

1 going to extremes



GOALS AND ACHIEVEMENTS

A GOAL IS...

- a) The accomplishment of an aim or purpose
- b) The reason of acting in a particular way
- c) An aim or purpose

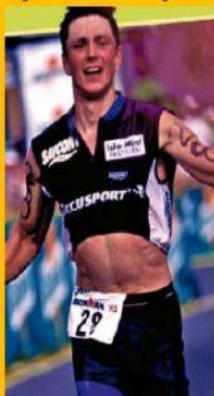
AN ACHIEVEMENT IS...

- a) Something very good and difficult you have succeed in doing
- b) Satisfaction of doing difficult things
- c) Have the intention of doing something

1 Read about the three people in the photos. What are their goals and achievements?

1

Philip (PJ) Foster, eighteen, has wanted to compete in the Ironman event in his home state of Hawaii since he was thirteen. Competitors swim four kilometres, cycle 180 kilometres and run forty-two kilometres, all without a break. PJ is currently training for this year's race and hopes to become one of the youngest competitors ever to cross the finishing line.



2

Amy Hur, fifteen, is Korean but she lives near London. She has been playing the piano and the cello since she was six and she passed top level exams in both at the age of eleven. She practises for several hours every day.



3

Some people say that beauty is in the eye of the beholder but for Carolina Carrizo, nineteen, from Venezuela, it is all about hard work. Beauty queen Carolina has recently won a place at the Miss Venezuela School in Caracas, where they 'aim to make every girl perfect'.



2 Listen and complete the chart

Philip (PJ) Foster	Amy Hur	Carolina Carrizo
Goals		
Achievements		

3. **Words 2 know 1.4** Check the words in blue. Then listen again and answer the questions.

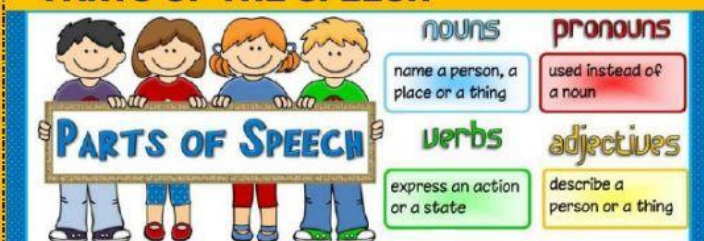
Which speaker

- 1 particularly impresses the interviewer with his or her **motivation** and **dedication**?
PJ
- 2 enjoys the **challenge** and **satisfaction** of doing difficult things?
- 3 gained **inspiration** from one of his or her parents?
- 4 compares the **discipline** of his or her daily routine with that of the army?
- 5 feels that his or her **achievements** will gain the **respect** of other people in his or her community?
- 6 feels under **pressure** because there is so much **competition** from other people?
- 7 made **sacrifices** when he or she was a young child, in order to improve?

PJ?
Amy?
Carolina?

1	PJ
2.	
3	
4	
5	
6	
7	

PARTS OF THE SPEECH



4. Complete the chart with the correct noun, verb and adjective

NOUN	VERB	ADJECTIVE
MOTIVATION		
DEDICATION		
	INSPIRE	
		CHALLENGED
SATISFACTION		
DISCIPLINE		
	ACHIEVE	
		RESPECTFUL
	PRESSURE	
		COMPETITIVE
	SACRIFICE	
		SUCCESSFUL

5. What does a person need to be successful?

Write a short paragraph including at least five words in activity 4