



Task 1

Read the article and do the questions that follow.

Experience: my parachute failed

Standing on the edge of the plane's cabin, looking out at the ground below, my skydiving instructor, Bill, turned to face me. He had a GoPro strapped to him, there to capture every moment for the souvenir DVD. "Do you have any last words?" he asked. "Yes," I said, joking. "I hope my parachute opens." We'd taken off from Lilydale airfield on the edge of Melbourne only 15 minutes earlier. It was 25C, not a cloud in the sky: the conditions for jumping from a plane at 15,000ft could not have been better. I got butterflies as I prepared to throw myself into thin air (it was my first skydive, given to me as a 22nd birthday present in 2013) but I had no regrets. I'd never felt more alive as Bill and I, strapped together, stepped out and started our freefall.

Those first few seconds were euphoric. I felt like a weightless piece of paper: adrenaline pumping through me, the air rushing past. As we reached 4,000ft, I felt the thrust of a parachute deploying above us. A wave of relief washed over me. This, I was told, would slow us down for a smooth descent. So why were we still travelling so fast? I looked up and realised I shouldn't have counted my chickens before they were hatched. The parachute was swinging unopened in the wind. It made my blood run cold and I started to freak out. The ground was getting closer, but still we hurtled at full speed. We started to shake violently, and then we were spinning. I felt as if I was slipping out of my harness as my shoe came flying off. I could hear Bill swearing as he grabbed above me, desperately trying to fix whatever had gone wrong.

Seconds passed, which felt like for ever, until finally our emergency parachute deployed. Except it got caught in the first one, making both parachutes useless. I asked Bill, "Are we going to die?" He said he didn't know. I came to my own morbid conclusion. At that moment, I just felt guilty. I'd brought my family along for the day: my parents, sisters, their partners and children. I'd invited them along to watch me die. I'd be gone, but responsible for their trauma after seeing my 80kmh crash into solid ground. I was powerless and numb, as prepared as I could be for the inevitable.

We hit the ground; I was immediately breathless, and an unimaginable searing pain shot up my spine as we ricocheted into a lake on a golf course. Semi-submerged in water, the canopy of the parachute floated above us. I was weak, but somehow still alive. Gathering

all my strength, I turned to face Bill and saw he wasn't conscious. I squeezed his hand, desperate for him not to have been killed. He came to, and started screaming. I tried to separate us, but from my neck down I could barely move.

I've no idea how much time passed before we were found by some passing golfers. Paramedics arrived. My mother and sister – who had run to find us – cried uncontrollably as Bill was put into a helicopter, and I was hoisted into an ambulance. The next four or five months were intense. I was told I had broken my spine but was likely to live. After being discharged from hospital, I locked myself in my bedroom with the curtains closed, on morphine and painkillers, consumed by anxiety, depression and PTSD. I became terrified of the outside world.

After years of therapy and hard work, I still get night terrors, when I close my eyes to sleep and suddenly feel myself falling, reliving the ordeal in immersive flashbacks with disconcerting detail. All these years later, the accident hasn't totally left me, but I feel strong. I turned to my creative passions to aid my healing. My love for videography led me to YouTube, where I document my life in the hope that it motivates others. Before the accident I was always terrified of being myself and doing the things I wanted. Now I've learned that I need to be more fearless and not listen to the voices in my head that tell me I'm not good enough. There's nothing like falling from 15,000ft without a parachute – and surviving – to force you to make the most of every day.

Adapted from <https://www.theguardian.com/lifeandstyle>

Choose the best answer A,B C or D

1. The writer _____ as he prepared to jump out of the plane.

- A. was on pins and needles
- B. had nerves of steel
- C. was scared out of his wits
- D. was tongue-tied

2. What does the writer say he felt when he heard the parachute deploying at 4000 ft?

- A. exceptional comfort
- B. exaggerated fear
- C. apparent indifference
- D. premature reassurance

3. The writer felt guilty because he _____.

- A. would put his family in an awkward position
- B. had miscalculated the risk involved
- C. would cause his family great distress
- D. would never see his family again

4. According to the article, _____.

- A. the accident has left its mark on the writer.
- B. the writer cannot cope with the trauma after the accident.
- C. the accident has made the writer close himself off.
- D. the writer escaped the accident unharmed

5. What does the article tell us about the character of the writer?

- A. pessimistic
- B. vulnerable
- C. persevering
- D. self-confident

6. The tone of the last paragraph can be described as

- A. distressing
- B. inspirational
- C. light-hearted
- D. detached

TASK 2

Giannis Antetokounmpo *Giannis – the epitome of rags to riches story*

Milwaukee Bucks phenomenon, Giannis Antetokounmpo, is set to launch his very first Nike sneaker, the Freak 1's, during this upcoming summer. The young talent's rise to absolute dominance is a true mixture of a Cinderella and Hercules story.



From growing up undocumented and impoverished on the streets of Greece to the dizzying heights of the NBA, the Antetokounmpo story has become an inspirational tale in how to defy the odds. His parents, Charles and Veronica Antetokounmpo, emigrated to Greece from Nigeria. Their status as immigrants made it difficult for them to find

steady jobs, and without a steady job, they could not be named Greek citizens, putting them in a situation in which one problem caused another problem, triggering a chain of events they found it hard to escape from. Their situation ultimately led them into poverty.

Given that Antetokounmpo lived in destitution, he did everything he could to get money for his family. In an interview with ESPN, Giannis Antetokounmpo reflected on his early life, "I used to sell things since I can remember myself, since I was six or seven years old. I was doing that until I turned 17 because I had to. I had no other choice. My secret was that I would never give up. I would continue asking people until I could get them to buy something. It also helped that I was young and sweet, and I had a way with words."

Unknown to most, Antetokounmpo loathed basketball and wanted to be a football player like his dad. So, when his coach Vasilis Xenakis tried to put him on the basketball team, Antetokounmpo had no interest in playing with them. When he eventually persuaded him to start playing, it was obvious that Giannis would shine on the court.

When the Antetokounmpo brothers started playing basketball, there were matches that they could not play in together as they had to share the same pair of shoes. When Giannis was checking out, he would give his shoes to his brother Thanasis to check in, and vice versa.

Giannis later shared to ESPN: "Those moments back then, they were beautiful, man. Going through the struggle and making it out of it and seeing your family doing good now it's unbelievable. I remember those moments, and I'm happy I went through those times. We might not have had a lot of money, but at least we were happy. When we had problems, we would gather in the same room and have fun laughing, despite the difficulties we were going through. That for sure made us stronger."

Now Antetokounmpo is one of the greatest basketball players ever. Drafted to the NBA in 2013, the man known as the 'Greek Freak' has gone on to become an NBA title-winning champion with the Milwaukee Bucks (2021) as well as accruing a list of accolades that include being a two-time league MVP and a finals MVP.

He's also due to represent his nation at the Paris 2024 Olympics. Given its origins the Antetokounmpo story is often cited as a source of inspiration. Everyone looking up to the basketball player can see that despite the worst kind of adversity there is still hope, and dreams do come true when you don't give up and fight hard for them.

As a nod to his background, Giannis and his brothers launched a foundation last year, the AntetokounBros Academy, to help support communities like the one he and his family came from. The charity, which places a particular emphasis on Greece and

Africa, provides children with the kind of opportunities the brothers missed out on growing up.

At just 27 years old, he's already got a resume that is worthy of the Hall of Fame, but he is far from satisfied. Antetokounmpo seems to have the kind of drive that is rarely seen in NBA players. He recently spoke with members of the press to make it clear that he believes his hard work has played a big role in his ability to dominate the league.

"I don't think I am particularly skillful," said Antetokounmpo. "But the thing that takes me a step further is hard work, the obsession and the discipline I have towards the game."

Adapted from: <https://olympics.com/en/news/giannis-antetokounmpo>

1. What does the writer mean when he says that Antetokounmpo's rise to success is "a true mixture of a Cinderella and Hercules story"?

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2. Why did his parents' immigrant status bind the family into a vicious circle?

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3. How did Giannis help his family make ends meet?

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4. What is little known about Giannis Antetokounmpo?

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5. Why couldn't the Antetokounmpo brothers play together in the same match?

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6. How does Giannis feel when he looks back on the early years of his life?

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7. Why does the writer say that Giannis Antetokounmpo is "the epitome of a rags to riches story"?

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8. What does the article tell us about Giannis Antetokounmpo's character? Mention three details.

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Task 3

Oxford Discover Futures 3_Unit 8

Teacher: Jovanna Xenophontos



Read the article in which three sports people write about the benefits of sport and do the questions that follow.

Emily Chancellor, athlete, ChildFund Ambassador

I think sport is an invaluable tool. It provides so many benefits – improving physical as well as mental fitness, development of social skills, fine and gross motor requirements. Research has also shown that *doing sport works to boost one's memory and thinking skills in both an indirect and direct way*. It helps us to understand and respect rules and opposition ... the list goes on. So many of the skills we acquire in sport can translate to attributes that create strong communities. The power of compassion, being humble in defeat as well as celebrating victory; knowing and accepting our limitations. All of these are so important to learn. Sport teaches hard work while also being fun and engaging. Sport has the ability to encourage people to achieve their goals and expose people to experiences from which they can derive invaluable knowledge. Sport can change the world.

B. Ron Rutland, Race to Rugby World Cup Ambassador

Sport brings people together from diverse backgrounds around a common goal and provides a platform to work together, develop friendships and focus on commonalities, not differences. Sport encourages the interaction between individuals and promotes striving for higher achievements yet creates an environment where everyone in the group hopes that everyone will do well, rather than wish that others fail. What is critical is that there is a strong and deliberate focus on the positive elements of participation; sport should not exclude anyone, and it should be fun. Unfortunately, the social benefits of sport do not always achieve their full potential. Sport is a weapon that could be used to fight problems like marginalization. Sadly, it is not used enough. This occurs at all levels, whether local, national, or European. But in the coming years, I hope to see a stronger focus on the opportunities that sport provides to helping achieve the Sustainable Development Goals.

C. Alex Newsome, rugby player, NSW Waratahs

For the benefits of physical, mental, and emotional wellbeing, sport has no parallels. The stimulation sport gives our bodies and minds through its challenges creates happiness and satisfaction that is not only healthy but infectious. These values combined with the bonds that are created through shared experiences in sport forms friendships and creates a feeling of connectedness between individuals and their communities which is unparalleled. On a personal note, sport has given me the opportunity to make scores of friends and meet people who have the same interests as me . It also allows me to escape and gives me an opportunity to let go of all worries, give vent to repressed emotions and be in the moment.

Which sportsperson says that sport...?	
1. allows people to unplug and blow off steam	_____
2. fosters cooperation and healthy competition	_____
3. improves our cognitive functions	_____
4. gives people the chance to get away from it all	_____
5. promotes the mantra “a healthy mind in a healthy body”	_____
6. happiness derived from sport is contagious	_____
7. can be a school for the virtue of humility	_____
8. remains underutilised as a tool to tackle world challenges	_____
9. teaches people incredible life lessons	_____
10. promotes social inclusion and integration	_____