

1 Look at the pictures below. What's difficult for you to do? Why / Why not?

1. be cold for a long time
2. swim underwater
3. pull or carry a big object



2 Read «Real life X-Men». Does it talk more about X-Men or about real people?

REAL LIFE X-MEN

The X-Men films are about 'superhumans'. They can do amazing things, for example, Iceman can make ice and Firestar can make fire and fly. Of course, X-Men aren't real, and people in the real world can't do the same things. But a few people can also do some amazing things!

THE FISHMEN
The Bajau Laut people in Southeast Asia can swim underwater for a long time. Sometimes they can go underwater for more than five minutes. They can also see very well in the water – it helps them to see the fish!

THE ICEMAN
Wim Hof is from the Netherlands and he's often called 'The Iceman'. He can't make ice, but he can sit in a bath of ice for one hour, 52 minutes and two seconds. He doesn't feel cold. In 2009, he ran more than 40 kilometres in -20°C wearing only shorts!

THE STRONG WOMAN
Seema Bhadoria is an amazing young woman from India – she can pull really big objects with only her teeth. When she was only 18 years old she pulled a plane with her teeth! She can also pull a ship and a big truck.

3 Read «Real life X-Men» again. Answer the questions.

1. How long can Wim Hof stay in a cold bath?
2. How long can the Bajau Laut people stay underwater?
3. How does Seema Bhadoria pull things?

4 Find sentences with can / can't in «Real life X-Men».

What is after can / can't, a noun or a verb?

5

can for ability



Part 1: Positive and negative

We use can to talk about things we know how to do.

P. 1.3.3

+	I / You / He / She / It / We / You / They	can	swim.
-		can't	fly.

I can swim well.
She can swim well.
He can't swim well.

NOT I can-to-swim-well.
NOT She-can-swim-well.
NOT He-not-can-swim-well.

Tip

I cannot swim. → I can't swim.

In all persons (I / you / he / she / it / we / they) can / can't and the verb don't change.

Part 2: Questions

P. 1.3.3

Yes/No questions	+	-
Can you swim?	Yes, you can.	No, you can't.
Can she swim?	Yes, she can.	No, she can't.
Can they swim?	Yes, they can.	No, they can't.

Can you swim?
Yes, I can.
No, I can't.

NOT You-can-swim?
NOT Yes; I swim.
NOT No; I-not-swim.

Add new words to your personal Quizlet.

6 VOCABULARY Abilities

Match the verbs in the box with pictures a-d.

cook sing swim paint



7 What can you do?

8 Language Plus (very / quite) well

I can swim very well. = I'm very good.

I can swim well. = I'm good.

I can swim quite well. = I'm OK.

I can't swim at all. = It's impossible for me.

9^o Present Simple. Click the link complete the task. Then read out loud.