Can you run a marathon in SPACE?

(WW 4 BBC Culture)

1 Match.

Harness (n)	A group of people working together on a ship, aircraft etc.
Crew (n)	The place where you are and things that are in it
Weightless (adj)	A piece of equipment that holds somebody or something in place
Surroundings (n)	A race in which you have to get over a series of objects
Obstacle course (n)	Having no weight, especially because you are in space

2 Read the text



Sports in space!

Tim Peake is no ordinary astronaut. Apart from his duties on the International Space Station (ISS), he also likes to do sport. Amazingly, he took part in the London Marathon – from space! He did it to raise money for charity. How? Easy – with a harness to keep him tied to the running belt.

The ISS is a zero-gravity lab where a crew of six people live and work. They travel in the space station, which orbits the Earth every ninety minutes, at a speed of 28,800 km per hour. So, Tim Peake not only ran the usual 42 km but also travelled more than 100.000 km during his marathon run! But what other sports are possible in space?

American astronauts often play weightless baseball or basketball, and sometimes even golf. You can even throw a boomerang and it returns to you in orbit just like on earth! But of course, for most sports, the rules change dramatically in the absence of gravity. The astronauts have to adapt to their surroundings.
For the rest of us on 'terra firma', the closest we get to an astronaut's experience is probably skydiving. But jumping out of a

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plane is not for everyone. It seems too risky. So, what other safer sports can we do that challenge gravity?

Zorbing comes from New Zealand. You roll down a hill in a giant ball, or 'orb', made from transparent plastic – but you need a lot of space! If you're in the city, you could try parkour, which is like an urban obstacle course. If you come across an obstacle, you have to get round it by jumping off walls or onto other buildings. Parkour fans also go to skate parks alongside skateboarders, BMX riders and other urban sports lovers.

But a skate park in space? Now that is hard to imagine!

3 Choose True or False

1. Tim Peake took part in the London Marathon for charity.
2. The International Space Station is a lab where a crew of ten people live and work.
3. American astronauts often play football and volleyball.
4. Parkour is like an obstacle course.
5. Space station orbits the Earth every 90 minutes.

4 Choose

1 ISS is ...
a. international science station
b. international space station
c. international safe station

2 Zorbing comes from ...
a. Ireland
b. England
c. New Zealand

3 Speed of space station is ...
a. 28,800 km per hour
b. 27,600 km per hour
c. 30,100 km per hour

4 Tim Peake travelled more than _____ km during his marathon.
a. 42
b. 100.000
c. 1000

5 Astronauts often play _____ baseball.
a. weightless
b. high
c. long

6 For us the closest an astronaut's experience is ...
a. jogging
b. skydiving
c. diving

5 Write the missing words

1. Tim Peake took part in the London Marathon with a _____ to keep him.
2. The rules of most sports change because of _____ gravity.
3. Jumping out of a plane is too _____.
4. _____ fans also go to skate parks alongside skateboarders.
5. Astronauts have to adapt sports to their _____.

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