



LESSON :21

1. Look at these items of sports equipment and protective gear. Listen to your teacher and repeat these words.



2. What equipment do people need to practise these extreme sports?

Complete the charts with names of equipment from activity 1.



Snowboarding	Scuba diving	BMX riding

3. Now, listen to three friends: Mike, Jackie and Tom, talking about bad experiences they had while doing these sports. Listen and write the name of the piece of protective gear they didn't have with them.

1. MIKE: HE DIDN'T HAVE _____

2. JACKIE: _____

3. TOM: _____

REFLEXIVE PRONOUNS



He's looking at **himself**.



Help yourself!



They're enjoying **themselves**.

I	→	me	→	myself
he	→	him	→	himself
she	→	her	→	herself
you	→	you	→	yourself
			→	yourselves
we	→	us	→	ourselves
they	→	them	→	themselves

- ☐ I looked at **myself** in the mirror.
- ☐ **He** cut **himself** with a knife.
- ☐ **She** fell off her bike, but she didn't hurt **herself**.
- ☐ Please help **yourself**. (*one person*)
- ☐ Please help **yourselves**. (*two or more people*)
- ☐ We had a good holiday. **We** enjoyed **ourselves**.
- ☐ They had a nice time. **They** enjoyed **themselves**.

4. What happened to the three friends in activity 3?

Choose the correct verbs to complete the sentences.

cut (x2) fell hit hurt (x2) swam

- Jackie ^[1] cut herself while diving. Blood attracts sharks, so she ^[2] _____ quickly back to the boat.
- Max enjoyed himself on the first five days of his holiday, but then he ^[3] _____ badly and ^[4] _____ his head on a rock.
- Tom was on his bike and he crashed into a skateboarder. They both ^[5] _____ themselves. Tom ^[6] _____ his knee and the skateboarder ^[7] _____ his back.

Reflexive pronouns

Singular	I	enjoyed	myself .
	You	taught	yourself .
	He	hurt	himself .
	She	cut	herself .
	It	hurt	itself .

Plural	We	enjoyed	ourselves .
	You	looked at	yourselves .
	They	hurt	themselves .

Remember!

We use **reflexive pronouns** when the subject and object are the same.

Peter hurt himself
 ↑ ↑
 subject object

5. Look at the Sign Up to Grammar box. Then complete the sentences with the correct reflexive pronouns.

- 1 She cut _____ yesterday when she was making dinner.
- 2 The children really enjoyed _____ at the party on Saturday.
- 3 Jack is brilliant at languages. He taught _____ Japanese last year!
- 4 We were in a car accident. Luckily we didn't hurt _____, but the car was totally destroyed.
- 5 When I looked at _____ in the mirror, I was horrified! I had blood on my nose!
- 6 What did you and Mark do last weekend? Did you enjoy _____?

6. Tick the correct option.

- 1 Greg, when you look at ☐ yourself ☐ yourselves, what do you see?
- 2 Emily, Flora and Janet spent two hours looking at ☐ yourselves ☐ themselves in the mirror before going to the party.
- 3 Mark and I enjoyed ☐ yourselves ☐ ourselves a lot at the beach last Sunday.
- 4 Molly is funny! She talks to ☐ herself ☐ himself all the time.
- 5 I said to ☐ herself ☐ myself: keep cool, man! Don't be nervous!

7. Write a paragraph about somebody you know who hurt himself/herself. Explain what happened.

YOU GOT IT!

