

CLASS B LYCEUM

OXFORD DISCOVER FUTURES 3

UNIT 8

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TASK 4

Read the text and questions below. For each question, choose the correct answer A, B, C or D.

My journey

I decided to write this article because I have been actively involved in sport from a very young age and, to be honest, sport has made me the person I am today. My journey to attaining success in sport and my professional career as an engineer had a lot of ups and downs- but what's important is that sport taught me some life-changing lessons. The principles of discipline, hard work, leadership, teamwork, courage, and passion which I learned through sport always persisted, even through the bad times.

When I was 14, I was the leader of my group of friends. One day, we happened to come across a group of fifteen French foreign exchange students, the same age as ourselves. The immediate reaction from my friends was fear; however, fear is usually perceived as a weakness, so they felt it had to be concealed. They had reputations to live up to and people they felt they had to impress. They wanted to be accepted and valued by their friends, so before I could say anything, they started to abuse the exchange students.

I was their leader and I suddenly found myself between a rock and a hard place. I was completely confused about what I should do. If I told them to stop, I would lose my position as their leader, and they would think I was weak and soft. If I joined in, I would be going against all my core values. I knew the right thing to do was to tell my friends to stop, but I wasn't brave enough and my insecurities as a 14-year-old kid would not let me do so. I could see my friends had scared the living daylights out of the French students and I knew I had to put an end to this quickly.

What was I supposed to do? I stared blankly trying to think of something. It was then when I had a light bulb moment...sport...soccer! I turned to my friends and told them that we should challenge the French to a game of soccer. I approached them- a tall, thin boy who appeared to be their leader walked towards me. My French was bad, and his English was not much better, but we managed to communicate our thoughts. A wave of relief washed over him when he realised it was only a game of soccer we wanted and not to further abuse them. We shook hands and the "referee" blew the whistle.

A few hard tackles went in at the start, then it was all by the book- we played by the rules and just had fun. The exchange students knew very little English, and were going to France two days later, but we all hung out together for those two days and we really made a connection with them. Through sport we were literally able to overcome our differences and let all the fear and insecurities go. Sport had united Ireland and France; it had brought together thirty teenagers- amazing!

Sport participation can help build character, encourage emotional growth and teach players and spectators the value of honesty, respect, teamwork, dedication, and commitment. My story is a great example of this. Sport has the power to change the world; it has the power to inspire; it has the power to unite people in a way that little else does.

Adapted from: <https://www.oneyoungworld.com/blog/value-of-sport>

1. The main idea in par. 1 is that sport has _____.

- A. equipped the writer with important life skills
- B. made the writer the successful engineer he is today
- C. ensured the writer's smooth passage to success
- D. kept the writer active and involved

2. Stephen's friends acted the way they did because they_____.

- A. were naturally superior
- B. gave in to peer group pressure
- C. were frightened and had a right to self-defense
- D. wanted to overcome feelings of inferiority

3. Stephen _____ what to do.

- A. was sure, beyond a shadow of a doubt, about
- B. was at a loss about
- C. had a change of heart about
- D. had second thoughts about

4. The writer had a/an _____ while trying to decide how to act.

- A. embarrassing moment
- B. glorious moment
- C. moment of inspiration
- D. moment of truth

5. The football game between the Irish and the French students is an example of how sport _____.

- A. shows the importance of obeying rules
- B. has something to offer people of all ages
- C. uses body language young people can understand
- D. breaks down barriers between people

TASK 5

Read the extract from a magazine article in which three people (A-C) blog about weird sports in the world and answer the following questions.

A. Justine- Bog snorkelling



Bog snorkelling is exactly what it says on the tin. Competitors are required to snorkel through muddy bogs hoping to win a championship title. It's just as wild as it sounds, which is why only the toughest competitors compete each year. Participants must traverse the 110-metre trench using anything but standard swim strokes and rely on flipper power alone. They must fight through the cold and mud, but those who prefer style over speed may opt for fancy dress, including shark, lobster, and dinosaur suits, or their favourite swimming costume. The activity was apparently born from a discussion between regulars in a pub in Llanwrtyd Wells, the tiniest town in Wales, in 1976. Llanwrtyd Wells is a great place to let your hair down and try something new; even if you are a green bog snorkeler, don't think twice- there is a milder category which includes a three-mile run and a six-mile ride.

B. Anna- Extreme Ironing



Ah the cotton-fresh smoothness of a creaseless shirt – ironing. What in this life could be more satisfying?! Well, I can think of plenty of things, but I’ll have to admit to feeling highly fulfilled by finally reaching the bottom of the ironing pile. Maybe it’s just sheer relief that it’s over and if so, then it really isn’t any wonder that Phil from Leicester decided to turn his ironing boredom into something a little less flattening to the spirits. He only went and took his ironing board out into the garden, but this small rebellion against the stiff and straight world of conventional ironing, was enough to spark the beginning of something even more radical than his freshly ironed laundry. It was the dawn of extreme ironing. Since that fateful day back in 1997, the sport of extreme ironing has gained traction in ways that Phil had never anticipated : pressing on cliffs, flattening in the forest, steaming in seas. There was no end to the lengths that people are prepared to go to get their ironing kicks. We think it’s totally batty but love the audacity of the athletes who work so hard to make their mark in a world where the pressing of a shirt shouldn’t be bound by the walls of your house.

C. Nigel- Chess boxing



Chess boxing is a hybrid sport that is a combination of chess and boxing; played in alternate rounds. The sport, which was said to have been developed by performance artist Lepe Rubingh in 2003, has become a global trend. The participants in chess boxing must have skills in both sports; they can win a game either way. A full chess-boxing match has eleven rounds, with six rounds of chess, five rounds of boxing and a 1-minute break each round. The bouts start and end in chess play. The chess can last up to three or four minutes while the boxing match can last up to three minutes. The participants only have 12 minutes to use all of their chess moves. Chess boxing participants can win during a boxing round by knocking out the opponent or by calls of the referee. The participant can also win by achieving a checkmate, or if the opponent runs out of time. The participants wear headphones during the chess rounds to block out distractions. There is even a World Chess Boxing Organisation, whose motto is: “Fighting is done in the ring and wars are waged on the board”.

Which blogger...?	
1. describes a sport which requires participants to have both brains and brawn	___
2. says that conventional movement patterns in the sport are not allowed	___
3. writes about a mundane chore which has been turned into sport	___
4. mentions a tamer version of the event for inexperienced participants	___
5. mentions a sport whose inventor had never expected it to gather such momentum	___

TASK 6

Read the article and answer the following questions.

Skydiver Baumgartner lands safely on Earth



Standing at the edge of space above the deserts of New Mexico, Felix Baumgartner paused slightly. It was a small step away from the capsule, but a 24-mile drop back down to earth. Ten heart-stopping minutes later the Austrian landed back on Earth, after reaching speeds of up to 725mph, and breaking three world records, including becoming the world's first supersonic skydiver by breaking the sound barrier.

He was wearing a specially designed survival suit that kept his body intact against the hugely varying pressures that marked his drop back to earth. Without it, his blood would have boiled, and his lungs might have exploded.

Baumgartner later told a press conference: "When you stand there on top of the world, you become so humble; you realise how unimportant you are, and you know there is more to life than breaking records." He admitted all he could think about was getting back alive but added: "Sometimes you have to go up really high to see how small you are." His other two records were for the highest altitude manned balloon flight and the highest altitude skydive.

To the eight million people watching the space jump on a live stream, Baumgartner appeared as a tiny white dot against a black backdrop. When he came back into focus, dangling beneath a Red Bull emblazoned parachute, he was an international celebrity who had made history.

The two-and-a-half-hour journey upwards, during which the curvature of the earth became visible, and the skies gradually turned black, was matched with a rather more rapid descent. Three cameras attached to Baumgartner's suit recorded his freefall of just over four minutes – which failed to break the existing freefall record for duration – and then the parachute opening.

For Baumgartner, this was undoubtedly a personal challenge. But the mission was also a hallmark for science. It delivered valuable information about an astronaut's chances for survival at extreme altitudes, which is important for future space travel.

Baumgartner has made a name for himself with acts of daring. The former paratrooper has parachuted off buildings and mountains and once into a 600-foot-deep cave. He had already done two practice freefalls in preparation for this attempt – one from 71,000 feet in March this year and a second from 97,000 feet in July.

Asked after the jump what he wanted to do next, Baumgartner said: "I want to inspire a generation. I'd like to be sitting in the same spot in the next four years as Joe Kittinger. There is a young guy asking me for advice because he wants to break my record."

This was Felix's last jump. He now flies helicopters on rescue missions in the US and Austria, trying to save people's lives. He also flies helicopters for charity and supports Wings for Life, an international not-for-profit spinal cord research foundation whose mission is to find a cure for spinal cord injury.

Adapted from: www.guardian.co.uk/sport

1. Why does the writer refer to Felix Baumgartner as being a supersonic skydiver?

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2. Why did Felix need to wear a specially designed suit?

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3. Why does Felix say that when he stood at the edge of space, he felt humble?

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4. What could he see during his journey to edge of space? Give two details.

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5. What does the success of Felix’s mission signify?

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6. How did people watch the jump?

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7. What does the article tell us about Felix Baumgartner’s character? Give three details.

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TASK 7

Read the following article about extreme sports.

Write a summary about the advantages of extreme sports.

Your summary should be about 100 words long (and no more than 120 words long).

You should use your own words as far as possible.



Should you take up extreme sports? Examining the pros and cons

The popularity of extreme sports has soared in recent years. There is no denying however, that despite the thrills , many activities hide potential danger as even the smallest mistake in these sports can have major—even lethal—consequences.

There is no denying that many extreme sports push our bodies to the limits which means that regularly enjoying extreme sports could build our fitness and work muscles that we never knew we had. When you embrace an extreme sport, you will begin working different muscles, and this will be a positive thing for your health.

Engaging in extreme sports also provides us with new experiences. It gives an opportunity to live life to the fullest and to escape from everyday routine. It gives some thrill to life and these experiences become great memories to cherish for ever.

However, for those who participate in these sports, laughing in the face of death is a persistent itch that requires scratching. This comes at a high price, and not just to personal safety. One can spend anywhere from a few hundred dollars to tens of thousands of dollars on training, equipment, and travel — all for the undeniable adrenaline rush of risking life and limb.

For many, though, the rewards from doing extreme sports are much more than merely physical. Studies have found a strong link between extreme sports and a higher level of

self-confidence. This makes sense when you consider the fact that accomplishing a task so physically daunting is something that you should feel proud of. The self-confidence boost can have a positive impact on every aspect of your life, which makes extreme sports a good idea for everyone who is physically capable of meeting the applicable challenges.

Nevertheless, there are people who claim that if a person is unable to perform satisfactorily in such sports, it can dent their confidence as many see these sports as a proof of guts, daring and often masculinity. Also, family, relatives and friends worry about the safety of extreme sports enthusiasts. So, choosing such a sport takes a toll on them too as they live in constant fear of their safety.

We must not forget that humans are social creatures by nature. Even those of us who are introverted still need some level of socialisation to remain well-adjusted emotionally. This is another area where extreme sports score high because most of these activities are done with other people. For example, you're more likely to go skateboarding or jump out of a plane with a friend. This will help increase the bond between the two of you, and it will also give you the many benefits of socialisation.

Above all, extreme sports give us an adrenaline rush that can be tough to beat. If you want a way to feel more alive than ever before and get your heart beating, then why not feel the wind in your hair and push yourself to the limits? Some people argue that regularly putting our body under so much stress can have adverse effects on our health. However, these rushes of adrenaline could actually help us deal with stress more effectively.

Another thing about extreme sports, is that they teach humility. Getting ahead in life, may seem like a ruthless proposition. The truth, though, is that having a sense of humility is actually extremely important. Doing extreme sports, you learn that you are not perfect or immortal. Instead, to survive the experience, you must look at your own mortality, learn how to use safety equipment properly and be willing to listen to your instructor's directions.

There are plenty of pros and cons of extreme sports. It's all about weighing up the benefits to your own lifestyle to make sure that trying out an extreme sport or two is the right thing for your lifestyle.

Adapted from: <https://socialgazette.com>

TASK 8

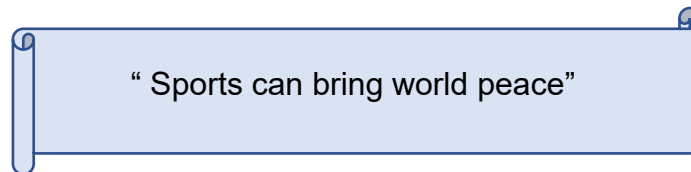
You recently attended a sporting event during sports week at school. Write an email to an English-speaking friend to tell him/her about it. In your email, you should :

- say what kind of sporting event it was
- give details of the event
- describe how the experience made you feel

Your email should be about 150-200 words long.

TASK 9

An English Language Magazine is asking for essays in response to the following statement.



“ Sports can bring world peace”

Write your essay, giving your views. Here are two comments from other students in your class, but you are free to use ideas of your own.



Your essay should be about 150 and 200 words long.