I. Tick five things that make you want to stop competing during a sports tournament.

a. You are tired
b. You are too hot
c. You feel sick
d. You win
e. You hurt your leg
f. You are angry

2.

a. Read

This is a very long tennis match.

I know! John looks very tired.

Oh look! I think he wants to throw in the towel.

You’re right. He’s leaving the court.

b. Complete:

Michela...........................................................................................................at the swimming competition last week. She felt sick and went home.
3. Read these sports idioms and match each one to the correct meaning.

a. Louisa was **off the hook** for the weekend; her parents didn’t need her to babysit. Hurray! She was free to see her friends.

b. Marcus was tired in the middle of the race but then he **got a second wind** and ran to the finish line.

c. Julie didn’t think she could win the art competition but she decided to **give it her best shot**.

d. Joey hurt his hand in the basketball tournament but he didn’t **throw in the towel**, he continued to play and his team won.

e. Jennifer always **went overboard** at parties – there were too many decorations, they were all over the house and in the garden.

f. The ball was in Beatrice’s court now – it was her choice, did she want the new job or not?

1. to do too much

2. to find more energy

3. when a person has to make a decision

4. give up / surrender

5. free of responsibility

6. do the best you possibly can

4. Complete the sentences with idioms from exercise 3:

a. Kelly…………………………………………………………………………………………………… but she didn’t win first prize.

b. Emma…………………………………………………………………………………………………… and ran over the finish line.

c. Noah didn’t have to stay home and clean the car with his dad, he was ………………………………………… at the last minute.

d. Joanne always…………………………………………………………………………………for carnival; her costumes are always really extravagant.

e. Matthew’s friend said sorry. Now……………………………………………………………did he want to accept his friend’s apology?

f. Paul wanted to…………………………………………………………………………………but his coach encouraged him to continue.
Teacher’s Notes

1. Tick a, b, c, e, f, but not d.

2b. Complete

Michela **threw in the towel** at the swimming competition last week. She felt sick and went home.

3. Match the sports idioms to their correct meaning.

a. 5  
   b. 2  
   c. 6  
   d. 4  
   e. 1  
   f. 3

Ask the students some questions to elicit use of the idioms after they have competed the sentences to enable freer practice. For example:

*Tell your partner about a time that you *threw in the towel.*

4. Complete using idioms from exercise 3.

a. Kelly **gave it her best shot**, but she didn’t win first prize.

b. Emma **got a second wind** and ran over the finish line.

c. Noah didn’t have to stay home and clean the car with his dad, he was **off the hook** at the last minute.

d. Joanne always **goes overboard** for carnival; her costumes are always really extravagant.

e. Matthew’s friend said sorry. Now **the ball was in his court**, did he want to accept his friend’s apology?

f. Paul wanted to **throw in the towel**, but his coach encouraged him to continue.