

José "Maligno" Torres - BMX Champion

José "Maligno" Torres is a famous BMX rider from Argentina. He wins a gold medal in the Paris 2024 Olympic Games. José starts riding BMX when he is only five years old. His friends always call him "Maligno" because he is very fast and fearless on his bike.

Every day, José gets up at 7:30 a.m. and prepares a healthy breakfast. He usually eats fruits, eggs, and yogurt. He never drinks soda or eats junk food. After breakfast, at 8:30 a.m., José goes to the park, where he practises BMX tricks. He often rides his bike for two hours. He doesn't ride in dangerous places because he wants to stay safe.

In the afternoon, at 2:00 p.m., José works on his strength and fitness at the gym. He sometimes watches TV because he is focused on his training. At night, around 8:00 p.m., José spends time with his family and shares stories about his day. He always goes to bed at 10:00 p.m. to have energy for the next day. José loves BMX and wants to inspire other young people to follow their dreams. He believes that hard work and dedication always make anything possible.

Comprehension Exercise

- At what time does José get up every day?
 - 6:00 a.m.
 - 7:30 a.m.
 - 8:00 a.m.

2. What does José usually eat for breakfast?

- a) Bread and butter
- b) Fruits, eggs, and yogurt
- c) Junk food

3. Where does José often practise BMX tricks?

- a) On the street
- b) At the gym
- c) In the park

4. How often does José watch TV?

- a) Sometimes
- b) Often
- c) Always

5. What time does José always go to bed?

- a) 9:00 p.m.
- b) 10:00 p.m.
- c) 11:00 p.m.

Complete the sentences with the correct form of the verb in brackets:

1. José _____ (start) riding BMX when he is five years old.
2. He _____ (not drink) soda or eat junk food.
3. José _____ (go) to the park at 8:30 a.m. to practise BMX tricks.
4. He often _____ (ride) his bike for two hours.
5. José always _____ (go) to bed at 10:00 p.m.