

1 Complete the sentences with words from the box.

obstacle	boundary	mental	endurance
consequence	role model	extreme	represent

1. _____ athletes take risks when they compete against nature.
2. Students who _____ their schools in academic competitions often train long and hard.
3. The quality of _____ can help an athlete finish a race.
4. One _____ that challenges big-wave surfers is the powerful force of the sea water.
5. An athlete who uses his or her knowledge and skills to help others is a great _____.
6. When you use your mind to help you achieve a goal, you are using your _____ abilities.

1 Use the phrases in the box. Complete the sentences with an embedded clause, question or command or to add emphasis.

I think	I'm asking you	Do you know if
I'm telling you	The reason (why)	The thing (that)

1. _____ to help me learn how to ice climb.
2. _____ I'm not sure of is how we'll carry all the supplies in the raft.
3. _____ we need special equipment to go whitewater rafting?
4. _____ there are more people trying rock climbing than ice climbing.
5. _____ I won't try hang gliding is that I'm afraid of heights.
6. _____ to be careful when you go skateboarding.

Complete each sentence with the appropriate phrase from the box below to add emphasis.

The place (where)	The thing (that)	The reason (why)	What I like best about
The person who	The time (when)	The day (when)	

1. _____ I first saw someone kitesurfing is when I knew I wanted to try the sport.
2. _____ I want to try kitesurfing is that I love both the wind and the water.
3. _____ I'm going to learn to kitesurf is Hawaii.
4. _____ I need to learn first is how to control the kite.
5. _____ trying a new sport is the way it challenges me physically.
6. _____ is going to teach me how to kitesurf is my cousin Pedro.
7. _____ I am going to kitesurf is in the afternoon when the wind picks up.

Write sentences about a sport you do now or have done in the past or a sport that you would like to try. Use one of the phrases in the box above in each sentence.

1. What I like best about playing baseball is the sound the bat makes when I hit the ball.
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____