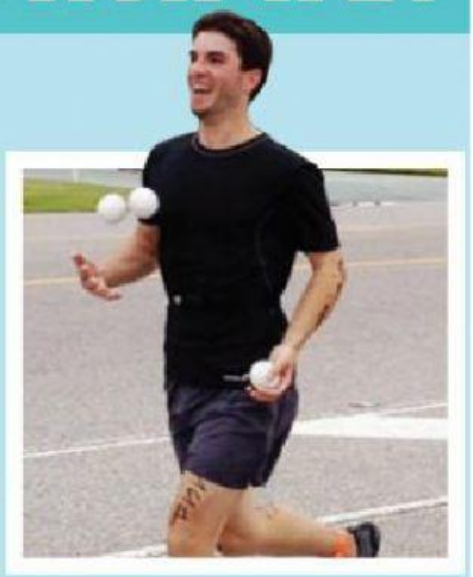
SKILLS REVISION

Read

SUPERMAN!



Have you ever watched (or competed in) a triathlon? If so, you already know that it isn't easy. Competitors have to run, swim and cycle long distances – but that's not all. They mustn't stop between each section and they even have to change their clothes fast (it's part of the race!). They don't have to wear special clothes when they are cycling (some cycle in their wet suits), but they must put on their helmets before they touch their bikes (if not, they are disqualified).

For American athlete, Joe Salter, that wasn't challenging enough. When he took part in a triathlon in 2012, he decided to juggle at the same time.

First, he swam nearly half a kilometre (he had to swim on his back, of course!). While he was swimming (in the sea, not a pool!), he managed to juggle three balls.

Next, he cycled 26 kilometres. He could only use one hand because he had to hold the handlebar with the other, but he juggled two balls the whole way.

Finally, he ran nearly six and a half kilometres and juggled three balls at the same time.

He only dropped a ball three times. Luckily it happened while he was swimming, so he didn't have to go back for it – it was floating next to him!

Joe crossed the line in just under two hours. Spectators lined the track and cheered. He didn't win the race, but he set up a world record for the juggling triathlon (the 'juggathlon'!).

NEW WORDS:

compete- състезавам се
helmet- каска
disqualified- дисквалифициран
juggle- жонглирам
handlebar- кормило
float- плава
set up- поставям рекорд

1. Choose the correct option:

1 A triathlon is **three separate races / one continuous race** .
A triathlon is one continuous race.
2 The athletes **have / don't have** a rest after each section.
3 Joe Salter juggled for **all / part** of the triathlon.
4 When he dropped a ball, he **went back / continued.**
5 Joe was **the first across the line / the fastest ever 'juggathlete'**.

4 Listen to Harry and Cathy. Complete the description of Harry's new game.

The game is _____ ✓ and _____ ✓ together. Players have to _____ ✓ round the table and they have to _____ ✓ over the net at the same time. They mustn't _____ ✓. They have to score _____ ✓ to win. The game is called _____ ✓.