

Unit 1 REVIEW

Vocabulary

1) Complete the name of the extreme sports with the words on the right.

| | | |
|----------------|------------------------|------------------------|
| 1. rock..... | | |
| 2. free..... | <i>DIVING</i> | <i>BOARDING</i> |
| 3. snow..... | | |
| 4. tower..... | <i>CLIMBING</i> | <i>DIVING</i> |
| 5. bungee..... | | |
| 6. wind..... | <i>BOARDING</i> | <i>JUMPING</i> |
| 7. sky..... | <i>JUMPING</i> | <i>RUNNING</i> |
| 8. ice..... | | |
| 9. skate..... | <i>SURFING</i> | <i>CLIMBING</i> |
| 10. free..... | | |
| 11. base..... | <i>RUNNING</i> | <i>SURFING</i> |
| 12. body..... | | |

2) Complete Fred's introduction with the words in the box.

| | | | | |
|-----------|-------|------------|--------|-----------|
| challenge | fame | invitation | life | obstacle |
| problems | risks | something | summit | potential |

'Hi! My name is Fearless Fred, and I want to help you fulfil your..... At *To The Extreme!* you don't just watch extreme sports, you take part in them. Of course, it's dangerous. But in life we all have to take..... Every day, we encounter and look for ways to overcome each new that is put in our path. Here's your chance to attempt to do challenging that's exciting at the same time. I'm not asking you to risk your..... And if you face this....., then you could reach the..... of the extreme sports mountain. I hope you'll take up this..... and come to *To The Extreme!* Who knows – maybe you'll even achieve.....'

3) Match the sentence halves to make idioms.

- | | |
|-----------------------------------|--|
| 1. Don't bite off | a. my cup of tea. |
| 2. You can be a real pain | b. a mile from anything that risks injury. |
| 3. Doing dangerous sports isn't | c. a lost cause. |
| 4. I'd run | d. more than you can chew. |
| 5. I tried to help him, but he is | e. in the neck sometimes. |

4) Choose the correct option to complete the text.

I guess what people like about extreme sports is that they get to (1) **fulfil / overcome / face** their potential as a human being. They really like the idea of (2) **risking / encountering / overcoming** obstacles and proving that things which seem impossible are actually possible. You might ask why adults want to (3) **take / risk / reach** their lives for a sport, but they have to practise hard and take the training very seriously to reduce the chances of things going wrong. Extreme sports are not just sports, though. They're a way of (4) **reaching / facing / fulfilling** your fears. I think it's important to (5) **attempt / achieve / encounter** things that challenge you, as I believe it makes you a stronger person.

5) Word formation. Complete the gaps with an appropriate form of the words given.

1. Their attempt to climb Everest ended in _____. FAIL
2. My second attempt at making bread was a little more _____. SUCCESS
3. Her sense of superiority makes her very _____. POPULAR
4. Tom had to _____ many obstacles before he achieved success. COME
5. An Olympic medal is a remarkable _____ for one so young. ACHIEVE

Grammar

1) Complete the text with the correct form of the verbs in brackets. Use the present simple or continuous (active/passive) in **a** and past simple or continuous (active/passive) in **b**.

a. Vicky ... why aren't you answering your phone? I'm at home. My brother (1) _____ (try) to persuade me to go to a base-jumping school with him. He found out about a school in London. I keep telling him that he's crazy, but he (2) _____ (think) I'm just scared and that I need to face my fears. I (3) _____ (not care) what he says; there's no way I'm going to do something so stupid. In any case, he's wrong if he thinks he can do the course. I'm pretty sure there's a law saying that people under 18 (4) _____ (not allow) to jump off cliffs! Anyway, what about you Vicky – what (5) _____ (do) now? Call me when you get this.

b. Hi Vicky. You never answer your phone! Why (6) _____ (not be) at school today? While I (7) _____ (walk) home from school I called you, but you (8) _____ (not answer). Is everything OK? In biology we watched the documentary that Mr. Smith (9) _____ (mention) to us at the beginning of the week. I can't believe you weren't there to see it! It was about some people who'd gone skydiving. But ... something went wrong and they fell into the middle of the ocean by accident. Nobody could find them and they (10) _____ (surround) by sharks! It was great – and, believe it or not, it even had a happy ending.

2) Complete the second sentence using the words given. Do not change the meaning.

1) My sister borrows my things and it's really annoying. **ALWAYS**

My sister..... my things.

2) He didn't take the books back to the library on time. **BACK**

The booksto the library on time.

3) My sister is looking after the cats today. **LOOKED**

The catsby my sister today.

4) I really want to buy that watch, but it's too expensive! **LEG**

That watch I can't buy it.

5) I'll teach you how to use the program – You'll learn how to use it after a while. **HANG**

I'll teach you how to use it – You'll it after a while