

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

Galloping 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

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)

a. *Why did he start skydiving?*

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

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

2. Correct the false information about the text.

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.*

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.*

3. Vocabulary exercises: complete the questions from memory.

- a. What couldn't you live without?
- b. Why do you think people take risks 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> Angry Funny Strange Tired Bad Excited Good Silly Beautiful Funny Frightened Dirty Interesting Pleased Valuable Small Pleasant Cold </p> <p>Adjectives like good, small or pleasant can go with adverbs like very, extremely, fairly and rather:</p> <ul style="list-style-type: none"> - <i>very good</i> - <i>fairly small</i> - <i>rather pleasant</i> - <i>extremely cold</i> <p>You cannot use adverbs like absolutely and totally with these adjectives.</p>	<p> Furious Hilarious Incredible Exhausted Awful Thrilled Brilliant Starving Huge Enormous Freezing Ridiculous Gorgeous Terrified Filthy Fascinating Delighted Priceless </p> <p>Strong adjectives like incredible can go with adverbs like absolute and totally:</p> <ul style="list-style-type: none"> - absolutely perfect - totally unique

		Very	Absolutely
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

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	
Dare-Devils	
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*

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

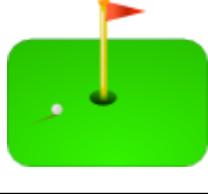
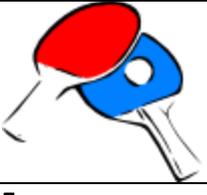
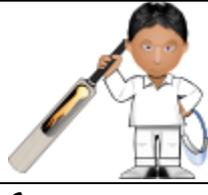
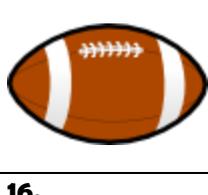
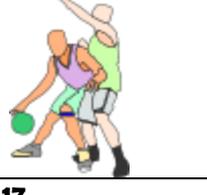
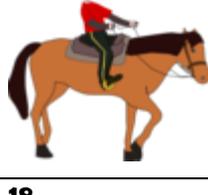
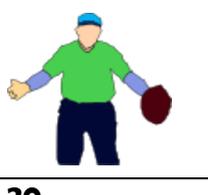
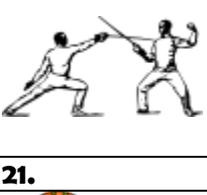
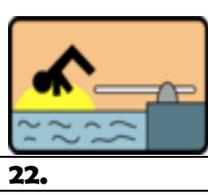
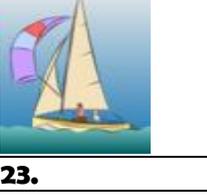
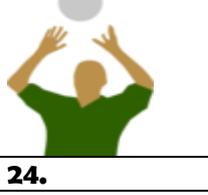
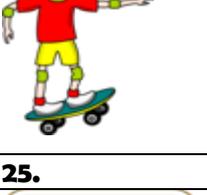
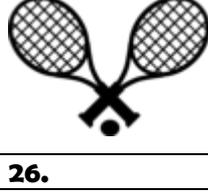
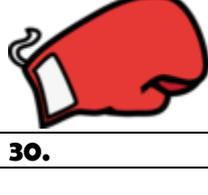
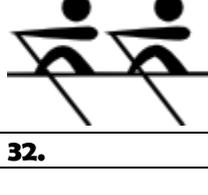
English Courses: Adrenaline — Extreme Sports — Thrill Seeking

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

English Courses: Adrenaline — Extreme Sports — Thrill Seeking

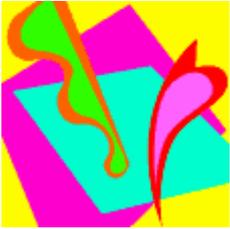
laptop (n)	
snake (n)	
cross (v)	
die (v)	
be in trouble	
less (adv)	
slightly (adv)	
like (prep)	
a little bit	
by far	
far more	
much more	
not nearly as	
similar to	
<u>Reading</u>	
leisure	
worldwide	
to kick	
wildly popular	
the neck	
the back	
the arm	
the legs	
the rules	
the field	
high / low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

NOTHING BUT SPORTS: match

		<p>JUDO WINDSURFING VOLLEYBALL CYCLING BASEBALL HICKING ARCHERY SAILING ROLLERBLADING RUNNING TENNIS JET SKIING DIVING AEROBICS FOOTBALL HORSEBACK RIDING BASKETBALL ROWING SKATEBOARDING MOTOR RACING ICE SKATING BOXING ROCK CLIMBING CRICKET FENCING POLO TABLE TENNIS RUGBY WEIGHTLIFTING GOLF SKIING MOTORCYCLING</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.



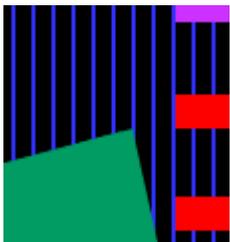
Introspective sensitive reflective

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.



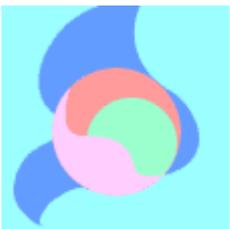
Down to earth well-balanced harmonious

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.



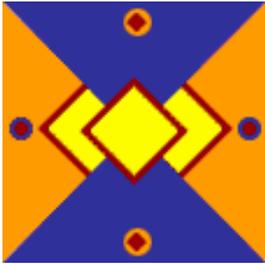
Professional pragmatic self-assured

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.



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?

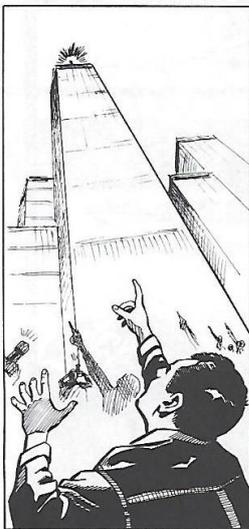
- e) What time went you to bed?

- 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	pretty	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	thrilled	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
<i>three years</i>	<i>I was ten</i>

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*.

- | | |
|---|--|
| <ol style="list-style-type: none"> a) It's <i>been</i> 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. | <ol style="list-style-type: none"> 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?