Student Book Audio Script

TR: 2 1 **Listen and read.** See Student Book pp. 10–11.

TR: 3 2 **Learn new words.** **determination** / The players played with determination because they wanted to win. **enable** / Good shoes enable me to run faster. **endurance** / Runners need endurance to go long distances. **extreme** / Hurricanes and blizzards are extreme weather events. **hazardous** / When climbing in the snow you need to prepare for hazardous conditions. **limit** / He discovered his limit while climbing the mountain. **mental** / A difficult puzzle provides a good mental challenge. **obstacle** / Obstacles come between us and our goals. **opponent** / My opponent was much stronger and won the game. **overcome** / I need to overcome my fear of heights. **pain** / Swimming all day causes me pain in my whole body. **physical** / Some sports require a great deal of physical strength. **push oneself** / You really have to push yourself to run a marathon. **role model** / Parents, teachers, and athletes can all be role models.

TR: 4 5 Do you set boundaries for yourself? Or do you like to push yourself to your limits? And are your limits the same as the extreme athletes you've read about? For some people, climbing an 8,000-meter mountain is an unreachable goal. They won't even try it because they know they can't get to the top. Others work to achieve that goal, even if they have to try several times before making it. If you have the physical ability, courage, and determination, you can do unbelievable things!

TR: 5 5 **Learn new words.** **achieve** / With hard work and determination, you can achieve your goals. **boundary** / Many extreme athletes feel that there are no boundaries for what they can do. **unbelievable** / Skydiving can be an unbelievable experience. **unreachable** / When you're climbing, the top of the mountain may seem unreachable, but you can get there!

TR: 6 **Speaking Strategy** See Student Book p. 13.

TR: 7 7 **S1**: Hugo, come and look at these photos! **S2**: Wow! What are these people doing? **S1**: It's called "extreme ironing." **S2**: No way! I never knew that there was such a thing! **S1**: Yeah, it's really different. **S2**: Tell me more about it. **S1**: Basically, people compete against one another to see who can iron under the most extreme conditions. **S2**: Really? That's unbelievable! **S1**: It's true, though. Look at the guy in this photo—he's climbed to the top of the car to do his ironing! **S2**: Who does that? What about you, Ana? Would you try extreme ironing? **S1**: I don't think I like ironing enough to take that kind of risk!

TR: 8 **Grammar** See Student Book p. 14.

TR: 9 11 **1.** Skydiving would be amazing. **2.** What is the most dangerous extreme sport? **3.** Take a lesson before you go kite surfing. **4.** Mountain climbers must have endurance. **5.** Who is the most determined person you know?

TR: 10 13 A nontraditional sport, such as ice climbing, can really push us to our physical limits. But, have you ever done anything that pushes you to your mental limits? Around the world, students participate in tough academic competitions, such as Math Olympiads. These events require a lot of training, just as an extreme sport does. The competitions often require students to struggle with complex problems. Sometimes it takes over an hour to complete just one!

Nur Muhammad Shafiullah knows first-hand how the Math Olympiads can push mental limits. He is the youngest student ever to compete in the International Mathematical Olympiad. At 15, Nur Muhammad went to the international competition to represent his native country, Bangladesh. He competed against students from 125 countries and took the bronze medal! The next year he did it again. The year after that he earned a silver medal. Nur Muhammad's math skills are really unbelievable. What about you? Do you think the International Mathematical Olympiad is beyond your mental limits?

TR: 11 13 **Learn new words.** **event** / Math Olympiads are serious, competitive events. **non-traditional** / Extreme ironing is a non-traditional sport. **represent** / Intelligent students represent their countries at the International Math Olympiad. **struggle** / Some students struggle for hours to solve problems.

TR: 12 17 **Learn new words.** **beyond** / Extreme athletes go beyond physical and mental boundaries. **consequence** / When you fall, there can be consequences, like a broken leg. **in control** / Being in control of your body is important when skiing. **limb** / Your arms and legs are your limbs. **peak performance** / Olympic athletes train to reach their peak performance levels.

TR: 13 18 **While you read.** See Student Book pp. 16–17.

TR: 14 **Grammar** See Student Book p. 20.