

VOCABULARY – EXTREME SPORTS

1 - READ AND MATCH



WATERSKIING

RAFTING

PARASAILING

DIVING

SURFING

ROWING

KAYAKING

SAILING

AQUAGYM

2.

Complete the text with the words below.

accident adrenaline equipment fun helmet gloves yourself protective

HOW TO PROTECT ⁽¹⁾ _____ WHEN SKATEBOARDING

Are you ready for a ride? Before you start, check your skateboard.

If you don't want to have an ⁽²⁾ _____, remember to wear the sports ⁽³⁾ _____ and ⁽⁴⁾ _____ gear you need, including boots, ⁽⁵⁾ _____ and knee pads.

Always wear a ⁽⁶⁾ _____: it is essential to protect your head.

Most skateboarders enjoy a rush of ⁽⁷⁾ _____, but remember to be careful. Never ride in the street, it is very dangerous.

Always go skateboarding with a partner. It is safer and much more ⁽⁸⁾ _____.

3- READ THE SENTENCES AND COMPLETE WITH THE CORRECT REFLEXIVE PRONOUN

HIMSELF

OURSELVES

MYSELF

HERSELF

THEMSELVES

- 1 Amanda loves looking at _____ in the mirror every morning.
- 2 We hurt _____ while rollerblading in Central Park this morning.
- 3 Dana and Bob taught _____ French two years ago. They can now speak very well!
- 4 I cut _____ while I was making lunch yesterday.
- 5 Benjamin enjoyed _____ a lot at Brenda's party last night.

GRAMMAR

4- READ THE TEXT AND COMPLETE WITH REGULAR OR ORREGULAR FORM OF THE VERB

1 Fill in the blanks with the Simple Past form of the verbs in brackets.

- 1 Pamela _____ (buy) a really nice dress for her party yesterday.
- 2 Last Sunday my parents and I _____ (have) lunch at my grandma's.
- 3 During his last holiday in Hawaii, Jake's cousin _____ (go) surfing every day.
- 4 I _____ (walk) my little sister to school this morning. Then I _____ (take) a taxi back home.
- 5 Martin _____ (travel) to school by bus yesterday.
- 6 My friends and I _____ (play) volleyball on the beach last Saturday.
- 7 Vicky _____ (visit) her grandmother last weekend.
- 8 I _____ (be) very tired last night and _____ (sleep) really well!
- 9 Gary and Paula _____ (study) together for the Maths test last weekend.
- 10 Two days ago I _____ (have) a party at a friend's house and I _____ (meet) a very nice person called Linda.

5-

2 Rewrite these sentences into the negative form.

- 1 We heard the news about the accident.

- 2 They spent their holiday in a small town.

- 3 My mum made a cake for Sheila's birthday.

- 4 I wrote an email to my cousin John.

- 5 Betty helped me with my homework yesterday.

6- READING

Read Luciano's school composition and write YES which is the best title for it.

Life in Argentina 50 years ago _____ French immigrants in Argentina _____

My grandma's life as an immigrant _____

My grandma was born in France but she didn't live there for a long time. She arrived in Argentina with her parents when she was ten years old. They didn't speak any Spanish and life was difficult for them. After several years of hard work, her father opened a small restaurant in Rosario. When Grandma was a teen, she went to school in the morning and helped her parents in the restaurant in the evening. When she finished secondary school, she went to university because she wanted to become a doctor. She was an excellent chef, though. She even participated in a TV competition and became quite famous. But she decided to finish her career as a doctor. She attended university in Córdoba and there she met my grandpa. When they graduated, they got married and had three children. Her life as an immigrant wasn't easy but she was very hard-working and is now a very successful and happy woman.



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WRITE T (TRUE) OR F (FALSE)

- 1- Luciano`s Grandma was born in Argentina. _____
- 2- They opened a restaurant. _____
- 3- She didn`t help her parents. _____
- 4- She became a doctor. _____
- 5- She wasn`t famous. _____
- 6- She got married before graduating. _____