

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 *n* /æp/ _____

I watched a programme about apps.

athletics *n* /æθ'letiks/ _____

When he was a young boy, Usain Bolt did athletics all the time.

ban O *v* /bæn/ _____

He banned smoking in public places.

basketball *n* /'bɑːskɪtbɔːl/ _____

I play basketball with my friends.

borrow O *v* /'bɒrəʊ/ _____

I forgot my pen, so I borrowed one from my classmate.

bring O *v* /brɪŋ/ _____

Can you bring me my glasses?

bucket *n* /'bʌkɪt/ _____

He put his hand in a bucket of ice.

come O *v* /kʌm/ _____

Why don't you come to my house for dinner tomorrow?

cycle O *v* /'saɪkl/ _____

I usually cycle to work.

do O *v* /duː/ _____

Do an hour of exercise each day.

drink O *v* /drɪŋk/ _____

Drink eight glasses of water a day.

eat O *v* /iːt/ _____

Eat lots of fruit and vegetables.

fit O *adj* /fɪt/ _____

I cycle every day to keep fit.

football O *n* /'fʊtbɔːl/ _____

They're playing football in the park.

gadget *n* /'gædʒɪt/ _____

The programme was about apps and gadgets that check our health and daily exercise.

go fishing *phr* /gəʊ 'fɪʃɪŋ/ _____

I like to go fishing with my uncle.

gym *n* /dʒɪm/ _____

How often do you go to the gym?

habit O *n* /'hæbɪt/ _____

Bloomberg tried to change their habits.

healthy O *adj* /'helθi/ _____

Michael Bloomberg wanted the people of New York to be healthy.

hero O *n* /'hɪərəʊ/ _____

They want to be like their heroes.

jog *v* /dʒɒg/ _____

I jog every morning.

judo *n* /'dʒuːdɔː/ _____

We do judo every Wednesday after work.

learn O *v* /lɜːn/ _____

I do sport to learn something new.

lend O *v* /lend/ _____

Can you lend me £10?

lift O *n* /lɪft/ _____

He told them he always took the stairs, not the lift.

lightning *n* /'laɪtnɪŋ/ _____

Lightning didn't hit him, but there was lightning in the sky.

local O *adj* /'ləʊkl/ _____

He played for his local team.

lose O *v* /luːz/ _____

I go swimming to lose weight.

marathon *n* /'mærəθən/ _____

He ran the Toronto marathon and became the first person aged 100 years old to finish a marathon.

mayor O *n* /meə(r)/ _____

In 2002, New York City chose a new mayor.

opinion O *n* /ə'pɪnjən/ _____

What's your opinion, Jan?

paper clip O *n* /'peɪpə klɪp/ _____

The first group took more paper clips.

physical O *adj* /'fɪzɪkl/ _____

Do physical jobs around the house.

progress O *n* /'prəʊɡres/ _____

They met again to talk about their progress.

reduce O *v* /rɪ'djuːs/ _____

He also tried to reduce the size of sweet drinks.

Name _____

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research **O** *n* /rɪ'sɜːtʃ/

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

ride **O** *v* /raɪd/

Ride a bicycle.

routine **O** *n* /ruː'tiːn/

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

run **O** *v* /rʌn/

Fauja didn't run marathons when he was young.

sleep **O** *v* /sliːp/

Sleep seven to eight hours a night.

studio **O** *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** *v* /swɪm/

I swim every Saturday morning.

take **O** *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** *adj* /'vaɪələnt/

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

walk **O** *v* /wɔːk/

Walk to work.

win **O** *v* /wɪn/

She always wins when she plays tennis.

yoga *n* /'jəʊgə/

I do yoga every Thursday morning.