

Listen and fill the gaps:

Mary

I'm 85 years old, but I've always been interested in fit. Recently, I started doing aerobics. I go once a week – on – erm – a Thursday morning to the old people's day centre. It's really nice there. They run a special aerobics class for us. Erm – first thing we do is ... for about three quarters of an hour. We go through all the exercises to music. There are between four and eight of us depending on the , really. We just wear loose-fitting clothes and shoes or trainers and, – erm – apart from the music, and Julianne, our lovely instructor, we don't anything else! I'm quite good at it now. I can do most of the exercises, although there are one or two that are a bit energetic for me at my – erm – I'm one of the oldest – erm – some of the others are just babies of about ! Afterwards we all go for a cup of tea and a piece of cake in the coffee bar. It's a really nice morning.

Jenny

I didn't start skiing until my mid 40s. Now I go once or twice a year for two , usually in early spring. I live in London, so I go to ski resorts in Europe – in France, Italy, or Austria. At first it was difficult, starting in my 40s. I spent most of my time on my ! But I was determined to learn so I took some classes. My thought I was mad – but my children said 'You go for it Mum!' so I did and now my husband's taken up skiing, too. I have my own skis, ski poles, and and stuff – that I take with me, and of course all the latest clothes – it's important to be fashionable on the ski slopes, you know. I have a lovely ski – I like to look good. Now my instructor says I'm a very good skier and in fact I even give lessons to friends – and my husband! If you've been skiing, you should try it. Hey, I could give you your first lesson!

Thomas

I absolutely love football. I'm about it. It's the best! I love watching it but I 'specially enjoy playing it. I am nine years old and I play for the local team at my school's pitch. I play matches twice a week – on Friday evenings after school and on mornings. And we also have football coaching on Tuesday evenings when we just practise all our football skills. It's ! Er – we all have a special kit – a football shirt with a number on the back – er – I'm number 7, it's my number! And we wear shorts, socks and stuff, all in matching and of course our football boots – oh – and we also have to wear shin pads for protection, you know. We have a tracksuit, too – but we only wear this before and after matches and for training. Erm – my mum always comes to us – even when it's raining. Mmm – my team isn't very good, in fact, we nearly always lose – but we don't care! Er – our football , Martin, says winning doesn't matter – it's taking part that counts – mmm – maybe he's right, but d'you know what I think? I think it's fantastic when we win! Yeah.

Put Your Records On

Corinne Bailey Rae lyrics

Three little _____, sat on my _____.
And they told me I don't need to worry.
_____ came like cinnamon

Little _____, double-dutch on the concrete.

_____, we got it wrong, but it's _____
The more things seem to _____, the more they stay the _____
Oh, don't you hesitate.

Chorus:

Girl, put your records on, tell me your _____
You go ahead, let your _____ down
Sapphire and faded _____, I hope you get your _____.
Just go ahead, let your _____ down.

You're gonna find _____ somewhere, somehow.

Blue as the _____, sombre and _____,
Sipping _____ by the road side,
(just relax, just relax)

Don't you let _____ fool you,
Gotta _____ that afro hairdo.

_____, we feel afraid, but it's _____
The more you stay the _____, the more they seem to _____.
Don't you think it's _____?

Chorus:

Girl, put your records on.....

You're gonna find _____ somewhere, somehow.

Just more than I _____, pity for pity's sake
Some nights kept me _____, I thought that I was _____
When you gonna realise, that you don't even have to _____
Do _____ to.

Chorus repeats 2times:

Girl, put your records on.....

Oh, You're gonna find yourself somewhere, somehow