

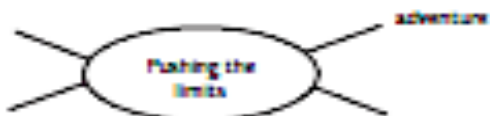
**Discuss**

1 Look carefully at the photographs of the Himalayas and discuss these questions.

- What qualities would a person need to survive in these conditions?
- What difficulties and problems would you face if you attempted to spend time in these conditions?

Read

2 Before reading, think of as many words as possible related to the unit and the text opposite. Use the title of the text, the pictures on both pages, and the unit title to provide hints. Record your ideas in a word map, like the one shown below.



3 Read the report and say whether these statements are True (T) or False (F). Justify your answers.

- Zed Al Rifei was the first Arab man to climb the tallest mountain on every continent.
- After climbing Mount Aconcagua, Al Rifei decided to retire.
- Al Rifei was nervous about climbing Mount Everest because he was inexperienced.
- The weather on Mount Everest was extremely poor.

English
4 All

U 10 L 1 SB



Pushing the limits (Craving Adventures)

Reasons

- to look for fame
- to be the center of attention
- to develop skills
- to overcome fears
- to set records
- to gain money
- to be superheroes



Qualities needed

- confidence
- fitness
- patience
- strength
- determination
- respect to nature
- courage
- strong will

Equipment needed

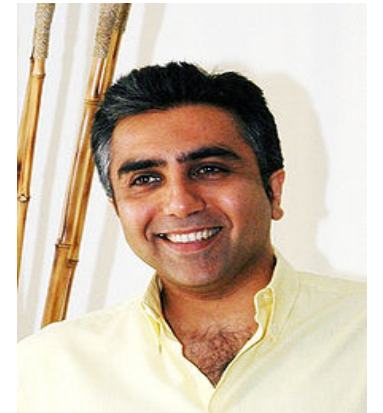
- confidence
- fitness
- patience
- strength
- determination
- respect to nature
- courage
- strong will

Problems faced

- exhaustion
- lack of oxygen
- avalanches
- sickness
- frostbite
- injury
- getting lost
- bad/extreme weather
- losing contact

Famous challengers

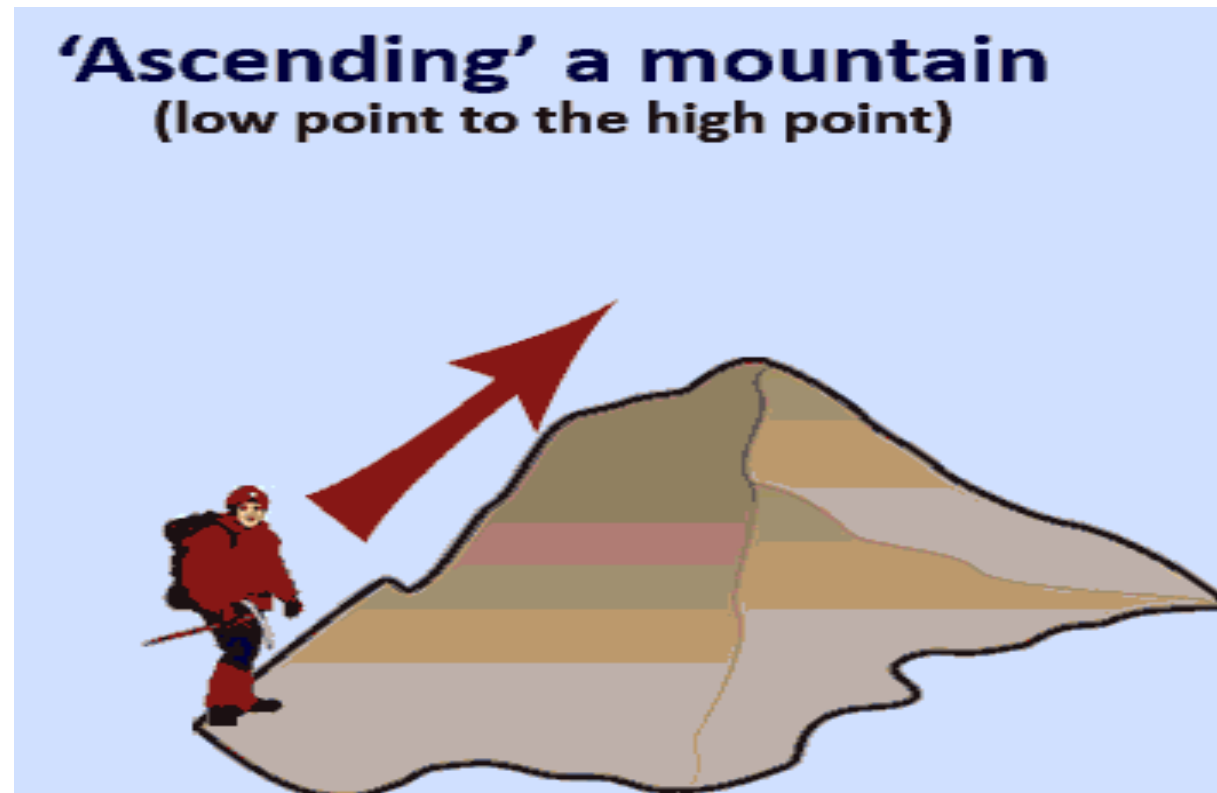
- Zeddy Al-Refai
- Steve Fossett



ascend

v.

to climb to the summit of a (mountain or hill)



scale

v.

to climb up or over(something high and steep)



attempt



an effort to surpass a record or conquer a mountain



summit

n.

the highest point of a hill or mountain



exhaustion

n.

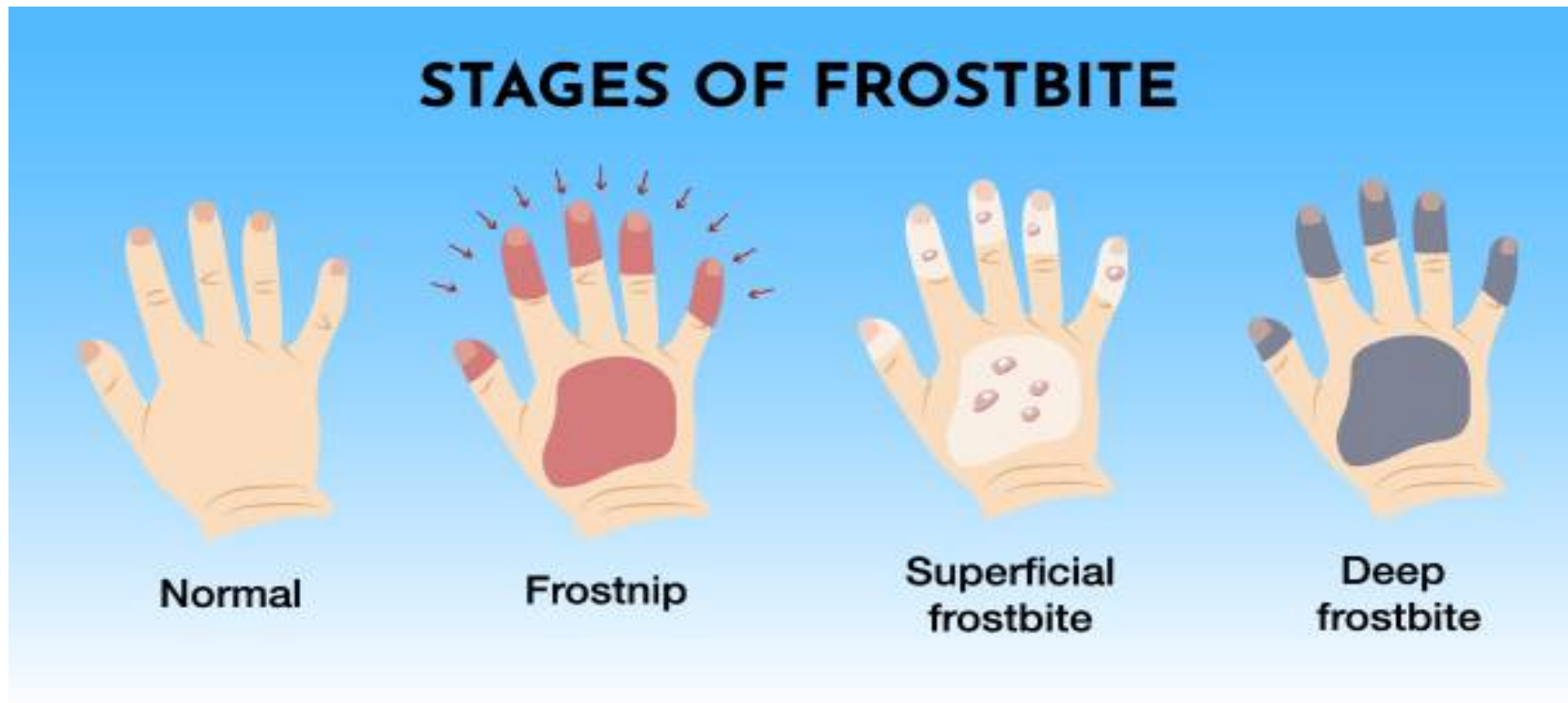
a state of extreme physical or mental fatigue



Frost-bite

n.

injury to body tissues caused by exposure to extreme cold



extreme

Adj.

reaching a high or the highest degree; very great



dizzying

Adj.

make (someone) feel unsteady, confused, or amazed



elite

n.

a group of people considered to be the best in a particular society or category, esp. because of their power, talent, or wealth



highlight

v.

pick out and emphasis



perilous

Adj.

full of danger or risk



reconstruction

n.

the action or process of rebuilding something after it has been damaged or destroyed





Discuss

- 1 Look carefully at the photographs of the Himalayas and discuss these questions.
- What qualities would a person need to survive in these conditions?

He should be patient, brave, fit, courageous, have self determination, well prepared, have strong will and stamina, have deep respect to nature.



Discuss



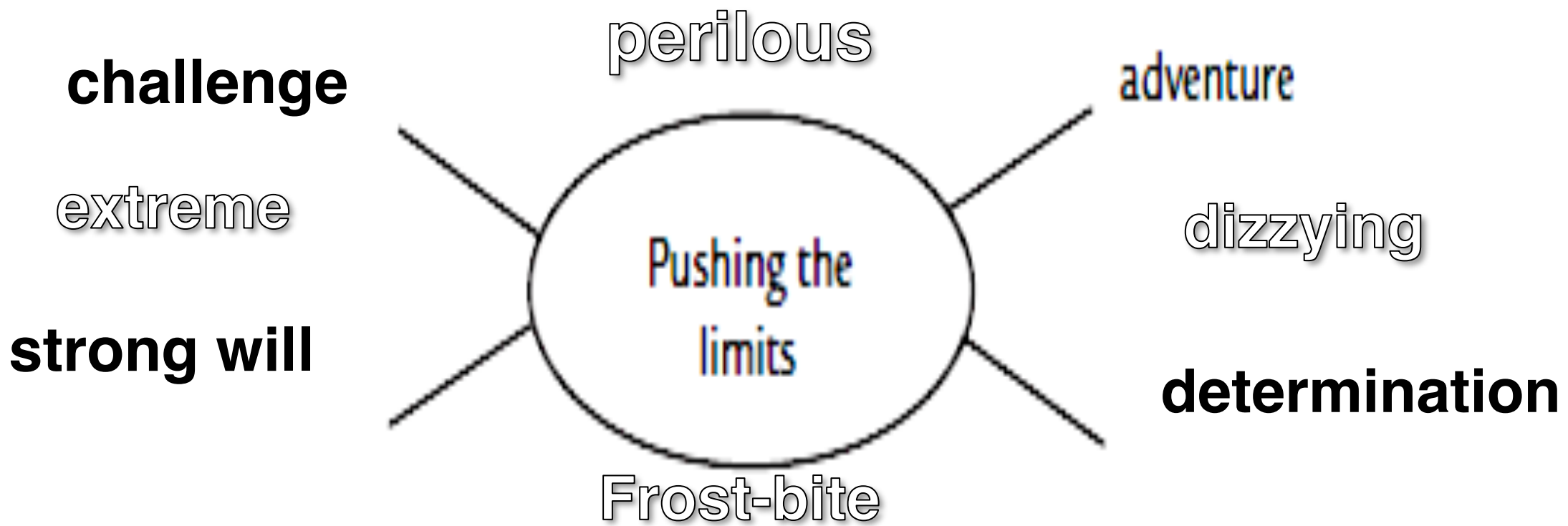
Look carefully at the photographs of the Himalayas and discuss these questions.

- a What qualities would a person need to survive in these conditions?
- b What difficulties and problems would you face if you attempted to spend time in these conditions?

b- He might face **exhaustion, lack of oxygen, avalanches, sickness, frostbite, injury, getting lost, bad/extreme weather and losing contact.**

Read

2 Before reading, think of as many words as possible related to the unit and the text opposite. Use the title of the text, the pictures on both pages, and the unit title to provide hints. Record your ideas in a word map, like the one shown below.



The seven summits

On February 5th, 2004, Kuwaiti climber Zed 'Zeddy' Al Refai became the first Arab man to ascend the highest mountain on every continent. He had reached the top of Mount Aconcagua in Argentina, South America, in four days. This was five years after he had climbed Mount McKinley, the highest peak in North America. Apart from exhaustion and a little frost-bite, Zeddy was in good health and very happy to have joined the elite 'seven summit' club.

These seven summits include Mount Everest, the highest mountain on Earth. Zeddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

Zeddy showed his determination. He had been preparing for his second attempt for many months, and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perilous and for much of the climb

he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Zeddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in the sport.

The year after climbing Aconcagua, Zeddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquake and take part in reconstruction efforts.

You may think that Zed Al Refai had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.



 Read the report and say whether these statements are True (T) or False (F)? Justify your answers.

a Zed Al Refai was the first Arab man to climb the tallest mountain on every continent.

He was the first to ascend the highest mountain on every continent.

T

b After climbing Mount Aconcagua, Al Refai decided to retire.

He climbed Matterhorn two years after Mount Aconcagua.

F

c Al Refai was nervous about climbing Mount Everest because he was inexperienced.

He was very experienced, but he was still nervous.

F

d The weather on Mount Everest was extremely poor.

The conditions were perilous.

T

Thank you

Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

HOD Mr. Hesham Al- Sakhawi





Unit 10 Pushing the limits

The seven summits

On February 26th, 2004, Kuwaiti climber Zaid 'Zaddy' Al Rifa'i became the first Arab man to ascend the highest mountain on every continent. He had reached the top of Mount Aconcagua in Argentina, South America, in four days. This was five years after he had climbed Mount McKinley, the highest peak in North America. Apart from exhaustion and a little frost-bite, Zaddy was in good health and very happy to have joined the elite 'seven summit' club.

These seven summits include Mount Everest, the highest mountain on Earth. Zaddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

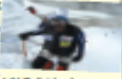
Zaddy showed his determination. He had been preparing for his second attempt for many months, and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perfect and for much of the climb

he had been fighting extreme cold, strong winds, drying helmets and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Zaddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in the sport.

The year after climbing Aconcagua, Zaddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquakes and take part in reconstruction efforts.

You may think that Zaid Al Rifa'i had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.



4 How many of the difficulties and problems you discussed in 1b are mentioned in the report?

Check your understanding

5 Suggest explanations for these extracts from the report.

- a He was nervous despite the fact that he was an experienced climber. _____
- b Zaddy's first attempt at Everest had almost ended in calamity. _____
- c ... but he knew he had a great team supporting him and this helped him to keep going. _____

6 What do the words in bold in these extracts from the report refer to?

- a He knew it would be the **hardest thing he had ever done**. (lines 21-22)
- b You may think that Zaid Al Rifa'i had had enough of mountains after all these **expeditions**. (lines 44-46)
- c the **following year** he scaled the Matterhorn. (lines 46-47)

Think, act, speak! Giving personal opinions

- 7 Discuss these questions with other students.
 - a What kind of preparations do people have to make before they go on expeditions like the one you have read about?
 - b Would you be interested in doing something as physically and mentally demanding as Zaid Al Rifa'i's climb up Mount Everest? Why or why not?

Words to remember
 second attempt, drying, elite, exhaustion, extreme, frost-bite, highlight, perfect, reconstruction, scale, summit.

✍️ Fill in the spaces with words from the list :

ascend \ attempt \ elite \ dizzying \ exhaustion

1. Aziz felt ill with**exhaustion**.....
2. Ali failed his driving test on the first ...**attempt**..... but he succeeded on the second one.
3. The tower rose to**dizzying**..... heights.
4. She believed that when she died, her soul would**ascend**..... to heaven.
5. Dr. Ma'soma Al- Mubarak is one of the country's educated**elite**.....

✍ Fill in the spaces with words from the list :

highlights \ reconstruction \ perilous \ scaled \ summit

1. Kuwait made a great progress in the **reconstruction** of old buildings.
2. She made a **perilous** journey across the mountains.
3. The prisoner **scaled** the high prison wall and ran off.
4. Ahmad set the record to reach the **summit** of Mount Everest.
5. The report **highlights** the need for improved safety.

**A mountain climber may face perilous conditions and problems.
Give some examples.**

**Extreme cold and strong
winds**

**Frost-bite and
exhaustion**

Low levels of oxygen and dizzying heights

What can be learnt from expeditions of challenges?

**We learn how to save a
life.**

We learn patience, determination, stamina and

strong will

Respecting nature and working as a

team

The seven summits

On February 5th, 2004, Kuwaiti climber Zed 'Zeddy' Al Refai became the first Arab man to ascend the highest mountain on every continent. He had reached the top of Mount Aconcagua in Argentina, South America, in four days. This was five years after he had climbed Mount McKinley, the highest peak in North America. Apart from exhaustion and a little frost-bite, Zeddy was in good health and very happy to have joined the elite 'seven summit' club.

These seven summits include Mount Everest, the highest mountain on Earth. Zeddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

Zeddy showed his determination. He had been preparing for his second attempt for many months, and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perilous and for much of the climb

he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Zeddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in the sport.

The year after climbing Aconcagua, Zeddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquake and take part in reconstruction efforts.

You may think that Zed Al Refai had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.





How many of the difficulties and problems you discussed in 1b are mentioned in the report?

Difficulties and problems might include exhaustion, lack of oxygen, avalanches, sickness, injury, getting lost, losing contact with the outside world and the extreme cold.



Check your understanding

5 Suggest explanations for these extracts from the report.

a He was nervous despite the fact that he was an experienced climber.

He was nervous because he knew how dangerous the expedition would be.

b Zeddy's first attempt at Everest had almost ended in calamity ...

He had to be carried down the mountain by a member of his team.

c ... but he knew he had a great team supporting him and this helped him to keep going.

He had an experienced team that he relied on for support.



What do the words in bold in these extracts from the report refer to?

a He knew it would be the hardest thing he had ever done.. **climbing Mount Everest**

b You may think that Zed Al Refai had had enough of mountains after all **these expeditions**... (lines 44-46) **his climbing of the seven summits**

c **the following year** he scaled the Matterhorn... (lines 46-47) **the year after visiting Pakistan**



Think and speak Giving personal opinion



Discuss these questions with other students.

- a** What kind of preparations do people have to make before they go on expeditions like the one you have read about?

Taking enough water and food with lots of equipment with GPS device and wireless connection.

Taking a first aid kit, a tent, a compass, a video camera, a radio and a map.

- b** Would you be interested in doing something as physically and mentally demanding as Zed Al Refai's climb up Mount Everest? Why or why not?

Yes, I like adventure, curiosity and challenge.

I'd love to explore the world and learn new things in life to satisfy my desire to compete.

Thank you

Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

HOD Mr. Hesham Al- Sakhawi



2 Read the article and choose the correct answer to the following questions.

- Steve Fossett was declared legally dead in ...
 - September, 2008.
 - February, 2008.
 - September, 2007.
 - November, 2007.
- Why did Fossett wear a full pressure suit during his Absolute Altitude Record for Gliders attempt?
 - to cope with the psychological stress of the record attempt
 - to cope with the reduction in atmosphere
 - to show his sponsorship
 - to keep warm
- What is the main message of the text?
 - Steve Fossett escaped a downed balloon
 - Steve Fossett died in a plane crash
 - Steve Fossett set many impressive records
 - Steve Fossett was a rich man

3 What do the following phrases taken from the article mean?

- constant altitude
 - unchanging temperature
 - inconsistent price
 - sustained height
 - perpetual motion
- submerged hatch
 - small door which is underwater
 - broken window
 - propeller system
 - aquatic insulation
- clambered aboard
 - to inflate something
 - to jump from
 - to get on or into something awkwardly
 - a plank of wood covered in shingles

Unit 10: Pushing the limits

4 Look at the timeline of Steve Fossett's records. What do you think are the most important dates? Summarise in full sentences.



Over to you

5 Why do you think people push themselves to extreme limits?

10 MODULE 4: Achievements Pushing the limits

Key words
clamber, married, set a record, submerged

Writing

1 Before you read the article about Steve Fossett, complete the chart below with your own ideas.

| Pros | Cons |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

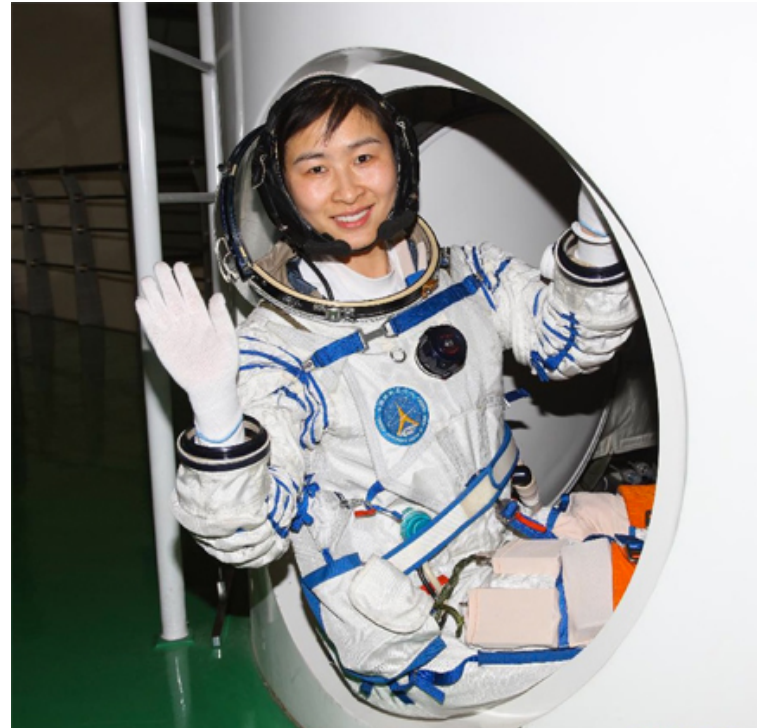
Steve Fossett - a record-breaker

In 2002, Steve Fossett became the first person to travel solo round the world in a hot air balloon. His balloon, the *Spirit of Freedom*, used a mixture of helium and hot air and was 28 metres tall by 28 metres wide to keep it on a constant altitude; the balloon used a sophisticated autopilot system controlled by a computer.

Fossett commenced his journey in western Australia, travelled east to South America, over the Southern Atlantic Ocean towards South Africa, then over the Indian Ocean to reach Australia. This record-breaking solo journey took 22 days, 19 hours and 50 minutes. Fossett only slept for four hours in every twenty-four hour period and never slept for more than 45 minutes at one time. He frequently had to leave his tiny cabin for the sub-zero exterior in order to check that the balloon's burner's valve was working properly. By the time he arrived in Australia, he had travelled 33,930 km and broken the world speed record for a manned balloon flight, achieving at one point a speed of 222.2 km/h. Steve Fossett was especially pleased with this successful round-the-world journey as it was his sixth attempt. His first attempt had been 26 years earlier, in 1976.

One previous attempt, in August 1998, had almost ended in disaster when Fossett's balloon was sucked into a thunderstorm off Australia's northern coast. The capsule plummeted 30,000 feet into the sea but also caught fire, igniting the balloon's propane burner. Fossett managed to escape through a submerged hatch and clambered aboard his life raft; he was rescued by a boat 20 hours later.

Steve Fossett held four other world records for non-stop journeys round the world as a soloist and as a solo pilot. Before Steve Fossett's record attempt, no pilot had world records in more than one class of aircraft. Fossett held them in four. His other achievements include the Absolute Altitude Record for Gliders when he flew at 30,727 feet for the attempt he and his co-pilot wore full pressure suits. Before his death, Fossett had succeeded in setting 26 records in five different sports. Fossett was declared legally dead on 24th February, 2008, just over five months after a plane he was flying crashed.

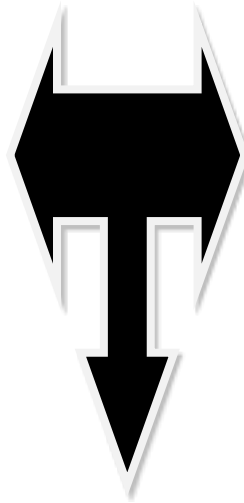


U 10 L 3 WB P 70- 71

Record breaking attempts

Pros

- amazing achievement
- being famous
- breaking daily routine
- gaining self-confidence
- gaining money
- being a superhero



Cons

- costs a fortune
- being seriously injured
- costs a life
- risky & dangerous

clamber

v.

to move /climb slowly using hands and feet because of difficulty



manned

Adj.

run or operated by human control



set a record

to reach a new limit

exp.



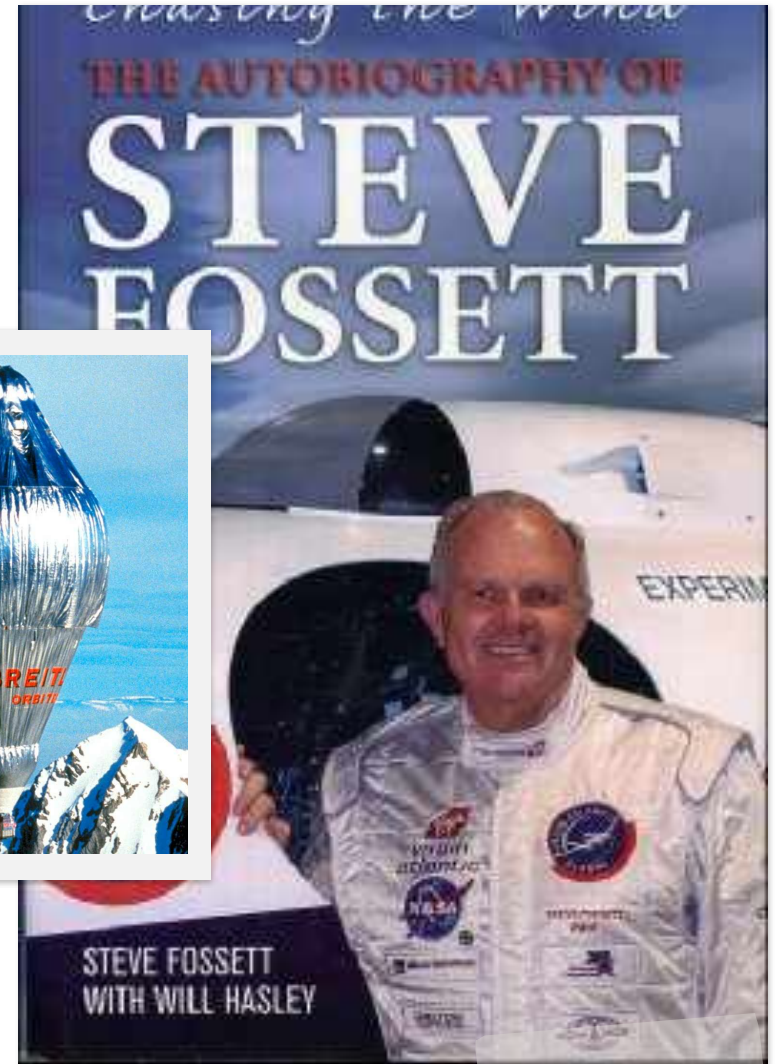
submerged

Adj.

under water



Steve Fossett – a record-breaker



1 Before you read the article about Steve Fossett, complete the chart below with your own ideas.

Record-breaking attempts

| Pros | Cons |
|--------------------------------|----------------------------|
| <i>Amazing achievement</i> | <i>Extremely dangerous</i> |
| Gaining fame | Exposure to death |
| Earning money | Causing disability |
| Enjoying new adventures | Having injuries |
| Acquiring new skills | Fear of failure |

Steve Fossett - a record-breaker

In 2002, Steve Fossett became the first person to travel solo round the world in a hot air

2 Read the article and choose the correct answer to the following questions.

a Steve Fossett was declared legally dead in ...

- 1 September, 2008.
- 2 February, 2008.
- 3 September, 2007.
- 4 November, 2007.

b Why did Fossett wear a full pressure suit during his Absolute Altitude Record for Gliders attempt?

- 1 to cope with the psychological stress of the record attempt
- 2 to cope with the reduction in atmosphere
- 3 to show his sponsorship
- 4 to keep warm

c What is the main message of the text?

- 1 Steve Fossett escaped a downed balloon
- 2 Steve Fossett died in a plane crash
- 3 Steve Fossett set many impressive records
- 4 Steve Fossett was a rich man

mixture of helium and hot air and was **constant altitude**, the balloon used a computer.

...ia, travelled east to South America, over the Atlantic, then over the Indian Ocean to reach the Pacific. It took 4 days, 19 hours and 50 minutes. Fossett spent most of the period and never slept for more than a few hours in his tiny cabin for the sub-zero exterior temperatures. By the time he arrived in Hawaii, he had broken the world speed record for a manned balloon at 22.2 kmh. Steve Fossett was especially determined as it was his sixth attempt. His first attempt

ended in disaster when Fossett's balloon crashed on the northeast coast. The capsule plummeted to the ground, turning the balloon's propane burners. Fossett was forced to **clambered aboard** his life raft. He was


...on-stop journeys round the world as a record attempts, no pilot held world record until he held them in four. His other achievements include when he flew at 50,727 feet. For the first time he wore a pressure suit. Before his death, Fossett had set many records. Fossett was declared legally dead on the plane he was flying crashed.

3 What do the following phrases taken from the article mean?

a constant altitude


1 unchanging temperature

2 inconsistent prices

 3 sustained height

4 perpetual motion

b submerged hatch

 1 small door which is underwater

2 broken window


3 propeller system

4 aquatic incubation

c clambered aboard

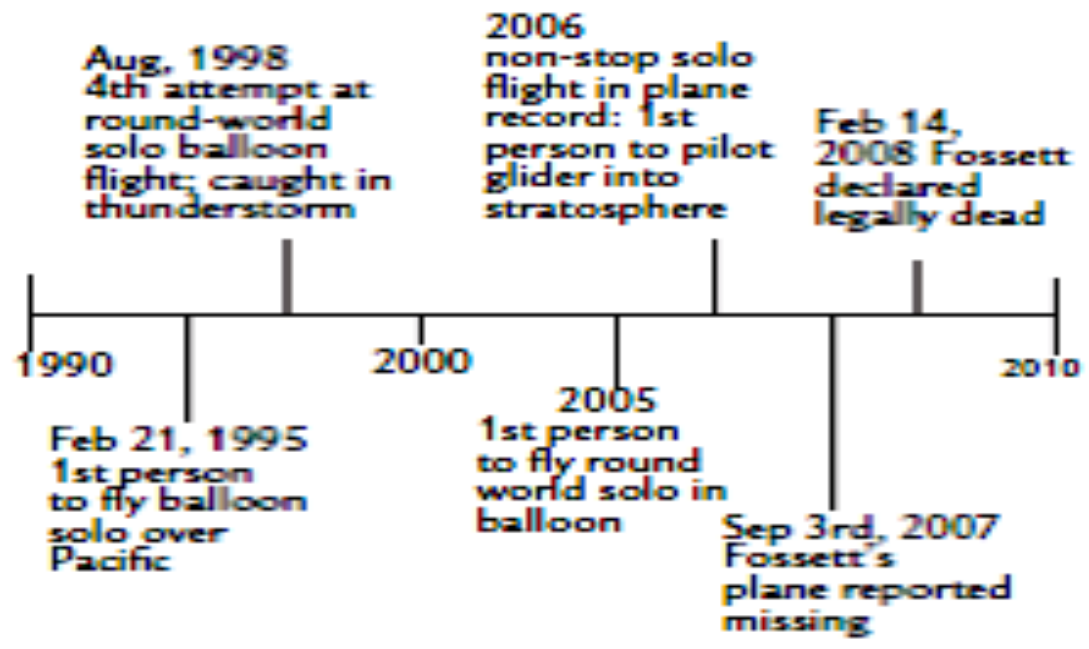
1 to inflate something

2 to jump from

 3 to get on or into something awkwardly

4 a plank of wood covered in shellfish

4 Look at the timeline of Steve Fossett's records. What do you think are the most important dates? Summarise in full sentences.



Steve Fossett is a famous record breaker known to be the first person to travel solo around the world in a hot air balloon. He had succeeded to set about 116 records in five different sports. In 1995, Steve Fossett was the first person to fly balloon solo over the Pacific Ocean. He was the first person to fly around the world solo in a balloon in 2005. He was announced the first one to pilot a glider into a stratosphere.



Over to you

5 Why do you think people push themselves to extreme limits?

- ❖ They are looking for fame
- ❖ They like to be a centre of attention
- ❖ To develop their potentials and skills
- ❖ To overcome their fears and worries
- ❖ To develop their physical ability
- ❖ To build their confidence and self esteem
- ❖ To feel superheroes

Thank you

Nasser Al-Saeed Sec. School For Boys

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English Department

Under the auspices of :

HOD Mr. Hesham Al- Sakhawi



**AEROSAURUS
BALLOONS**



Grammar • Past perfect simple and continuous Grammar reference pages 126 – 127

- 1 Read extracts 1-4 from the report about Zed Al Refai and answer these questions.
- Which verb tense is used in these extracts? _____
 - Which main event do they provide background for? _____
- 1 He had reached the top ...
 - 2 ... the hardest thing he had ever done ...
 - 3 ... and this had helped him to keep going.
 - 4 You may think that Zed Al Refai had had enough of mountains ...
- 2 Read two more extracts and answer these questions.
- Which verb tense is used in these extracts? _____
 - How is this verb tense formed? _____
- 1 For much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen ...
 - 2 He had been preparing for his second attempt for many months ...
- Which of these ideas do these verbs express?
 - The action was repeated / the action happened once
 - The action was continuous / the action was completed
- 3 Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.
- When he arrived, Zed Al Refai was fatigued. (climb / four days)
He had been climbing for four days.
 - When he reached the top, he was exhilarated. (join / 'seven summits' club)
 - Mr Al Refai carried oxygen with him. (oxygen levels / be / dangerously low)
 - He knew he would succeed, despite the very austere weather conditions. (great team / support)
 - Mr Al Refai was afflicted with frost-bite. (temperatures / be / extremely low)
 - Despite his experience, he was very nervous. (know / hard thing / ever do)
- 4 Working with a partner, discuss what might have happened leading up to these events and then write sentences using verbs in the past perfect simple or continuous. (You will need to use your imagination.)
- On May 13, 1999, a Japanese college student, Ken Noguchi, became the youngest person to reach the summit of Mount Everest.
Before he climbed Everest, Ken Noguchi had ascended many other mountains. In fact, he first started climbing mountains since he was 8.
 - In 1986, Michael Asher was the first westerner to traverse the Sahara Desert from west to east on a camel. Before he set off on his journey across the Sahara, Michael Asher had learnt how to ride a camel.



U 10 L 4 SB P 80

exhilarated

Adj.

feel very happy



Adj.

fatigued

tired



afflicted

Adj.

affected in an unpleasant, painful way



traverse

to travel across or through

v.



austere

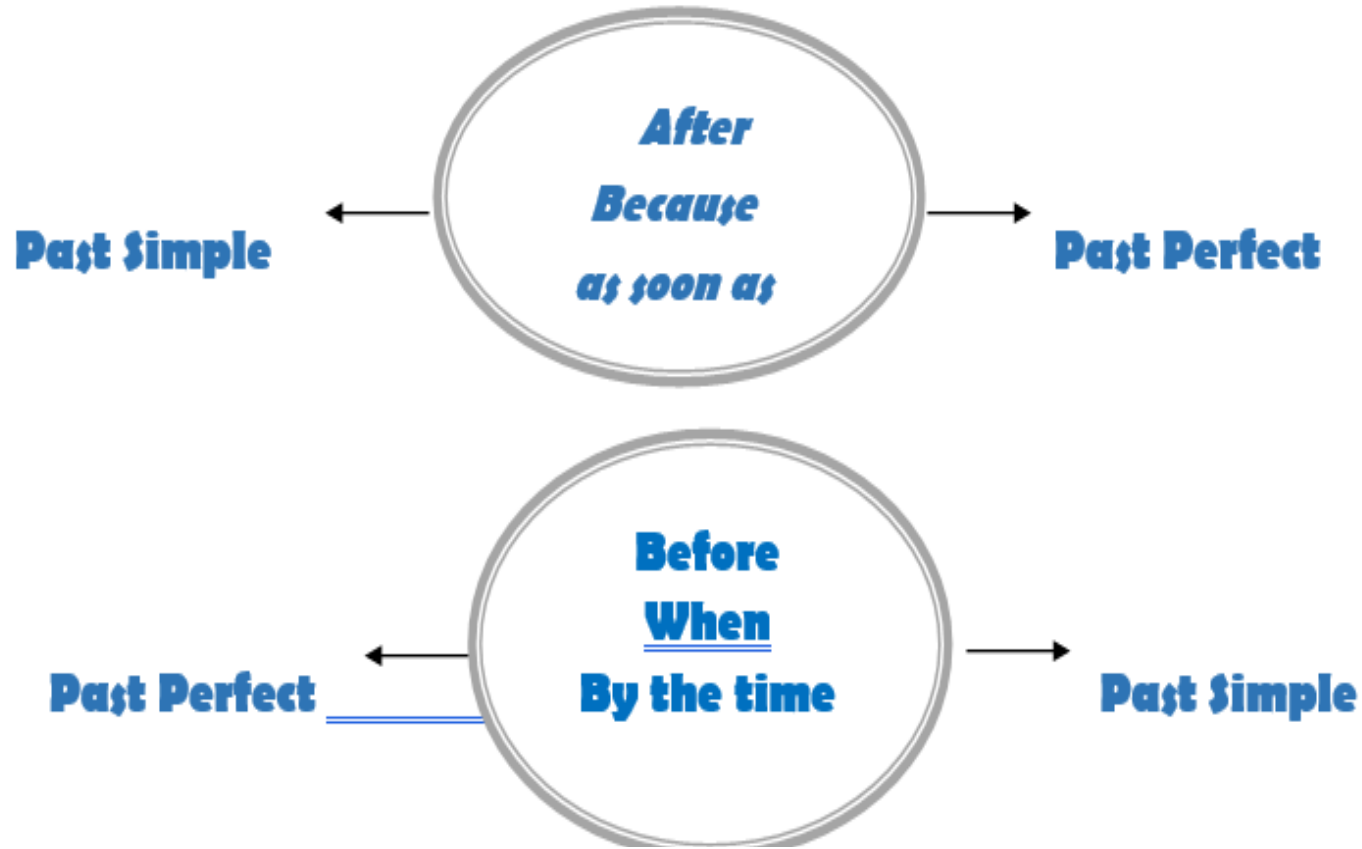
severe in appearance

Adj.





(Past Perfect Simple & Past Perfect Continuous)



Past Perfect

She **went** out **after** she **had done** the HW.

(had) + V. (P.P.)

Past Perfect Continuous

She **went** out **after** she **had done** the HW. **for** three hours.

(had) + been + V. + ing

Key Words

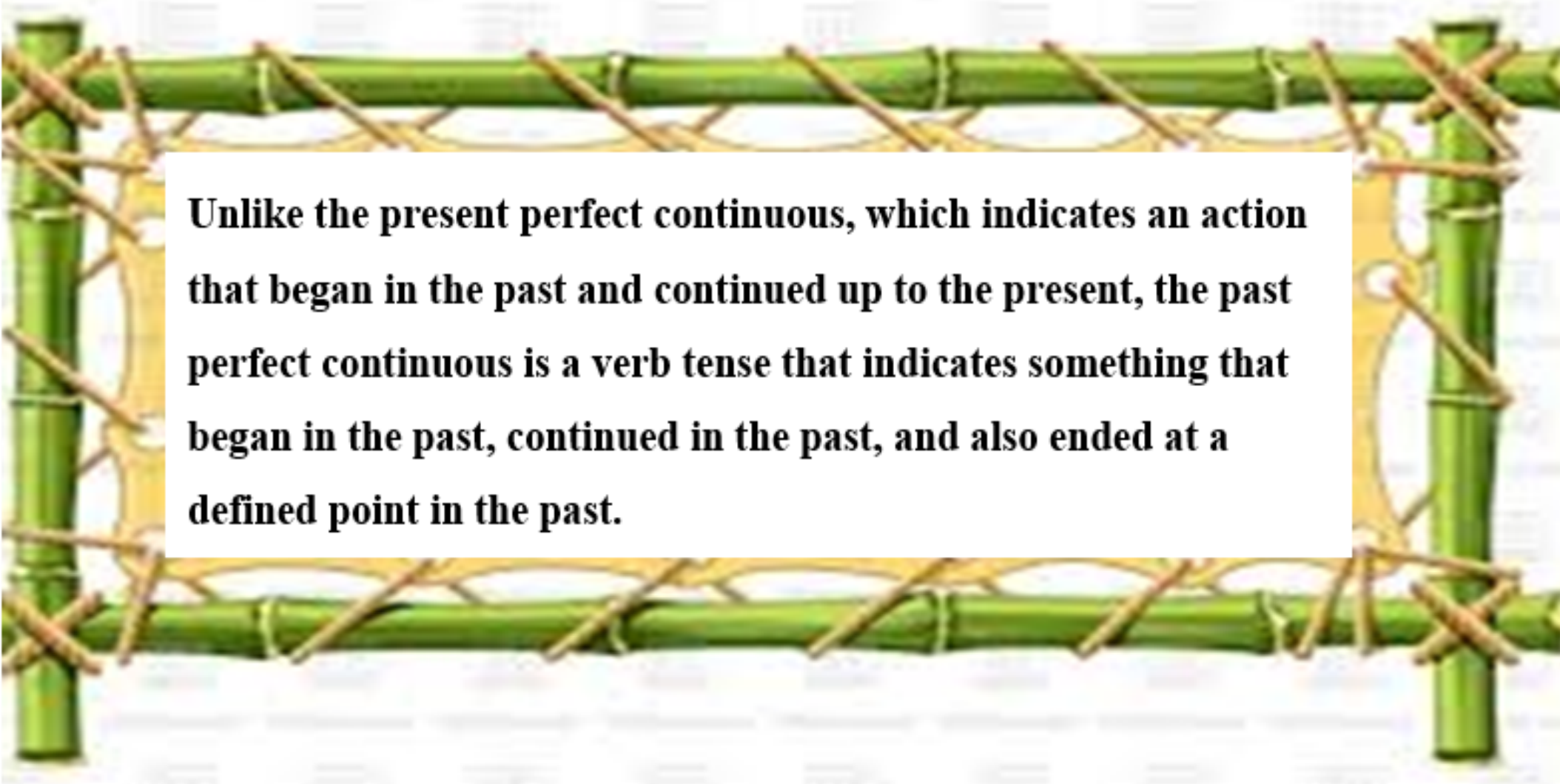
After – Before – When- Because
As soon as – By – By the time

For – since – all

Ex: Before they came, they had bought a present.

Ex: We had been trying to open the door for five minutes when Jane found her key.

(Past Perfect Continuous had been+ V + ing)



Unlike the present perfect continuous, which indicates an action that began in the past and continued up to the present, the past perfect continuous is a verb tense that indicates something that began in the past, continued in the past, and also ended at a defined point in the past.

Choose the right option:

1. Martha **had been walking** three miles a day before she broke her leg.
a. had been walking b- worked c- work d- worked
2. The program that was terminated **had been working** well since 1945.
a. work b- had been working c- worked d- works
3. Cathy **had been playing** the piano for 35 years when she was finally asked to do a solo with the local orchestra.
a. had been playing b- play c- played d- playing
4. We **had been trying** to open the door for five minutes when Jane found her key.
a. had been trying b- trying c tries d- tried



Read extracts 1-4 from the report about Zed Al Refai and answer these questions.

a Which verb tense is used in these extracts?

b Which main event do they provide background for?

1 He had reached the top .. **1- Past perfect simple**

2 ... the hardest thing he had ever done .. **2- Past perfect simple**

3 ... and this had helped him to keep going. **3-Past perfect simple**

4 You may think that Zed Al Refai had had enough of mountains **4- Past perfect simple**

1- The main event behind this background information (he scaled Mount Aconcagua)

2- (climbing the mountain)

3- (his team supporting him)

4- (he had climbed so many)

2 Read two more extracts and answer these questions.

a Which verb tense is used in these extracts? **past perfect continuous**

b How is this verb tense formed? **had been + past participle**

1 For much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen ...

2 He had been preparing for his second attempt for many months ...

c Which of these ideas do these verbs express?

▶ The action was repeated / the action happened once

The action was repeated

▶ The action was continuous / the action was completed

The action was continuous



Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.

a When he arrived, Zed Al Refai was fatigued. (climb / four days)


He'd been climbing for four days.

b When he reached the top, he was exhilarated. (join / 'seven summit' club)

He had joined the 'seven summit' club.

c Mr Al Refai carried oxygen with him. (oxygen levels / be / dangerously low)

Oxygen levels had been dangerously low.

 3 Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.

d He knew he would succeed, despite the very austere weather conditions. (great team / support)

He had had the support of a great team.

e Mr Al Refai was afflicted with frost-bite. (temperatures / be / extremely low)

Temperatures had been extremely low.

f Despite his experience, he was very nervous. (know / hard thing / ever do)

He knew it would be the hardest thing he had ever done.



Working with a partner, discuss what might have happened leading up to these events and then write sentences using verbs in the past perfect simple or continuous. (You will need to use your imagination.)

a On May 13, 1999, a Japanese college student, Ken Noguchi, became the youngest person to reach the summit of Mount Everest.

Before he climbed Everest, Ken Noguchi had ascended many other mountains. In fact, he first started climbing mountains since he was 8.

b In 1986, Michael Asher was the first westerner to traverse the Sahara Desert from west to east on a camel. Before he set off on his journey across the Sahara, Michael Asher had learnt how to ride a camel.

**He'd been training for a long time.
He'd bought lots of new equipment.
His mother had been worrying.**



**He'd done the journey by jeep.
He'd talked to the local people.
He'd been planning it for months.**

Thank you



Nasser Al-
Saeed Sec.
School For Boys

Hawalli
Educational
District

English
Department

Under the
auspices of
:

HOD Mr.
Hesham Al-
Sakhawi



Vocabulary

Phrasal verbs with come

- 1 Match the verbs underlined in these sentences with the correct meanings 1–8 below.
- It had been cloudy all morning, but in the afternoon the sun came out. _____
 - As we were walking up the mountain, we came across a small camp site. _____
 - Come over when you're next in town. _____
 - After she fell and hit her head on the ice, it was ten minutes before she came round. _____
 - A job has come up at the polar research centre – I may apply for it. _____
 - I wish the price of petrol would come down. _____
 - When I was talking to my brother yesterday, your name came up several times. _____
 - In the end, I came away with first prize. _____
- | | |
|---------------------------|-----------------------------------|
| 1 visit | 5 be mentioned |
| 2 become available | 6 recover after being unconscious |
| 3 appear / become visible | 7 find by chance |
| 4 fall / decrease | 8 succeed in winning something |

Adjectives beginning with a

- 2 a Match adjectives beginning with a- from List A with other adjectives which have the same meaning from List B which can be used in front of nouns.

A a afraid b alight c alike d alive e asleep
 B 1 burning 2 frightened 3 living 4 similar 5 sleeping

- b Complete as many of these sentences as you can using words from List A. If you can't use List A, use an alternative from List B.

The fire had started when everyone in the house was (1) _____. In less than ten minutes, the whole building was (2) _____. The family escaped, but the parents had to calm their (3) _____ children. Some people had minor burns, but fortunately everyone was still (4) _____. The police suspected arson as there had been four (5) _____ fires in the previous month.

Note

Some adjectives beginning with a- cannot be used in front of a noun. For example, we can say: **The frightened boy**, but not **The afraid boy**. If we want to use afraid, we have to say: **The boy was afraid**.

Words to remember

afflicted, alight, arson, austere, come across, come away with, come down, come over, come round, come up, exhilarated, fatigued, traverse, unconscious, visible

Pronunciation Intonation patterns (2)

- 3 (10.1) You are going to listen to answers given to five quiz questions. Decide whether the people are sure of their answers or not.
- | | |
|-------------|---------|
| a Four days | d Two |
| b Five | e Seven |
| c 2003 | |

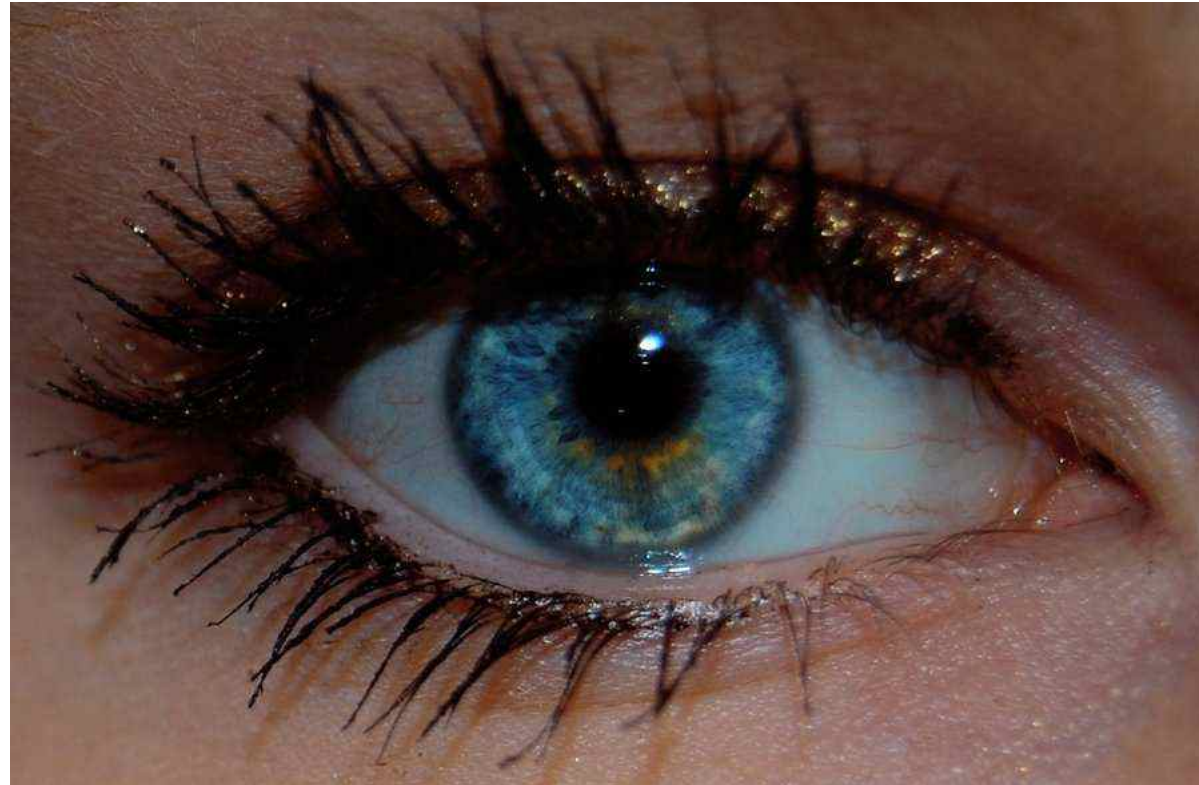
- 4 (10.2) Work with a partner. You are going to take it in turns to answer some more quiz questions about Zed Al Refai's climb. If you know the answer, make your voice sound sure. After each answer, your partner should say whether you sound sure or unsure.

Quote "It's not the mountain that we conquer but ourselves."
 Edmund Hillary

visible

Adj.

able to be perceived or noticed easily



alight

Adj.

on fire, burning



arson

n.

the criminal act of setting fire to property



unconscious

Adj.

unable to see, hear or sense what is going on



 Study the following Idioms and phrasal verbs



| | | | |
|-----------------|-------------|-----------------|--------------------|
| Come to an end | ينتهي | Come away | عن ينفصل |
| Come in handy | يرجى منه | Get away | يهرب / يزوغ من |
| فائدة | | | |
| Come up against | تعرضه مشكلة | Go hand in hand | يسير جنباً إلى جنب |
| ما | | | |
| Come after | يعقب / يأتي | Come forward | يتقدم لعرض |
| خلف | | مساعدة | |
| Come out | | | |

come across

Ph. V.

to meet

or

find by chance



come away with **Ph. V.**
to be left with a specified feeling or impression



come down
to become lower

Ph. V.



come over
to visit you at your house

Ph. V.



come round

Ph. V.

recover after being unconscious



come up

Ph. V.

to become available unexpectedly/ to be mentioned especially in a conversation



Vocabulary

Phrasal verbs with *come*



Match the verbs underlined in these sentences with the correct meanings 1–8 below.

- a It had been cloudy all morning, but in the afternoon the sun came out. 3
- b As we were walking up the mountain, we came across a small camp site. 7
- c Come over when you're next in town. 1 6
- d After she fell and hit her head on the ice, it was ten minutes before she came round. 6
- e A job has come up at the polar research centre – I may apply for it. 2
- f I wish the price of petrol would come down. 4
- g When I was talking to my brother yesterday, your name came up several times. 5
- h In the end, I came away with first prize. 8

- | | |
|---------------------------|-----------------------------------|
| 1 visit | 5 be mentioned |
| 2 become available | 6 recover after being unconscious |
| 3 appear / become visible | 7 find by chance |
| 4 fall / decrease | 8 succeed in winning something |

Adjectives beginning with a

- 2 a Match adjectives beginning with *a-* from List A with other adjectives which have the same meaning from List B which can be used in front of nouns.

A a afraid b alight c alike d alive e asleep
B 1 burning 2 frightened 3 living 4 similar 5 sleeping

A

- a. afraid
- b. alight
- c. alike
- d. alive
- e. asleep

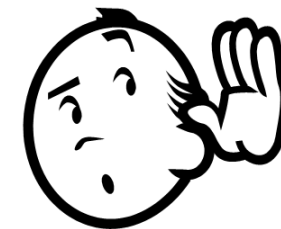
B

- 1. burning
- 2. frightened
- 3. living
- 4. similar
- 5. sleeping

b Complete as many of these sentences as you can using words from List A. If you can't use List A, use an alternative from List B.

The fire had started when everyone in the house was (1) **asleep**. In less than ten minutes, the whole building was (2) **alight**. The family escaped, but the parents had to calm their (3) **frightened** children. Some people had minor burns, but fortunately everyone was still (4) **alive**. The police suspected arson as there had been four (5) **similar** fires in the previous month.

Pronunciation Intonation patterns (2)



(10.1) You are going to listen to answers given to five quiz questions.
Decide whether the people are sure of their answers or not.

a Four days **sure**

d Two **unsure**

b Five **unsure**

e Seven **unsure**

c 2003 **sure**



(10.2) Work with a partner. You are going to take it in turns to answer some more quiz questions about Zed Al Refai's climb.



If you know the answer, make your voice sound sure. After each answer, your partner should say whether you sound sure or unsure.

1. **very bad**
2. **to inspire others**
3. **Zeddy**
4. **the Matterhorn**
5. **he helped with reconstruction**

Quote

“It’s not the mountain that we conquer but ourselves.”

Edmund Hillary

Thank you



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:

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Hesham Al-
Sakhawi

1 Read this interview and answer the following questions.

a Is Dave Stokes upset about his injuries? What advice does he give?

b Can you think of any other ways to stay safe whilst doing extreme sports?

Interviewer: Hi everyone, and welcome to another edition of XTreme Sports Weekly. Today, we're interviewing extreme sports enthusiast Dave Stokes from his hospital bed. Hi Dave, and thank you for agreeing to do this interview.

Dave: No problem.

Interviewer: Well, I guess the question everyone wants to ask is: how did you do this to yourself?

Dave: I was climbing in the Alps with a friend but unfortunately I slipped and fell. Although I didn't fall too far, I landed badly and broke my leg and wrist.

Interviewer: Ouch, that sounds painful!

Dave: Yes, it was, really. But it's part of the territory when you're into extreme sports.

Interviewer: What do you mean?

Dave: Well, all of the activities I love, such as snowboarding, parachuting and mountain climbing, have an element of danger to them. You always run the risk of getting hurt, or worse.

Interviewer: Will this injury make you reconsider your chosen sport?

Dave: No, definitely not. It'll take me a while to recover but, as soon as I'm fit and able, I'll be back on the mountain. I may be just a little bit wiser, though.

Interviewer: In what way?

Dave: I think I'll be more safety-conscious in the future, possibly take fewer risks and spend more time preparing.

Interviewer: Can you give our viewers any advice about the dangers of extreme sports?

Dave: Sure. Firstly, make sure you are prepared. You'll always run the risk of injury, so always take a medical kit and a mobile phone with you. Secondly, tell people where you are going in case anything bad happens. Most importantly, don't push yourself till you're ready. I've seen lots of people hurt because they've tried something that's much too difficult for them.

Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

Dave: Thanks. I'm sure I'll be scaling mountains again in no time.

Language practice

1 Complete these sentences with the correct word. There are two extra words.

slight alive asleep burning
similar sleeping

a The dark night was illuminated by the _____ logs at the centre of the clearing.

b He was exhausted and his eyelids looked heavy. Despite my best efforts, I couldn't stop him from _____.

c He's a very famous man and always seems to be wearing the same clothes. That's not true though; he just owns many _____ things.

d Police reports say that it was a freak accident and a marvel that every one involved was still _____.

2 Replace the underlined words with the correct form of the phrasal verbs from the box to make complete sentences. There is one extra phrasal verb.

come out get away come to an end
come up against come forward
come in handy come away come after

a The robber thought he had saraped unnoticed and was surprised to see the police chasing him.

b Despite the importance of the task, few people volunteered to help.

c Don't throw that away. You never know; it might be useful someday.

d The novel was released recently to critical success, despite the author being faced with some problems whilst writing.

e I'd had such a great time that I was really upset when my holiday finished.

3 Give one-word synonyms for the following definitions.

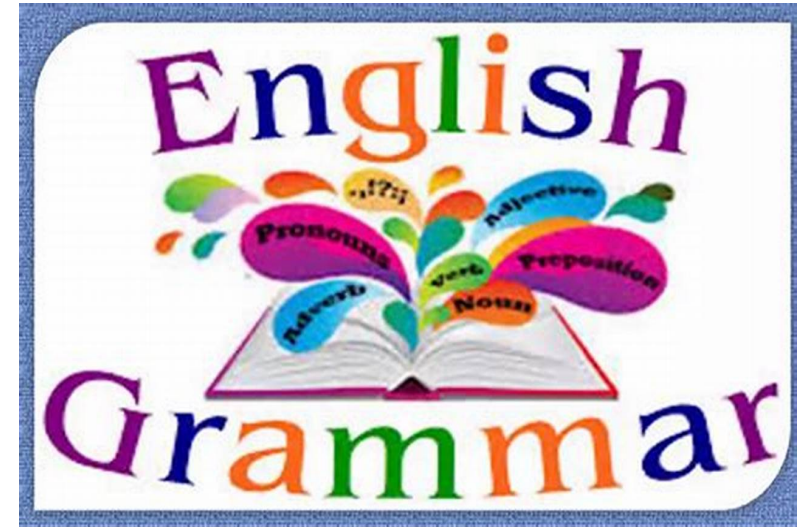
- a extreme tiredness _____
- b the best part or moment _____
- c the top of a mountain _____
- d go up or climb _____
- e full of danger and risk _____

4 What would you say in the following situations? Write complete sentences.

- a A friend wants to start an extreme sport. You think it is too dangerous. _____
- b You are hiking and one of your companions falls and injures himself / herself. _____
- c You want to start an extreme sport but your parents don't think you should. _____

5 Complete the missing parts of the dialogue with your own sentences. Make sure the conversation makes sense.

- A What are you doing this weekend?
B _____
A Wow, that sounds amazing, but isn't it dangerous?
B _____
A Ah, ok. Still, even if it's safe, I think I'd be scared.
B _____
You're right. Maybe I can come too?
B _____



U 10 L 6 WB P 72- 73

Asynchronous 5

Language practice

- 1 Complete these sentences with the correct word. There are two extra words.

alight alive asleep burning
similar sleeping

- a The dark night was illuminated by the **burning** logs at the centre of the clearing.
- b He was exhausted and his eyelids looked heavy. Despite my best efforts, I couldn't stop him from **sleeping**.
- c He's a very famous man and always seems to be wearing the same clothes. That's not true though; he just owns many **similar** things.
- d Police reports say that it was a freak accident and a marvel that every one involved was still **alive**.

2 Replace the underlined words with the correct form of the phrasal verbs from the box to make complete sentences. There is one extra phrasal verb.

come out get away come to an end
come up against come forward
come in handy come away come after

- a** The robber thought he had escaped unnoticed and was surprised to see the police chasing him. **Got away / coming after**
- b** Despite the importance of the task, few people volunteered to help. **Came forward**
- c** Don't throw that away. You never know; it might be useful someday. **Come in handy**
- d** The novel was released recently to critical success, despite the author being faced with some problems whilst writing. **Came out / coming up against**
- e** I'd had such a great time that I was really upset when my holiday finished. **Came to an end**

3 Give one-word synonyms for the following definitions.

a extreme tiredness
.....
fatigue

b the best part or moment
.....
highlight

c the top of a mountain
.....
summit

d go up or climb
.....
ascend

e full of danger and risk
.....
perilous

4 What would you say in the following situations? Write complete sentences.

a A friend wants to start an extreme sport. You think it is too dangerous.

I think that's too dangerous. I'm worried you'll get hurt

b You are hiking and one of your companions falls and injures himself / herself.

Quick! Someone call mountain rescue.

c You want to start an extreme sport but your parents don't think you should.

It's really not that dangerous.

5

Complete the missing parts of the dialogue with your own sentences. Make sure the conversation makes sense.

A What are you doing this weekend?

B I'm going snowboarding with some friends.

A Wow, that sounds amazing, but isn't it dangerous?

B No, it's really safe as long as you take proper precautions.

A Ah, ok. Still, even if it's safe, I think I'd be scared.

B Yeah, I get scared sometimes, but that's part of the fun.

A You're right. Maybe I can come too?

B Sure. It would be really nice if you did.

6

Read the following sentences. Are the underlined verbs correct? Tick the correct sentences and rewrite the incorrect sentences.

a Omar passed all his exams. He has been revising for a month.



b They finished making Reem's dress a week before the wedding. They had made it for over a month.

They finished making Reem's dress week before the wedding.

c I went to the hospital to see Fahad. He had been breaking his leg during a football match.

I went to the hospital to see Fahad. He had broken his leg during a football match

d Everyone enjoyed the family celebrations. Amal had been making all the food herself.

Everyone enjoyed his the family celebrations. Amal had made all the food herself

e I received a letter from Tahini yesterday. She had been promising to write since last year.



7 Using the cues, write sentences using *such... that* or *so.... that*.

a Parachuting / dangerous sport / scared to try

Parachuting is such a dangerous sport that people are scared to try it.

b I / scared / couldn't move

I was so scared that I couldn't move

c Her room / mess / not find anything

Her room is such a mess that she can't find anything

d He / strong man / lift a car

He's such a strong man tha he can lift a car.

e Computer / complex / can't understand it

The computer is so complex that I can't understand it.

8

Choose the correct phrasal verb with *come* to complete these sentences.

- a When my brother came round / *came up* after his operation, he felt fine.
- b Why don't you *come across* / come over after school? We could go to the park.
- c It was cloudy all morning, but in the afternoon the sun *came across* / came out.
- d I've lost my watch. Can you let me know if you come across / *come over* it?
- e Since I bought my new camera the price has come down / *come up* by 50%. I should have waited.



Thank you

Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

HOD Mr. Hesham Al-Sakhawi

U 10 L 7 & 8 SB P 82-83

Speaking Making difficult choices

Introduction The situation

1 Read this scenario. How would you react if you were actually in this situation? Would you stay calm or would you panic?

Omar and Nader are driving across the Kuwaiti desert in their 4x4 when a sandstorm, very common to the area, blows up. There is nothing they can do about the weather and unfortunately, sand engulfs the car and gets into the engine. Regardless of their best efforts, the engine simply will not start so they are forced to change their plans.

The two men are still 30 kilometres, around 12 hours walk, away from their destination and know that it is located to the north. However, they are forced to abandon the car and continue the journey on foot, carrying all that they can with them. They have supplies in the car but can only take with them what will fit in their backpacks.

The weather is extremely hot, making walking by day very gruelling, but they are in good health and fit enough to walk 30 kilometres under normal conditions. The two men have some critical decisions to make. They have room in their bags for three items each and have to choose from the eleven items they have in the car...

2 Look at the illustration and choose which six items Omar and Nader should take in their backpacks. Don't discuss your ideas with your friend yet.



3 Work in pairs and both make a list of the six items that Omar and Nader should take with them for the rest of their journey.

- Compare individual lists. Which items are on both lists?
- Make a final list of the six items that Omar and Nader should take with them.
- Using information in the text, try to persuade your partner that your choices are the right ones. Use the *Useful Language* box on page 83.

Unit 10 Pushing the limits

You are going to write a response to an advert for a place on a Kuwaiti expedition to the summit of Mount Everest.

Writing A response to an advert

Read and analyse

1 Read the advert below. The advert is from an imaginary society called the Kuwaiti Adventure Club. How does the advert grab your attention?

DO YOU HAVE WHAT IT TAKES?

Are you the kind of person who loves a challenge?
Do you crave adventure and excitement?
Do you long for the chance to prove yourself?

If the answer to these questions is "Yes" then you could be just what we're looking for. The Kuwait Adventure Club, along with its team of experienced mountaineers, is planning a challenging and arduous expedition to the summit of Mount Everest and we're looking for motivated, strong-willed individuals to assist us. This is the chance of a lifetime to experience one of the planet's most magnificent environments and to take part in an amazing feat of human endeavour. If you think you have what it takes, please write telling us why you should be chosen for this expedition, what skills and attributes you will contribute, and how you will cope with the huge effort such an expedition entails.

Replies should be about 200 words.
Expeditions Manager, Kuwait Adventure Club

Discuss

2 Read the advert and discuss these questions in small groups.

- What type of personality and skills do you think are important for this challenge?
- What do you think you would learn from the expedition?

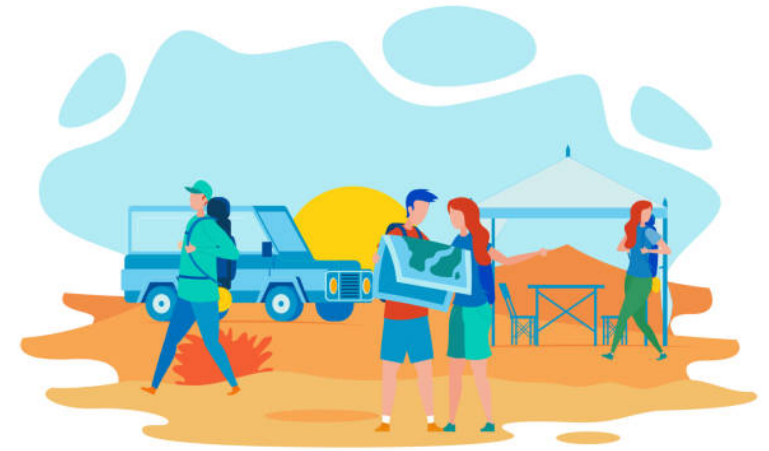
Write

- Write your reply in about 200 words.
- Check your letter for grammar, punctuation and spelling errors. Exchange letters with a partner and discuss both. What is good and bad about your partner's reply?

Words to remember
assist, binoculars, cope with, crave, engulf, entail, feat, gruelling, mountaineer, strong-willed

USEFUL LANGUAGE

| Explaining a choice | Being persuasive | Agreeing and disagreeing |
|------------------------------------------|-------------------------------------------|------------------------------------------------------|
| I'd take the ... because ... | Would it be a good idea to take ...? | I agree. |
| We really need the ... to (+ verb) | It might be a better idea to take ... | Okay, I see what you mean, but I don't agree. |
| I think it will be necessary because ... | If we don't take the ..., X might happen. | I don't agree. |
| | | Why don't we leave the ... and take the ... instead? |



What would you do if you get lost in the desert?

What things and preparations are needed to go on an expedition?

binoculars

n.

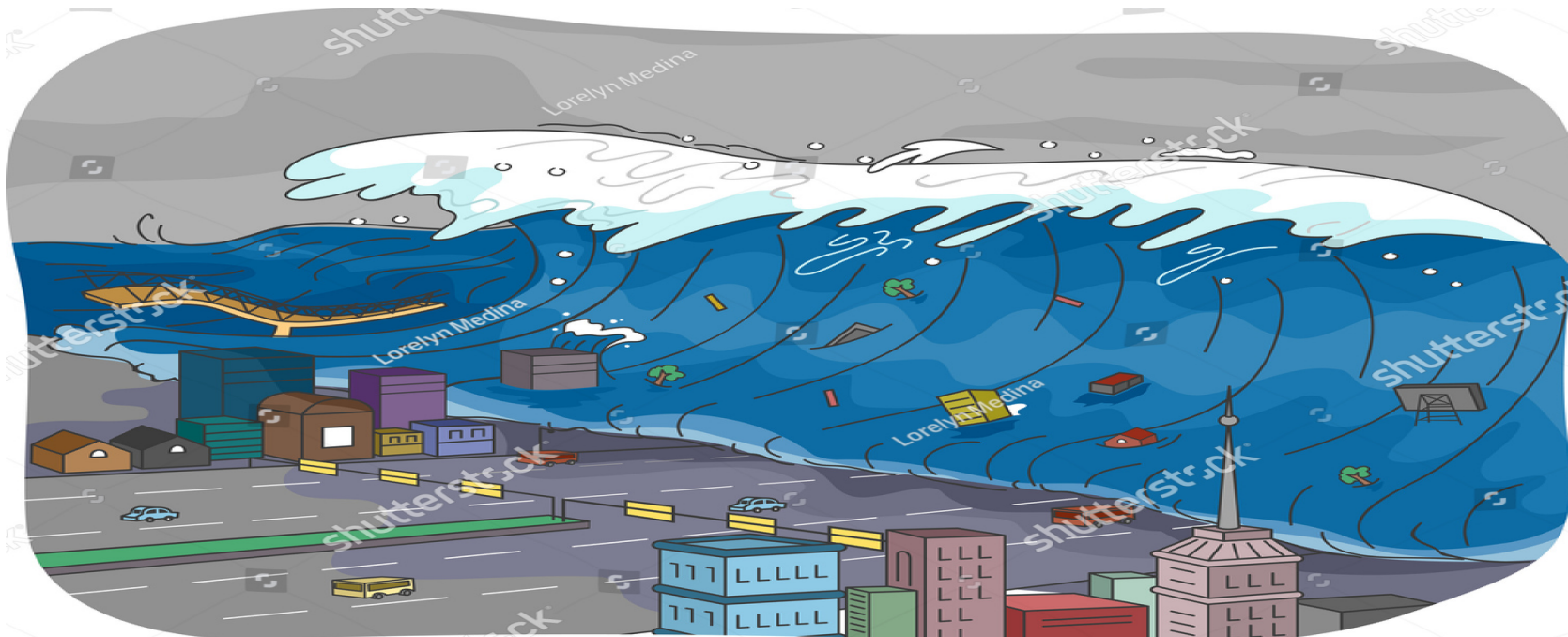
an optical instrument with a lens for each eye, used for viewing distant objects



engulf

v.

(of a natural force) sweep over (something) so as to surround or cover it completely



gruelling


Adj.

extremely tiring and demanding



Speaking Making difficult choices

Introduction The situation

 Read this scenario. How would you react if you were actually in this situation? Would you stay calm or would you panic?

Omar and Nader are driving across the Kuwaiti desert in their 4x4 when a sandstorm, very common to the area, blows up. There is nothing they can do about the weather and unfortunately, sand engulfs the car and gets into the engine. Regardless of their best efforts, the engine simply will not start so they are forced to change their plans.

The two men are still 30 kilometres, around 12 hours walk, away from their destination and know that it is located to the north. However, they are forced to abandon the car and continue the journey on foot, carrying all that they can with them. They have supplies in the car but can only take with them what will fit in their backpacks.

The weather is extremely hot, making walking by day very gruelling, but they are in good health and fit enough to walk 30 kilometres under normal conditions. The two men have some critical decisions to make.

They have room in their bags for three items each and have to choose from the eleven items they have in the car...

2 Look at the illustration and choose which six items Omar and Nader should take in their backpacks. Don't discuss your ideas with your friend yet.



3 Work in pairs and both make a list of the six items that Omar and Nader should take with them for the rest of their journey.

- a Compare individual lists. Which items are on both lists?
- b Make a final list of the six items that Omar and Nader should take with them.
- c Using information in the text, try to persuade your partner that your choices are the right ones. Use the *Useful Language* box on page 83.

USEFUL LANGUAGE

Explaining a choice

I'd take the ..., because ...

We really need the ... to (+ verb)

I think it will be necessary

because ...

Being persuasive

Would it be a good idea to take ...?

It might be a better idea to take ...

If we don't take the ..., X might happen.

Agreeing and disagreeing

I agree.

Okay, I see what you mean,
but I don't agree.

I don't agree.

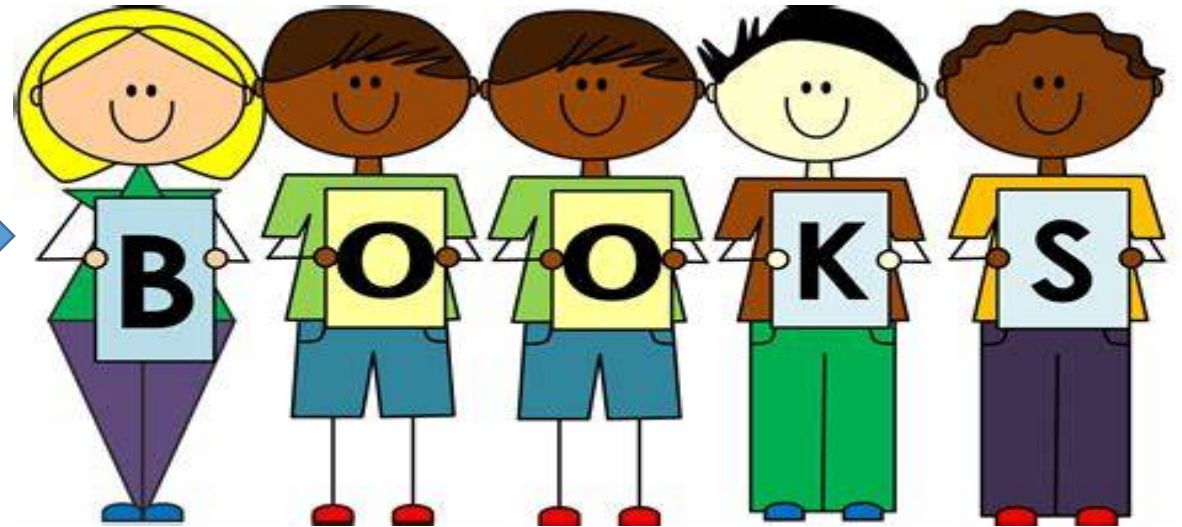
Why don't we leave the ...
and take the ... instead?

crave

v.

to feel a powerful desire for
(something)

We should crave reading



mountaineer

n.

a person who takes part in the sport or activity of climbing mountains



assist

to help (someone), typically by doing a share of the work



strong-willed

Adj.

determined, stubborn



cope with

V.

to deal efficiently with someone / something



entail

involve (something) as a necessary or inevitable part or consequence

Driving a motorbike entails a helmet.



feat

an achievement that requires great courage, skill, or strength



Writing A response to an advert

Read and analyse



Read the advert below. The advert is from an imaginary society called the Kuwaiti Adventure Club. How does the advert grab your attention?

task

You are going to write a response to an advert for a place on a Kuwaiti expedition to the summit of Mount Everest.

DO YOU HAVE WHAT IT TAKES?

Are you the kind of person who loves a challenge?

Do you crave adventure and excitement?

Do you long for the chance to prove yourself?

If the answer to these questions is “Yes” then you could be just what we’re looking for. The Kuwaiti Adventure Club, along with its team of experienced mountaineers, is planning a challenging and arduous expedition to the summit of Mount Everest and we’re looking for motivated, strong-willed individuals to assist us. This is the chance of a lifetime to experience one of the planet’s most magnificent environments and to take part in an amazing feat of human endeavour. If you think you have what it takes, please write telling us why you should be chosen for this expedition, what skills and attributes you will contribute, and how you will cope with the huge effort such an expedition entails.

Replies should be about 200 words.

Expeditions Manager, Kuwaiti Adventure Club

Discuss

2 Read the advert and discuss these questions in small groups.

- a What type of personality and skills do you think are important for this challenge?

DETERMINATION

is doing what needs to be done even when you don't feel like doing it.



Strong will power



- b What do you think you would learn from the expedition?


Patience!

COURAGE

Experience

Decision-Making

knowing myself and my strengths and weaknesses

- 
- a** Write your reply in about 200 words.
- b** Check your letter for grammar, punctuation and spelling errors.
Exchange letters with a partner and discuss both. What is good and bad about your partner's reply?

What are the dangers of mountain climbing?

Weather can always get worse. Extreme winds, lightning storms, fogs, snows storms and cold might cause sickness and exhaustion.

Rock fall and avalanches which might cause injuries.

The lack of oxygen and getting lost.

Thank you



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Sakhawi

2 Make a note of the following.

a Phrases used to make suggestions

.....

b Informal words and phrases

.....

3 Write your own interview about the dangers of extreme sports. It could be with an extreme sports enthusiast, an injured sportsperson or a worried safety expert.

- Decide what dangers the interviewee will mention.
- Suggest two or three ways to stay safe.
- Use a similar style to the interview on page 74.
- Write about 200-220 words.

.....

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a Is Dave Stokes upset about his injuries? What advice does he give?

.....

.....

.....

b Can you think of any other ways to stay safe whilst doing extreme sports?

.....

.....

Interviewer: Hi everyone, and welcome to another edition of XTreme Sports Weekly. Today, we're interviewing extreme sports enthusiast Dave Stokes from his hospital bed. Hi Dave, and thank you for agreeing to do this interview.

Dave: No problem.

Interviewer: Well, I guess the question everyone wants to ask is: how did you do this to yourself?

Dave: I was climbing in the Alps with a friend but unfortunately I slipped and fell. Although I didn't fall too far, I landed badly and broke my leg and wrist.

Interviewer: Ouch, that sounds painful!

Dave: Yes, it was, really. But it's part of the territory when you're into extreme sports.

Interviewer: What do you mean?

Dave: Well, all of the activities I love, such as snowboarding, parachuting and mountain climbing, have an element of danger to them. You always run the risk of getting hurt, or worse.

Interviewer: Will this injury make you reconsider your chosen sport?

Dave: No, definitely not. It'll take me a while to recover but, as soon as I'm fit and able, I'll be back on the mountain. I may be just a little bit wiser, though.

Interviewer: In what way?

Dave: I think I'll be more safety-conscious in the future, possibly take fewer risks and spend more time preparing.

Interviewer: Can you give our viewers any advice about the dangers of extreme sports?

Dave: Sure. Firstly, make sure you are prepared. You'll always run the risk of injury, so always take a medical kit and a mobile phone with you. Secondly, tell people where you are going in case anything bad happens. Most importantly, don't push yourself till you're ready. I've seen lots of people hurt because they've tried something that's much too difficult for them.

Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

Dave: Thanks. I'm sure I'll be scaling mountains again in no time.



An interview

1 Read this interview and answer the following questions.

a Is Dave Stokes upset about his injuries? What advice does he give?

No, he is not. He advises the reader to be prepared, take a medical kit and a mobile phone, tell people where he is going and not to push himself too much.

b Can you think of any other ways to stay safe whilst doing extreme sports?

Be well prepare, train well, let others know where you are , learn how to save a life and be cautious .

Interviewer: Hi everyone, and welcome to another edition of XTreme Sports Weekly. Today, we're interviewing extreme sports enthusiast Dave Stokes from his hospital bed. Hi Dave, and thank you for agreeing to do this interview.

Dave: No problem.

Interviewer: Well, I guess the question everyone wants to ask is: how did you do this to yourself?

Dave: I was climbing in the Alps with a friend but unfortunately I slipped and fell. Although I didn't fall too far, I landed badly and broke my leg and wrist.

Interviewer: Ouch, that sounds painful!

Dave: Yes, it was, really. But it's part of the territory when you're into extreme sports.

Interviewer: What do you mean?

Dave: Well, all of the activities I love, such as snowboarding, parachuting and mountain climbing, have an element of danger to them. You always run the risk of getting hurt, or worse.

Interviewer: Will this injury make you reconsider your chosen sport?

Dave: No, definitely not. It'll take me a while to recover but, as soon as I'm fit and able, I'll be back on the mountain. I may be just a little bit wiser, though.

Interviewer: In what way?

Dave: I think I'll be more safety-conscious in the future, possibly take fewer risks and spend more time preparing.

Interviewer: Can you give our viewers any advice about the dangers of extreme sports?

Dave: Sure. Firstly, make sure you are prepared. You'll always run the risk of injury, so always take a medical kit and a mobile phone with you. Secondly, tell people where you are going in case anything bad happens. Most importantly, don't push yourself till you're ready. I've seen lots of people hurt because they've tried something that's much too difficult for them.

Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

Dave: Thanks. I'm sure I'll be scaling mountains again in no time.

2 Make a note of the following.

a Phrases used to make suggestions

**Firstly, make sure ... / always take.../ secondly, tell.../
Most importantly, don't...**

b Informal words and phrases

**No problem/ I guess the question ... / it's part of the
territory when you are into.../ you'll always run to the risk.**

Let's watch this video about an interview with an extreme sports enthusiast.

3 Write your own interview about the dangers of extreme sports. It could be with an extreme sports enthusiast, an injured sports person or a worried safety expert.

- Decide what dangers the interviewee will mention.
- Suggest two or three ways to stay safe.
- Use a similar style to the interview on page 74.
- Write about 200-220 words.

La Manche

The English Channel



London

Dover

Calais

Wight

Guernsey

Jersey

Interviewer : Hello! Today I am interviewing Mr. Adnan the first Arabian to cross the English Channel.

Interviewer : Hi Mr. Adnan I am extremely glad to have this interview with you.

Adnan : It is my pleasure.

Interviewer : How long have you been practicing this sport?

Adnan : Well, I have been practicing this sport for 15 years, 5 years training, 5 years as a mature till I became the professional you see right now.

Interviewer : Who inspired you to do that sport?

Adnan : Actually, my father. He craves adventure, he pushed me and always encouraged me when I achieve progress.

Interviewer : What was your worst accident?

Adnan : I still remember, and I will never forget my first trial to cross the channel. I fainted and failed to cross it after I had passed nearly half of the distance.

Interviewer : How long is the channel?

Adnan : it is 560 Kilometers long and 180 meters depth.

Interviewer : **It is in Britain, isn't it?**

Adnan : Yes, it is between Britain and France. In the Atlantic Ocean.

Interviewer : **Do you plan to cross it again?**

Adnan : Of course, very soon. I am preparing myself and preparing all the necessary equipment to do it once again.

Interviewer : **Thank you very much Mr. Adnan. I hope you achieve all your plans.**

Adnan : You are welcome. Nice meeting you.

Thank you



**Nasser Al-
Saeed Sec.
School For
Boys**

**Hawali
Educational
District**

**English
Department**

**Under the
auspices of
:**

**HOD Mr.
Hesham Al-
Sakhawi**