

## Introduction — Adrenaline — Extreme Sports

1. Look at the pictures and guess the sport these people are practicing.



### **Discuss:**

- What's your favourite sport? How often do you play it?
- How many hours of sports do (did) you have in school? Is (was) this enough?
- Which sports have you played? Which one did you enjoy most?
- Which sport would you like to try? Explain why.
- Which sports do you think are dangerous? What can happen?
- Do you think famous sports players are overpaid?



## Talking about “How things make you feel”

‘Adrenalin Rush’ → Which of the following would make you feel:



Talking to someone you are attracted to...

**Taking an exam...**

Climbing to a high point and then looking down

**TAKING OFF IN A AEROPLANE**

*Riding on the back of a motorbike at high speed*

***Being stuck in a traffic jam***

*Giving a speech in front of an audience*

*Going on a roller-coaster at the fair*

**Finding out that you have been robbed**

*Gallop on a horse*

**WATCHING YOUR NATIONAL FOOTBALL TEAM**

Being stopped by the police

## Reading: My name is Mike & I'm a skydiver



1. Read the text "My name is Mike & I'm a skydiver".
2. Answer the below questions.
3. The following sentences summarize Mike's story. Read them carefully and then correct the false information.

[www.deadmike.com](http://www.deadmike.com)

I've just done my first jump since the accident that nearly killed me just over a year ago. As I was lying in hospital, thinking that I would never skydive again, I wasn't feeling glad to be alive. Instead, I was wondering how I could possibly live without it.

It all started one evening after another typical nine to five day. I was sitting at home thinking, 'There has to be more to life than this,' when an ad came on the television: 'Try skydiving,' it said. The next day, I called my local skydiving centre and booked my first jump.

I spent a day training and then I was ready for my first jump. Or almost. First, I had to sign a document to say that I understood that I was taking part in an activity that could end in serious injury. At that moment I realised that I was about to do something voluntarily that would put my life at risk and as I signed, I wondered if I was completely mad.

I will never forget my first jump. Five of us walked to the runway and got into a plane barely big enough to hold three people. I was beginning to feel nervous, but the others were chatting and joking and I started to feel more relaxed. It was a beautiful, cloudless day and the sun was just going down. It took us about 20 minutes to get to 11,000 feet and then the trainer opened the plane door – the view took my breath away. Suddenly, it was time to jump and as I pushed myself away from the plane, I don't know what I was thinking, my mind went blank. Words cannot describe the rush of adrenalin I experienced while I was free-falling.

At 5,500 feet I pulled the cord and the parachute opened immediately. Suddenly, everything was silent and peaceful. Twice I shouted, 'This is absolutely incredible,' though I knew there was nobody to hear me. It was the most amazing four minutes of my life. From the first jump, I was hooked. I started spending every free moment I had skydiving. At work, I sat in front of my computer and imagined ways of making more money so that I could jump more often. It became my reason for living and nothing else mattered. I was addicted to skydiving. Things were going really well. I was spending every free moment I had skydiving. Then disaster struck on my 1,040th jump. Another skydiver collided with my parachute at 80 feet. I fell and hit the ground at about 30 mph, face down. I broke both legs, my right foot, left elbow, right arm, my nose and my jaw. I lost 10 pints of blood, 19 teeth and 25 pounds of fat. I was lucky to survive. People who have never experienced skydiving will find it hard to understand that my only motivation to get better was so that I would do it again. All I can say is that for me, skydiving is life and life is skydiving.

**1. Answer the questions about Mike (in English)**

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a. *Why did he start skydiving?*

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b. *How did he feel on his first jump?*

---

c. *What caused his accident and why has he continued skydiving?*

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**2. Correct the false information about the text.**

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a. *Mike was reading a newspaper one evening when he saw an ad for skydiving.*

---

b. *He phoned the skydiving centre immediately and booked a jump.*

---

c. *After a day's training, he was sure he was doing the right thing.*

---

d. *His first jump was unforgettable. It was a beautiful morning and he was feeling relaxed.*

---

e. *After an hour's flight, he jumped out of the plane and his parachute opened immediately.*

---

f. *After his first jump, he didn't think he would do it again.*

---

g. *During his free time, he thought about skydiving a lot.*

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h. *On his 1,040th jump he had an accident when his parachute didn't open.*

---

i. *He nearly died and thought that his skydiving days were over.*

---

j. *The only reason he wanted to get better was so that he could skydive again.*

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**3. Vocabulary exercises: complete the questions from memory.**

- a. What couldn't you live without?
- b. Why do you think people take part in dangerous sports?
- c. Have you ever put your life at risk voluntarily?
- d. When was the last time a view took your breath away?
- e. Do you know anybody who is addicted to a sport like Mike?

**4. Vocabulary classification: use DO/PLAY/GO with the right sport.**

aerobics – athletics – badminton – baseball – basketball – bungee jumping – climbing – cycling – football – horse-riding – ice hockey – judo – karate – rugby – sailing – scuba-diving – skating – skydiving – snow-boarding – surfing – swimming – table-tennis – tennis – volleyball – weightlifting – windsurfing

| Go                 | Play               | Do                      |
|--------------------|--------------------|-------------------------|
| <i>Go swimming</i> | <i>Play tennis</i> | <i>Do weightlifting</i> |
|                    |                    |                         |

**Personality — Vocabulary practice**

**1. Give the correct adjective for each person. Choose from the list.**

- |             |               |           |             |             |
|-------------|---------------|-----------|-------------|-------------|
| optimistic  | conscientious | demanding | generous    | easy-going  |
| pessimistic | shy           | sociable  | superficial | spontaneous |

1. Alan is friendly and enjoys talking to other people. ....
2. Beth finds it difficult to meet people or talk to strangers. ....
3. Cindy always sees the sunny side of things. ....
4. David reacts quickly in any situation. ....
5. Emma doesn't make a fuss about things. She quickly agrees. ....
6. Fiona will help people, also with money if necessary. ....
7. Greg doesn't think deeply and has little understanding of anything serious. ....
8. Henry is often unhappy and sees trouble everywhere. ....
9. Ian is very careful and always does his work properly. ....
10. James is not easily satisfied or pleased. ....

**2. Adjectives and their opposites: write the opposite of the adjectives in the right column.**

|              |           |          |            |             |
|--------------|-----------|----------|------------|-------------|
| attractive   | effective | limited  | obedient   | responsible |
| competent    | essential | literate | popular    | stressful   |
| agreeable    | existent  | logical  | powerful   | sociable    |
| conventional | fair      | loyal    | rational   | tactful     |
| critical     | formal    | mature   | reliable   | useful      |
| doubtful     | graceful  | patient  | respectful | violent     |

| un | In/im/il/ir | dis | non | -less |
|----|-------------|-----|-----|-------|
|    |             |     |     |       |

## English Courses: Adrenaline — Extreme Sports — Thrill Seeking

### 3. Translate the sentences.

1. Je trouve les gens irrespectueux assez peu attrayants et désagréables.  
\_\_\_\_\_
2. Ceux qui manquent d'esprit critique sont souvent incompetents.  
\_\_\_\_\_
3. Un comportement peu conventionnel n'est pas nécessairement indélicat ou honteux.  
\_\_\_\_\_
4. Une personne qui est déloyale avec les autres peut parfois réagir d'une façon assez irresponsable.  
\_\_\_\_\_
5. Une réaction non-violente n'est pas inefficace ou impuissante.  
\_\_\_\_\_
6. Les gens irrationnels sont souvent immatures et peu fiables.  
\_\_\_\_\_
7. Tu es tellement peu amicale de temps en temps.  
\_\_\_\_\_
8. Tu n'as absolument pas d tact quand tu parles en public.  
\_\_\_\_\_
9. C'est une situation stressante au plus haut point.  
\_\_\_\_\_
10. Ma sœur est une personne équilibrée et joyeuse.  
\_\_\_\_\_

### 4. More personality adjectives. Translate.

|               |  |              |  |
|---------------|--|--------------|--|
| Carefree      |  | Independent  |  |
| Cheerful      |  | Romantic     |  |
| Discreet      |  | Self-assured |  |
| Down-to-earth |  | Sensitive    |  |
| Dreamy        |  | Sensible     |  |
| Emotional     |  | Well-lanced  |  |
| Extrovert     |  | Doubtful     |  |
| Introvert     |  | Graceful     |  |

## Grammar: gradable & absolute adjectives

| Gradable adjectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Absolute adjectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Angry</b><br/> <b>Funny</b><br/> <b>Strange</b><br/> <b>Tired</b><br/> <b>Bad</b><br/> <b>Excited</b><br/> <b>Good</b><br/> <b>Silly</b><br/> <b>Beautiful</b><br/> <b>Funny</b><br/> <b>Frightened</b><br/> <b>Dirty</b><br/> <b>Interesting</b><br/> <b>Pleased</b><br/> <b>Valuable</b><br/> <b>Small</b><br/> <b>Pleasant</b><br/> <b>Cold</b> </p> <p>Adjectives like <b>good</b>, <b>small</b> or <b>pleasant</b> can go with adverbs like <b>very</b>, <b>extremely</b>, <b>fairly</b> and <b>rather</b>:</p> <ul style="list-style-type: none"> <li>- <i>very <b>good</b></i></li> <li>- <i>fairly <b>small</b></i></li> <li>- <i>rather <b>pleasant</b></i></li> <li>- <i>extremely <b>cold</b></i></li> </ul> <p>You cannot use adverbs like <b>absolutely</b> and <b>totally</b> with these adjectives.</p> | <p> <b>Furious</b><br/> <b>Hilarious</b><br/> <b>Incredible</b><br/> <b>Exhausted</b><br/> <b>Awful</b><br/> <b>Thrilled</b><br/> <b>Brilliant</b><br/> <b>Starving</b><br/> <b>Huge</b><br/> <b>Enormous</b><br/> <b>Freezing</b><br/> <b>Ridiculous</b><br/> <b>Gorgeous</b><br/> <b>Terrified</b><br/> <b>Filthy</b><br/> <b>Fascinating</b><br/> <b>Delighted</b><br/> <b>Priceless</b> </p> <p>Strong adjectives like <b>incredible</b> can go with adverbs like <b>absolute</b> and <b>totally</b>:</p> <ul style="list-style-type: none"> <li>- <b>absolutely perfect</b></li> <li>- <b>totally unique</b></li> </ul> |

|            |          | <b>Very</b>  | <b>Absolutely</b> |
|------------|----------|--------------|-------------------|
| Angry      | Excited  | <i>Angry</i> | <i>Furious</i>    |
| Exhausted  | Furious  |              |                   |
| Incredible | Tired    |              |                   |
| Awful      | Thrilled |              |                   |
| Hilarious  | Good     |              |                   |
| Bad        | Funny    |              |                   |
| Brilliant  | Strange  |              |                   |



## Extreme Adjectives

1. Match each normal adjective with an extreme adjective.

| NORMAL ADJECTIVES    | EXTREME ADJECTIVES |
|----------------------|--------------------|
| tired                |                    |
| angry                |                    |
| cold                 |                    |
| sad                  |                    |
| old                  |                    |
| large, big           |                    |
| bad                  |                    |
| tasty                |                    |
| hot                  |                    |
| surprising, suprised |                    |
| small                |                    |
| strange              |                    |
| interesting          |                    |
| scared, frightened   |                    |
| good                 |                    |
| expensive            |                    |
| long                 |                    |
| clever               |                    |
| dirty                |                    |
| important            |                    |
| ugly                 |                    |
| pretty               |                    |
| clean                |                    |
| crowded              |                    |
| hungry               |                    |
| pleased              |                    |
| happy                |                    |
| funny                |                    |
| silly                |                    |
| annoying             |                    |
| upset                |                    |

| <u>EXTREME ADJECTIVES</u> |             |           |            |             |
|---------------------------|-------------|-----------|------------|-------------|
| furious                   | heartbroken | essential | awful      | boiling     |
| starving                  | gorgeous    | huge      | filthy     | great       |
| spotless                  | ridiculous  | enormous  | tiny       | excellent   |
| delighted                 | fascinating | wonderful | exhausted  | hilarious   |
| packed                    | infuriating | overjoyed | freezing   | hideous     |
| ancient                   | gigantic    | endless   | appalling  | astonishing |
| astonished                | brilliant   | miserable | exorbitant | delicious   |
| bizarre                   | fantastic   | minute    | terrified  | marvellous  |





## Sense of Danger

More and more people are not satisfied with "soft adventure" holidays any longer, let alone the traditional beach holiday. They are looking for more daring activities. To meet their demands travel agents like Peter Evans, of the British company *Lynton Cooper travel*, now offer experiences ranging from white water rafting on Africa's Zambezi river to climbing the world's highest mountains.

But for some people these activities are not exciting enough. They are turning to what are known as "extreme sports" with names like "sky surfing" (similar to water surfing but during a free fall parachute jump) and "radical free skiing" (or extreme skiing).

The chief attraction of these sports comes from the risk they carry of injury and death. And according to Brendan Koerner, a Washington-based journalist who has closely followed the rise of extreme sports, the risks are very real indeed. They range from injuries such as broken wrists - caused by urban danger sports such as in-line skating - to the real possibility of death for more adventurous sporting enthusiasts like "base jumpers".



These are people who parachute off fixed objects, like sky-scrapers and river gorges. "I've seen statistics quoted for base jumping that range up to about one in 700 jumps resulting in a fatality," Koerner says. This compares to one in 90,000 for traditional parachuting.

Making matters worse is the fact that so many people try risky sports without being properly prepared. Alpine climbing is one activity which has become increasingly popular in recent years, yet many people don't seem to understand the dangers. Last summer, in Europe's highest mountain range, the Alps, more than 90 climbers were killed - 12 died in a single day. And this summer, the death toll from climbing accidents is expected to be as high again. The reason is not that the mountains are getting more dangerous, but that more people are attempting climbs for which they have neither the experience nor the equipment. Last year, for instance, there were reports of climbers trying to walk across glaciers in shorts and tennis shoes. And only one in ten is accompanied by a qualified mountaineering guide.

Why is it that more and more people want to experience adventure and a sense of danger? Part of the reason is that the opportunity to do so has increased dramatically in recent years. Travel firms will now take people almost anywhere in the world - from Mount Everest to Antarctica. And, at home, companies are lining up to offer people the chance to experience danger. In cities all over the world, you can now throw yourself off high towers with an elastic cord attached to your ankles in an activity known as bungee jumping.

But risky though such activities may be, they allow people to expand their horizons, according to Jerome Smail, editor of a new British magazine dedicated to extreme sports. "The reason why people want to do it is because it's a short cut to life experience," he says. "I think it's because it's a way of escaping the nine-to-five lifestyle that a lot of people lead."

Brendan Koerner agrees, arguing that the

popularity of extreme sports in America is a reaction against the overly safe and comfortable life that many people live there. "They are taking jungle-gyms and swings out of children's playgrounds and there are all sorts of little rules in American life right now that are geared towards making it as safe as possible."

He thinks this emphasis on safety goes against the American sense of adventure, which began with the early pioneers and has been kept alive in Hollywood films.

This desire to seek out challenges may sound like a typically male attempt to prove one's courage and nerve. But though young men are the chief exponents of extreme sports, these activities attract women too.

Not only travel operators stimulate the new thirst of danger sports. Also advertisers of soft drinks and beer believe that dangerous sports featuring in advertisements strike a chord with young people.

(adapted from an article written by Edward Buscall in *BBC English*)

### Vocabulary

**white water rafting:** rowing a boat down a wild water river

**urban:** in a town

**in-line skating:** roller-skating with several people

one after the other in one line

a **fatality** [fə'tælɪti]: (here) death

to line **up:** faire la queue

It's a **short cut to life experience:** It gives direct access to really feeling that you are alive

**overly:** excessivement

**the nine-to-five lifestyle:** the lifestyle including a routine job from nine to five, with not much activity afterwards

**a jungle gym:** equipment for children to move and jump, like in the jungle

to be **geared towards:** être destiné à

an **exponent** [ɪks'pɒnənt]: someone who is skilled in a particular activity

to **strike a chord:** to appeal to (trouver un écho)

## Vocabulary: translating sentences

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1. J'ai eu vraiment très peur.
2. Nous avons été coincés dans les embouteillages.
3. As-tu réussi l'examen ?
4. Il adore faire de la moto.
5. Es-tu allé sur les montagnes russes ?
6. Je déteste faire des discours.
7. A quelle vitesse allais-tu quand tu as écrasé le chat ?
8. Quelle équipe a gagné ?
9. L'avion devrait décoller à l'heure.
10. Ils ont grimpé la colline.
11. J'ai ressenti un sentiment de joie.
12. Sais-tu faire du vélo ?
13. Veux-tu jouer au volleyball ce soir ? Hors de question, je déteste ce sport.
14. Elle est accro aux jeux vidéo.
15. Tu as de la chance d'être en vie.
16. Quelle expérience incroyable.
17. Tu dois être fou sans doute.
18. Tout était calme et paisible.
19. Ce fut une expérience inoubliable.
20. L'accident de voiture l'a presque tué.
21. Il est à peine plus grand que moi.
22. Sa jambe était couverte de sang.
23. Je me suis fait mal au coude.
24. Ne me marche pas sur le pied !
25. Il est tombé et s'est cassé la mâchoire.
26. Le saut en chute libre peut être un sport dangereux.

## Vocabulary : Extreme Sports

| <u>Adjectives</u>  | <u>Extra Vocabulary</u> |
|--------------------|-------------------------|
| Carefree           | An injury               |
| Playful            | A sprained ankle        |
| Cheerful           | A pulled muscle         |
| Sensitive          | A tendon, string        |
| Down-to-earth      | The spinal cord         |
| Well-balanced      | Bruising                |
| Professional       | Torn ligaments          |
| Versatile          | A wricked neck          |
| Optimistic         | A dislocated shoulder   |
| Demanding          | A hip out of joint      |
| Generous           | A vertebra              |
| Peaceful           | Vertebral column        |
| Discreet           | A fracture              |
| Trustworthy        | A wrist                 |
| Self-assured       | To admit (tted)         |
| Dreamy             | To avoid                |
| Emotional          | To consider             |
| Dynamic            | To delay (ed)           |
| Extrovert          | To deny (ied)           |
| Easy-going         | To dislike              |
| Pessimistic        | To detest               |
| Shy                | To enjoy                |
| Sociable           |                         |
| Attractive         |                         |
| Competent          |                         |
| Doubtful           |                         |
| Effective          |                         |
| Aggressive         |                         |
| Irresponsible      |                         |
| Insensitive        |                         |
| Tactless           |                         |
| Useless            |                         |
| <u>Dare-Devils</u> |                         |
| Parachuting        |                         |
| Mountain climbing  |                         |
| Skiing             |                         |
| Mountain biking    |                         |
| Sky surfing        |                         |
| Technical diving   |                         |
| Extreme skiing     |                         |
| Scuba diving       |                         |
| Surfing            |                         |
| Bungee jumping     |                         |
| Rafting            |                         |
| Free solo climbing |                         |
| Base jumping       |                         |

## Vocabulary: *Pure Adrenalin*

|                            |  |
|----------------------------|--|
| <b><u>ADRENALIN</u></b>    |  |
| <b>to be scared</b>        |  |
| <b>(be) stuck</b>          |  |
| <b>the adrenalin</b>       |  |
| <b>audience</b>            |  |
| <b>charity</b>             |  |
| <b>exam</b>                |  |
| <b>motorbike</b>           |  |
| <b>roller-coaster</b>      |  |
| <b>speech</b>              |  |
| <b>speed</b>               |  |
| <b>team</b>                |  |
| <b>traffic jam</b>         |  |
| <b>take off</b>            |  |
| <b>to climb</b>            |  |
| <b>to experience</b>       |  |
| <b>to gallop</b>           |  |
| <b>to ride</b>             |  |
| <b>to rob</b>              |  |
| <b>to take</b>             |  |
| <b>no way!</b>             |  |
| <b><u>SKYDIVING</u></b>    |  |
| <b>addicted</b>            |  |
| <b>alive (adj)</b>         |  |
| <b>cloudless (adj)</b>     |  |
| <b>glad (adj)</b>          |  |
| <b>hooked (adj)</b>        |  |
| <b>incredible (adj)</b>    |  |
| <b>mad (adj)</b>           |  |
| <b>peaceful (adj)</b>      |  |
| <b>unforgettable (adj)</b> |  |
| <b>almost (adv)</b>        |  |
| <b>barely (adv)</b>        |  |
| <b>voluntarily (adv)</b>   |  |
| <b>blood (n)</b>           |  |
| <b>cord (n)</b>            |  |
| <b>document (n)</b>        |  |
| <b>elbow (n)</b>           |  |
| <b>foot/feet (n)</b>       |  |
| <b>jaw (n)</b>             |  |
| <b>jump (n)</b>            |  |
| <b>mind (n)</b>            |  |
| <b>motivation (n)</b>      |  |
| <b>runway (n)</b>          |  |
| <b>skydiving (n)</b>       |  |
| <b>tooth/teeth (n)</b>     |  |
| <b>view (n)</b>            |  |



**English Courses: Adrenaline — Extreme Sports — Thrill Seeking**

|                                  |  |
|----------------------------------|--|
| <b>go down</b> (phr v)           |  |
| <b>to book</b> (v)               |  |
| <b>to collide</b> (v)            |  |
| <b>to free-fall</b> (v)          |  |
| <b>to hold</b> (v)               |  |
| <b>to imagine</b> (v)            |  |
| <b>to sign</b> (v)               |  |
| <b>to skydive</b> (v)            |  |
| <b>to spend</b> (v)              |  |
| <b>disaster strikes</b>          |  |
| <b>to do the right thing</b>     |  |
| <b>to get better</b>             |  |
| <b>to go blank</b>               |  |
| <b>to go well</b>                |  |
| <b>to take one's breath away</b> |  |
| <b><u>A SPORTING LIFE</u></b>    |  |
| <b>brilliant</b> (adj)           |  |
| <b>fit</b> (adj)                 |  |
| <b>funny</b> (adj)               |  |
| <b>furious</b> (adj)             |  |
| <b>hilarious</b> (adj)           |  |
| <b>strange</b> (adj)             |  |
| <b>thrilled</b> (adj)            |  |
| <b>unsuitable</b> (adj)          |  |
| <b>absolutely</b> (adv)          |  |
| <b>fairly</b> (adv)              |  |
| <b>rather</b> (adv)              |  |
| <b>totally</b> (adv)             |  |
| <b>aerobatics</b> (n)            |  |
| <b>athletics</b> (n)             |  |
| <b>bungee jumping</b> (n)        |  |
| <b>climbing</b> (n)              |  |
| <b>cycling</b> (n)               |  |
| <b>fight</b> (n)                 |  |
| <b>horse-riding</b> (n)          |  |
| <b>judo</b> (n)                  |  |
| <b>karate</b> (n)                |  |
| <b>rugby</b> (n)                 |  |
| <b>sailing</b> (n)               |  |
| <b>scuba-diving</b> (n)          |  |
| <b>skating</b> (n)               |  |
| <b>snow-boarding</b> (n)         |  |
| <b>weightlifting</b> (n)         |  |
| <b>windsurfing</b> (n)           |  |
| <b>make up</b> (phr v)           |  |
| <b><u>CLOSE UP</u></b>           |  |
| <b>bone</b> (n)                  |  |
| <b>desert</b> (n)                |  |
| <b>driver</b> (n)                |  |

**English Courses: Adrenaline — Extreme Sports — Thrill Seeking**

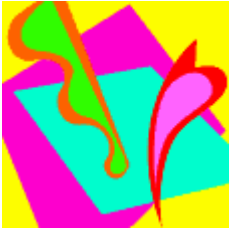
|                            |  |
|----------------------------|--|
| <b>laptop</b> (n)          |  |
| <b>snake</b> (n)           |  |
| <b>cross</b> (v)           |  |
| <b>die</b> (v)             |  |
| <b>be in trouble</b>       |  |
| <b>less</b> (adv)          |  |
| <b>slightly</b> (adv)      |  |
| <b>like</b> (prep)         |  |
| <b>a little bit</b>        |  |
| <b>by far</b>              |  |
| <b>far more</b>            |  |
| <b>much more</b>           |  |
| <b>not nearly as</b>       |  |
| <b>similar to</b>          |  |
| <b><u>Reading</u></b>      |  |
| <b>leisure</b>             |  |
| <b>worldwide</b>           |  |
| <b>to kick</b>             |  |
| <b>wildly popular</b>      |  |
| <b>the neck</b>            |  |
| <b>the back</b>            |  |
| <b>the arm</b>             |  |
| <b>the legs</b>            |  |
| <b>the rules</b>           |  |
| <b>the field</b>           |  |
| <b>high / low</b>          |  |
| <b>to be accustomed to</b> |  |
| <b>to sort out</b>         |  |
| <b>the sticking point</b>  |  |
| <b>to pick up</b>          |  |
| <b>the home ground</b>     |  |
| <b>to be snapped up</b>    |  |
| <b>wealth = rich</b>       |  |
| <b>the homegrown</b>       |  |
| <b>to increase</b>         |  |
| <b>the rivalry</b>         |  |
| <b>to hire</b>             |  |
| <b>huge</b>                |  |

**NOTHING BUT SPORTS: match**

|                                                                                     |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    | <p><b>JUDO</b><br/> <b>WINDSURFING</b><br/> <b>VOLLEYBALL</b><br/> <b>CYCLING</b><br/> <b>BASEBALL</b><br/> <b>HICKING</b><br/> <b>ARCHERY</b><br/> <b>SAILING</b><br/> <b>ROLLERBLADING</b><br/> <b>RUNNING</b><br/> <b>TENNIS</b><br/> <b>JET SKIING</b><br/> <b>DIVING</b><br/> <b>AEROBICS</b><br/> <b>FOOTBALL</b><br/> <b>HORSEBACK</b><br/> <b>RIDING</b><br/> <b>BASKETBALL</b><br/> <b>ROWING</b><br/> <b>SKATEBOARDING</b><br/> <b>MOTOR RACING</b><br/> <b>ICE SKATING</b><br/> <b>BOXING</b><br/> <b>ROCK CLIMBING</b><br/> <b>CRICKET</b><br/> <b>FENCING</b><br/> <b>POLO</b><br/> <b>TABLE TENNIS</b><br/> <b>RUGBY</b><br/> <b>WEIGHTLIFTING</b><br/> <b>GOLF</b><br/> <b>SKIING</b><br/> <b>MOTORCYCLING</b></p> |    |    |
| 1.                                                                                  | 2.                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 3.                                                                                   | 4.                                                                                    |
|    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |    |
| 5.                                                                                  | 6.                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 7.                                                                                   | 8.                                                                                    |
|    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    |    |
| 9.                                                                                  | 10.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 11.                                                                                  | 12.                                                                                   |
|   |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |   |   |
| 13.                                                                                 | 14.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 15.                                                                                  | 16.                                                                                   |
|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |  |
| 17.                                                                                 | 18.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 19.                                                                                  | 20.                                                                                   |
|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |  |
| 21.                                                                                 | 22.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 23.                                                                                  | 24.                                                                                   |
|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |  |
| 25.                                                                                 | 26.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 27.                                                                                  | 28.                                                                                   |
|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |  |
| 29.                                                                                 | 30.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 31.                                                                                  | 32.                                                                                   |

## Personality Test — What kind of person are you?

### 1. Have a look at *Ulla Zang's personality test*



#### **Carefree playful cheerful**

You love a free and spontaneous life. And you attempt to enjoy it to the fullest, in accordance with the motto: "You only live once."

You are very curious and open about everything new; you thrive on change. Nothing is worse than when you feel tied down. You experience your environment as being versatile and always good for a surprise.



#### **Independent unconventional unfettered**

You demand a free and unattached life for yourself that allows you to determine your own course. You have an artistic bent in your work or leisure activities. Your urge for freedom sometimes causes you to do exactly the opposite of what expected of you. Your lifestyle is highly individualistic. You would never blindly imitate what is "in"; on the contrary, you seek to live according to your own ideas and convictions, even if this means swimming against the tide.



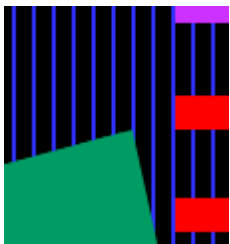
#### **Introspective sensitive reflective**

You come to grips more frequently and thoroughly with yourself and your environment than do most people. You detest superficiality; you'd rather be alone than have to suffer through small talk. But your relationships with your friends are very strong, which gives you the inner tranquility and harmony that you require. You do not mind being alone for extended periods of time; you rarely become bored.



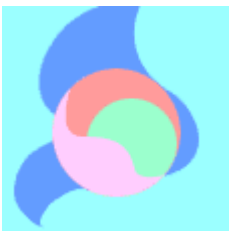
#### **Down to earth well-balanced harmonious**

You value a natural style and love that which is uncomplicated. People admire you because you have both feet planted firmly on the ground and they can depend on you. You give those who are close to you security and space. You are perceived as being warm and human. You reject everything that is garish and trite. You tend to be skeptical toward the whims of fashion trends. For you, clothing has to be practical and unobtrusively elegant.



#### **Professional pragmatic self-assured**

You take charge of your life, and place less faith in your luck and more in your own deeds. You solve problems in a practical, uncomplicated manner. You take a realistic view of the things in your daily life and tackle them without wavering. You are given a great deal of responsibility at work, because people know that you can be depended upon. Your pronounced strength of will projects your self-assurance to others. You are never fully satisfied until you have accomplished your ideas.



#### **Peaceful discreet non-aggressive**

You are easy-going yet discreet. You make friends effortlessly, yet enjoy your privacy and independence. You like to get away from it all and be alone from time to time to contemplate the meaning of life and enjoy yourself. You need space, so you escape to beautiful hideaways, but you are not a loner. You are at peace with yourself and the world, and you appreciate life and what this world has to offer.



**Analytical trustworthy self-assured**

Your momentary sensitivity represents that which is of high quality and durable. Consequently, you like to surround yourself with little "gems," which you discover wherever they are overlooked by others. Thus, culture plays a special role in your life. You have found your own personal style, which is elegant and exclusive, free from the whims of fashion. Your ideal, upon which you base your life, is cultured pleasure. You value a certain level of culture on the part of the people with whom you associate.



**Romantic dreamy emotional**

You are a very sensitive person. You refuse to view things only from a sober, rational standpoint. What your feelings tell you is just as important to you. In fact, you feel it is important to have dreams in life, too. You reject people who scorn romanticism and are guided only by rationality. You refuse to let anything confine the rich variety of your moods and emotions.



**Dynamic active extroverted**

You are quite willing to accept certain risks and to make a strong commitment in exchange for interesting and varied work. Routine, in contrast, tends to have a paralyzing effect on you. What you like most is to be able to play an active role in events. In doing so, your initiative is highly pronounced.

2. **Now it's your turn. Write a text of about 5 lines in which you explain some features of your personality.**

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## Grammar

### 1 Look at the verbs in the box and find:

5 regular verbs

*kill* \_\_\_\_\_  
 \_\_\_\_\_

3 verbs with a past participle that ends in *-en*

\_\_\_\_\_

2 verbs with a past participle that is the same as the infinitive

\_\_\_\_\_

6 irregular verbs with a past participle that is the same as the past tense

\_\_\_\_\_

\_\_\_\_\_

|      |       |       |      |      |       |
|------|-------|-------|------|------|-------|
| come | fall  | feel  | get  | give | kill  |
| lose | pull  | push  | ride | run  | shout |
| sit  | spend | start | win  |      |       |

### 2 Write the words in order to make sentences.

a) a horse I many ridden 've times .

*I've ridden a horse many times.*

b) a I in never river swum 've .

c) been have I India n't to yet .

d) already done homework I my 've .

e) ages anyone for have I met n't .

f) eaten I just lunch 've .

g) have lately much I n't slept .

h) broken I leg my twice 've .

Change the sentences to make them true for you.

### 3 Use the prompts to write questions.

a) you / ever / have / x-ray?

*Have you ever had an x-ray?*

b) you / ever / play / badminton?

c) you / ever / climb / mountain?

d) you / ever / meet / American?

e) you / ever / fly / in / helicopter?

f) you / ever / sleep / on / beach?

Write true answers to the questions.

### 4 Delete the time expression that is *not* possible.

a) He hasn't scored a goal **for ages** / **last June** / **yet**.

b) She's **already** / **never** / **yet** won a gold medal.

c) I broke my arm **in 2006** / **lately** / **two months ago**.

d) We haven't done karate **before** / **never** / **yet**.

e) She's played rugby **many times** / **twice** / **yet**.

f) They've **already** / **for ages** / **just** swum ten kilometres.

g) He hasn't been to a boxing match **for ages** / **last week** / **lately**.

### 5 Put the verbs in brackets into the past simple or the present perfect.

A: (1) *Have you ever been* (you ever be) really frightened?

B: Yes, I have. One day last week, I (2) \_\_\_\_\_ (be) really terrified.

A: Why? What (3) \_\_\_\_\_ (happen)?

B: I (4) \_\_\_\_\_ (see) a wasp. It was enormous. I (5) \_\_\_\_\_ (never see) one like that before.

A: (6) \_\_\_\_\_ (you kill) it?

B: Certainly not.

A: (7) \_\_\_\_\_ (you always be) frightened of wasps?

B: Yes, but I (8) \_\_\_\_\_ (be) a lot more scared of them since one stung me recently.

08 Listen and check.



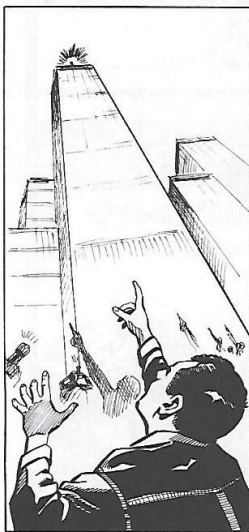
6 Correct the mistakes in the questions.

- a) What you were doing at 9pm last Saturday?  
*What were you doing at 9pm last Saturday?*
- b) What did you wearing?  
 \_\_\_\_\_
- c) How were you feel?  
 \_\_\_\_\_
- d) What you did after that?  
 \_\_\_\_\_
- e) What time went you to bed?  
 \_\_\_\_\_
- f) When you got up the next day?  
 \_\_\_\_\_

Write true answers to the questions.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

7 Put the verbs in brackets into the past simple or the past continuous.



One day, Leo (1) was walking (walk) home from work. The sun (2) \_\_\_\_\_ (shine) and he (3) \_\_\_\_\_ (feel) happy. Suddenly, he (4) \_\_\_\_\_ (see) a group of people who (5) \_\_\_\_\_ (look) up at the top of a building. Leo (6) \_\_\_\_\_ (look) up, too. A woman (7) \_\_\_\_\_ (stand) on the roof of the building. Then, the woman (8) \_\_\_\_\_ (jump). Leo's heart (9) \_\_\_\_\_ (stop), but then, after a second or two, her parachute (10) \_\_\_\_\_ (open).

8 Put the adjectives in brackets into the comparative or superlative form. Insert *than* and *the* where necessary.

- a) My friends are funnier than (funny) / me.
- b) I'm \_\_\_\_\_ (lucky) person that I know.
- c) I feel \_\_\_\_\_ (relaxed) today yesterday.
- d) My bedroom is \_\_\_\_\_ (cold) place in my house.
- e) My sister is \_\_\_\_\_ (pretty) girl in the world.
- f) I find history \_\_\_\_\_ (interesting) sport.
- g) \_\_\_\_\_ (sad) film I've ever seen is *Titanic*.
- h) I'm usually \_\_\_\_\_ (happy) my best friend.

Change the sentences to make them true for you.

9 Underline the correct alternative.

- a) Scuba diving in the Bahamas was by far / slightly the most exciting thing I've ever done.
- b) It was by far / much easier than I thought.
- c) The Bahamas are a lot / just as good for diving as the Red Sea.
- d) The hotels are by far / slightly more expensive than in my country.
- e) The weather is a lot / by far hotter in the summer.
- f) My last holiday wasn't a bit / nearly as nice as this.

10 Rewrite the sentences beginning with the words given.

- a) Tennis is more popular than badminton.  
 Badminton isn't as popular as tennis.
- b) Bungee jumping isn't as difficult as kite surfing.  
 Kite surfing is \_\_\_\_\_
- c) Wembley Stadium is not as big as the Nou Camp Stadium in Barcelona.  
 The Nou Camp Stadium in Barcelona is \_\_\_\_\_
- d) Real Madrid are better than Chelsea.  
 Chelsea aren't \_\_\_\_\_
- e) Rugby isn't nearly as exciting as football.  
 Football is a lot \_\_\_\_\_
- f) Snowboarding is much more fashionable than fishing.  
 Fishing isn't \_\_\_\_\_
- g) Horse-riding isn't as dangerous as boxing.  
 Boxing is \_\_\_\_\_

## Vocabulary

- 1 Insert the missing letters in the non-gradable adjectives and match them with the gradable adjectives in the box.

|       |                   |            |       |
|-------|-------------------|------------|-------|
| angry | cold              | frightened | funny |
| good  | <del>pretty</del> | surprised  | tired |

- a) g\_r\_g\_ \_ \_s      pretty  
 b) \_xh\_ \_st\_d      \_\_\_\_\_  
 c) h\_l\_r\_ \_ \_s      \_\_\_\_\_  
 d) f\_r\_ \_ \_s      \_\_\_\_\_  
 e) t\_rr\_f\_d      \_\_\_\_\_  
 f) \_st\_n\_sh\_d      \_\_\_\_\_  
 g) \_ncr\_d\_bl\_      \_\_\_\_\_  
 h) fr\_ \_z\_ng      \_\_\_\_\_

- 2 Complete the sentences with *very* or *absolutely*.

- a) He was feeling very tired after all the work.  
 b) Her final concert was a/an \_\_\_\_\_ thrilling experience.  
 c) I thought the book was \_\_\_\_\_ fascinating.  
 d) I'm \_\_\_\_\_ boiling in these winter clothes.  
 e) My clothes were \_\_\_\_\_ filthy at the end of the day.  
 f) Our day in the mountains was \_\_\_\_\_ exciting.  
 g) She tells some \_\_\_\_\_ funny stories.  
 h) The stadium was \_\_\_\_\_ dirty after the match.

- 3 Complete the sentences with the words in the box.

|         |                     |            |
|---------|---------------------|------------|
| bored   | embarrassed         | frightened |
| nervous | <del>thrilled</del> | worried    |

- a) I was absolutely thrilled – it was a fantastic present, thank you.  
 b) I was extremely \_\_\_\_\_ – the man had a gun.  
 c) I was feeling fairly \_\_\_\_\_ – it was only my second driving lesson.  
 d) I was so \_\_\_\_\_ – I almost fell asleep.  
 e) I was very \_\_\_\_\_ about you – I didn't know you were going to be late.  
 f) I've never been so \_\_\_\_\_ in my life – my face went bright red.



**English Courses: Adrenaline — Extreme Sports — Thrill Seeking**

1. **Since and for. Complete the table.**

| Since            | For          |
|------------------|--------------|
| Yesterday        | One day      |
| 1995             |              |
|                  | Five minutes |
| My last birthday |              |
|                  | Ten years    |
|                  | Two weeks    |
| I was born       |              |
|                  | An hour      |

**Conjugate**

- a. The plane to Hong Kong \_\_\_\_\_ (just take off).
- b. He \_\_\_\_\_ (go) to Italy two years ago.
- c. Last year, my family \_\_\_\_\_ (move) to Los Angeles.
- d. Philip can't go home: he (lose) \_\_\_\_\_ his keys.
- e. There is no milk anymore, Peter \_\_\_\_\_ (drink) it.
- f. They (be) \_\_\_\_\_ married since last September.
- g. He (not-call) \_\_\_\_\_ his friend yet.
- h. My teacher (translate) \_\_\_\_\_ many books so far.
- j. Jim (not/play) \_\_\_\_\_ tennis three times this week.
- k. Sarah is tired. She \_\_\_\_\_ (run) 30 km this morning.
- l. \_\_\_\_\_ (ever – you- have) an accident?
- m. \_\_\_\_\_ (they-get) married in 1998?

**Translate**

a. J'ai des cours d'anglais depuis six mois.

\_\_\_\_\_

b. J'ai eu des cours d'anglais pendant six mois.

\_\_\_\_\_



**Present Perfect Simple VS Past Simple – Extra exercises**

Conjugate the verbs into brackets either to Present Perfect Simple or Past Simple.

1. I \_\_\_\_\_ to a baseball game last night. (go)
2. She \_\_\_\_\_ Australia 3 times in her life. She would like to go again. (visit)
3. They \_\_\_\_\_ Korean food. (never eat)
4. \_\_\_\_\_ your homework yesterday? (finish)
5. \_\_\_\_\_ yet? (arrive)
6. In 2003, we \_\_\_\_\_ from downtown to the country. (move)
7. I \_\_\_\_\_ a teacher for 3 years. I am still a teacher. (be)
8. \_\_\_\_\_ ever \_\_\_\_\_ to Las Vegas? (go)
9. I \_\_\_\_\_ that movie 20 times. I do not want to watch it again. (see)
10. I \_\_\_\_\_ in this city for 18 years. I do not want to leave. (live)

## English Courses: Adrenaline — Extreme Sports — Thrill Seeking

1 Complete the table with the words in the box.

three years I was ten ages 2002 I was born Monday a while  
three o'clock nearly six months my birthday last week several hours March

| for         | since     |
|-------------|-----------|
| three years | I was ten |

2 Put the verbs into the present perfect simple or continuous and complete the sentences to make them true for you.

- a) I (go) *'ve been going* to the same hairdresser's for ...
- b) I (go) \_\_\_\_\_ to the same dentist since ...
- c) I (have) \_\_\_\_\_ my TV for ...
- d) I (study) \_\_\_\_\_ English since ...
- e) I (do) \_\_\_\_\_ the same job for ...
- f) I (know) \_\_\_\_\_ my oldest friend since ...
- g) I (use) \_\_\_\_\_ the same English dictionary for ...
- h) I (sit) \_\_\_\_\_ in this chair for ...



Write questions for the sentences a–h with *How long / you ...?*

- a) *How long have you been going to the same hairdresser's?*

Ask a partner the questions.

3 Complete the sentences with *gone* or *been*.

- a) It's *been* really hot today.
- b) I've \_\_\_\_\_ to the gym. I feel really tired.
- c) I had a headache earlier, but it's \_\_\_\_\_ now.
- d) The teacher will be back soon. She's \_\_\_\_\_ to get some books.
- e) My parents are away. They've \_\_\_\_\_ abroad.
- f) I haven't \_\_\_\_\_ on holiday for ages!
- g) I've never \_\_\_\_\_ to Africa.
- h) I haven't \_\_\_\_\_ very busy recently.

In which sentences is *been* the past participle of *go*?

Tick any sentences that are true for you.

4 Complete the questions with the past simple, present perfect simple or present perfect continuous.

- a) How many times / go to the UK?  
*How many times have you been to the UK?*
- b) How long / live at the same address?
- c) Which primary school / go to?
- d) When / learn to ride a bike?
- e) How many *Harry Potter* books / read?
- f) How long / go to the same doctor?
- g) What time / get up?
- h) Where / have lunch?

Ask your partner the questions.

5 Read these sentence pairs and choose the correct ending in each case. Discuss your choices with a partner.

- 1 a) I've known my teacher for a long time / very well.  
b) I know my teacher for a long time / very well.
- 2 a) I've been going to a yoga class for years / this evening.  
b) I'm going to a yoga class for years / this evening.
- 3 a) I've lived in an apartment since I was a child / at the moment.  
b) I live in an apartment since I was a child / at the moment.

Are any of the sentences true for you?