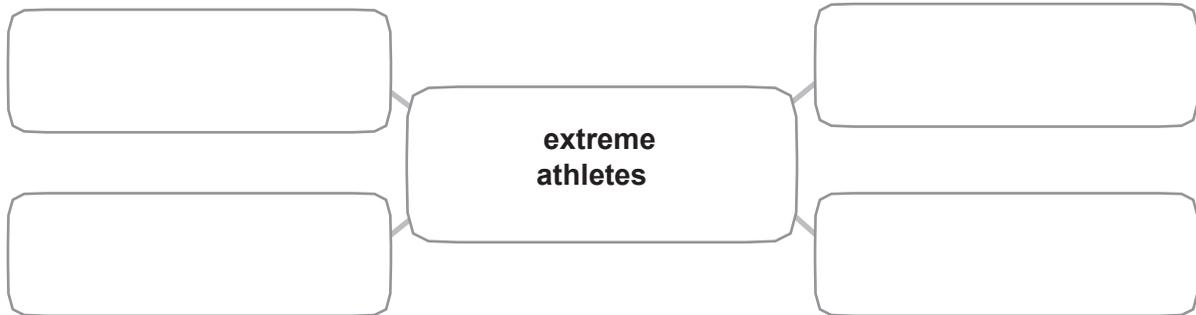


## Unit 1

### Vocabulary and Grammar **Extend** Worksheet 4.1.B

1. **Unscramble the words and phrases in the box that can describe extreme athletes.** Then complete the web.

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2. **Read.** Complete the sentences with a word from Unit 1. The first two letters will help you.

1. Completing the Marathon des Sables seems like an un\_\_\_\_\_ goal to most people.
2. A bo\_\_\_\_\_ is a cutoff point between what an extreme athlete can and cannot do.
3. The satisfaction of having reached an almost impossible goal is what en\_\_\_\_\_ extreme athletes to take risks.
4. The most powerful op\_\_\_\_\_ that extreme athletes come up against is nature.
5. Jussi Oksanen shows complete de\_\_\_\_\_ when he snowboards down the side of a glacier.
6. A person who you admire and whose behaviour you would like to imitate is a ro\_\_\_\_\_ mo\_\_\_\_\_ .

**3. Read the interview with a sailor talking about a sailing trip.** Complete the interview questions using the words in the box. You will need to use some other words.

**achieve / goal      extreme / athlete      face / obstacle      hazardous / conditions**  
**test / physical / boundary**

Interviewer: Hi Laura. Welcome to the show. My first question is ... Would you say you (1) \_\_\_\_\_ ?

Laura: Ha ha! Well, I don't know if I'd call myself that. Corey Richards and Jusi Oksanen definitely are, but I'd say I'm a regular sports person – I only sail!

Interviewer: One question we have for you is about life on the boat in all weather. Were (2) \_\_\_\_\_ ?

Laura: A short answer here – very! The wind and the rain were often really treacherous!

Interviewer: And what was the biggest (3) \_\_\_\_\_ ?

Laura: To be honest, maybe the biggest was that people thought I was too young and that I couldn't do it!

Interviewer: You must be very determined! The cold must have been difficult though. What else (4) \_\_\_\_\_ ?

Laura: Well, I broke my finger in the second week. That made it painful to use the ropes.

Interviewer: My last question is ... Have you (5) \_\_\_\_\_ already?

Laura: No way, I still have lots of things I want to succeed in. I want to finish my university degree!

Interviewer: Well, good luck with that, Laura. Thanks for coming on the show!

**4a. Match the sentence halves.**

- |  |   |
|--|---|
| ___ 1. What I want to do now is          | a. the trip was being in the mountains. |
| ___ 2. The thing that I liked best about | b. stop travelling.                     |
| ___ 3. I wonder if they'll ever          | c. plan my next adventure.              |
| ___ 4. What pushed me to the limit was   | d. when she's finished her degree.      |
| ___ 5. I wonder what she'll do           | e. that I had two exams in one day.     |

**4b. Now complete the sentences using your own ideas.**

1. What I want to do now is \_\_\_\_\_
2. The thing I liked best about \_\_\_\_\_
3. I wonder if \_\_\_\_\_

4. What pushed me to the limit was \_\_\_\_\_
5. I wonder what \_\_\_\_\_

**5. Read part of a speech from an extreme cyclist talking at a school graduation.** Complete the missing words. Use the first letter to help you.

Thank you for inviting me here today to talk at your high school graduation. (1) w\_\_\_\_\_ I want to do now is tell you how I got into downhill mountain biking, and the reason (2) w\_\_\_\_\_ I think extreme sports can help each and every one of you to think about what you want in life, and how you are going to (3) a\_\_\_\_\_ success in that. I've overcome many obstacles in my career, and I've pushed (4) m\_\_\_\_\_ to the limits. The thing that helped me to do that was having a great role model when I was young – my P.E teacher. (5) T\_\_\_\_\_ place where I grew up was a small town, and I didn't know any extreme athletes there, but she asked me if I knew what I wanted to be. (6) S\_\_\_\_\_ was the one who helped me set a goal for myself. I'm not saying I want to be your role model, but I think it's important to have one and to be determined when faced with challenges and opponents. I'm also asking you (7) t\_\_\_\_\_ try something new, and not only to try it, but to become passionate about it. (8) w\_\_\_\_\_ I think helps my determination the most is my passion, and it's what enables (9) m\_\_\_\_\_ to take risks. I hope this inspires you to go out there into the world and do the same. I wonder (10) i\_\_\_\_\_ you've pushed yourself to the limit yet. Now's the time to find out. Happy graduation!

**6a. Read.** Put the words in the correct order to make sentence starters. Then answer the questions. Use the sentence starter and the word in **bold**.

1. Why do some athletes do their sports in **hazardous** conditions?

reason / the / I / think / why \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. What are some examples of the kinds of **obstacles** that extreme athletes come up against?

that / I'm / guessing \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Would you like to test your **physical** or **mental** limits? Explain why or why not.

I'd / like / do / to / what \_\_\_\_\_

wouldn't / what / I / to / want / do \_\_\_\_\_

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**6b. Work in pairs.** Share answers with your partner. Then ask your partner another question using a word and a phrase from Activity 6a.

**7. Read and circle.**

<b>Self-assess</b>	
Have I used the words in <b>bold</b> ?	Yes / No
Have I used phrases to add emphasis correctly?	Yes / No
Have I used embedded statements, questions and commands correctly?	Yes / No
If you have answered 'no' in any of the questions, look at Unit 1 of your <i>Impact Student's Book</i> , <i>Workbook</i> and <i>Grammar Book</i> for review.	