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-  — метапредметные результаты.

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Рабочая тетрадь является составной частью УМК по английскому языку для 8 класса серии «Rainbow English» и соответствует ФГОС основного общего образования. Пособие предназначено для самостоятельной работы учащихся в школе и дома и содержит задания для повторения и закрепления изученного по учебнику материала.

Специальными значками отмечены задания, направленные на формирование метапредметных умений и личностных качеств учащихся.

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Contents

Unit **One. Sport and Outdoor Activities**

I. Listening	4
II. Reading	5
III. Speaking	9
IV. Use of English	9
Vocabulary exercises	9
Grammar exercises	15
V. Writing	23
VI. Bonus for Eager Learners	25

Unit **Two. Performing Arts: Theatre**

I. Listening	26
II. Reading	27
III. Speaking	31
IV. Use of English	32
Vocabulary exercises	32
Grammar exercises	41
V. Writing	48
VI. Bonus for Eager Learners	49

Unit **Three. Performing Arts: Cinema**

I. Listening	51
II. Reading	52
III. Speaking	56
IV. Use of English	57
Vocabulary exercises	57
Grammar exercises	63
V. Writing	70
VI. Bonus for Eager Learners	72

Unit **Four. The Whole World Knows Them**

I. Listening	73
II. Reading	74
III. Speaking	78
IV. Use of English	79
Vocabulary exercises	79
Grammar exercises	84
V. Writing	92
VI. Bonus for Eager Learners	94

Unit One

Sport and Outdoor Activities

I. Listening

1 Listen to the text, (1), and match its parts (a—e) with the titles (1—6). There is one title you don't have to use.



1. Keeping Your Body Safe
2. Birth of the Game
3. Russia's Most Favourite Winter Game
4. Conquering Countries across the Ocean
5. Some Features of the Game
6. Varieties of the Game



PARTS OF THE TEXT	a	b	c	d	e
TITLES					

EXTRA _____

2 Listen to the interview, (2), and decide which of the statements below are true (T), false (F) or not stated (NS) in it.

1. The Olympic Games in Kila Raipur cost their organizers millions of dollars.
2. The Kila Raipur Olympics are an important event for the local people.
3. The Kila Raipur Olympics take place from February 11 to February 13.
4. The Kila Raipur Olympics are open for local participants only, as they are India's finest athletes.
5. Most of the athletes in the Kila Raipur Olympics are young people.
6. Some of the Kila Raipur Olympic events are fairly exotic.

STATEMENTS	1	2	3	4	5	6
VARIANTS						

3 Listen to the text, (3), and answer the following questions.

1. Who were the people to play lacrosse at the beginning? — _____

2. Do lacrosse players use only their feet to score goals? — _____

3. Why is skill especially important in this game? —

4. How many different kinds of the game do people play nowadays? — _____

5. Has lacrosse ever been included in the Olympic Games? — _____



II. Reading

4 Read the words in transcription.

- | | | |
|------------------|--------------|--------------------|
| 1. [əd'vɑ:ntɪdʒ] | 6. [gəʊ] | 11. [spek'teɪtə] |
| 2. [æθ'letɪks] | 7. ['ɒnə] | 12. [ti:m] |
| 3. [klaɪm] | 8. ['næʃnəl] | 13. [ðəʊ] |
| 4. [ɪ'kwɪpmənt] | 9. ['nəʊbl] | 14. [dʒɪm'næstɪks] |
| 5. [ɪk'sɑ:tmənt] | 10. [pi:s] | 15. ['sɜ:fɪŋ] |

5 Read the words, word combinations and sentences out loud.

- A.** Advantage, battle, crew, event, excited, honour, join, return, score, taste.
- B.** Outdoor activities, package holidays, travelling abroad, sea resorts, enough time, to have a tendency, foreign countries, travel agencies, to go on excursions, backpacking and camping holidays.
- C.** We used to take long walks in summer. The longer you learn English, the better you know the language. Jane has an advantage over the boys, she can speak French. Have you ever taken part in a race? Though it was rather cool outside, we decided to have a race outdoors. The excited fans shouted and waved national flags. Who scored the goal in the second half? Which of these games is uncommon in your country?

6 Read the texts (1—6) and match them with the titles (a—g). There is one title you don't have to use.



- a) Sport of Nowadays
 b) Record that Needed Courage
 c) Together with People on Earth
 d) Six-year-long Race
 e) Sport and Traditions
 f) One Team, One Colour
 g) Testing His Men

1. Wimbledon is the most prestigious tennis tournament in the world. The first tennis competition took place at Wimbledon as early as in 1877. Every tennis player in the world dreams to play in it. At Wimbledon, the players compete

- on grass and must wear all white. Wimbledon is not only a sports event, but also a social occasion, and it's traditional to eat strawberries and cream there.
2. Sunita Williams is an American astronaut — and the first person to run a marathon in space. She took part in the Boston Marathon but did it aboard the International Space Station. By the time Sunita finished her marathon, she had circled the Earth two times.
 3. Rugby is the most popular sport in New Zealand. The country even has the world's first rugby museum. Rugby appeared in the country for the first time in 1870. New Zealand's national rugby team, the All Blacks, have become very famous. The All Blacks got their name because they wear black shorts, shirts, socks and shoes. Their shirts have the sign of the silver fern, a native plant which is sacred to the Maori people.
 4. Martin Strel, from Slovenia, has become the first man in the world to swim the whole length of the Amazon River. It took Martin 66 days to swim 6,259 kilometres of the mighty river. The Amazon is the world's widest river and the second longest. It's also a dangerous place to go for a swim. That's because it is full of piranhas, crocodiles, sharks and anaconda snakes. "I think the animals have just accepted me. I've been swimming with them such a long time that they must think I'm one of them now," said Martin.
 5. In the 11th century, Scottish King Malcolm III organized contests in a Scottish village called Braemar to find the strongest and fastest men in his kingdom. Those who were the strongest became the king's bodyguards and those who were the fastest became his messengers. The Highland Games were very spectacular and many people came to Braemar at the time of the contest. Some wanted to take part, others just came as visitors.
 6. Robert Garside, a former police officer from Britain, is the first person to run around the world. He started out on his adventure in 1997, and finished it in 2003. It took him all those years to run across 30 countries. And it's taken years to prove that he did it without walking. Now Robert has a certificate saying that he is a real record-holder. "I'm really happy about this, this run cost me everything," he said.

TEXTS	1	2	3	4	5	6
TITLES						

EXTRA _____

7 Read the text and complete the sentences after it.

Land Sailing



Some sailors do not need water. Their "boats" have wheels and they can race them on land. This sport has the name of land sailing, or land yachting, and it has fans all over the world.

In the past land sailing was a means of transportation. Some experts say that it dates back to the ancient Egyptians. In the 1960s and 1970s it was an "underground" sport which they practised mostly in Australia and New Zealand. Now it is becoming more and more popular with people of all ages.

Land sailors who call themselves “pilots” can sail at up to four times the speed of the wind. This means that they can go at 90 km an hour.

Land sailing works best in windy, flat areas — on beaches, fields, and lake beds that have dried up. But the new generation of land sailors have moved to the cities and can now be seen in parks and parking lots.

Land yachts have three wheels and pedals. There are a number of types or classes of land yacht. The largest is the class 2, which can have an 8-metre mast. The class 3, probably the most popular yacht design, is much smaller. The class 5 is still smaller and has a different shape.

A new generation of land-sailing yachts are small, light and not very expensive. One can quickly take them apart for easy transport. They can fit into the back of a car or on a car’s roof rack. And you do not need to be strong to sail it.

One of the most popular microyachts, the Sirocco, appeared in Chicago. “We don’t have big open spaces in the Chicago area,” says the land sail designer Dan Feldman. “Our goal from the start was to produce a land yacht that we could use in rather small places.”

Many sailors, however, prefer to build their own land yachts — from bicycle parts, wood, and other materials.

Land sailing is less dangerous than other extreme sports but land sailors prefer to play safe: they wear helmets, goggles and gloves. Land yachting is also a truly green sport, with no noise or pollution.

1. There is a theory that land sailing _____.
 - a) is a new sport
 - b) has existed for years
 - c) has existed for centuries
 - d) appeared in the 1960s, 1970s

2. Nowadays people practice land sailing _____.
 - a) everywhere
 - b) in the same places as before
 - c) in more places than before
 - d) outside big cities

3. The recent land yachts tend to be _____.
 - a) powerful
 - b) pricey
 - c) strong
 - d) portable

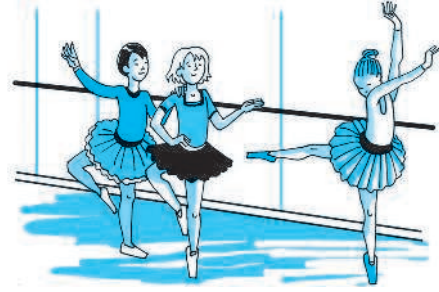
4. Land yachting _____.
 - a) is good for small places
 - b) helps to save money
 - c) is developing in Chicago, USA
 - d) is environmentally friendly

STATEMENTS	1	2	3	4
VARIANTS				

8 A. Read the text silently and then out loud.

Pay attention to:

- your sounds and intonation;
- logical pauses;
- the tempo of reading.



barre exercises

Ballet

Ballet is a performance in which dancing and music tell a story without any speaking. But, in my opinion, ballet is very much like a sport. It certainly can tell a story. It can also express a mood. But it is a very controlled form of dancing, with complicated movements that need great skill and a lot of training. This kind of dancing must look effortless and graceful. A lot of movements that ballet dancers make are unnatural for a human body. Ballet dancers achieve the necessary result after many years of hard training, and the steps to it are so difficult! Even experienced dancers must constantly practice or they may lose their skill.

Some professionals prefer to practise alone and practically all ballet dancers take daily classes. Classes usually begin with barre [bɑ:] exercises. Dancers use the barre for support, that's why they can concentrate on strengthening muscles. The exercises are not at all easy and dancers do them many times, which is certainly boring, but in this way dancers develop endurance¹. Isn't the process like regular sports training?

B. Write 5 questions on the text.

1. _____

2. _____

3. _____

4. _____

5. _____

¹ **endurance** [ɪn'dʒʊərəns] — выносливость

III. Speaking

9 A. Choose one of the pictures and say what you can see in it.



B. What is the story behind the picture? Use your imagination and give some details.

10 Speak about sports in Russia. Say:

- what sports and games are particularly popular in different seasons;
- when people usually start practising them;
- where they practise sports and play games;
- why school sport is important;
- what do you know about Russian athletes on the international arena.

11 Work in pairs. Act out one of the following situations.

Situation One. Two friends want to join some sports club but their tastes are different. One of them prefers team games while the other is all for athletics. They discuss what club to join and in the end come to a certain decision.

Situation Two. Two friends support different teams. Each of them tries to prove that the team they support is better. At the end of the conversation they either agree which team is the best or keep their original points of view.

12 Comment on the following proverbs. Try to connect them with sports activities.



- Paddle your own canoe.
- The strength of the chain is in the weakest link.
- All things are difficult before they are easy.
- Slow but sure wins the race.

IV. Use of English

Vocabulary exercises

13 Choose the words from the box to complete the sentences.

advantages, climbing, excited, race, score, taste, team, though, honour,
battle, end, join, noble, peace, return

1. Are you a member of your school football team? 2. Last year they went _____ in the Alps. 3. Mr Stubbs has always been a man of _____. You can believe him. 4. I don't think Victor has any _____ over you. Both of you are well prepared and have equal chances to win the prize. 5. Jenny is very _____ about becoming a member of your basketball team. 6. I'll _____ you to the end of the road. Let's see who's faster. 7. John never says when he will _____, but we think he'll be at home about six. 8. Sorry, Ann, but such house decorations are not to my _____. I don't like such bright colours. 9. Both countries say they want _____ but continue their military activities. 10. The _____ of Trafalgar is an important event in the British history. In 1805 British ships under admiral Nelson's command won the joined fleet of France and Spain. 11. _____ the match was difficult we managed to _____ the final goal. 12. Which of you is going to _____ in the game? 13. We walked to the _____ of the garden road. 14. Elizabeth was a woman of _____ birth.

14 Explain why people think they should do it.

1. Let's hurry up, or else we'll be late for the game.
2. Let's visit our parents, or else _____
3. Let's join some fitness centre, or else _____
4. Let's buy some new sports equipment, or else _____
5. Let's repeat these rules, or else _____
6. You should finish your job, or else _____
7. You should stay in bed, or else _____
8. Could you buy some potatoes, or else _____
9. Do your room, please, or else _____
10. Learn the poem by heart, or else _____

15 Read the sentences and decide to what parts of speech (noun or verb) the underlined words belong.

1. Louis wanted to know what the score (noun) of the game was and who had scored (_____) the first goal.

2. Their climb () to the top of the hill was not easy, but the members of the expedition didn't complain.
3. I'm not sure this dangerous sport is to my taste ().
4. These oranges taste () a bit bitter.
5. The children's excitement () grew with every moment.
6. The prospect of working in Australia really excited () us.
7. I raced () my brother down the street.
8. Martin needs to win the race () to return his title.

16 A. Make proposals to your friends or relatives and write them down.

1. You want to play a game of chess with your friend. — Why don't we play a game of chess?
2. You think your friend is a good athlete and can be a member of your school sports club. — _____



3. You would like to go to the stadium and have training there together with your friend. — _____
4. You ask your friend to join you in a cycling trip. — _____
5. You would like to buy tickets for the final football match and go there with your friend. — _____

B. Write what you can say to accept these proposals.

1. Let's take part in the high jump competition tomorrow. — OK.
2. I feel like playing badminton. Will you join me? — _____
3. Why don't we go on an excursion to Abramtsevo with our class? — _____
4. How about playing a game of ping-pong? — _____