

Unit 8

Guess what, Dad? I'm **used to** winning. I'm the best player in school.

Used to / be used to



I don't believe you! I **used to** be a big liar myself.

Grammar in Context

Theme: The world of sports

Words by Theme



Read the following poster and answer the questions.

SMART FITNESS customises training plans for everyone

① Hong Kong people **used to** be less keen on¹ sports. However, many locals have aspired² to reach their potential³ in sports since Hong Kong's triumphs⁴ at the previous Olympics. Two of the Olympic medalists⁵ would like to share their thoughts with you!

Athletes **are used to** routines. We plan our diet, rest and workout regimens⁶.

② I **did not use to** follow them strictly before I became a professional athlete.

Now, I **am used to** preparing for international games. ③ For example, I **get used to** practising swimming for eight hours every day.



④ We **were not used to** the idea that sports are for everyone. But actually they are. I **did not use to** enjoy playing any sports until I took up fencing. Some years ago, I did not do well and lost my ranking as one of the top players in the world.

⑤ Now, I **become used to** thriving on stress.



CONTACT US 

1. What follows **used to** and **be used to**? Complete the table.

<i>used to</i>			<i>be used to</i>				
be							

2. Complete the table. Put a tick (✓) in each correct box.

	past action or state	being (not) familiar with ...
① be less keen on sports		
② not follow routines strictly		
③ practising swimming		
④ the idea that sports are for everyone		
⑤ thriving on stress		

Used to and be used to

	Situations	Examples
used to + bare infinitive	a past habit or state that is no longer true in the present	<ul style="list-style-type: none"> The site used to be a restaurant. Now it is a cinema. We did not use to eat out as often as we do now. My school never used to go virtual until last year. Did you use to wear glasses before having laser eye surgery?
be / get / become used to + gerund / noun phrase	something that we have experienced so much that it is no longer new to us	<ul style="list-style-type: none"> I am used to having late-night snacks. The children were not used to the new mattress. Are you used to wearing contact lenses? He is getting used to drinking coffee. We became used to the routine after some training.

Error Diagnosis

Does she use to stay up late? She uses to doze off in class. ❌

Did she use to stay up late? She used to doze off in class. ✅

Used to is always in the simple past tense.

Let's compare

Mr Tam **used to** eat spicy rice noodles.
(He often ate them in the past but not now.)

Mr Tam **was used to** eating spicy rice noodles.
(He became familiar with the food.)



DRILL

Exercise 1.1

Complete the sentences using the correct form of *used to* or *be used to* and the given words.

1. The nurses were used to long working hours
(long working hour) before they retired.

2. The Bank of China Tower _____
_____ (be) the tallest building in Hong Kong.

3. He _____
(never / live) in a quiet town. Now, he _____
_____ (rural living).

4. My grandparents _____
(not / pet). They will never have one. Grandpa _____
_____ (not / eat) much, but he _____
_____ (have) hearty meals when he was young.



Level Up

Exercise 1.2

Complete the conversation using the correct form of *used to* or *be / get used to* and the given words.

Jan: My family are travelling abroad, and I (1) am not used to being (not / be) alone.

Sue: Should I come over for a few days? Remember how we (2) _____
_____ (sleep over) when we were small? I miss those days.

Jan: Great! By the way, (3) _____ (cook) yet?

Sue: Well, I (4) _____ (make) easy meals already ...

Grammar Wrap-up

Robert is reading an encyclopaedia entry. Complete the entry using the correct form of *used to* or *be / become used to* and the given words. Use the negative form where necessary.

Article [Talk](#) [Read](#) [Edit](#)

Cuju

From CRpaedia, the powerful encyclopaedia

Cuju is an ancient ball game in China. Like football players today, cuju players **(1)** were used to touching (touch) the ball with any parts of their bodies except for their hands. Besides the Chinese, people in other Asian countries such as Japan, Korea and Vietnam also **(2)** _____ (play) this sport.



History

In modern society, many people **(3)** _____ (watch) football games in their free time. We **(4)** _____ (see) football as entertainment. However, there were different purposes of playing cuju. Soldiers in the Han dynasty used to practise cuju as part of their military training. At first, players **(5)** _____ (standardised rule).



Nevertheless, this changed when the nobles and courtiers started to enjoy the game. Formal cuju matches **(6)** _____ (take place) for celebrations in the imperial palace. In these matches, rules had to be followed. The sport peaked in the Song dynasty. The general public finally **(7)** _____ (cuju). Played for over 2,000 years, cuju slowly faded away in the Ming dynasty.

Today, Shandong is trying to bring cuju back. The cuju team members **(8)** _____ (play) in traditional Chinese costumes after training. Some players **(9)** _____ (never / perform) their skills in public, but now they love showing their superb skills.



More to take away

courtier (n.) = a companion of a queen or king, especially in the past

Grammar in Pre-DSE Text Type

Theme: The world of sports

Ann is writing a letter to the editor. Complete the letter using the correct form of *used to* or *be used to* and the given words.

play paddle race be see
train team building¹ hold

Words by
Theme



Dear Editor,

After dragon boat racing was performed as a demonstration sport for the first time in the Tokyo 2020 Olympic Games, I would like to nominate it as a regular Olympic sport. This unique cultural activity has already transformed into a sporting competition.

Dragon boat racing (1) used to be a pastime² of the Chinese locals. In the early 70s, expatriates (2) _____ against them. In the mid-90s, the crew was standardised to 22. This has brought the race in line with the world-class racing scene.

Dragon boat racing is ideal for any youth groups, from children to young adults. One reason is that the players (3) _____ their strength, endurance³ and flexibility⁴. The other reason is that the players (4) _____ since the team have to be synchronised⁵ in terms of rhythm and paddling⁶ style.

Significant progress in gender equality has also been made in the sport. In the past, some people in fishing villages (5) _____ women paddling boats. However, this taboo has faded away. The prevalence of mixed genders in the sport encourages inclusion⁷. As dragon boat racing is a non-contact sport requiring mainly techniques and coordination⁸, women (6) _____ side by side with men.

Traditionally, people (7) _____ dragon boat races only at the Tuen Ng Festival. Now we (8) _____ this sport anytime.

Dragon boat racing has successfully reinvented itself as a modern sport, and it will become a prevailing and exciting Olympic sport for people from all around the world.

Yours faithfully,
Ann Wong

Brain Breaks

There can be as many as 36 people on a traditional dragon boat while there are usually 12 or 22 people on a competitive dragon boat. At the Tokyo 2020 Olympics, the number of participants was further reduced to ten on a boat.



While *used to* can only be in the past tense, *be / get / become used to* can take the present, past or future tense.

- I **used to cry** all the time. (= I always cried in the past but I no longer do.)
- I **was not used to teamwork** when I was younger. Now I **have become used to working** in a team. (= I was not familiar with teamwork in the past. Working in a team is usual to me now.)

Version 1

Lester is writing a journal. Read the journal and pay attention to the underlined parts.

My Skating Adventure

8 September 20XX

I tried ice skating for the first time today. It happened by accident. Roger, Kate and I had planned to picnic near Inspiration Lake. However, the weather turned so bad that we had to cancel it. **(1)** Luckily, we always have fallback plans. We went ice skating in a shopping mall in Tsim Sha Tsui instead.

(2) I thought that ice skating was similar to roller skating. I couldn't be more wrong. As Kate told me, roller skates have built-in brakes whereas ice skates do not. **(3)** Since I'm familiar with the large wheels of roller skates, I expected that I could stop by putting pressure on my ankles. As a result, I crashed on the walls several times.

Although the icy surface of the rink was slippery, **(4)** I tried to balance myself with the thin metal blades. That proved to be difficult for me because I have coordination problems. **(5)** My dancing teacher said that it is my major weakness. Seeing how I failed to shift my body weight from one foot to the other, I had to agree.

Kate turned out to be a good ice skater. **(6)** She went ice skating all the time as a kid. And yet, she got out of that habit many years ago. **(7)** It was hard to believe that she could manoeuvre on ice again so quickly after such a long time.

(8) I watched every Olympic games. I was fascinated by the elegant spins and jumps of the figure skaters. Not until today did I realise how difficult their moves were. **(9)** When we had to go home, Roger and I were still trying to skate in straight lines. I hope we'll make some progress next time.



Version 2

Rewrite the underlined parts in Version 1 using the given words.

My Skating Adventure

8 September 20XX

I tried ice skating for the first time today. It happened by accident. Roger, Kate and I had planned to picnic near Inspiration Lake. However, the weather turned so bad that we had to cancel it. (1) Luckily, we are used to having fallback plans. (*be used to*) We went ice skating in a shopping mall in Tsim Sha Tsui instead.

(2) _____
 _____ (*used to*) I couldn't be more wrong. As Kate told me, roller skates have built-in brakes whereas ice skates do not. (3) _____
 _____ (*be used to*), I expected that I could stop by putting pressure on my ankles. As a result, I crashed on the walls several times.

Although the icy surface of the rink was slippery, (4) _____
 _____ (*get used to*). That proved to be difficult for me because I have coordination problems. (5) _____
 _____ (*used to*) Seeing how I failed to shift my body weight from one foot to the other, I had to agree.

Kate turned out to be a good ice skater. (6) _____
 _____ (*used to*) And yet, she got out of that habit many years ago. (7) _____
 _____ (*become used to*)

(8) _____ (*used to*) I was fascinated by the elegant spins and jumps of the figure skaters. Not until today did I realise how difficult their moves were. (9) _____

(*get used to*) I hope we'll make some progress next time.

