

Reading

Strategy

Before you do a true or false reading task, read all the statements carefully and underline key words in them. You will understand them better and underlining the key words will give you an idea of the information you are looking for.

1 Read the **Strategy**. Read the statements in exercise 2 and underline the key words.

2 Read the text. Are the sentences true or false? Write T or F.

- 1 Tricking is a mix of gymnastics and dance. ____
- 2 There is a long list of rules for tricking. ____
- 3 Tricking started in sports like judo. ____
- 4 Trickers post videos of tricks online. ____
- 5 Trickers only learn tricks from social media. ____
- 6 The first tricking meeting was in 2010. ____
- 7 There are trickers all over the world. ____
- 8 The butterfly twist is easy for beginners. ____

Tricking

A young man jumps, turns his body around in the air and lands on his feet. The movement is beautiful, but the man isn't dancing. Nor is he doing gymnastics, judo or karate. He's tricking.

What exactly is tricking? There's no clear definition. It isn't a sport. It hasn't got any written rules. Trickers are athletes who turn their bodies in new and interesting ways to express themselves.

Tricking started in the USA in the mid-1990s. It developed from the martial arts. Players wanted to challenge themselves to do jumps that were bigger, more powerful and more exciting, so they invented new movements. They called these movements 'tricks'. At that time, the internet was becoming more and more popular. Trickers filmed themselves and shared their new movements on the web, and later on social media.

For a long time, not many people knew about tricking. Trickers used social media to arrange meetings at gyms or outdoor spaces. At these meetings they learned new tricks from each other. Then, people started to do tricking in films and on TV. A character in the 2010 film *Tron* did a few tricks, for example, and there are trickers in some music videos and TV advertisements. Now tricking is a worldwide sport.

Some sports centres now offer tricking courses, but most people still learn tricking from the internet. They usually begin with easier movements such as the 540 kick before learning moves like the flashkick and the butterfly twist which are much more difficult.



Listening

Strategy

Before you listen and fill the gaps in a summary, look at the words before and after each gap. Think about what sort of information is needed in each gap. Is it a place, a date, a time, an object, a person, a number or something else?

3 Read the **Strategy**. Match the words below to the gaps in sentences 1–6.

a friend by the sea 2nd May two
two o'clock watch films

- 1 We usually go cycling in the park or ____.
- 2 He was born on ____.
- 3 This tennis match started at ____.
- 4 I use my computer to check my emails and ____.
- 5 You could ask ____ or a teacher for their opinion.
- 6 I waited for ____ hours for the file to download!

4 3.38 Listen to part of a radio report. Add ONE, TWO or THREE words or numbers in each gap.

SuperTech Summer Camps

Most summer camps offer children activities like swimming, fishing, volleyball and ¹ ____.

SuperTech Summer Camp offers technology-related events for nine-² ____-year-olds.

Courses include web programming, ³ ____ and even how to make a robot.

Some of the course leaders are teachers, others are ⁴ ____ and scientists.

SuperTech Summer Camps take place at the O'Malley Centre, about ⁵ ____ km west of Dublin.

Each camp lasts ⁶ ____, but children can come for more than one camp.

Matthew Day organised the first SuperTech Summer Camp ⁷ ____.

It costs £⁸ ____ per week for a child to go to SuperTech Summer Camp.