Talk about different adventure sports

1 a Label the photos of sports and activities.

IREME

ARY 1



5 b





b How many of the sports in Exercise 1a can you do alone?

2 Match the words to make the names of the adventure sports.

1	sky	_ a	boarding	snowboarding
2	free	b	surfing	
3	ice	/ с	gliding	
4	snow	∕ d	climbing	
5	skate	е	diving	<u></u>
6	body	f	surfing	
7	hang	g	boarding	
8	wind	h	running	

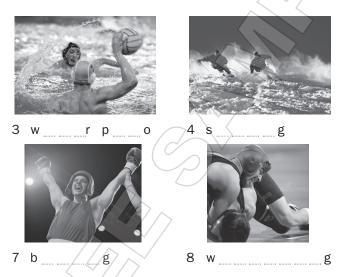
- 3 Choose the correct option to complete the sentences.
 - 1 I go rock jumping / climbing every Saturday in winter.
 - 2 Do you want to come base jumping / boarding tonight?
 - 3 Jan's entered a free *diving* / *surfing* competition.
 - 4 I love bungee diving / jumping , don't you?
 - 5 Tower jumping / running sounds very tiring to me.
 - 6 Mountain *riding / biking* isn't much fun in the rain.

4 a Look at the key below and draw the correct arrow(s) next to each sport.

Sports that involve going up ~ Sports that involve going down -Sports that involve going along > Sports that involve going up, down and along $\sim \sim$ >

- 1 skydiving
- 2 skiing
- 3 bungee jumping
- 4 tower running
- 5 skateboarding
- 6 snowboarding 7 mountain biking

b Write the names of two adventure sports that you would like to try.



5 Find and write the words in the word search.

- 1 two words for frozen water: i c e, s
- 2 four words for moving down: s _____e, d ____e
 - j _____ p, f ____ l
- 3 two words for high places: c _____ f, h ____ I

E	P	В	F	F	А	F	Е	G	Υ
H	C	Z	J	F	0	U	D	А	V
Μ	F	D	Н	Ι	U	Υ	Ι	L	Е
Р	С	D	U	L	Х	Ζ	L	Ρ	G
L	L	А	F	С	F	Н	S	Ρ	Α
С	0	S	S	Н	Κ	Т	G	Μ	Υ
S	Ν	0	W	Е	Ι	Ν	Н	U	В
Ρ	Т	Н	G	Ν	V	L	Q	J	W
G	۷	Ζ	Κ	Е	Μ	I	L	U	R
Ν	J	S	Ν	D	D	Ρ	D	J	L

6 Complete the email with the words in the box.

climb equipment extreme protective speeds surfing

Hi Jamal,

I'm sending you a link to an amazing video of this (1) _____ sport called volcano (2) _____. I suppose it's like snowboarding - the only (3) _____ you need is a board and some (4) _____ clothing because you can really reach some very high (5) The problem is that it can be a long (6) up to the top. Check it out! See you, AI

Recognise and understand idioms

1 Complete the tips with the words in the box.

REMEMBER HOW TO

recognise and understand idioms

clues	image	meaning	obvious	text	understand
-------	-------	---------	---------	------	------------

- Look for expressions where the (1) _____ isn't (2) _____.
- Look for (3) _____ before or after the idiom to help you
 (4) _____.
- Think about how the (5) _____ in the idiom relates to the
 (6) _____.
- 2 Look at the photos. Rearrange the words in bold to make an idiom for each situation.



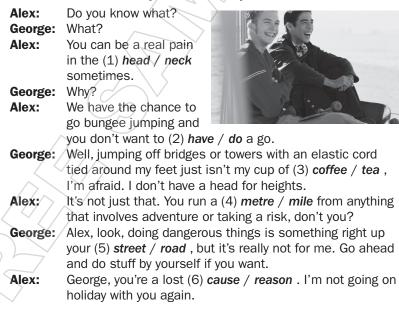




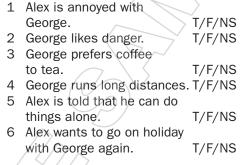


- off / more / chew / than / bite / can / you / Don't / . Don't bite off more than you can chew.
- 2 I don't like classical music. my / tea / cup / not / of / It's / .
- 3 l'm sure l can do this easily. up / right / street / lt's / my / .
- 4 We'll never win this match. cause / It's / lost / a / .

3 Choose the correct options to complete the conversation.



4 a Read the conversation in Exercise 3 again and decide if the statements are True (T), False (F) or Not stated (NS).



b Which activity is right up your street?

a Read the email. Which sport do you think Katrin will choose?

Hi Avril,

5

I want to do something physical and need your advice. What I want is a sport that doesn't *cost an arm and a leg* and something that I can *get the hang of* quite quickly. That means skydiving is *out of the question!* Anyway, I don't have *a head for heights*. I'm *in two minds* between skateboarding and mountain biking. My dad says I've got my head in the clouds if I think he'll buy me the expensive bike that *caught my eye*, so perhaps the best choice is to get a skateboard. What do you think? Katrin

19:30

b Match the idioms in *italics* in the text to the meanings (1–7). Write the idiom on the answer line.

- 1 definitely not a possibility
- 2 have difficulty making a decision
- 3 not like being high up
- 4 be expensive
- 5 be noticed
- 6 learn to do something (well)
- 7 not think in a realistic way

GO BEYOND

Use the internet to find an article in English about *extreme ironing*. Use the tips in Exercise 1 to help you understand it.

>>>> Talk about things happening now and things that are generally true

1 Complete the grammar tables with the correct forms.

A Present simple	 positive 			
I/You/We/ (1)		usually train		at the gym twice a day.
He/ (2)		often (3)		at the gym.
Present simple -				
I/You/We/They		(4)tra	ain	
He/ (5)		(6)		at a gym.
Present simple –				Answers
When	(7)	l/you/we/they	(8)?	Twice a week.
When	(9)	she/he	train?	Every day.
Present simple -	yes/no questions			Answers
Do	l/you/we/they	(4.0)	at a gum2	Yes, I do. No, they (11)
(12)	she/he	(10)	at a gym?	Yes, she does. No, he (13)

B Present continuous – positive (negative)					
1	(1) (not)			at the moment.	
He/She	(2) (not)		playing basketball	right now.	
You/We/They	(3) (not)			now.	
Present continuous – yes/no questions				Answers	
(4)	1			Yes, I am.	
(5)	he/she	learning a	nything here?	No, he/she isn't.	
(6)	you/we/they			No, we/you/they aren't.	

C Present simple passive – positive (negative)					
I	(1) (not)				
He/She	(2) (not)	invited to the big party.			
You/We/They	(3) (not)				
Present simple pas	ssive – questions	Answers			
Am I		No, I (4)			
ls he/she	invited to the big party?	Yes, he/she (5)			
Are you/we/they		No, you/we/they (6)			

2 Choose the correct option to complete the rules. Use the tables in Exercise 1 to help you.

- 1 Use the present *simple / continuous* to talk about habits, routines or things that are generally true.
- 2 Use the present *simple / continuous* to talk about things happening now or around now.
- 3 We often use adverbs and expressions of frequency (eg sometimes, rarely, every day) with the present *simple / continuous*.
- 4 State verbs (eg believe, understand, like) are rarely used with the present *simple / continuous*.
- 5 Use the present simple passive when the person or thing that does the action is unknown, or when the action is *less / more* important than the person or thing that does the action.

3 Write the third person singular of the verbs in the box in the correct column (-s, -es or -ies).

do	fe	eł	go	pla	ıу
stuc	ly	tra	ain	try	work

-s	-es	-ies
feels		



4 Complete the sentences with the verbs in Exercise 3. Use each verb once only.

Sue (1) wheelchair tennis on Sunday mornings with Jo. Their coach (2) them for an hour and then they have a game. Sue is 18 and (3) _____ maths at college, and Jo is 19 and (4) in a call centre. Jo regularly skydiving and (5) never (6) better than when she's up in the clear blue sky. She (7) hard at everything she (8) That's true for Sue too.



5 Write one more verb next to each category of state verbs. Use the words in the box.

hate hear look own understand

- 1 mental states and opinions, eg know, believe,
- 2 preferences, eg like, need,
- 3 appearance, eg seem, appear,
- 4 possession, eg belong, include,
- 5 senses, eg taste, smell, _____

6 Choose the correct options to complete the text.

I (1) ______ if (2) ______ to start the game. I usually (3) ______ on as a sub in the second half and I often (4) ______ a goal in the final minutes. I (5) ______ that I can add that something extra and when we (6) ______ and there's ten minutes to the final whistle, I (7) ______ to get that adrenaline rush and just (8) ______ the ball to show what I can do.

1	a don't care	b 'm not caring	c /m not cared
2	a I'm not picking	b I don't pick	c I'm not picked
3	a come	b 'm come	c 'm coming
4	a 'm scoring	b 'm scored	c score
5	a know	b 'm known	c 'm knowing
6	a lose	b 're losing	c 're lost
7	a 'm seemed	b seem	c 'm seeming
8	a 'm wanting	b 'm wanted	c want

7 >>> Rearrange the words to make questions.

- 1 go / often / snowboarding / you / do / ? Do you often go snowboarding?
- 2 team / these days / is / doing well / your / ?
- 3 the players / who's / are / told / in the team / when / ?
- 4 sports wheelchair / does / every / the same / look / ?
- 5 currently / you / are / for any / training / particular competition / ?
- 6 the racket / by Andy Murray / used / is / that / ?

- 8 » Correct the mistakes in bold.
 - Igor: (1) Does young people always be wanting to pushed the limits? Do young people always want to push the limits?
 - Ivana: (2) I'm not sure what are you meaning.
 - lgor: (3) They is needing to be known the rules, but enjoy the freedom to take risks.
 - Ivana: (4) So are you thinking that life is being a bit like playing sport then?

Igor: (5) It **is seeming** to me that in both you **are required** the confidence to have a go.

Ivana: (6) You aren't succeed all the time, but you prepared for the next challenge.

- 9 a >>> Use the prompts to write questions. Use the present simple, present continuous or present simple passive.
 - 1 anyone / know / rules of cricket? <u>Does anyone know the rules of</u> cricket?
 - 2 you / remember / your first win?
 - 3 Dennis / swim / at the moment?
 - 4 what / be / the most extreme sport?
 - 5 how often / you crash / your bike?
 - 6 the players / tell / by the coach / train every day?

b Match the questions in Exercise 9a to the answers below.

- a No. They have a day off on Sundays.
- b No. They're too confusing.
- c In my view, base jumping.
- d Yes. I can see him in the pool.
- e Of course I do. It was at the European windsurfing finals.
 - f Every time I go out on it, unfortunately.

LISTENING

>>>> Take notes

1 Match the sentence halves to complete the tips.

REMEMBER HOW TO ...

take notes

1 a

- (1) Focus on
- (2) Write down
- (3) Use
 - (4) Leave
- b space between lines to add more detail later.

a the most important or interesting points.

- c bullet points, abbreviations and symbols (ie = in other words, \rightarrow = leads to).
 - d key words or very short sentences.

2 Label the photos of the extreme sports.









3 Which words in the box do you associate with each sport in Exercise 2? Write them in the correct column below. You can use the words more than once. Use your dictionary to check your answers.

b

cliff	climb	cross	descend	fall
fly	hillside	land	race	river
ropes	summit	tracks	water	wind

Photo 1	Photo 2	Photo 3	Photo 4	

4 Doll Listen to three short conversations and take note of the important information. Which of the sports from Exercise 2 were they doing?

CONVERSATION 1: Notes:
Sport:
CONVERSATION 2:
Notes: Sport:
CONVERSATION 3:
Notes:
Sport:

5 a **▶01** Listen again and tick (✓) any of the words from Exercise 3 that you hear.

4 k

b Rewrite the words in the correct conversation. Listen again if you need to. Conversation 1:

Conversation 2:	
Conversation 3:	
a Complete the phrases from the conversations.	
Conversation 1 1 as free as a	

- 2 adrenaline
- 3 I felt like a _____
- 4 check all my

Conversation 2

6

5 How does it _____? 6 out of this _____?

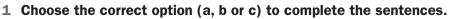
Conversation 3

- 7 to be _____
- 8 really rough

b D2 Now listen and check your answers.

VOCABULARY 2

>>>> Achievements and challenges



- 1 You can't get to the top if you don't take _____.
 - a attempts
 - b risks
 - c tasks
- 2 Nothing beats achieving your _____.
 - a fears
 - b obstacles
 - c dreams
- 3 We have to _____ our problems and not run away from them.
 - a face
 - b achieve
 - c reach
- 4 I don't think I _____ my potential as a free diver. a encountered
 - b fulfilled
 - c overcame

2 Match the sentence halves.

- 1 Always check your equipment
- 2 This is all about
- 3 He did exceptionally well even though he failed this time, so
- 4 I took a chance
- 5 She faced her fear of heights and went
- 6 Do you think I'm going to
- 7 If you don't attempt difficult tasks,
- 8 What obstacles

- 5 Why didn't you _____ the offer of a free skydiving course? a risk
 - b reach
 - c take up
- 6 Just imagine a teenager _____ to circumnavigate the world alone!
 - a attempting
 - b taking
 - c reaching
- 7 Of course you'll _____ difficulties on this trip.
 - a achieve
 - b encounter
 - c fulfil
- 8 Jordan was on top of the world when he _____ the summit. a overcame
 - b took up
 - c reached
 - a and it worked out well.
 - b overcoming difficulties.
 - c risk my life by jumping off a cliff?
 - d rock climbing.
 - e so you won't encounter problems with your ropes on the way down.
 - f did you have to overcome?
 - g l'm sure he will achieve his goals in the end.
 - h you can't get to the top.

WORDS & BEYOND

3 a Complete the phrases with the words in the box.

bench fight globe kayaking routine shoulder skyscraper wave

- 1 ride a
- 2 put up a ____
- 3 circumnavigate the
- 4 tap someone on the
- 5 rehearse a new dance
- 6 sit on a
- 7 abseil down a
- 8 love going
- b Name two adventure sports you need a parachute for.



GRAMMAR 2 Past tenses review

Talk about past achievements

1 Match the tenses (1–4) to their uses (a–d).

- 1 Past perfect simple (had + past participle)
- 2 Past simple (verb + -ed)
- 3 Past simple passive (was/were + past participle)
- 4 Past continuous (was/were + verb + -ing)
- a For actions in progress in the past.
- b For completed actions in the past.
- c When the action is more important than the person/thing that did the action.
- d To show that an action happened before another action or time in the past.

2 Write the past simple and past participle forms of these irregular verbs.

		Past simple	Past participle
1	beat	beat	beat/beaten
2	become		
3	begin		
4	blow		
5	break		
6	buy		
7	cost		
8	cut		
9	fall		
10	feel		\square
11	find		
12	fly		

3 » Choose the correct options to complete the text.

4 a >>> Complete the questions with the correct past form of the verbs in the box.

be (x2) cross do (x2) fly (x2) have give make start tell

- 1 D *id* you ever feel afraid when you were f *lying* over the sea?
- 2 When you first f with helium balloons, w you the first person to do that?
- 3 While you were c_____ the Channel, what w_____ you thinking?
- 4 Were you t_____ by experts about the risks before you

s____?

5 How far h_____ you got before you g_____ up?

6 What m_____ you want to d______ it?

b Match the questions in Exercise 4a to the answers.

- a I just remember saying to myself: 'It's so silent up here, and yet so beautiful.'
- b Not really because I had a support and rescue team.
 - c I knew that it was dangerous, yes.
- d I hadn't got anywhere near where I wanted to be.
- e Well, nobody had ever done it before.
- f I was told that I was, yes.

N878UP

In September 2013, Jonathan Trappe (1) *attempted / was attempted* to fly across the Atlantic solo, sitting in a small lifeboat hanging under 370 balloons. He (2) *was / had* already crossed the English Channel from England to France a few years earlier, in 2010, and he had previously (3) *broken / broke* the world record for the longest helium-filled balloon flight. The trip from America to Europe didn't (4) *begin / begun* well, and after only 12 hours he (5) *was forced / forced* to end the trip because of technical problems. The winds (6) *were / had* blowing him up and down, and he couldn't achieve the steady height of around 25,000 feet he (7) *needed / was needing*. Eventually he (8) *had landed / landed* safely in the sea only 350 miles from where he (9) *was taking / had taken* off. Europe (10) *was / was being* still over two thousand miles away.

SPEAKING

Start and change topics in a conversation

- **1 DB** Listen to the conversation. What event(s) are both girls going to at the weekend?
- Listen again and read. Look at the underlined phrases (1–6). Decide whether each phrase is used to start a new topic (A), change topic (B) or end the conversation (C).
 - **Lou:** Hi Kiki. (1) <u>Did you know</u> <u>A</u> that there's a skateboarding competition next weekend?
 - Kiki: Oh, really? Where?
 - **Lou:** At the shopping centre. Well, the park just outside, actually. Are you interested in taking part?
 - Kiki: Cool. When is it exactly? I can't do Saturday homework and a party.
 (2) <u>By the way</u>, would you like to come?
 - Lou: To help you with the homework?
 - **Kiki:** Don't be silly! I mean to the party. A girl in my class, Laura, is 16. It's her birthday party.
 - Lou: Not Laura Moss?! I'm already invited. (3) <u>Oh, that reminds me</u>, ____ I have to buy her a present. Do you have any ideas what to get?
 - **Kiki:** I don't know something funny maybe. (4) <u>Anyway, I've got to go</u>. (5) <u>Oh</u>, <u>what about</u> the skateboarding competition?
 - Lou: Fortunately, that's on Sunday afternoon. Starts at four.
 - Kiki: Great. So, see you there.
 - Lou: And at Laura's. Looks like we're going to be seeing a lot of each other this weekend! (6) Bye for now.

3 Complete the sentences with words in the box. There are three words you do not need to use. Don't worry about the numbers in brackets for now.

go in know later look of remembers reminds talking to watch way

		(stressed syl	lables)
1	Oh,!]	That's my bus.	(3)
2	I'm sorry, but I hav		(2)
3	Nice t	o you.	(2)
4	See you	at the club.	(2)
5		ne, I need to go to the bank.	(4)
6	Talking	extreme sports, would you	
	like to try abseiling	g? / \</td <td>(4)</td>	(4)
7	Did you	that mountain biking is an	
	Olympic sport?		(3)
8	By the	, do the shops close early	
	today?		(4)
9	Are you interested	kayaking?	(2)

4 a Practise saying the sentences in Exercise 3 out loud. Guess and underline the main stressed syllables (the number of stressed syllables is given in brackets). Here is an example:

That re<u>minds</u> me. I <u>need</u> to <u>go</u> to the <u>bank</u>. (4 stressed syllables)

5

b b Listen and check your answers. Then repeat.

a Write a short conversation using suitable phrases to start, change and end a conversation. You meet a friend and want to invite him/her to an event. He/She also wants to tell you some interesting news.

A :	
B:	
A:	
B:	
A:	
B:	
A:	
B:	

b Practise your conversation. Record it if you can.

>>>> Edit and proofread a text

1 Rewrite the sentences below to correct the spelling, punctuation, vocabulary and grammar mistakes in *italics*.

REMEMBER HOW TO ...

edit and proofread a text

- Check the long and structure of you're work. Cut every thing that is'nt necessary.
- Check your speling, punctuashion and using of grammar especially.
- Then carefuly read your work a finally time to checking that it make sense. Or ask someone other to reading it.

Point 1:	
Point 2:	
Point 3:	

2 Read the text. Do you think Max's ambition was to be famous, to be a writer or to be popular at school?

Max.a.million

Nobody believed it was me. To others I'd always been the quiet one, 'Sad Max'; the one who made excuses to avoid going to parties; the one who never joined in sports or took risks. In school I was the unpopular kid who sat at the back of the class trying not to be noticed - not easy due to my size. I'd never accomplished much either in my school studies or in anything else, but I did have one ambition I wanted to achieve, and secretly I was working at it. I'd signed up for a free course on the internet without even telling my parents and through that I learned how to put words together to better express thoughts and feelings. I entered a poem in a junior national performance poetry competition on the theme of chance, and, well, I wanted to take my chance ... I sent it in and read the poem at the final, which was filmed and now has thousands of views on YouTube. That's me! Really me! Max.a.million!

- 3 Is all the information necessary? Choose two sentences of at least 20 words and cross them out.
- 4 Read the entries written on Max,a.million's social network wall. Find and correct the mistakes.
- Wow! That were an brilliant show. That was a brilliant show.
 You tells it like it is, brother!
 That's the more amazing thing I've ever seen!
 A Do you having any more like this?
 - 5 I has been told about this now, after seeing it, I believe it ... !
 - 6 You is sounding so good.

K

WRITING PLAN

5 You're going to write about an experience you had (or an imagined one) where you felt that you took a risk and it worked. Remember to use different tenses. Use the *Writing plan* to help you prepare.

WRITING PLAN

2 who was involved

Make notes for your story. Describe ...

-	
3	why it was a risk.
4	how you felt about it.

5 what happened in the end.

WRITE AND CHECK

6 a Write about your experience and give your story a title. Then tick (✓) the stages in the Writing plan.

b Now reduce the length of your text by at least 20 words and check your spelling, punctuation, grammar and vocabulary.

Consider the positive and negative aspects of taking risks

1 Complete the questionnaire for YOU. Put a tick (\checkmark) in one column (always, sometimes or never).

-			ALWAYS	SOMETIMES	NEVER
	1	I'm happy to eat something I've never			
	_	eaten before.			
-	2	I've got my expensive mobile with me.			
	3	I walk home alone at night.			
	4	l accept invitations to parties.			
	5	l do an extreme sport.			

- 2 In your opinion, which three of the statements (1–5) in Exercise 1 involve the most risk? Why?
 - 1 Number because
 - 2 Number because

3 Read the text and follow the instructions. Do you think this is a good way to decide things?

Once, a man who found it difficult to make decisions decided that, for every decision, he'd write out six possible things he could do. Then, he would number them and throw a dice to let it tell him which choice to make. If the dice landed on six, he'd choose option six, and so on.

In your notebook, write a decision you have to make and a list of six choices for what you could do. Would you be brave (or stupid) enough to follow what the dice said? 3 Number _____ because ____

YOURSELF



- **1** Label the sports equipment. 2 s 3 b 1 r 6 p_____ 5 s 7 r 8 S 2 Read the clues and complete the crossword with verbs of movement. Down: 1 Snowboarders <u>slide</u> down the mountain. S out of a plane to start a dive. Skydivers l 2 3 If you touch something lightly, you ______ it. i 4 To turn around and around in a circle is to _____. d
 - 5 Everyone who does a base jump wants to ______ safely!
 - 7 Before you can abseil down, you have to _____ up a rock or cliff.

Across:

6 To go all the way around the world is to ______ the globe.

a my cup of tea.

c a lost cause.

d more than you can chew.

e in the neck sometimes.

b a mile from anything that risks injury.

3 Match the sentence halves to make idioms.

- 1 Don't bite off
- 2 You can be a real pain
- 3 Doing dangerous sports isn't
- 4 I'd run

e

5 I tried to help him with his homework but then decided he was

ALL ABOUT ME

- **1** What's your greatest achievement in life so far?
- 2 When have you been lucky in doing something?
- 3 Who has helped you most to achieve something? How did they help?

1 Choose the best options to complete the text.

Extreme experiments

A mad scientist (1) ______ the behaviour of the robot frogs he'd invented. He (2) _____a frog on a flat surface and (3) _____'Jump' – and the frog (4) _____. The scientist (5) _____for his notebook and wrote, 'Frogs can jump'. Then, after he (6) ______one of the frog's legs, he (7) ______it to jump again. He wrote, 'Robot frogs can jump with one leg'. Then he (8) ______the last leg and the frog (9) ______to jump again. The scientist wrote, 'When robot frogs (10) ______legs, they can't hear'.

1	а	was studied	b	studying	С	was studying	
2	а	put	b	was put	С	hadn't put	
3	а	was shouted	b	had shouted	С	shouted	
4	а	had	b	did	С	was	
5	а	reached	b	was reaching	С	didn't reach	
6	а	was removing	b	was removed	С	had removed	
7	а	had ordered	b	ordered	С	was ordering	
8	а	cut off	b	cutting off	С	had cut off	
9	а	told	b	telling	С	was told	
10	а	aren't having	b	haven't got	С	hadn't got	/

2 Complete the second sentence so that it has a similar meaning to the first. Use the word given. You should write between two and five words.

- 1 You have no idea of the beauty of being above the clouds. understand You can't understand the beauty that you feel when skydiving. 2 I fell from a cliff, but they found me. rescued after falling from a cliff. 1 3 You can read the story online. possible an online version of the story. lt 4 Was a European the first person to get to the North Pole? been reached by anyone before a European went there? Had 5 Does anybody know the true story? real by anybody? ls 6 Did anyone tell you about the risks? informed about the risks by anyone? Were 7 I don't enjoy any extreme sports. tea Extreme sports are **3** Choose the correct options to complete the conversation. **Sam:** Why (1) you didn't / didn't you answer me?
 - **Paul:** Because I (2) *didn't hear / wasn't hearing* my phone.
 - **Sam:** So, (3) *don't you remember / aren't you remembering* I told you about the game before?
 - Paul: Of course. (4) Are you thinking / Do you think I'm that forgetful?
 - Sam: Well, sometimes you can (5) be / do .
 - Paul: haven't got time for this. (6) Are / Don't we going or not?
 - **Sam:** 1 (7) 've / 'm having the tickets. Meet you outside gate number three at eight o'clock.