

Unit 1 Taking It to the Extreme

WORD POWER

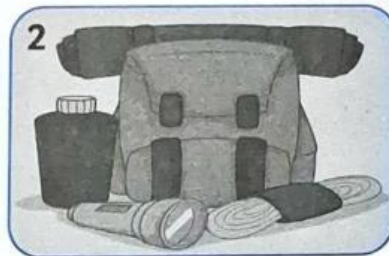
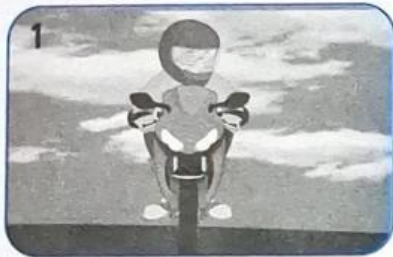


1 Label it! Look at the pictures. Label each picture with the correct Word Power word from the word box.

extreme

endurance

equipment



2 Match it! Read the descriptions. Match each Word Power word to its description.

nervous
adventurous

limit
ability

helmet
goggles

endurance
confident

dangerous
exciting

1 _____ sure and positive	2 _____ safety equipment that protects the head	3 _____ causing great joy and happiness	4 _____ safety equipment that protects the eyes	5 _____ not safe, risky
6 _____ talent, skill	7 _____ a point that someone is not able to go above	8 _____ patience, staying power	9 _____ worried, not calm	10 _____ willing to take risk and try new things

CONVERSATION

1 Practise it! Complete the conversation using the Word Power words. Then practise the conversation with a friend or family member.

Sam: Hi, Ned. Guess where I was yesterday?

Ned: I don't know, where?

Sam: I was at the beach. Guess what I did?

Ned: Well, by looking at your equipment, you were swimming?

Sam: No! I went snorkelling! It was so _____!

Ned: Snorkelling? Isn't that _____ and risky?

Sam: It's not dangerous at all if you have the right _____.

Ned: It was your first time, right? Did you feel scared?

Sam: A little. I was _____ at first. I had to push myself to the _____.

Ned: Are you going to do it again?

Sam: Definitely! I think I am more _____ now.

Ned: I don't think I could snorkel.

Sam: Of course you could. Don't doubt your _____.

Ned: Okay! Then the next time you go snorkelling, I want you to take me with you!

Sam: Okay!



2 Think about it! What makes a sport extreme? There are sports that are extreme for some, but not for others. Look at the extreme sports and activities below. Tick the activities you think are extreme. In your notebook, write why you think they are extreme.


☐

☐

☐

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Remember!

Stative Verbs
Stative verbs don't describe actions. They often describe states, thoughts, feelings and opinions. Stative verbs are always used in the simple present form.

Examples: **taste, hear, love, like, know, believe, have, contain**

1 You do it! Read the sentences. Put a tick ✓ in the box if the sentence has a stative verb.

He writes a book. ☐	He likes this book. ☐	The teacher talks to us. ☐	I feel happy. ☐
I want that toy. ☐	They are playing outside. ☐	We love our parents. ☐	I know this person. ☐
He breaks his bike by mistake. ☐	We walked home. ☐	My dad owns this house. ☐	She plays the piano. ☐
We sing songs. ☐	I agree with my mum. ☐	I sleep early. ☐	I wish I could play hockey. ☐

2 Unscramble it! Follow the story by crossing out the letters. Then underline the stative verbs in the paragraph.

I	L	O	V	E	E	X	T	R	
Q	X	S	T	R	O	D	O	E	I love extreme sports. I wish to go scuba
I	W	I	V	N	P	S	E	M	diving. My dad says that I can go when
S	O	G	O	S	C	A	N	G	am older. I agree with my dad.
H	T	M	W	C	I	H	W	O	
G	N	I	V	U	T	E	A	M	
M	Y	D	I	B	A	N	I	O	
Q	X	A	D	A	H	T	G	L	
H	M	D	S	A	Y	S	H	D	
T	Y	D	A	D		B	K	E	
I	W	E	E	R	G	A	I	R	

LANGUAGE BUILDING

1 **Look it up!** Look up the following words in a dictionary and write their definitions.

Word	Definition
agree	
doubt	
hike	
prefer	
scuba diving	
wish	

2 **Write it!** What are the guide words for the words you looked up in the dictionary? Write the guide words here.

Word	Guide Words
agree	
doubt	
hike	
prefer	
scuba diving	
wish	



▶ WRITING

1 **Write about it!** Write a diary entry about a fun place you visited. Use stative verbs in your sentences.

Dear Diary,