

Take a Deep Breath!

1. Watch the video.

2. Work with new vocabulary from **CHECK THESE WORDS** section

- | monofin (n) a large flipper that two feet fit in
- | lung (n) each of the two breathing organs in the chest
- | **break a record** (phr) to beat all the previous best results
- | final (adj) last
- | **deep breath** (phr) the action of filling my lungs with air
- | dive (v) to go under the surface of the sea, a lake, etc
- | **carry on** (phr v) to continue
- | surface (n) the top layer of the sea
- | wetsuit (n) a rubber suit for underwater swimming
- | goggles (pl n) large glasses that protect our eyes from water, wind, etc
- | flipper (n) a large, flat, rubber shoe for swimming faster
- | mermaid (n) a mythical creature half woman, half fish
- | champion (n) sb who has won first prize in a competition
- | **hold a record** (phr) to have a record or a title for being the best at a competition, race, etc
- | **shrink** (v) to become smaller
- | **double in size** (phr) to become twice as big
- | **sth comes naturally** (phr) to find sth easy to do

- | meditation (n) the practice of deep thinking
- | **hold my breath** (phr) to keep air inside my lungs without letting it out
- | **terrific** (adj) great
- | distraction (n) sth that turns our attention away from sth else
- | bark (v) (of a dog) to make a loud noise
- | **totally silent** (phr) completely without noise
- | **environmental campaign** (n) a planned set of activities to help the environment
- | **set a record** (phr) to achieve the best time, height, etc in an athletic competition
- | **expand** (v) to increase in size or number
- | **shallow** (adj) not deep

3. Read the text

Sara Campbell takes a final deep breath and dives into the sea. She goes down into the blue water and carries on going down ... and down. Soon, the people on the surface can't see her any more. She doesn't have an air tank, just a wetsuit, goggles and a monofin – a large flipper that makes her look like a modern-day mermaid. Sara is a world champion freediver and uses only one breath to take her as deep as she can go and back again to the surface! She holds four world records and a world championship gold medal.

Freediving is one of the world's most dangerous sports. On the way down, a freediver's lungs shrink to the size of a lemon and on the way back they double in size. But to Sara, all this comes naturally. After years of practising yoga and meditation, she can hold her breath for over five minutes and her lungs are 22% larger than other women her size.

Sara feels completely comfortable underwater. "I just jump in and feel terrific. There are no distractions. Dogs aren't barking, phones aren't ringing, and nobody is making noise next door. It's totally silent."

Sara has a busy life and loves every minute of it. She's presenting a TV show, planning environmental campaigns, and training to set a new world record!



Now, read the text again and for questions 1-4 choose the best answer (A, B, C, or D). Find evidence in the text. ...

- 1 Which of the following equipment does Sara use? ...
A an air tank
B two flippers
C a monofin
D a phone
- 2 What happens to a freediver's lungs as they swim down? ...
A They get a lot smaller.
B They get 22% larger.
C They become twice as big.
D They don't change at all.
- 3 Why can Sara hold her breath for so long? ...
A She is taller and stronger than other women.
B Other activities she does help her.
C She has small lungs.
D She meditates before she dives.
- 4 What does Sara particularly enjoy when she's diving? ...
A The thrill of doing something dangerous.
B The sounds underwater.
C The peace and quiet.
D The excitement of trying to break a record.

4. Use words from **CHECK THESE WORDS** section in the correct form to complete the sentences.

Check these words

final, deep breath, dive, carry on, surface, hold a record, air tank, wetsuit, goggles, monofin, flipper, mermaid, champion, lungs, shrink, double in size, come naturally, meditation, hold her breath, distraction, bark, totally silent, environmental campaign

- 1 Freedivers' lungs as they swim down.
- 2 She as she dived into the cold water.
- 3 It's underwater. There's no noise at all.
- 4 Divers usually wear a(n) so that they can breathe at the bottom of the sea.
- 5 Nobody is better than her at freediving.
She's the world .
- 6 Her keep the water out of her eyes when she dives.

Match the words in bold in the text with their opposites below.

deep	dangerous	shrink	terrific
busy	new		

- | | |
|---------------------------------|----------------------------------|
| 1 expand ≠ <input type="text"/> | 4 awful ≠ <input type="text"/> |
| 2 old ≠ <input type="text"/> | 5 safe ≠ <input type="text"/> |
| 3 quiet ≠ <input type="text"/> | 6 shallow ≠ <input type="text"/> |