

UNIT 1 SPORTS AND FREE TIME 5

A. LISTENING

You will hear a radio interview with a man called Sam Hall, who is a mountain climber. For questions 24-30, choose the best answer A, B or C. Click on the following box and scroll to LISTENING PART 4:

24 Sam describes mountain climbing as A dangerous if people have the wrong attitude. B completely safe if people are prepared. C a sport with an exciting reputation.	25 For Sam, the attraction of climbing is A primarily the excitement. B a matter of sensations. C hard to describe.
26 How does Sam feel when he reaches the top of a mountain? A proud B exhausted C amazed	27 Sam thinks that we all have a moment in childhood A when we know what our ambition is. B when we realise we can't do everything we want. C when we make plans about our future.
28 What was the attitude of Sam's parents when he took up the sport? A They were very anxious. B They didn't want to discourage him. C They gave him every support.	29 Sam explains that feeling confident A is the result of doing many climbs with his friend. B is natural after some time. C can provoke people to make mistakes.
30 When Sam and his friend were lost on the mountain, A they didn't feel lucky. B the thought the storm might last for a week. C they were sure someone would find them.	

B. READING: Read and choose the correct answer:

Gemma Noble: UK snowboarder

20-year-old Gemma Noble is one of the UK's snowboarding stars. Born in the north of England, she started snowboarding at a centre near her home – one of only a handful in the UK. Now, as this part of the world is not known for having huge amounts of snow, the snowboarding centre relies on using artificial surfaces for teaching snowboarding. While of course you might imagine that learning to snowboard in the snow high in the French mountains, for example, might be preferable, Gemma says that the surface at the centre meant she could practise in conditions which didn't change according to the weather. And that, combined with the fact that all the instructors were so willing to help her achieve her best, went a long way to helping her learn quickly.

Gemma describes how she had always been known as a sporty child, and in fact, she was already very good at gymnastics even before she tried snowboarding. She had taken part in a few competitions for younger age groups, and discovered that she responded well to the pressure of having to compete. It's also true that one skill a gymnast needs to have is a really good idea of where you are in the air, when you are jumping and turning. This is essential in snowboarding as well, and so already having that ability proved to be a real plus when Gemma started learning on the slopes at the snowboarding centre.

When she and her instructors felt she was ready, Gemma began entering snowboarding competitions. She worked hard on getting better until eventually she came first in an event for under-eighteens in 2020. For this, she won a huge silver cup, which she is incredibly proud of! Now, you'll probably think that it's on display in her home, right? Well actually, she explains, 'It's still hidden carefully away in the presentation box it came in, as I can't help imagining how I'd feel if anything happened to it.' But naturally, she's always more than happy to show it off to anyone who is eager to see it!

There's a risk involved in doing any kind of sport, especially the more extreme sports, and snowboarding is no exception. In

1. What does Gemma say about the place where she learned to snowboard?

- A** The staff at the centre were very encouraging.
- B** The centre was part of a large chain covering the country.
- C** Having real snow at the centre would be an advantage.

2. In paragraph 2, gymnastics is mentioned in order to

- A** suggest that it is a suitable sport for younger people.
- B** explain why Gemma decided to change sports.
- C** show how one sport supports another.

3. How did Gemma feel about the trophy she won in 2020?

- A** surprised by how large it was
- B** worried about causing damage to it
- C** disappointed because not many people would see it

4. What does 'This' refer to in line 31?

- A** travelling all over the world
- B** becoming very well known
- C** entering more competitions

2021, Gemma unfortunately had an accident in which she damaged her ankle. Although the injury wasn't too bad and there were no concerns from her medical team about her getting over it, the timing couldn't have been worse. She'd been planning to compete as part of a team in an international event, but instead she ended up supporting her teammates via videocalls and messages – not the same experience at all! But Gemma isn't one to feel sorry for herself, so she focused on improving her fitness, under the strict supervision of her doctors. Now Gemma is very happy to be back on the snow where she feels most comfortable, travelling all over the world in order to take part in events. She's becoming very well known in the sport partly due to the fact that she's entering competitions again after her injury. This is a new development, and something that she's enjoying much more than she ever expected to! After all, being asked to appear on TV and give interviews might sound pretty scary, especially for someone as young as Gemma. But she's finding it all really exciting, and is delighted with the attention!

5. What do we learn about the period when Gemma was injured?

- A** The recovery process was more complex than she first thought.
- B** It gave her the chance to go and watch her friends compete.
- C** She made good use of the unexpected free time.

6. What is the purpose of this article?

- A** to describe the career and achievements of a young sportsperson
- B** to warn other sportspeople of the work involved in becoming successful
- C** to persuade people who are interested in sports to follow their dreams

C. WRITING

Your class recently took part in a one-day sports festival for local schools. The organisers want students' opinions about the sports festival, and you have been asked to write a report.

In your report, say **what was enjoyable about the sports festival, and suggest how it could be improved.**

Here are some comments from students in your class:

- "It was a chance to meet students from other schools."
- "There weren't many new sports to try."
- "I learned a lot about fitness."
- "We spent too much time listening to instructions."

Now write a report for the organisers of the sports festival.

The comments above may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.