



LESSON SUMMARY

Vocabulary

CD1
08

Word/Phrase	Meaning	Example
extreme sport (n) /ɪk'stri:m 'spɔ:t/	a sport that is exciting to do and often dangerous	My son wants to take part in extreme sports .
skateboarding (n) /'sketbɔ:rdɪŋ/	the sport of riding on a skateboard	Young people are interested in skateboarding now.
surfing (n) /'sɜ:fɪŋ/	the sport of riding on waves while standing on a narrow board	How about surfing at the beach this weekend?
rock climbing (n) /'rɑ:k ,klaɪmɪŋ/	the sport of climbing a mountain or on specially designed walls inside or outdoors	Rock climbing is exciting but dangerous.
zorbing (n) /'zɔ:rbiŋ/	a sport that a player rolls down a hill with a crystal clear ball	Going zorbing sounds like fun.

Writing

An invitation email

New message

Email address mark06@abcmail.com

Email subject Going bowling next weekend?

Greeting (3) Hi Mark,

Check the availability (4) Are you free next weekend?

Write the invitation (5) My classmates and I are going bowling at the Gold Sports Center. Do you want to join us?

Give more details (6) A ticket costs only \$15. We can meet in front of the sports center at 8 a.m.

Ask for a reply (7) Let me know if you can come by Wednesday. Then, I will call the center to book the tickets.

Sign off (8) Write back soon,

Your name (9) Jack

Send **Save** **Cancel**

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PRACTICE



Vocabulary

a. Match the phrases with their definitions or descriptions.

- 1 extreme sport •
- 2 skateboarding •
- 3 surfing •
- 4 rock climbing •
- 5 zorbing •

- A a sport that you use a board to move on the water
- B a sport that you usually need to go the mountains to do
- C a sport that you need a board with small wheels to play
- D a sport that is very dangerous and exciting
- E a sport that players are inside a large clear ball

b. Complete the text using the words or phrases in Exercise a.

HELLO SUMMER



Hey, my friends! Summer is coming. Let's do some exciting activities to enjoy our holiday. Instead of badminton, volleyball, or table tennis, now try some 6) _____ (s). If we go to the beach, why don't we try 7) _____ ? How amazing it is when we stand on waves! We can also go 8) _____ in a large clear ball on the sand. It will be a great experience. Besides, we can go hiking or 9) _____ in the mountains. Lastly, we can take our boards and go 10) _____ , too. Enjoy your wonderful summer holiday.



Listening

a. Listen to the radio news. Write T (true) or F (false).

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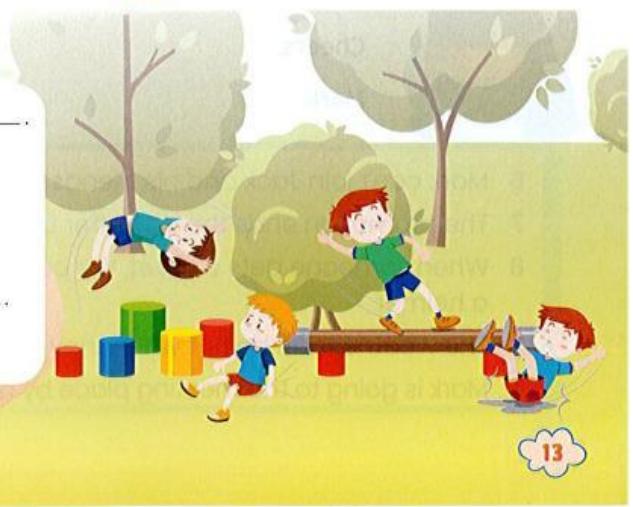
- 1 Parkour is a word from French.
- 2 Parkour players think the sport is fascinating.
- 3 People can only do the sport in some places.
- 4 An accident might happen to parkour players.
- 5 Parkour is popular in several countries.



b. Listen to the rest of the talk. Fill in each gap with ONE WORD.

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- 6 Like any other extreme sports, parkour is _____.
- 7 If you do not carefully _____, you might hurt yourself.
- 8 You need a _____ diet.
- 9 Beginners should practice some basic _____.
- 10 It is important to be _____ to play this sport.



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Reading

a. Read the email from Jack to Mark. Answer each question with NO MORE THAN THREE WORDS AND/OR A NUMBER.

To: mark06@abcmail.com
Subject: Rock climbing next Sunday?

Hey Mark,
Are you doing anything next Sunday?
My friends and I are going rock climbing at the Dawn Sports Center. I believe you love this sport, too. So, you should join us.
The center has everything we need for the sport. The entrance fee is about \$15 each. I'm taking a bus to the water park opposite the sports center. We want to meet you there at 7 a.m. Bookings are available this week only. Let me know if you can come by Tuesday. I hope you can come.
Write back soon,
Jack



- 1 When are they going rock climbing? _____
- 2 How much is an entrance ticket? _____
- 3 Where do they want to meet Mark? _____
- 4 What time should Mark arrive? _____
- 5 When does Mark need to reply? _____



b. Read Mark's response to Jack's email. Write T (true), F (false) or DS (doesn't say).

NEW MESSAGE □ X

To: jackbrown@abcmail.com
Subject Re: Rock climbing next Sunday?

Hi Jack,

Thank you for your email. I am very excited about that. I can go with you next Sunday. The good news is that we can now buy one ticket and get another one for free. It's great, isn't it? We need to hurry because the promotion ends tomorrow. The center does not provide helmets, so we need to bring our own ones. It can be hot on the day we go rock climbing. Remember to bring enough water and a change of clothes just in case. Mom is going to drive me to the meeting place. I can't wait to see you there.



Cheers,
Mark

- 6 Mark can't join Jack and his friends for rock climbing. _____
- 7 The promotion ends the day after tomorrow. _____
- 8 When someone gets a ticket, the center gives them a helmet. _____
- 9 The weather can be hot when they meet for the sport. _____
- 10 Mark is going to the meeting place by himself. _____



