

NAME:

CLASS:

DATE:

A. PRE LISTENING ACTIVITIES

- Have you ever heard of parkour or freerunning?
- What do you know or can you guess about it?

B. Do you like extreme physical activities? Why / Why not?

C) WHILE LISTENING ACTIVITIES

- LISTEN AND TICK THE BEST ANSWER.

1.	When was freerunning or parkour created? A. 1970s B. 1980s C. 1990s
2.	Who was it created by? A. Sebastien Foucan B. David Belle & Sebastien Foucan C. David Belle
3.	When was a documentary called 'Jump London' was broadcast in the UK? A. In 2002 B. In 2003 C. In 2004
4.	How was the sport introduced to the English-speaking world? A. It was introduced as a running sport. B. It was introduced as an urban sport. C. It was introduced as freerunning.
5.	For Foucan and Belle, parkour and running were two different sports. A. True B. False C. Not mention
6.	What is the most important thing in parkour? A. To overcome an obstacle B. To overcome fear C. To overcome stress
7.	<i>Traceurs</i> are commonly seen on TV and A. in music videos B. in cinemas C. in Youtube Channel
8.	Are there computer games about <i>traceurs</i> ? A. Yes B. No C. Not mention
9.	What things influence the way a <i>traceur</i> deals with an obstacle? Tick two. A. Body type B. Speed C. Stamina D. Gender
10.	Is parkour a competitive sport? A. Yes B. No C. Not mention
	D) POST LISTENING ACTIVITIES <ul style="list-style-type: none"> What's your opinion about parkour and freerunning? Do you think it should be taught in schools? Why / Why not?

