪ **Từ vựng**

serve (in)	chơi
integral	quan trọng, thiết yếu, không thể thiếu

Câu 3: How often do you play sports?

“Well actually, I think I would have to say that it really depends. You know, like for instance, if I have a lot of spare time, then it’s quite possible that I will catch up with some of my friends in a badminton play, maybe twice or 3 times a week. Whereas in contrast, if I’m fairly busy, like this time of the year, oh god, it’s more likely that I’ll have to politely refuse any of invitations or offers for a play which’ll take my time away.”

Câu 4: What sports are the most popular in your country?

“Soccer is probably the most popular game in the world and people in our country are not any exception to have great passion for this sport. But truly be told, I don’t understand why people are

so crazily in love with this. I accept the fact that this makes them become physically active and sometime makes us, I mean, our people share excitement and pride of our own country, especially when it comes to international tournament like Sea Games or Asian Cup...I really like the atmosphere, but not the sport itself. But still, the number of people who watch this game in stadium and on TV is huge as well as the number of people who are enjoying playing it. Most of the people of our country know the rules of this game and they always discuss this as they were experts. And can you believe that some just get the idea that by playing this, they will become manlier. Are they serious? But whatever I say, it's still the best.”

▪ Từ vựng:

truly be told	thật sự mà nói
physically active	thể chất khỏe khoắn
international tournament	giải đấu quốc tế
experts	chuyên gia

Câu 5: Do you think it is important to play a sport?

“Absolutely! It really doesn't matter what sport you choose as long as it keeps you physically active. You know, people doing sports tend to live longer, healthier and happier lives as I remember having read somewhere. Anyway! And also, it's particularly good for kids, I think coz it's not only keeps them healthy but it also teaches them discipline and keeps them out of trouble, if you know what I mean. But still, don't let it occupy too large quantity of your time as over-indulgence in anything could do more harm than good.”

▪ Từ vựng:

tend to	có xu hướng
anyway	dù sao thì, nói gì thì nói
discipline	tính kỷ luật, quy tắc
out of trouble	không gặp rắc rối
over-indulgence	quá ham mê

Câu 6: What sports would you like to try in the future?

“Well, I guess what I'll try in the future is swimming, indeed. The point is I'm the one who fears the hell the death so it freaks me out whenever I'm out there on the beach although I really like

water. Plus, it can build my strength and improve my flexibility and balance. Besides, as far as I know, this sport can help me improve my relatively not so good height.”

▪ Từ vựng:

fear the death	sợ chết
freak out	làm hoảng sợ
Plus	thêm vào đó, bên cạnh đó
flexibility	tự linh hoạt, dẻo dai
relatively	tương đối

Câu 7: Do you prefer watching or playing sports?

“I prefer playing sports to just watching them but it has to be what I’m already good at. I guess the reason for my choice is that I’m a competitive person and I want to play to win, I love that feeling. I know that’s bad but I can’t control it. As well as that, being out there playing makes me feel energizing and revitalizing, rather than just watching. Even so, watching sports seems fun when you’re with the crowds or your friends, too.”

▪ Ở đây, các bạn để ý cách nói “thích cái gì đó hơn” với PREFER

Thường bạn có thể dùng “**prefer to (do)**” hoặc “**prefer + Ving**” để diễn tả bạn thích điều gì đó hơn (thường nói về sở thích)

VD: I don’t like cities. I prefer to live in the country. = I prefer living in the country. (Tôi không thích thành phố. Tôi thích sống ở nông thôn hơn.)

Ngoài ra còn có cấu trúc sau: “**prefer st to st else**”

VD: I prefer this dress to the one you were wearing yesterday. (Anh thích bộ quần áo này hơn bộ em đã mặc ngày hôm qua.)

▪ **prefer doing st to doing st else = prefer to do st rather than (do) st else**

VD: I prefer flying to travelling by train. (Tôi thích đi máy bay hơn là đi bằng xe lửa.)

I prefer to live in Haiphong city rather than (live) in Ha Noi. (Anh thích sống ở thành phố Hải Phòng hơn là sống ở Hà Nội.)

▪ Từ vựng

competitive person	người thích cạnh tranh
energizing	tràn đầy năng lượng
revitalizing	tràn trề sức sống

- Một số từ vựng khác về chủ đề này các bạn có thể dùng cho câu trả lời riêng của mình. Các bạn hãy tự tra từ điển các từ này để biết nghĩa và cách đọc, cách phát âm của nó nhé. Hãy cố gắng đặt một câu với một từ, một câu có nghĩa nhé.

- Nouns

team game	spectator sport
physical activity	squad
solo sport	leisure center
fitness instructions	quarterfinal
semifinal	health benefit

- Verbs

compete	challenge	get fit
lose weight	stay healthy	break record

- Adjectives

strenuous	physical	energizing
revitalizing	amateur	character building

- Idioms

have a crack at (= had a try at)	I had a crack at baseball but it was too strenuous for me.
get into shape	I've been trying to get into shape by going to the gym.

Topic Vocabulary >> Lesson 4: Sport

We all have a relationship with sport: we might watch it, play it or try our best to avoid it.

Because it's such an important subject you may find yourself being asked questions about sport in the IELTS Speaking exam.

Read the following IELTS-style questions and answers below and pay attention to the phrases in **bold**. Use the 'Definitions' section at the bottom of the page to check the meaning of any phrases you don't understand.

Part 1-style questions

Examiner: Do you do any sports?

Loiuse: Not really ... no ... I always say I'm going **to take up exercise** and try **to get into shape** but I never seem to get started ... I sometimes wonder whether I should get **a personal trainer** ... someone who will sort out **a fitness programme** for me and make me **train hard**

Examiner: How do you spend a typical weekend?

Stella: I'm a big **football fan** and weekends always centre around **a football match** ... I support FC Utrecht and have **a season ticket** so I go to most of the **home games** and quite a few of the **away games** too ... I'm really looking forward to the new **football season** starting soon ...

Examiner: Have you got any hobbies or interests?

Theo: Yes ... I'm really keen on sports ... I **do judo** once a week and **play tennis** in the summer ... I think it's really important **to keep fit** ... it makes you feel good and energised for work and your studies

Part 2-style task

Describe a place you like going to in your leisure time. You should say:

Maurice: I'd like to talk about my local **sports centre** ... it's a place I spend a lot of time in ... it's a new building with all the latest **sports facilities** ... I probably go there at least twice a week ... sometimes more often ... it's a huge place ... there's an outdoor **athletics track** and some **football pitches** ... I **play football** so I'm often out there ... there are several indoor **squash and tennis courts** that I use occasionally ... a big **swimming pool** ... although I don't use that very often ... I'm not a very **strong swimmer** ... there's a gym ... lots of things really ... why do I enjoy going there ... it's just a really fun place to be ... there's a good social side to it all ... you can enter competitions ... meet up with other people who want to do the same sports ... and because there are so many activities on offer it gets you interested in different things ... for example I was listening to some people talking about training **to run the marathon** and I've decided I might even think about that ... I **go jogging** a couple of times a week so it would give me something to aim for ... so yes ... the sports centre ... that's the place I really like to visit ...

Part 3-style questions

Examiner: Should people be encouraged more to take up sport?

Alejandro: I think young people should be given the chance to discover which sport they might like ... watching sport is sometimes a good way to get people started ... not on TV but actually getting out ... take athletics for example ... they could go to **an athletics meeting** ... there are so many different sports on show one might interest them ...

Examiner: Why do some people enjoy participating in sport more than others?

Florrie: That's a good question ... I suppose some people are more concerned about their health ... they can't stand the thought of **being out of condition** ... other people might be driven to excel ... they want **to set records** or get **personal bests** ...

Examiner: Which sports do you think are best for people who aren't used to physical activity?

Julie: Well ... I think people like this should avoid **strenuous exercise** so things like **circuit training** are definitely out of the question ... maybe just doing **a brisk walk** every day ... or swimming is always a good way to get started ...

- ***an athletics meeting***: an event where various athletics sports are held
- ***an athletics track***: a running track
- ***an away game***: a football match played in the opposing teams stadium
- ***a brisk walk***: a fast walk
- ***to do judo***: (not go or play)
- ***a football fan***: someone who likes football
- ***a fitness programme***: a schedule of activities to keep fit
- ***a football match***: a game of football
- ***a football pitch***: the surface on which you play football (as opposed to a stadium, which is the building)
- ***a football season***: a period in the year when football is played
- ***to get into shape***: to become fit
- ***to go jogging***: to run around the streets
- ***a home game***: a football match played in the teams own stadium
- ***to keep fit***: to stay in good physically condition
- ***to be out of condition***: to not be physically fit
- ***a personal best***: to achieve the best personal result so far in a sport
- ***a personal trainer***: a sports coach that helps you on a one-to-one basis
- ***to play tennis/football***: (not do or go)
- ***to run the marathon***: to run a distance of 42.195 Kilometres
- ***a season ticket***: a ticket that gives you entry to most of a team's home games during the sporting year.
- ***to set a record***: to achieve the best result in a sport
- ***a sports centre***: a public building where people can do various sports
- ***sports facilities***: the equipment and services needed to do a sport
- ***a squash/tennis/badminton court***: the surface where you play these sports
- ***strenuous exercise***: exercise that needs a lot of physical effort
- ***a strong swimmer***: a good swimmer
- ***a swimming pool***: the place where you swim
- ***to take up exercise***: to start doing exercise
- ***to train hard***: to train with a lot of effort