

UNIT 1: PUSHING THE LIMITS.

VOCABULARY:

1- LEARN NEW WORDS: Listen and match these words to the definitions:

achieve boundary unbelievable unreachable

- _____ 1) incredible.
_____ 2) limit.
_____ 3) gain through hard work or effort.
_____ 4) impossible.

2- Listen and write the new words in activity 1 in the correct place.

Do you set _____ for yourself? Or do you like to push yourself to your limits? And are your limits the same as the extreme athletes you read about? For some people climbing an eight thousand meters mountain is an _____ goal. They won't even try it because they know they can't get to the top. Others work to _____ that goal. Even if they have to try several times before making it. If you have the physical ability, courage and determination, you can do _____ things.

SHOWING INTEREST IN CONVERSATIONS: How do these speakers show interest in the conversation?

3- Listen and put the phrases in the order you listen to them.

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|--|----------|
| Really? I never knew... / I didn't know | 1- _____ |
| Really? That's unbelievable! | 2- _____ |
| Tell me more about ... | 3- _____ |
| What about you? Do you...? Would you...? | 4- _____ |
| Wow! What are these people doing? | 5- _____ |

4- Read and complete the dialogue with some of the phrases in activity 3. 

Lee: What are you doing Jon?

Jon: I'm getting ready for my next mountain bike race.

Lee: Really! _____ you raced.

Jon: Yeah, I've been racing for about three years.

Lee: _____

Jon: It's very cool. _____. Do you do any extreme sports?

Lee: Yeah, I like rock climbing. And I'm getting ready for my first extreme ironing competition.

Jon: _____ what's it like to do extreme ironing.

Lee: I can't yet – I've never done it!