

6.5

Listening and Vocabulary

Extreme sports

- 1 Look at the pictures and complete the words for extreme sports.



1 BMXing



2 p_____



3 h_____ -
g_____



4 s_____



5 k_____



6 a_____



7 f_____
r_____



8 p_____



9 w_____
r_____



10 z_____

- 2 Complete what the people say with the names of extreme sports.

1 I tried sandboarding for the first time on holiday. We went really fast down the dunes in the desert. It was really exciting!

2 P_____ is really scary at first, but as soon as you jump out of the plane, you forget to be afraid and you just enjoy the view.

3 I've been into B_____ since I got my first bike at the age of five. It's great fun to compete in races and it's a good way to see the countryside.

4 I could never do a_____. I hate high places, so the idea of going down a rock with a rope seems terrifying to me.

5 K_____ is great fun, but if it's not windy enough, then you get very wet when you fall into the sea!

6 I've done z_____ once – I went really fast from the top of a hill and landed on the beach. It was amazing!

- 3 6.1 Listen to Kieran talking about a summer sports camp. Put the sports in the order he talks about them. There is one extra sport.

- | | |
|---|---|
| a ☐ abseiling | d ☐ BMXing |
| b ☐ kitesurfing | e ☐ sandboarding |
| c ☐ whitewater rafting | |

- 4 6.1 Listen again and complete the notes.

SSC

- SSC = Summer Sports ¹ Camp
- how long: ² _____ weeks
- BMXing: learn how to go ³ _____, even up hills
- abseiling: first, practise on the ⁴ _____ wall
- whitewater rafting: train for a day before practising on the ⁵ _____
- check our health with a short ⁶ _____
- book by: ⁷ _____ June
- cost: ⁸ £ _____ – includes food, ⁹ _____ and equipment

1 6.2 Listen and repeat the phrases.**SPEAKING** Asking for and giving advice**Asking for advice**

What do you think I should do?

If you were me, what would you do?

What shall I do? Should I keep my head up?

Have you got any ideas (what to do)?

Giving advice

If I were you, I'd make a doctor's appointment.

You'd better/It might be a good idea to lean forward.

You should/ought to/need to put your foot up.

Let's rest.

Have you tried/thought about putting some ice on it?

Try pressing your nose.

I'd recommend/advise/suggest taking an aspirin.

Being unable to give advice

I don't know what to advise/suggest/do, I'm afraid.

I wish I could help, but I'm not sure what's best.

I'm afraid I can't really help you.

2 Match questions 1–5 with responses a–e.

- 1 ☒ d I've got a fever. What's your advice?
 - 2 ☐ I've hurt my arm. Any ideas what to do?
 - 3 ☐ I've cut my finger. If you were me, what would you do?
 - 4 ☐ I've got a weird rash on my arm. What do you suggest?
 - 5 ☐ I've got a migraine. Any ideas what to do?
- a If I were you, I'd stop playing on your computer.
 - b Try putting some cream on it.
 - c I'd recommend taking some painkillers.
 - d ~~Have you tried staying in bed and rest?~~
 - e You should put a sticking plaster on it.

3 Complete the sentences with the correct form of the verbs in brackets.

- 1 Have you tried taking (take) vitamin C?
- 2 What shall I _____ (do)?
- 3 Have you got any ideas what _____ (do)?
- 4 You ought _____ (call) your doctor as soon as possible.
- 5 If your foot is still painful, try _____ (take) some painkillers.
- 6 I'd recommend _____ (rest) your arm as much as possible.

4 Choose the correct option.

- 1 You ought / should / better to have a check-up.
- 2 If you were me, what *do* / would / will you do?
- 3 I wish I *will* / would / could suggest something, but I can't.
- 4 Have you thought *on* / about / if eating more healthily?
- 5 What do you *think* / know / shall I should do?
- 6 I don't know what to suggest, I'm *frightened* / scared / afraid.
- 7 It *might* / should / shall be a good idea to see a doctor.
- 8 You'd *ought* / should / better go to bed until you feel better.

5 6.3 Complete the dialogue with one word in each gap. Listen and check.

Liv: What's the matter, Zoe? You look ill.

Zoe: I keep getting these headaches. They get worse when I'm stressed, but I have to study for my exams at the moment. Have you got any ¹ ideas what to do?

Liv: I'm ² _____ I can't really help you. Have you ³ _____ about asking Ian? I think he had the same problem a few weeks ago.

Zoe: That's a good idea. I'll be seeing him later. Oh, wait, there he is now. Ian, over here!

Ian: Hi, girls! How are things?

Liv: Well, I'm fine, but Zoe here keeps getting headaches. I'm not sure what she should do.

Zoe: That's right. Liv recommended I speak to you. What do you ⁴ _____ I should do?

Ian: You ⁵ _____ take a painkiller.

Zoe: I'd prefer not to, if possible. I don't really like taking medicine.

Ian: Well, maybe you don't drink enough water. It might be a good ⁶ _____ to carry a bottle around with you.

Zoe: Like this, you mean? I drink loads of water!

Ian: Hmm ... Well, I don't know what else to suggest, I'm afraid. If I ⁷ _____ you, I ⁸ _____ make an appointment to see the doctor.

Zoe: Yes, I think I will.