

1 Match 1-5 with a-e to make phrases from the text.

- | | |
|--|----------------|
| 1 ☒ e sand | a peaks |
| 2 ☐ world | b test |
| 3 ☐ highest | c terrain |
| 4 ☐ endurance | d championship |
| 5 ☐ difficult | e dunes |

2 Complete the sentences with the phrases from Exercise 1.

- Sand dunes in the desert change constantly because of the wind.
- Most climbers would love to climb all the world's _____.
- I'm doing the London marathon next year - it's going to be a real _____ for me!
- Most sports have a(n) _____ once a year in which the best competitors participate.
- The athletes had to run through very _____, including deserts and mountains.

3 Choose the correct option.

- Running the marathon was really *traditional* / tough, but I'm glad I did it!
- The most *challenging* / *stressed* race I've ever taken part in was a half marathon.
- The Ironman bike ride is a *long-distance* / *one-day* race of 180 km.
- Michael is very *competitive* / *popular* - he hates losing!
- Before the race I felt really *tough* / *stressed*, but I relaxed after I started running.

4 Complete the sentences with the verbs below. There is one extra verb.

complete cross hold last push
suffer take part

- We are going to hold our school sports day on the last day of term.
- Would you like to _____ in a marathon?
- Athletes really have to _____ themselves in order to complete the race.
- Sarah wants to _____ the swim in three hours.
- Athletes have to _____ part of the Sahara desert during this long-distance race!
- The race will _____ for three days in total.

5 Look at the photos and add the missing vowels to complete the phrases.



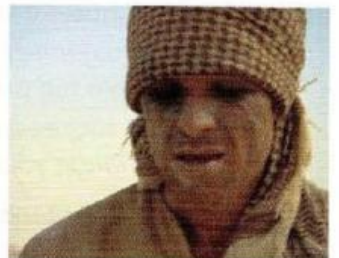
1 v _ _ l _ _ nt
sandstorms



2 h _ st _ l _ _ desert



3 _ npr _ d _ ct _ bl _
camels



4 _ xtr _ m _ heat

6 Use the prompts to write sentences. Use the tense in brackets.

- they / enter / the largest sand desert in the world (Present Continuous)
They are entering the largest sand desert in the world.
- they / already / cross / the Atlantic Ocean (Present Perfect)

- unfortunately, / they / get / lost (Past Simple)

- they / complete / an almost impossible journey (Present Perfect)

- they / still / be / friends / at the end of it (Present Simple)

7 Complete the sentences with the nouns below.

dehydration destination expedition
explorer temperature well

- Jane didn't drink enough water and was suffering from dehydration.
- They are going on a(n) _____ into the jungles of South America.
- The travellers drank water from the _____.
- Wilfrid Thesiger was a famous British _____.
- The _____ reached 47°C.
- James and Ben's final _____ was a place called Umm as Sammim.