

1 Read the list of events.

Listen and tick the ones you think actually happened

- 1) Christopher Columbus discovered America.
- 2) Ferdinand Magellan was the first person to sail around the world.
- 3) Benjamin Franklin discovered electricity with a kite.
- 4) Isaac Newton discovered gravity when an apple fell on his head.

Choose the correct option: a, b or c.

1 Jennie says that Columbus was likely to know the Earth was a sphere due to:

- a) his studies of Ancient Greece at university.
- b) the availability of reading material in his lifetime.
- c) previous expeditions.

2 Regarding whether or not Columbus discovered America, Ahmed believes that:

- a) Jennie is being too strict with an interpretation.
- b) Jennie's concept of America is arguable.
- c) Jennie is mistaken about who discovered it.

3 Regarding Ferdinand Magellan, Ahmed believes that:

- a) Magellan is honoured correctly.
- b) Magellan's crew were unfairly treated.
- c) Magellan's replacement is too unknown.

4 Jennie says that Franklin's kite was untouched by lightning because:

- a) a kite wouldn't attract lightning.
- b) the storm provided no lightning.
- c) Franklin would have died if it had been touched.

5 Jennie and Ahmed conclude that an apple:

- a) clarified a theory Newton already had.
- b) was the catalyst for Newton's theory.
- c) changed Newton's mind about a theory.

Complete the phrases. Listen and check.

Bell buff flash foot reins tale

- 1 I'm not much of a history _____.
- 2 He never set _____ there.
- 3 His name rings a faint _____.
- 4 Elcano took over the _____.
- 5 ... he probably wouldn't have lived to tell the _____.
- 6 ... nor did the theory come to him in a _____.

Read the online discussion. Which two contributors are rude in their responses?

danl20 3 hours ago

How do I get fit?

I spend most of my days stuck behind a computer, which does nothing whatsoever for my fitness levels. No matter how hard I try, I just don't seem to be able to get into a routine where I exercise every day. I start off with good intentions, but something will disrupt my routine or I just don't find the time. Any advice?

tilly 3 hours ago

I think the key thing is to pick a time when you know your routine won't change. I tend to do it first thing in the morning. I get the exercise mat out, stick on a 20-min exercise video and away I go.

captain 2 hours ago

Set yourself small goals. Start with five minutes a day of jumping about. After a week or two of that, increase it by a minute a day over the next two weeks until you've established your routine.

alibaboo 2 hours ago

@danl20 You say you don't have time, but that's a pathetic excuse. If you really want to get fit, then you'll make time. Simple as that.

harley 1 hour ago

@alibaboo Sadly, it's not always possible for people to make time even if they want to. Family and work life can be extremely demanding on some people, making even just five minutes alone impossible, let alone 30 minutes for exercising.

alibaboo 1 hour ago

There's no one in the world that can't take five minutes for themselves. No one. If you want it enough, you'll make sure you get it. The question is @danl20 how much do you want it?

alibaboo 56 mins ago

No answer. Funny that. You obviously don't want it enough.

roland 23 mins ago

They say that if you do something every day for 30 days, it'll become a routine. So, why don't you plan some kind of routine you know you can stick to every day for a couple of months. By the end, it'll be so embedded in your daily life, you'll keep going.

carney 12 mins ago

@roland Who is this mysterious 'they' that somehow has the key to changing your life? Something tells me, 'they' is actually you, and you're making it sound like your view is an expert's view.

roland just now

@carney You're right, it is annoying when people use 'they' like that, as it can easily be used to spread nonsense rather than scientifically supported arguments. Having looked up the research, it seems like it's probably more like two months, with a lot more for some people. While I don't think this is the key to changing your life, I think it can provide some guidance.