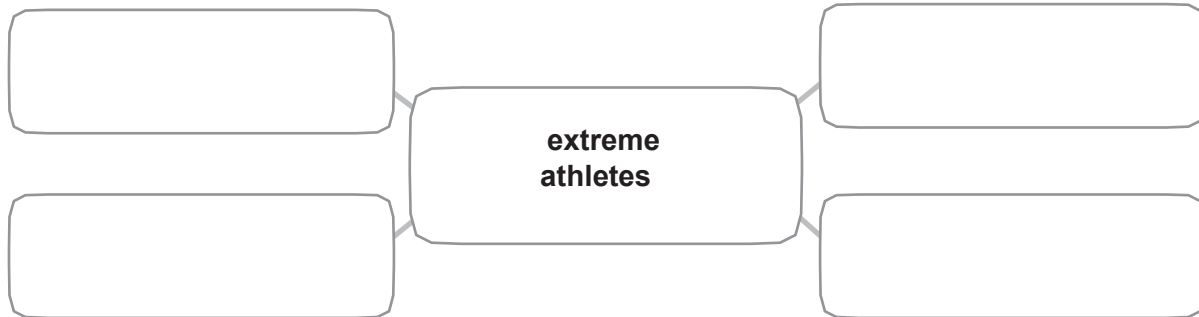


Unit 1

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.

caievhe	tdeerinoatinm	nruandcee	ushp teemslvesh
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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 _____

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.

Self-assess	
Have I used the words in bold ?	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</i> Book, Workbook and Grammar Book for review.	