

# Unit 1 Taking It to the Extreme

## WORD POWER

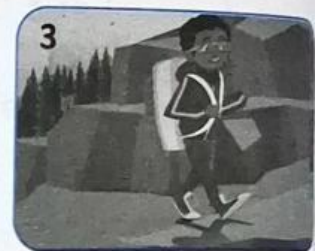
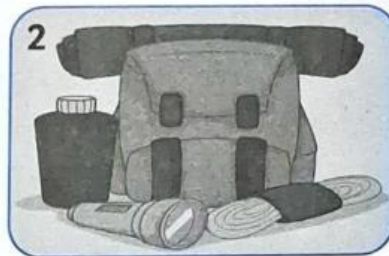
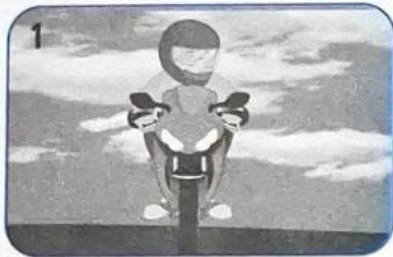


**1 Label it!** Look at the pictures. Label each picture with the correct Word Power word from the word box.

extreme

endurance

equipment



**2 Match it!** Read the descriptions. Match each Word Power word to its description.

nervous  
adventurous

limit  
ability

helmet  
goggles

endurance  
confident

dangerous  
exciting

1 _____  sure and positive	2 _____  safety equipment that protects the head	3 _____  causing great joy and happiness	4 _____  safety equipment that protects the eyes	5 _____  not safe, risky
6 _____  talent, skill	7 _____  a point that someone is not able to go above	8 _____  patience, staying power	9 _____  worried, not calm	10 _____  willing to take risk and try new things



## CONVERSATION

**1 Practise it!** Complete the conversation using the Word Power words. Then practise the conversation with a friend or family member.

**Sam:** Hi, Ned. Guess where I was yesterday?

**Ned:** I don't know, where?

**Sam:** I was at the beach. Guess what I did?

**Ned:** Well, by looking at your equipment, you were swimming?

**Sam:** No! I went snorkelling! It was so \_\_\_\_\_!

**Ned:** Snorkelling? Isn't that \_\_\_\_\_ and risky?

**Sam:** It's not dangerous at all if you have the right \_\_\_\_\_.

**Ned:** It was your first time, right? Did you feel scared?

**Sam:** A little. I was \_\_\_\_\_ at first. I had to push myself to the \_\_\_\_\_.

**Ned:** Are you going to do it again?

**Sam:** Definitely! I think I am more \_\_\_\_\_ now.

**Ned:** I don't think I could snorkel.

**Sam:** Of course you could. Don't doubt your \_\_\_\_\_.

**Ned:** Okay! Then the next time you go snorkelling, I want you to take me with you!

**Sam:** Okay!



**2 Think about it!** What makes a sport extreme? There are sports that are extreme for some, but not for others. Look at the extreme sports and activities below. Tick the activities you think are extreme. In your notebook, write why you think they are extreme.


☐

☐

☐

☐

☐



**Remember!**

Stative verbs don't describe actions. They often describe states, thoughts, feelings and opinions. Stative verbs are always used in the simple present form.

Examples: **taste, hear, love, like, know, believe, have, contain**

**Stative Verbs**

**1 You do it!** Read the sentences. Put a tick ✓ in the box if the sentence has a stative verb.

He writes a book. <input type="checkbox"/>	He likes this book. <input type="checkbox"/>	The teacher talks to us. <input type="checkbox"/>	I feel happy. <input type="checkbox"/>
I want that toy. <input type="checkbox"/>	They are playing outside. <input type="checkbox"/>	We love our parents. <input type="checkbox"/>	I know this person. <input type="checkbox"/>
He breaks his bike by mistake. <input type="checkbox"/>	We walked home. <input type="checkbox"/>	My dad owns this house. <input type="checkbox"/>	She plays the piano. <input type="checkbox"/>
We sing songs. <input type="checkbox"/>	I agree with my mum. <input type="checkbox"/>	I sleep early. <input type="checkbox"/>	I wish I could play hockey. <input type="checkbox"/>

**2 Unscramble it!** Follow the story by crossing out the letters. Then underline the stative verbs in the paragraph.

<del>I</del>	<del>L</del>	<del>O</del>	<del>V</del>	<del>E</del>	E	X	T	R	
Q	X	S	T	R	O	D	O	E	I love extreme sports. I wish to go scuba
I	W	I	V	N	P	S	E	M	diving. My dad says that I can go when
S	O	G	O	S	C	A	N	G	am older. I agree with my dad.
H	T	M	W	C	I	H	W	O	
G	N	I	V	U	T	E	A	M	
M	Y	D	I	B	A	N	I	O	
Q	X	A	D	A	H	T	G	L	
H	M	D	S	A	Y	S	H	D	
T	Y	D	A	D		B	K	E	
I	W	E	E	R	G	A	I	R	

## LANGUAGE BUILDING

**1 Look it up!** Look up the following words in a dictionary and write their definitions.

Word	Definition
agree	
doubt	
hike	
prefer	
scuba diving	
wish	

**2 Write it!** What are the guide words for the words you looked up in the dictionary? Write the guide words here.

Word	Guide Words
agree	
doubt	
hike	
prefer	
scuba diving	
wish	





## ▶ WRITING

1 **Write about it!** Write a diary entry about a fun place you visited. Use stative verbs in your sentences.

Dear Diary,