

KỸ NĂNG ĐỌC (READING SKILLS)

I - Read the following passage and do the tasks below.

1) Some people say free running isn't really a sport. You can't usually enter competitions or win medals or prizes, and most free runners aren't interested in them. You can do free running in a town or city. It's a very dangerous activity because free runners run, jump and climb fast - over walls, roofs and buildings. They use their hands and feet and move like cats. They want to feel free!

2) BASE jumping is an extremely challenging activity. A lot of BASE jumpers die every year. BASE jumpers jump off tall buildings, bridges and mountains. They've got a small parachute on their backs. They fall very quickly, so it's important to open the parachute very fast! However, they haven't got much time to use the parachute before they hit the ground. This causes many fatal accidents.

3) Cave diving is a very dangerous underwater activity. Divers climb down into deep caves that have got water in them. They dive into the water and swim slowly through the caves. The caves are very dark, so the divers have to wear a strong light on their heads. Sometimes the light breaks, so they can't get out of the caves easily if they have an accident.

(Solutions 2nd Ed - Elementary)

Part 1 - Choose the best answer to each of the following questions.

1. Free running is not considered a sport because_____.

A. there aren't usually tournaments.

B. it's very costly.

C. you can do it anywhere.

D. you can win prizes.

2. BASE jumping is dangerous because_____.

A. the parachutes are very small.

B. there isn't much time to open the parachute.

C. the buildings are very large.

D. there aren't enough parachutes to open.

3. Cave divers have to swim _____ through the caves.

A. very carefully

B. very quickly

C. without a light

D. very easily

Part 2 - Decide whether the statements are TRUE (T) or FALSE (F).

1. Free runners mustn't move in towns or cities. →
2. BASE jumpers just jump from mountains and bridges. →
3. Cave divers climb, dive and swim with the help of lights. →
4. It is easy for cave divers to escape from the caves even if their lights break. →

II - Read the passage and answer the following questions.

Employed adults who had no kids under 18 in their houses were far more active than working parents. The employed adults with no young kids did leisure and sports activities for 4.5 hours daily, according to the BLS. This is 1.2 hours more than adults with jobs who also had kids younger than age six at home.

That 4.5 hours included watching sports as well as playing them. It also included recreational activities such as yard games like croquet or horseshoes, as well as activities like billiards and dancing.

What most Americans aren't doing is talking to other people. The socializing and communicating category included talking in person, or going to or leading events, and took up an average of a paltry 39 minutes per day. On weekends, this number was 59 minutes compared to 31 minutes on weekdays.

Watching TV with no human interaction is probably not the America we want to be. When your other responsibilities outside of work are taken care of, instead switch gears and use your free time to relax, reflect and reconnect with others so you can return to work recharged.

1. How long did employed adults with no young kids do leisure and sports activities daily?

2. How long did adults with jobs who had kids younger than six spend on leisure and sports activities daily?

3. What did that 4.5 hours include?

4. How much time do the socializing and communicating category take a day on weekends?

5. What should people do to be able to return to work recharged?
