

Extreme sports

- 1 Look at the pictures and complete the words for extreme sports.



1 BMXing



2 p_____



3 h_____ -
g_____



4 s_____



5 k_____



6 a_____



7 f_____
r_____



8 p_____



9 w_____
r_____



10 z_____

- 2 Complete what the people say with the names of extreme sports.

1 I tried *sandboarding* for the first time on holiday. We went really fast down the dunes in the desert. It was really exciting!

2 P_____ is really scary at first, but as soon as you jump out of the plane, you forget to be afraid and you just enjoy the view.

3 I've been into B_____ since I got my first bike at the age of five. It's great fun to compete in races and it's a good way to see the countryside.

4 I could never do a_____. I hate high places, so the idea of going down a rock with a rope seems terrifying to me.

5 K_____ is great fun, but if it's not windy enough, then you get very wet when you fall into the sea!

6 I've done z_____ once – I went really fast from the top of a hill and landed on the beach. It was amazing!

- 3 6.1 Listen to Kieran talking about a summer sports camp. Put the sports in the order he talks about them. There is one extra sport.

- a abseiling d BMXing
b kitesurfing e sandboarding
c whitewater rafting

- 4 6.1 Listen again and complete the notes.

SSC

- SSC = Summer Sports ¹ Camp
- how long: ² _____ weeks
- BMXing: learn how to go ³ _____, even up hills
- abseiling: first, practise on the ⁴ _____ wall
- whitewater rafting: train for a day before practising on the ⁵ _____
- check our health with a short ⁶ _____
- book by: ⁷ _____ June
- cost: ⁸ £ _____ – includes food, ⁹ _____ and equipment

1  6.2 Listen and repeat the phrases.

SPEAKING Asking for and giving advice

Asking for advice

What do you think I should do?
 If you were me, what would you do?
 What shall I do? Should I keep my head up?
 Have you got any ideas (what to do)?

Giving advice

If I were you, I'd make a doctor's appointment.
 You'd better/It might be a good idea to lean forward.
 You should/ought to/need to put your foot up.
 Let's rest.
 Have you tried/thought about putting some ice on it?
 Try pressing your nose.
 I'd recommend/advise/suggest taking an aspirin.

Being unable to give advice

I don't know what to advise/suggest/do, I'm afraid.
 I wish I could help, but I'm not sure what's best.
 I'm afraid I can't really help you.

2 Match questions 1–5 with responses a–e.

- 1 d I've got a fever. What's your advice?
 - 2 I've hurt my arm. Any ideas what to do?
 - 3 I've cut my finger. If you were me, what would you do?
 - 4 I've got a weird rash on my arm. What do you suggest?
 - 5 I've got a migraine. Any ideas what to do?
- a If I were you, I'd stop playing on your computer.
 - b Try putting some cream on it.
 - c I'd recommend taking some painkillers.
 - d ~~Have you tried staying in bed and rest?~~
 - e You should put a sticking plaster on it.

3 Complete the sentences with the correct form of the verbs in brackets.

- 1 Have you tried **taking** (take) vitamin C?
- 2 What shall I _____ (do)?
- 3 Have you got any ideas what _____ (do)?
- 4 You ought _____ (call) your doctor as soon as possible.
- 5 If your foot is still painful, try _____ (take) some painkillers.
- 6 I'd recommend _____ (rest) your arm as much as possible.

4 Choose the correct option.

- 1 You **ought** / *should* / *better* to have a check-up.
- 2 If you were me, what *do* / *would* / *will* you do?
- 3 I wish I *will* / *would* / *could* suggest something, but I can't.
- 4 Have you thought *on* / *about* / *if* eating more healthily?
- 5 What do you *think* / *know* / *shall* I should do?
- 6 I don't know what to suggest, I'm *frightened* / *scared* / *afraid*.
- 7 It *might* / *should* / *shall* be a good idea to see a doctor.
- 8 You'd *ought* / *should* / *better* go to bed until you feel better.

5  6.3 Complete the dialogue with one word in each gap. Listen and check.

- Liv: What's the matter, Zoe? You look ill.
 Zoe: I keep getting these headaches. They get worse when I'm stressed, but I have to study for my exams at the moment. Have you got any ¹*ideas* what to do?
 Liv: I'm ²_____ I can't really help you. Have you ³_____ about asking Ian? I think he had the same problem a few weeks ago.
 Zoe: That's a good idea. I'll be seeing him later. Oh, wait, there he is now. Ian, over here!
 Ian: Hi, girls! How are things?
 Liv: Well, I'm fine, but Zoe here keeps getting headaches. I'm not sure what she should do.
 Zoe: That's right. Liv recommended I speak to you. What do you ⁴_____ I should do?
 Ian: You ⁵_____ take a painkiller.
 Zoe: I'd prefer not to, if possible. I don't really like taking medicine.
 Ian: Well, maybe you don't drink enough water. It might be a good ⁶_____ to carry a bottle around with you.
 Zoe: Like this, you mean? I drink loads of water!
 Ian: Hmm ... Well, I don't know what else to suggest, I'm afraid. If I ⁷_____ you, I ⁸_____ make an appointment to see the doctor.
 Zoe: Yes, I think I will.