

# 6 Xtreme

**should and shouldn't**  
**have to and don't have to**  
**Vocabulary: Extreme sports; Verbs of movement**  
**Interaction 6: Describing rules**



## 1 Listen

- a 2.11 Listen to Felicity talking to Ben about Parkour. Where does she practise?
- b 2.11 Listen again and **circle** the correct words.
- c Have you tried Parkour? Would you like to? Why/Why not?

### PARKOUR

#### THE FACTS

- 1 Parkour began in **Britain / France**.
- 2 At the moment, Parkour is more popular with **girls / boys**.
- 3 Parkour is **difficult / easy** at the beginning.

Remember, if you can't do it, don't try it! Parkour is not about jumping off tall buildings. It's about the way you move.

**Parkour is dangerous. Follow the rules!**

- 4 Practise first on sand and grass / the pavement.
- 5 Wear good running shoes and **comfortable / special** clothes.
- 6 Get information from **sports centres / websites**.

## 2 Grammar

**should and shouldn't**

- a Look at the examples and complete the table with *should* and *shouldn't*.

→ You **should have** some lessons at the beginning.  
 You **shouldn't jump** in the street at first.  
**Should I practise?** Yes, you **should**. Where **should I practise?**

**Positive**  
 I/You/He/She/It/We/They ..... **have** some lessons.

**Negative**  
 I/You/He/She/It/We/They ..... **jump** in the street at first.

**Yes/No questions**  
 ..... I/you/he/she/it/we/they **practise** first?

**Short answers**  
**Yes**, I/you/he/she/it/we/they .....  
**No**, I/you/he/she/it/we/they **shouldn't**.

**Information questions**  
 Where ..... I/you/he/she/it/we/they **practise** first?

- Circle** the correct words to complete the rules.
- We use *should* for actions that **are / aren't** a good idea.
  - We use *shouldn't* for actions that **are / aren't** a good idea.
  - After *should(n't)* we use the infinitive **with / without to**.

Grammar reference: Workbook page 86

### Check it out!

Use **must** and **mustn't** for **strong obligation** and **rules**.  
 You **must be** 18 to go skydiving.  
 Skiers **mustn't ski** at night.

- b **Circle** the correct words.
  - 1 You *should / shouldn't* try water skiing. It's great fun!
  - 2 They *should / shouldn't* skateboard in the playground. It's dangerous.
  - 3 Which website *should / shouldn't* I look at to learn about Parkour?
  - 4 Harry *should / must* learn to swim if he wants to go scuba diving!
  - 5 You *should / shouldn't* wear sunglasses when you go skiing. The sun can be very strong.
  - 6 My sister wants to learn how to snowboard. *Should / Must* she have lessons?
- c A penfriend from another country is coming to stay with you. Tell him/her about things in your country. Use *should* and *shouldn't*.
 

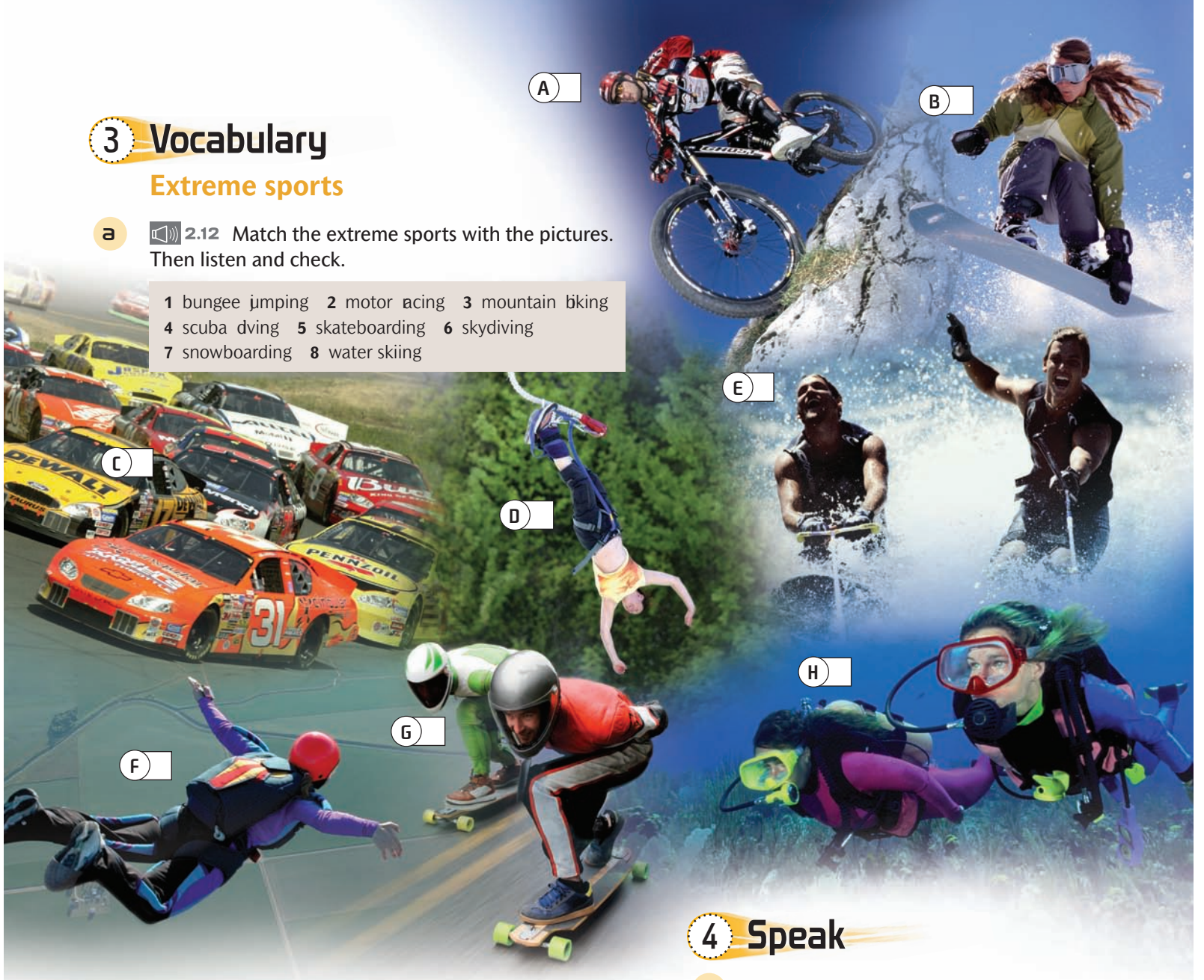
→ You **should** visit Rome and Milan.  
 When you say 'Hello' to elderly people you **shouldn't** say 'Ciao', you **should** say 'Salve'.

### 3 Vocabulary

#### Extreme sports

**a** 2.12 Match the extreme sports with the pictures. Then listen and check.

- 1 bungee jumping 2 motor racing 3 mountain biking  
 4 scuba diving 5 skateboarding 6 skydiving  
 7 snowboarding 8 water skiing



**b** Which extreme sports in Exercise 3a can you do in these places?

- on/in the water
- on a mountain
- in the countryside
- in the city
- in the air
- other

**c** Do you know any more extreme sports? Write them down.

**d** Work in a group. Ask and answer questions.

- 1 Which of the extreme sports in Exercise 3a do you do?
- 2 Which sports would/wouldn't you like to do? Why? / Why not?

#### Check it out!

- **Compound nouns** are two words together. We often write them as **two words**: *water skiing*. We sometimes write them as **one word**: *skateboarding*. There are no rules but you can check in a dictionary.

### 4 Speak

- a** Imagine you do an extreme sport, but don't tell your partner its name. Put the words in the correct order.
- 1 you / do / Where / do / the sport ?
  - 2 it / or / difficult / Is / easy ?
  - 3 it / dangerous / Is ?
  - 4 lessons / have / Should / people ?
  - 5 you / wear / What / clothes / should ?
  - 6 should / you / often / practise / How ?
- b** Work with a partner. Take turns to ask and answer the questions. Can you guess your partner's sport?
- c** Tell the class. What was your sport? Did you guess your partner's sport?

Where do you do the sport?

Outside.

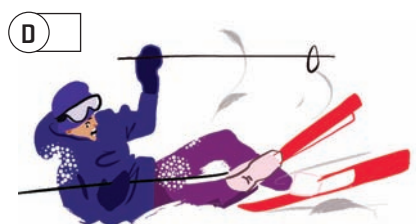
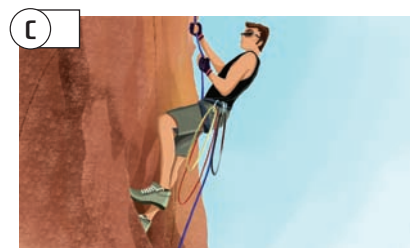
Is it skiing?

No.

## 5 Vocabulary Verbs of movement

a 2.13 Match the verbs with the pictures. Then listen and check.

- 1 climb    2 dive    3 fall    4 jump    5 roll    6 spin



b Match the two parts of the sentences.

- |                                |  |
|--------------------------------|--|
| 1 Look at David. He's climbing | A over this chair?                     |
| 2 He can spin around           | B up the wall.                         |
| 3 People doing Parkour roll on | C your head goes into the water first. |
| 4 Can you jump                 | D you fall onto your side a lot.       |
| 5 When you learn how to ski    | E on the back wheel of his bike.       |
| 6 When you dive into the water | F the ground when they land.           |

c We can use different prepositions with the same verb. ~~Cross out~~ the option which is **not** possible.

- |         |   |
|---------|---|
| 1 climb | <b>up</b> a mountain / <b>over</b> the wall / <b>down</b> the ground          |
| 2 fall  | <b>down</b> the stairs / <b>up</b> the water / <b>off</b> the bike            |
| 3 dive  | <b>off</b> the diving board / <b>out of</b> the water / <b>into</b> the water |
| 4 jump  | <b>over</b> the chair / <b>off</b> the table / <b>onto</b> the water          |

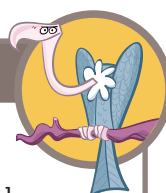
d Do you know any more verbs of movement? Write them down.

e Which of these things can you do? Tell your partner.

- \* jump in the air on a snowboard, a skateboard or a bike
- \* dive off a diving board into the swimming pool
- \* climb up a tree
- \* spin around on inline skates or ice skates

### Culture Vulture

Did you know that the five most popular urban sports in the UK are rollerblading, skateboarding, mountain biking, cycling and paintball? What are the most popular urban sports in your country? Do you do any of them?



## 6 Pronunciation

### Linking sounds

a 2.14 A word that ends with a consonant sound links to a word that starts with a vowel sound. Listen to these words.

- fall off    climb up  
 dive into    jump over

b 2.15 Draw a line to link the words. Then listen and check.

- Climb onto the diving board and dive into the water.
- I jumped off the wall and rolled on the ground.
- Get on your skateboard and spin around.
- He rode over the hill, then fell off his bike.
- We jumped out of the plane and landed in a field.

c Work with a partner. Practise saying the sentences.

## 7 Read and listen

- a Read the text quickly and choose the correct title for the webpage.  
 1 Zorbing is fun!    2 Extreme sports for beginners    3 Courses for experts

Extreme sport

File Edit View Insert Format Tools Actions Help

http://www.extremesports.co.uk

### ZORBING

Come and try this new extreme sport. A Zorb is a giant ball, or sphere, about 3m tall, with one or two people inside. The 'Zorbanauts' put on harnesses to hold them to the inside of the sphere and protect them, then they roll down a hill! Don't be frightened – you don't have to wear a helmet, it's completely safe and really good fun!



### Zorbing FAQs

- **Do I need to be sporty?**  
No, you don't have to be sporty to go zorbing, but people with health problems should check with their doctor first.
- **What's the minimum age?**  
You have to be over 12 years old.
- **Do I need special clothes?**  
Special clothes aren't necessary, but you mustn't wear shoes inside the Zorb.
- We also offer hydro zorbing: you don't wear a harness, and there's water inside the Zorb. It's a fantastic experience but you'll get very wet!
- Harness zorbing and hydro zorbing are both £45.00 per ride.

### MOUNTAIN BOARDING

Mountain boarding is an exciting combination of skateboarding, surfing and snowboarding. It's one of the most popular extreme sports in the UK right now and you can learn it very quickly! Our fantastic downhill course, right next to the beach, is the perfect place to learn all the basic skills. Our instructors will teach you all you need to know.



### Mountain boarding FAQs

- **Do I have to bring my own board?**  
No, you don't have to bring your own board, we provide all the equipment.
- **Is it dangerous?**  
No, not if you wear protection. You must wear knee and elbow pads, wrist supports and a helmet to protect your head.
- **Can my seven-year-old brother come with me?**  
Sorry! You must be over 8 years old. Children under 16 years of age have to be accompanied by an adult.
- Prices from £30.00 for half a day.

Click on the photos for info about other beginners' courses.

**KITE SURFING**




**PARAGLIDING**



**CANYONING**



- b  2.16 Read the text again and listen. Write Z (zorbing), M (mountain boarding) or B (both zorbing and mountain boarding).
- |   |  |
|---|--|
| 1 You move down a hill in this sport. ....                | 4 You need an instructor to do this sport. ....        |
| 2 Two people can do this sport together. ....             | 5 This sport is similar to other sports. ....          |
| 3 You need to wear protection on your arms and legs. .... | 6 Children under 8 years old can't do this sport. .... |
- c Would you like to do any of the sports on this webpage? Why? / Why not?

## 8 Grammar

### have to and don't have to

**a** Look at the examples and complete the table with *have to* and *don't have to*.

→ You **have to** be over 8 years old.  
 You **don't have to** be sporty.  
 Do I **have to** bring my own board?

**Positive**

I/You/We/They ..... **be** over 8.  
 He/She/It **has to**

**Negative**

I/You/We/They ..... **wear** a helmet.  
 He/She/It **doesn't have to**

**Yes/No questions**

..... I/you/we/they **have to pay**?  
**Does** he/she/it

**Short answers**

Yes, I/you/we/they ..... / No, I/you/we/they .....  
 Yes, he/she/it **does**. / No, he/she/it .....

**Information questions**

Where **do** I/you/we/they **have to pay**?  
 ..... he/she/it

**Circle** the correct words to complete the rules.

- We use *have to* for actions that are **necessary** / **not necessary**.
- We use *don't have to* for actions that are **necessary** / **not necessary**.

Grammar reference: Workbook page 88

### Check it out!

- **Don't have to** is different from **mustn't**.  
 You **mustn't** wear shoes inside the Zorb.  
 (= don't wear shoes)  
 You **don't have to** wear a helmet.  
 (= it isn't necessary to wear a helmet)

**b** **Circle** the correct words.

- 1 They *have to* / *don't have to* go to school tomorrow.  
 It's a holiday.
- 2 He *has to* / *doesn't have to* pay the full price because he's over 18.
- 3 You *mustn't* / *don't have to* use your phone in class.
- 4 You *have to* / *don't have to* wear elbow pads when you go skateboarding, but it's a good idea.
- 5 I *mustn't* / *don't have to* forget Mum's birthday tomorrow.

**c** Complete the sentences so they are true for you.

- 1 At home I don't have to ...  
 but I have to ...
- 2 At school we mustn't ...  
 and we have to ...
- 3 At the weekend I don't have to ...
- 4 Tomorrow I have to ...
- 5 Today I mustn't forget to ...

**d** Work with a partner. Are any of your sentences the same?

## Interaction 6 DVD

### Describing rules

**a** 2.17 Listen to Dave and Morgan talking about bungee jumping. Is Morgan interested in the sport?



**b** 2.17 Listen again and tick (✓) the questions that Morgan asks.

- How much is it?
- Where do you do it?
- Do you have to wear special clothes?
- Do you have to have lessons?
- What do you do?
- How old do you have to be?

**c** **Work with a partner.**  
 Student A: Turn to page 119.  
 Student B: Turn to page 122.

# Portfolio 6

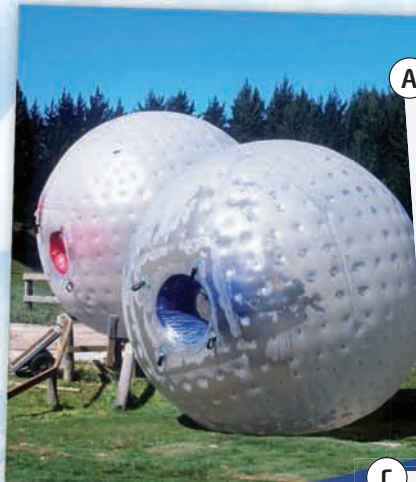
## Formal and informal messages

- a** Read the messages. Match A–D with 1–4.
- 1 thanks someone .....
  - 2 gives permission to do something .....
  - 3 invites someone to do something .....
  - 4 asks for information .....
- b** Which messages are formal and which are informal?

### Check it out!

We use different language for formal and informal letters.

- **Formal letters:** to people in authority, e.g. teachers
- **Informal letters:** to friends or family



**A**  
 Hi Tim,  
 Do you want to come Zorbing on Saturday? You get inside a big ball and you roll down a hill. It's really good fun and very easy. We're going to leave at 9:30 in the morning.  
 See you soon,  
*Jake*



**B**  
 Dear Sir/Madam  
 I am writing to ask for information about rollerblading lessons. Please could you answer these questions:  
 - What days are the lessons?  
 - How much is one lesson?  
 - Is there a minimum age?  
 - Do I need to wear special clothes?  
 Thank you for your help.  
 Yours faithfully  
*Drew Blake*



**C**  
 Dear Jessica  
 Sorry, I can't come skateboarding on Sunday, but thanks for asking me. We're going away for the weekend. I'd really like to come with you next weekend, but my board is broken. Can I use your brother's board?  
 Love Emily

**D**  
 Dear Miss Freeman  
 My daughter, Grace Mitchell would like to go on the adventure sports trip on Saturday 17 May. I am writing to give my permission for Grace to go hang-gliding.  
 Yours sincerely  
*Julia Mitchell*



- c** Read the messages again and complete the table with the words.

Dear Sr/Madam would like to ... Love X I'm ... thank you  
 Yours faithfully thanks Yours sincerely Hi X want to ...  
 Dear Mr/Mrs X See you soon

Informal language	Formal language

- d** Write a formal message to ask for information about a sport. Ask questions about:
- the clothes and equipment
  - the cost
  - the time and place
  - anything else
- e** Swap messages with a partner. Read your partner's message and write a reply.

# New Zealand: Paradise on earth



New Zealand is the youngest country on earth. One thousand years ago there were no people living there. Then Maori people set off in boats from Polynesia, discovered New Zealand and decided to stay there. After that people came from all over the world to live in this beautiful country.

New Zealand has a spectacular landscape, including huge mountain ranges, active volcanoes, fjords and rainforests. The country is the same size as the UK or California, but it has 13 national parks and a population of only four million people. This combination of amazing landscape and very few people has made New Zealand very popular with

tourists and film-makers. New Zealand film director Peter Jackson made the *Lord of the Rings* trilogy there. Tourists can visit the locations of the three films, including hobbit houses!

New Zealand is also the adventure capital of the world. Thousands of extreme sports fans come here every year to go bungee jumping, white-water rafting or go on the world's fastest ride: a rocket ship that flies at 170 km/hour. You can also ski down a volcano or learn to snowkite (a combination of kite surfing and snowboarding). For people who don't like danger there are lots of other activities. How about black-water rafting, horse trekking or swimming with dolphins?

## Five 'must-do's' in New Zealand

- You must visit Queenstown, the centre for extreme sports.
- Spend time on New Zealand's fantastic beaches.
- Check out the Maori Matariki (New Year) festivals in June and July.
- You should relax in natural hot pools on North Island.
- Stay on a farm with good food and lots of animals.

## Do's and don'ts for extreme sports

- You must wear a high factor sun cream – the sun is very strong in NZ.
- You must also protect your eyes from the sun.
- Make sure you are fit before your adventure holiday.
- You should wear the right clothes for the sports activity.
- You have to get your parents' permission for some sports.



A Maori face tattoo



Warning: active volcano!



Visit the hobbit houses

## New Zealand facts

- Its nearest neighbour, Australia, is 2,000 km away.
- New Zealand people are called 'Kiwis', after the kiwi bird.
- The highest bungee jump in the world was done in New Zealand in 1998. A.J. Hackett jumped 180m.
- The All Blacks, the New Zealand rugby team, do a Maori war dance, or haka, before rugby matches. They try to frighten the other team.
- There are several active volcanoes in New Zealand and they often erupt. Be careful when you do your extreme sports!



The Maori war dance – are you frightened?



Go snow kiting for the ultimate adrenaline rush!



The kiwi bird, the symbol of New Zealand



## 1 Culture World: New Zealand

- a How much do you know about New Zealand? Work with a partner and do the quiz before you read the article.

### New Zealand Quiz

**1** The first people who lived in New Zealand were the ...  
 A Australians  
 B Aborigines  
 C Maoris

**2** People started living in New Zealand about ...  
 A 1,000 years ago  
 B 10,000 years ago  
 C 5,000 years ago

**3** New Zealand is famous for its ...  
 A computer industry  
 B football team  
 C beautiful landscape

**4** The most famous films made in New Zealand were the ...  
 A *Star Wars* films  
 B *Lord of the Rings* films  
 C *Star Trek* films

**5** Tourists usually like going to New Zealand to ...  
 A visit museums  
 B go shopping  
 C do extreme sports

**6** People who live in New Zealand are sometimes called ...  
 A All Blacks  
 B Kiwis  
 C bungee jumpers

- b Read the article and check your answers.
- c Find words in the article that mean ...
- 1 leave a place (paragraph 1)
  - 2 natural features in the countryside, e.g. mountains and lakes (paragraph 2)
  - 3 two or more things together (paragraph 2 and paragraph 3)
  - 4 a slow journey made on a horse or on foot. (paragraph 3)
- d Read the article again. Write two quiz questions on New Zealand. Swap your questions with your partner. Can they answer the questions?

## 2 Your project

### An extreme map

- a Work in a group. Complete the table with information for your country.

	New Zealand	Your country
Highest mountain	Mount Cook (3,754 m)	
Longest river	Waikato River (425 km)	
Largest lake	Lake Taupo (606 km)	
Biggest city	Auckland	
Most important city	Wellington	
Most interesting extreme sports	snowkiting	
Best festival	Matariki festivals in June/July	

- b Draw a map of your country and put the information from the table on your map. Add lists of 'must-dos' for tourists and 'dos and don'ts' for sports.





# Review 5 and 6

## 1 Grammar

**a** Complete the sentences with the words.

might (x2) will (x2) won't probably

- Joe doesn't know what he's going to do when he leaves school, but he ..... work in a restaurant.
- When ..... you take your exams?
- We're not sure which film to watch. We ..... watch the comedy film.
- They say it ..... rain this afternoon, but I'm going to take an umbrella anyway.
- She's very busy at work so she ..... probably be home late tonight.
- I think people will ..... use more public transport in the future.

6

**b** Complete the sentences with *going to* and the verbs.

buy have learn meet not come see

- I want to live in Brazil so I ..... Portuguese.
- Which film ..... you ..... at the cinema tonight?
- It's Liam's birthday tomorrow so he ..... a party this weekend.
- She ..... a car when she's eighteen.
- They ..... to the park because they're tired.
- ..... he ..... us at the café this afternoon?

6

**c** Maria wants to learn how to scuba dive. Write sentences with *must(n't)* or *should(n't)* that mean the same as sentences 1–6.

- It's necessary to carry an oxygen tank on your back. You ...
- It's a good idea to practise in a swimming pool before you go in the sea. You ...
- Don't dive alone before you have classes. You ...
- It's not a good idea to go diving if you are tired. You ...
- It's a good idea to take an underwater camera with you. You ...
- Don't swim up too quickly when you finish diving. You ...

6

**d** Complete the sentences about Blake's skiing holiday in France with the correct form of *have to* or *don't have to*.

- The hotel has extra skis so Blake ..... buy his own skis.
- Blake can't ski so he ..... have lessons.
- Blake doesn't speak French so he and his skiing teacher ..... speak English.
- The weather is very cold so Blake ..... wear warm clothes.
- Blake hasn't got any euros so he ..... go to the bank.
- There are free drinks at the hotel so Blake ..... pay for drinks.

6

**e** Complete the sentences so that they mean the same as sentences 1–6.

- It's possible he won't get a new job. He ..... a new job.
- They're not going to come out tonight. They ..... stay at home tonight.
- It's necessary to go to school until you're 16. You ..... school until you're 16.
- It's not a good idea for you to go surfing today. The sea is really dangerous. I don't think you ..... surfing today. The sea is really dangerous.
- She's studying cinema so it's necessary for her to watch a lot of films. She's studying cinema so ..... watch a lot of films.
- He lives near the school. It's not necessary for him to catch the bus. He lives near the school. He ..... to catch the bus.

6

### How are you doing?

How many points have you got? Put two crosses on the chart: one for grammar and one for vocabulary.

