

6 Xtreme

1 Vocabulary

Extreme sports

a Write the names of the sports. Use a word from each box.

sky skate
 bungee water
 motor snow
 mountain scuba

diving (x2) skiing
 racing boarding (x2)
 biking jumping



- 1 mountain biking.....
- 2
- 3
- 4
- 5
- 6
- 7
- 8

b Complete the sentences with sports in Exercise 1a.

- 1 is a sport for people who like driving fast.
- 2 and are water sports.
- 3 is similar to skateboarding, but it's a winter sport.
- 4 You fall with your head down when you go
- 5 You need a very strong bicycle for

Check it out!

We often use *go + -ing* for sports activities.
Let's go mountain biking next weekend.
She often goes scuba diving in the summer.

2 Grammar Grammar reference: page 86

should and shouldn't

a Match sentences 1–6 with sentences A–F.

- | | |
|--|--------------------------|
| 1 It's getting late. | <input type="checkbox"/> |
| 2 Scuba diving is wonderful! | <input type="checkbox"/> |
| 3 Matt doesn't look good in those jeans. | <input type="checkbox"/> |
| 4 This cupboard is very heavy. | <input type="checkbox"/> |
| 5 I think a storm is coming. | <input type="checkbox"/> |
| 6 My brother is bored at work. | <input type="checkbox"/> |
- A You should try it.
 B He should look for a different job.
 C They shouldn't go out in the boat this morning.
 D We should leave soon.
 E You shouldn't try to move it on your own.
 F He shouldn't wear them.

b Use the table to make five sentences.

You		ride	healthier food.
She		eat	to the dentist.
He	should	go out	it.
We	shouldn't	go	the bus.
They		take	this evening.

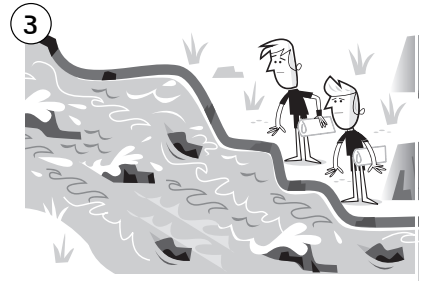
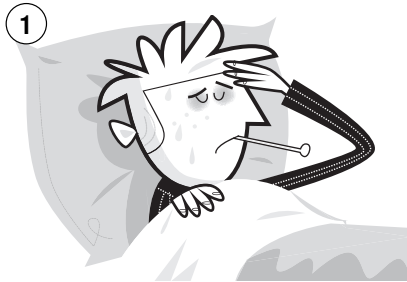
- 1 Angela has a problem with her teeth.
She should go to the dentist......
- 2 We haven't got time to walk to the market.

- 3 You look very tired.

- 4 Adam has a hamburger and chips for lunch every day.

- 5 There's something wrong with their motorbike.

c Write the questions. Then answer them with *should* or *shouldn't*. Use your own ideas.



1 school / go / he / should / to ?

Should he go to school?
No, he shouldn't.

2 an / I / should / umbrella / take ?

.....

3 they / the / should / go / water / in ?

.....

4 she / what / do / should ?

What should she do?
She should go to bed.

5 should / road / he / which / choose ?

.....

6 picnic / I / for / should / what / take / the ?

.....

Help yourself!

Modals

Should is a **modal verb**. Modals are different from normal verbs because:

- they always go with the infinitive of another verb
- they never change their form
- they never use the auxiliary *do* in questions or negatives.

Which of these are modal verbs? Underline them.

like have will might do can
 want could go would must

Circle the correct words.

- 1 She would like / likes an ice cream.
- 2 Danny will / wills come soon.
- 3 Do they can / Can they swim?
- 4 I might not / don't might buy it.
- 5 What we should / should we do?
- 6 You mustn't bring / to bring pets into the hotel.

3 Listen

a **35** Listen and match the speakers (1–4) with the sports. There are two extra sports.

- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| scuba diving | <input type="checkbox"/> | water skiing | <input type="checkbox"/> |
| skateboarding | <input type="checkbox"/> | snowboarding | <input type="checkbox"/> |
| bungee jumping | <input type="checkbox"/> | skydiving | <input type="checkbox"/> |

b **35** Listen again and complete the two sentences for each sport.

- 1 When you jump, the plane is metres from the ground. You can move in all directions while you're
- 2 Don't try this sport before you have You must learn to under water.
- 3 The people on TV were jumping off a The speaker thinks it looks
- 4 There are special boots so you can't your feet on the board. You should also wear supports.

4 Vocabulary

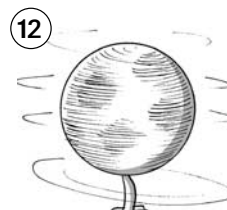
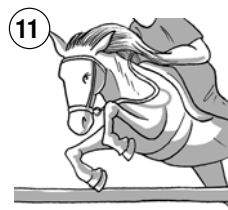
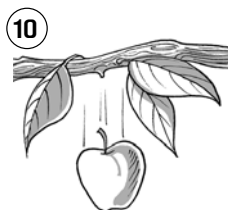
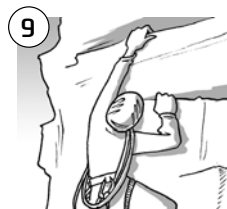
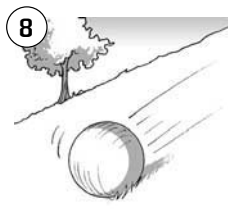
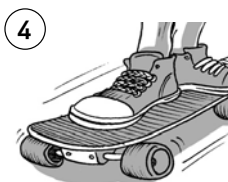
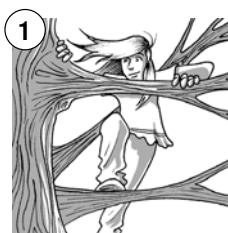
Verbs of movement

a Choose two pictures for each verb.

jump	<input type="checkbox"/> 5	<input type="checkbox"/>
spin	<input type="checkbox"/>	<input type="checkbox"/>
dive	<input type="checkbox"/>	<input type="checkbox"/>
climb	<input type="checkbox"/>	<input type="checkbox"/>
fall	<input type="checkbox"/>	<input type="checkbox"/>
roll	<input type="checkbox"/>	<input type="checkbox"/>

b Circle the correct words.

- They were diving from a rock *into* / *onto* the water.
- She fell *off* / *over* while she was playing basketball.
- Four skydivers jumped *down* / *out of* the helicopter.
- Try to climb *up* / *over* this rope.
- I fell *off* / *out of* my bike this morning.
- Lisa can spin *up* / *round* very fast on the ice when she's skating.
- Let's dive *off* / *down* the diving board.
- The horse jumped *up* / *over* the wall.



5 Pronunciation

Linking sounds

Check it out!

- When a word ending in *r* comes before a word starting with a vowel, we say the /r/ sound.
my mother and father
- Don't forget, the letter *s* at the end of a word very often has a /z/ sound.
/z/ /z/ /z/
These are Emma's earrings.

a 36 Draw lines between words with a consonant–vowel link. Listen, check and repeat.

- Come into the house.
- It's Olga's umbrella.
- Give Peter a bowl of soup.
- I woke up at nine o'clock.
- This is an awful ice cream!
- It was a hot afternoon in August.

b 37 Listen to the poem and draw lines to show the linked words.

I climbed up a ladder and fell on the floor.
 I jumped off my skateboard and rolled out the door.
 I dropped all my books and got wet in the rain ...
 Tomorrow I'll do it all over again.

c 38 Listen and repeat each line of the poem.

Practise saying these words

39 climbing diving board ground
 motor mountain practise roll shouldn't
 skateboarding skydiving water skiing wheel

6 Grammar Grammar reference: page 88
have to and not have to

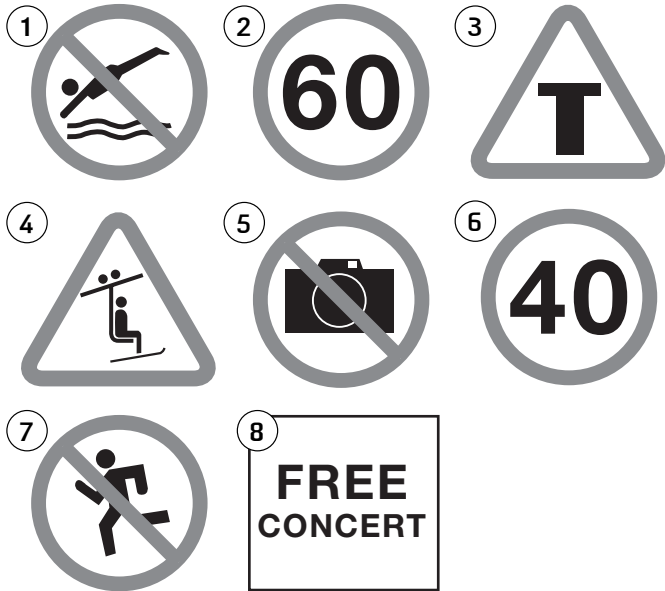
a Match the two parts of the sentences.

- 1 On European roads
- 2 When James has exams at university,
- 3 Our taxi will be here in five minutes, so
- 4 We've prepared a big meal, so
- 5 During the holidays
- 6 Harry can watch the late movie because
- 7 There's a train station near here, so

- A you don't have to bring any food.
- B we have to hurry.
- C you have to drive on the right.
- D they don't have to take the bus.
- E he has to study hard.
- F students don't have to come to school.
- G he doesn't have to get up early tomorrow.

b Complete the sentences with *mustn't* or *don't have to*.

- 1 You dive here.
- 2 You drive faster than 60 kph.
- 3 You turn left.
- 4 You walk up the mountain.
- 5 You take photos here.
- 6 You travel at 30 kph.
- 7 You run in the building.
- 8 You pay any money.

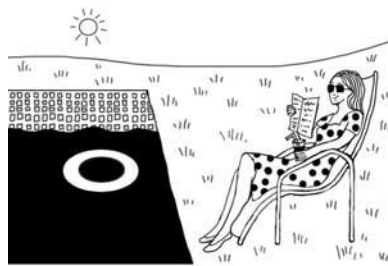


c Complete the sentences. Use the verbs in the box with *mustn't* or the correct form of *have to*.

wear touch look after forget work tidy



1 I have to look after the baby.



2 She today.



3 You that!



4 He his room.



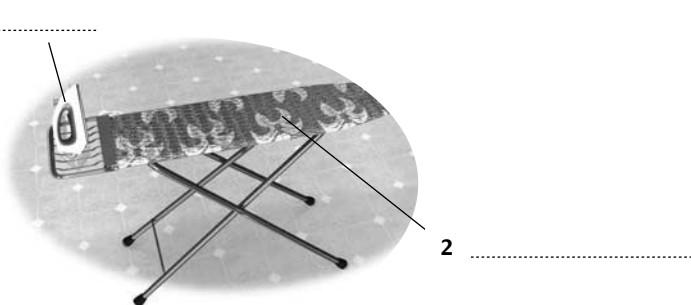
5 I this dress?



6 We to ring the plumber.

7 Read

- a** Read the article quickly and write these words on the picture.
 iron ironing board



Extreme ironing

Here's an activity that brings some fun to the world of extreme sports. It's extreme ironing! Danger and adventure come together with housework skills in this strange sport.

The basic equipment is an iron and an ironing board, and the rules are simple. You have to find an unusual outdoor situation, set up your ironing board and iron a few clothes! People do this on the top of mountains and under the sea, in boats and on bicycles. They iron clothes while they are climbing, water skiing, snowboarding, skydiving and even bungee jumping. The board must be at least 1 metre long and you have to use a real iron.

If possible, you should ask somebody to take a photo or make a video of the event.

Englishman Phil Shaw first got the idea for this sport one day when he had a lot of shirts to iron but really wanted to go rock climbing. Extreme ironing now has small groups of supporters in other countries, for example Australia, Japan, Germany and South Africa. Maybe it will be the next Olympic sport! Phil says that extreme ironing gives you all the excitement of an extreme sport together with "the satisfaction of a well-pressed shirt".

Crazy? "Yes, of course it's crazy," says extreme 'ironist' Zoe Phillips. "That's why it's brilliant."

- b** Are the sentences *right* (✓) or *wrong* (X)?

- 1 Extreme ironing is both fun and exciting.
- 2 You have to use an ironing board for extreme ironing.
- 3 You can do this sport in your living room if you want to.
- 4 You don't have to stand on the ground while you are ironing.
- 5 You have to get a photo or video of the ironing activity.
- 6 Phil Shaw likes rock climbing.
- 7 Lots of people from all over the world enjoy extreme ironing.
- 8 Extreme ironing is going to be part of the next Olympic Games.

Portfolio 6

Describe a sport or game that you like. Write two paragraphs.

Paragraph 1

- Rules – what do you have to do?
- Do you play alone or with other people?

Paragraph 2

- Do you need special clothes or equipment?
- What skills should you have?

Quiz 6

a What do you remember about Unit 6? Answer all the questions you can and then check in the Student's Book.



1 Match the words to make four sports.

- | | | |
|----------|---------|-------|
| bungee | skiing | |
| mountain | jumping | |
| water | diving | |
| scuba | biking | |

2 What is the sport in picture A?

3 Choose the best answer: A, B or C.
 I'd love to try motor racing.
 A You shouldn't practise.
 B You should wear good running shoes.
 C You must know how to drive.

4 There are two mistakes in these sentences. Write the correct sentences.
 Do I should wear a helmet?
 Yes, you are.

5 What is the person doing in picture B?

b 40 Listen and check your answers.

c Now look at your Student's Book and write three more quiz questions for Unit 6.

6 Are these sentences *right* (✓) or *wrong* (X)?
 When you are zorbing ...
 A you roll down a hill.
 B you spin in the air.
 C you climb up a mountain.

7 Look at the man in picture C. Is he jumping, diving or falling?

8 Circle the correct word.
 The picture fell *down* / *off* / *over* the wall.

9 Put the words in order and write the sentence.
 wash / I / dinner / to / have / up / after

10 Read the answer and complete the question.
 When ?
 I have to leave at 2 o'clock.

Question:

.....

Answer:

Question:

.....

Answer:

Question:

.....

Answer: