

**Complete the sentences with words from the box.**

obstacle	boundary	mental	endurance
consequence	role model	extreme	represent

1. \_\_\_\_\_ athletes take risks when they compete against nature.
2. Students who \_\_\_\_\_ their schools in academic competitions often train long and hard.
3. The quality of \_\_\_\_\_ can help an athlete finish a race.
4. One \_\_\_\_\_ that challenges big-wave surfers is the powerful force of the sea water.
5. An athlete who uses his or her knowledge and skills to help others is a great \_\_\_\_\_.
6. When you use your mind to help you achieve a goal, you are using your \_\_\_\_\_ abilities.

**Use the phrases in the box.** Complete the sentences with an embedded clause, question or command or to add emphasis.

I think	I'm asking you	Do you know if
I'm telling you	The reason (why)	The thing (that)

1. \_\_\_\_\_ to help me learn how to ice climb.
2. \_\_\_\_\_ I'm not sure of is how we'll carry all the supplies in the raft.
3. \_\_\_\_\_ we need special equipment to go whitewater rafting?
4. \_\_\_\_\_ there are more people trying rock climbing than ice climbing.
5. \_\_\_\_\_ I won't try hang gliding is that I'm afraid of heights.
6. \_\_\_\_\_ to be careful when you go skateboarding.

Complete each sentence with the appropriate phrase from the box below to add emphasis.

The place (where)	The thing (that)	The reason (why)	What I like best about
The person who	The time (when)	The day (when)	

- \_\_\_\_\_ I first saw someone kitesurfing is when I knew I wanted to try the sport.
- \_\_\_\_\_ I want to try kitesurfing is that I love both the wind and the water.
- \_\_\_\_\_ I'm going to learn to kitesurf is Hawaii.
- \_\_\_\_\_ I need to learn first is how to control the kite.
- \_\_\_\_\_ trying a new sport is the way it challenges me physically.
- \_\_\_\_\_ is going to teach me how to kitesurf is my cousin Pedro.
- \_\_\_\_\_ I am going to kitesurf is in the afternoon when the wind picks up.

**) Write sentences about a sport you do now or have done in the past or a sport that you would like to try. Use one of the phrases in the box above in each sentence.**

- What I like best about playing baseball is the sound the bat makes when I hit the ball.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_