

UNIT 16: REACHING YOUR GOALS

READING AND VOCABULARY PRACTICE

EXERCISE 1: WATCH THE VIDEO ABOUT ANTONYMS AND COMPLETE THE EXERCISE BELOW

WORD POWER **Antonyms**

A Complete the pairs of opposites with the words in the box.
Then compare with a partner.

compassionate cynical dependent rigid timid unimaginative

1. adaptable ≠ _____

2. courageous ≠ _____

3. insensitive ≠ _____

4. resourceful ≠ _____

5. self-sufficient ≠ _____

6. upbeat ≠ _____

EXERCISE 2: MATCH THE WORDS WITH CORRECT DEFINITION

_____ : something you want to do successfully in the future

_____ : make a journey without taking a lot of things with you

_____ : good for your health

_____ : the way that you live

_____ : succeed in doing something good, usually by working hard

_____ : a thing you want to do or that you want to happen

best seller: _____

marathon: _____

proud of one's self:

make a living: _____

quit: _____

nine-to-five job: _____

_____ : a feeling of happiness or enjoyment

_____ : something that connects two things

EXERCISE 3 - PART A: READ THE ARTICLE BELOW AND COMPLETE THE EXERCISE BELOW

Soaring Like an Eagle

Being highly successful in any field is pretty rare. It takes a combination of natural talent, luck, determination, and plenty of outside support for someone to make it big in sports, entertainment, or business. But what if competing is all that matters to you, whether you are likely to succeed or not? This was the goal of Michael "Eddie the Eagle" Edwards, and that he reached that goal was an amazing achievement.



Born in the U.K. in 1963, Michael was an enthusiastic downhill skier whose dream was to compete for Britain in world-class competitions. He would have liked to represent his country in the 1984 Winter Olympics, but there was a large number of downhill competitors, and Edwards didn't qualify. Seeing his chance elsewhere, he switched to ski jumping. Ski jumping training didn't cost nearly as much, and there was no competition for a place on the British team.

But a number of hurdles could have meant the end of Edwards's dream. He weighed more than most competitors, which put him at a disadvantage. He had

no financial support for his training. Poor eyesight meant that he had to wear glasses under his goggles – not a good thing when they steamed up at high altitudes. But he didn't let any of this discourage him. He saw himself as a true lover of the sport who simply wanted the chance to compete. Winning wasn't the point. Having the opportunity to try was all he cared about. And nothing could stop him from trying.

In the end, Edwards took 55th place in the 1987 World Championships. He then went on to the Calgary Olympics in 1988, where he finished last in both of his events. Many athletes would have been embarrassed by this result, but he is proud of his achievement to this day. His determination to persevere against all the odds made him a global hero, and in 2016, the inspiring film *Eddie the Eagle* was made about his life.



C Choose the correct answers.

1. Michael Edwards chose ski jumping instead of downhill skiing because . . .
 - a. it took less skill.
 - b. the equipment was cheaper.
 - c. there were few British ski jumpers.
2. After the Calgary Olympics, Edwards . . .
 - a. felt he had reached his goal.
 - b. was embarrassed by his results.
 - c. was glad it was over.
3. Michael Edwards is outstanding because of . . .
 - a. his determination to win.
 - b. his ability to overcome physical disabilities.
 - c. his enthusiasm for the sport.

EXERCISE 3 - PART B: MATCH THE WORDS WITH CORRECT DEFINITION

_____ : quite, but not extremely

_____ : a lot

_____ : become very successful or famous

_____ : be important

_____ : towards the bottom of a hill or slope

_____ : in or to another place

_____ : change

_____ : a problem or difficulty

_____ : unable to see well

_____ : special glasses that fit close to your face to protect your eyes

_____ : in spite of something being very unlikely