

Name \_\_\_\_\_

## A2 Wordlist Unit 7

# Navigate

Here is a list of useful or new words from Unit 7 of Navigate A2 Coursebook. You can insert your own translation. Words marked with a key (O) all appear in the *Oxford 3000*.

*adj* = adjective  
*adv* = adverb

*conj* = conjunction  
*n* = noun

*phr v* = phrasal verb  
*pl* = plural

*phr* = phrase  
*prep* = preposition

*pron* = pronoun  
*v* = verb

app <i>n</i> /æp/	_____	I watched a programme about apps.
athletics <i>n</i> /æθ'letɪks/	_____	When he was a young boy, Usain Bolt did athletics all the time.
ban (O) <i>v</i> /bæn/	_____	He banned smoking in public places.
basketball <i>n</i> /'bɑːskɪtbɔːl/	_____	I play basketball with my friends.
borrow (O) <i>v</i> /'bɒrəʊ/	_____	I forgot my pen, so I borrowed one from my classmate.
bring (O) <i>v</i> /brɪŋ/	_____	Can you bring me my glasses?
bucket <i>n</i> /'bʌkɪt/	_____	He put his hand in a bucket of ice.
come (O) <i>v</i> /kʌm/	_____	Why don't you come to my house for dinner tomorrow?
cycle (O) <i>v</i> /'saɪkl/	_____	I usually cycle to work.
do (O) <i>v</i> /duː/	_____	Do an hour of exercise each day.
drink (O) <i>v</i> /drɪŋk/	_____	Drink eight glasses of water a day.
eat (O) <i>v</i> /iːt/	_____	Eat lots of fruit and vegetables.
fit (O) <i>adj</i> /fɪt/	_____	I cycle every day to keep fit.
football (O) <i>n</i> /'fʊtbɔːl/	_____	They're playing football in the park.
gadget <i>n</i> /'gædʒɪt/	_____	The programme was about apps and gadgets that check our health and daily exercise.
go fishing <i>phr</i> /gəʊ 'fɪʃɪŋ/	_____	I like to go fishing with my uncle.
gym <i>n</i> /dʒɪm/	_____	How often do you go to the gym?
habit (O) <i>n</i> /'hæbɪt/	_____	Bloomberg tried to change their habits.
healthy (O) <i>adj</i> /'helθi/	_____	Michael Bloomberg wanted the people of New York to be healthy.
hero (O) <i>n</i> /'hɪərəʊ/	_____	They want to be like their heroes.
jog <i>v</i> /dʒɒg/	_____	I jog every morning.
judo <i>n</i> /'dʒuːdɔː/	_____	We do judo every Wednesday after work.
learn (O) <i>v</i> /lɜːn/	_____	I do sport to learn something new.
lend (O) <i>v</i> /lend/	_____	Can you lend me £10?
lift (O) <i>n</i> /lɪft/	_____	He told them he always took the stairs, not the lift.
lightning <i>n</i> /'laɪtnɪŋ/	_____	Lightning didn't hit him, but there was lightning in the sky.
local (O) <i>adj</i> /'ləʊkl/	_____	He played for his local team.
lose (O) <i>v</i> /luːz/	_____	I go swimming to lose weight.
marathon <i>n</i> /'mærəθən/	_____	He ran the Toronto marathon and became the first person aged 100 years old to finish a marathon.
mayor (O) <i>n</i> /meə(r)/	_____	In 2002, New York City chose a new mayor.
opinion (O) <i>n</i> /ə'pɪnjən/	_____	What's your opinion, Jan?
paper clip (O) <i>n</i> /'peɪpə kɪp/	_____	The first group took more paper clips.
physical (O) <i>adj</i> /'fɪzɪkl/	_____	Do physical jobs around the house.
progress (O) <i>n</i> /'prɒʊgres/	_____	They met again to talk about their progress.
reduce (O) <i>v</i> /rɪ'djuːs/	_____	He also tried to reduce the size of sweet drinks.

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research **O<sub>11</sub>** *n* /rɪ'sɜːtʃ/

\_\_\_\_\_

New research shows that video gamers don't live in the real world.

ride **O<sub>11</sub>** *v* /raɪd/

\_\_\_\_\_

Ride a bicycle.

routine **O<sub>11</sub>** *n* /ruː'tiːn/

\_\_\_\_\_

New gadgets and technology can help us change our routine and get more healthy.

run **O<sub>11</sub>** *v* /rʌn/

\_\_\_\_\_

Fauja didn't run marathons when he was young.

sleep **O<sub>11</sub>** *v* /sliːp/

\_\_\_\_\_

Sleep seven to eight hours a night.

studio **O<sub>11</sub>** *n* /'stjuːdiəʊ/

\_\_\_\_\_

Jan Hamilton and Sara White, two local parents, are in the studio with me to discuss this.

subtitle *n* /'sʌbtʌɪtl/

\_\_\_\_\_

How often do you watch films in English without reading the subtitles?

swim **O<sub>11</sub>** *v* /swɪm/

\_\_\_\_\_

I swim every Saturday morning.

take **O<sub>11</sub>** *v* /teɪk/

\_\_\_\_\_

Take the stairs, not the lift.

tennis *n* /'tenɪs/

\_\_\_\_\_

People play tennis in my local park.

thunderstorm *n* /'θʌndəstɔːm/

\_\_\_\_\_

There was a thunderstorm during the 100m World Championship final in 2013.

violent **O<sub>11</sub>** *adj* /'vaɪələnt/

\_\_\_\_\_

Some video games aren't OK for children because they're very violent.

walk **O<sub>11</sub>** *v* /wɔːk/

\_\_\_\_\_

Walk to work.

win **O<sub>11</sub>** *v* /wɪn/

\_\_\_\_\_

She always wins when she plays tennis.

yoga *n* /'jəʊgə/

\_\_\_\_\_

I do yoga every Thursday morning.