

5

Adventure sports

Work in pairs. Look at the WOW! page. Then read and answer.

Asia Alqataanah

WOW! World of Wonder! Magazine

Welcome

Rock climbing

Diving

Go-karting

Snowboarding

Surfboarding

Ice hockey

Hiking

Some of you have told us that you love the feeling that you get when you do an exciting sport. How many words do you know for the + what places you can see? mountain / Bay / sea / scenery / valley / field

What are the advantages and disadvantages of extreme sports? 854

الجغرافيا (Geography) Unit 5

- North → الشمال  
- South → الجنوب  
- East → الشرق  
- West → الغرب  
- Sunrise → شروق الشمس 
- Sunset → غروب الشمس 
- Wood → غابة 
- Field → حقل 

معاني الكلمات	Arabic Meanings
Unit 5	<i>Arabic Meanings</i>
• rock climbing (noun) — the sport of climbing rocks.	السلق
• horse-riding (noun) — the sport of riding a horse.	ركوب الحصان
• ice hockey (noun) — a game played on ice with sticks.	كرة الجليد على الجليد
• motor racing (noun) — the sport of driving fast cars.	سباق السيارات
• go-karting (noun) — the sport of driving small, low-care karts.	سباق مركبات صغيرة بسيطة
• mountain biking (noun) — the sport of riding a bicycle on a board.	ركوب الدراجات على التلال
• water skiing (noun) — the sport of standing and moving on skis over water.	الزلاج على الماء
• fire walking (noun) — the sport of walking on fire while holding a special stick.	السير على الأحمر مع مطرد حراره
• skydiving (noun) — the sport of descending with a harness with special breathing equipment.	الغوص بالمظلة مع مطرد حراره
• squash (noun) — the sport of hitting a ball against a wall.	السبك
• jogging (noun) — to run slowly.	الجري ببطء
• golf (noun) — the sport of hitting a small ball into holes with a stick.	الغولف
Directions / اتجاهات	<i>Arabic Meanings</i>
• North (noun) — one of the four directions that goes up.	الشمال
• South (noun) — one of the four directions that goes down.	الجنوب
• East (noun) — one of the four directions that goes right.	الشرق
• West (noun) — one of the four directions that goes left.	الغرب
Nature / الطبيعة	
• sunrise (noun) — when the sun comes up.	الشروق

Extreme Sports (الرياضات)

- Rock climbing → تسلق الصخور 
- Horse-riding → ركوب الخيل 
- Ice hockey → هوكي الجليد 
- Motor-racing → سباق السيارات 
- Golf → رياضة الغولف 
- Go-karting → سباق سيارات الكارت 
- Surfboarding (Surfing) → ركوب الأمواج 
- Water skiing → التزلج على الماء 



(الرياضات) Extreme Sports

- **Rock climbing** → تسلق الصخور
- **Horse-riding** → ركوب الخيل
- **Ice hockey** → هوكي الجليد
- **Motor-racing** → سباق السيارات
- **Golf** → رياضة الغولف
- **Go-karting** → سباق سيارات الكارت
- **Surfboarding (Surfing)** → ركوب الأمواج
- **Water skiing** → التزلج على الماء
- **Kite surfing** → التزلج الشراعي
- **Diving** → الغوص
- **Squash** → رياضة الاسكواش
- **Jogging** → الركض الخفيف



جغرافيا (الجغرافيا) Unit 5

- **North** → الشمال  
- **South** → الجنوب  
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- **West** → الغرب  
- **Sunrise** → شروق الشمس 
- **Sunset** → غروب الشمس 
- **Wood** → غابة 
- **Field** → حقل 
- **Valley** → وادٍ 
- **Scenery** → مناظر طبيعية 
- **Tide** → المد والجزر 
- **Bay** → خليج 



معاني الكلمات

Unit 5

Asia Al-qatawnah

- **rock climbing** (noun) — the sport of climbing rocks تسلق الصخور
- **horse-riding** (noun) — the sport of riding a horse ركوب الخيل
- **ice hockey** (noun) — a game played on ice with sticks هوكي على الجليد
- **motor-racing** (noun) — the sport of driving fast cars سباق السيارات السريعة
- **go-karting** (noun) — the sport of driving small, low cars قيادة سيارات صغيرة منخفضة
- **surfboarding** (noun) — the sport of riding a wave on a board ركوب الأمواج على لوح
- **water skiing** (noun) — the sport of standing and moving on skis on water التزلج على الماء
- **kite surfing** (noun) — the sport of riding a board on water while holding a special kite ركوب الأمواج مع طائرة ورقية خاصة
- **diving** (noun) — the sport of swimming underwater with special breathing equipment الغوص باستخدام أجهزة تنفس خاصة
- **squash** (noun) — the sport of hitting a ball against a wall لعبة الإسکواش
- **jogging** (noun) — to run slowly لجري البطيء
- **golf** (noun) — the sport of hitting a small ball into holes with a stick الغولف

Directions / الاتجاهات

Asia Al-qatawnah

- **North** (noun) — one of the four directions that goes up الشمال
- **South** (noun) — one of the four directions that goes down الجنوب
- **East** (noun) — one of the four directions that goes right الشرق
- **West** (noun) — one of the four directions that goes left الغرب

Nature / الطبيعة

- **Sunrise** (noun) — when the sun comes up شروق الشمس
- **Sunset** (noun) — when the sun goes down غروب الشمس
- **Wood** (noun) — an area with trees غابة / منطقة بها أشجار
- **Field** (noun) — a flat, empty area of land with grass حقل
- **Valley** (noun) — an area of low land between mountains وادي
- **Scenery** (noun) — the natural surroundings لمناظر الطبيعية
- **Tide** (noun) — the rise and fall of the sea المد والجزر
- **Bay** (noun) — a part of the coast that creates a curve خليج

Questions and answers :p. 9

1. What sport did Alex try last weekend?

Answer: Go-karting

2. What did Alex wear when he went go-karting?

Answer: A helmet and special clothes

3. Does Dana like extreme sports?

Answer: No, she thinks they are too dangerous

4. Which extreme sport has Dana tried?

Answer: Horse-riding

5. How did Dana feel at first when she tried horse-riding?

Answer: She was scared

6. How did Dana feel after getting on the horse?

Answer: She wasn't scared and was proud of herself

7. Which sports did Sami's brother try last summer?

Answer: Water skiing, surfing, and kite surfing

8. What new sport did Sami try?

Answer: Diving

How did Sami feel during the diving lesson?

Answer: It was a bit difficult but he loved being underwater

9. Where does Mei often go rock climbing?

Answer: At her local sports centre

10. How does Mei feel when she goes rock climbing?

Answer: Excited and happy to go higher and higher

11. What keeps Mei safe while rock climbing?

Answer: The ropes.

Find out. P. 9

- **Noun** :helmet, friends, horse
- **Verb** : love, went, tried
- **Preposition** :with, at, for
- **Adjective** : extreme, special, brilliant
- **Adverb** : really, often, too
- **Auxiliary verb** : is, was, can
- **Types of sports** : go-karting, horse-riding, diving
- **Tool/equipment** : helmet, ropes, board
- **Conjunction** : and, but, because
- **Pronoun** : I, they, we
- **Possessive** : my, her, their
- **Article** : a, the, an
- **Modal verb** :can, will

Asia Al-qatawneh

WOW!**Team Talk**

They disagree about whether extreme sports are
too dangerous for children.

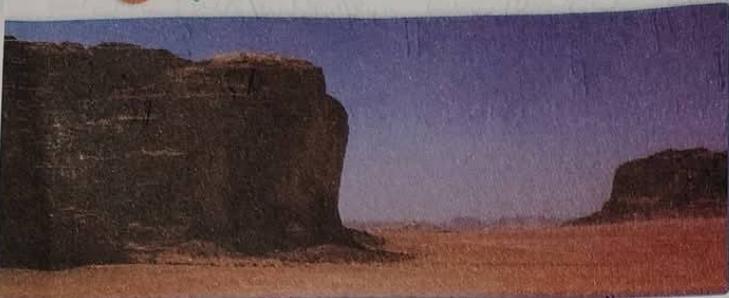


1



5.3

Listen and read. What do the girls disagree about?



Dana: **هاده ما حدثت** Oh no, Mei! What happened?

Mei: **ذهبت** I went to Wadi Rum with my **عائلة** family. I fell when I was **صعود** rock climbing and I hurt myself. **نفسى**

Dana: Poor you! I've always said that children shouldn't do extreme **خطيره** sports because they often hurt **يؤذون** themselves. **أنا أعلمك** I told you so!

Mei: **ليس** It's nothing serious. I'll be climbing again by next week. All **الكل** sports can be dangerous, anyway.

أختى My sister cut herself when she was playing squash last week!

That's not an extreme sport!

Dana: **أفترضت ذلك** I suppose so. I don't want **أمنعك** to stop you from enjoying **نفسك** yourself, but I just think that **بعض** some sports are too dangerous. **خطيره**

Mei: **ليس** Not really. I have a cousin who **كى اكيد** started playing ice hockey when he was four years old.

Dana: **نعم** That's too young. What if he **يurt** hurts **himself**?

Mei: **ليس** He's never hurt himself! He **يستخدم** always uses a helmet and **ياده** wears special clothes. Anyway, **برندي** it's just part of being a kid, **حرى** isn't it? How can we learn about danger if we're always **محمف** protected from everything?

Dana: **ربما** Maybe you're right. Come on, let's go or we'll be late for PE.

Mei: **ليس** I can't do PE at the moment. **هذا خطير** It's so annoying. I'll just sit here and dream about rock climbing.

Asia Al-qatawnah

2 **Work in pairs.** Read the dialogue again and answer the questions.

Because children often hurt themselves.

- 1 Why does Dana think children shouldn't do extreme sports?
- 2 How does Mei explain that all sports can be dangerous?
- 3 How does Mei's cousin stay safe when he's playing ice hockey?
- 4 Where is Dana going now?

She is going to her PE lesson

3 **Work in pairs.** Find these expressions in the dialogue above. Match them to the speech bubbles below. Then use the expressions and act out.

أفترضت ذلك

أجزيك ذلك

ليس

I suppose so. I told you so! Not really.

1 I tried playing squash, but I hated it. Just like you said I would!

I told you so (...)

2 You don't like diving very much, do you?

Not really (...)

3 You can hurt yourself playing any sport.

I suppose so (...)

4

Do you think that children should do extreme sports?

Asia Al-qatawnah

Questions and answers :p 10

1. Where did Mei go with her family?

She went to Wadi Rum.

2. What sport was Mei doing when she got hurt?

She was rock climbing.

3. How did Mei hurt herself?

She fell while rock climbing.

4. Does Dana think extreme sports are safe for children?

No, she doesn't.

5. Is Mei's injury serious?

No, it isn't.

6. When will Mei climb again?

By next week.

7. What sport did Dana's sister play?

She played squash.

8. How old was Mei's cousin when he started ice hockey?

He was four years old.

9. Why has Mei's cousin never hurt himself?

Because he uses a helmet and special clothes.

10. Can Mei do PE at the moment?

No, she can't.

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Find out p. 10

- noun → **family, sports**
- verb → **fell, hurt**
- preposition → **with, in**
- reflexive pronoun → **herself, himself**
- adjective → **dangerous, young**
- adverb → **always, never**
- linking word → **because, but**
- article → **a, the**
- modal verb → **shouldn't, can't**
- possessive pronoun → **my, his**

Asia Al-qatawneh

1 Look back at the dialogue in Lesson 2. Are the sentences true or false? Say why.

1 Mei hurt her arm because she fell while playing squash. *False* *she hurt when she was rock climbing*

2 Mei's arm will be better by next week. *True* ✓

3 Mei's sister was hurt when she was jogging. *False* *when she was playing squash*

4 Mei's cousin plays ice hockey. *True* ✓

2 Look at the grammar table. Then complete the rule.

Grammar

Reflexive pronouns

I fell when I was rock climbing and hurt myself.
Children shouldn't do extreme sports because they often hurt themselves.
My sister cut herself when she was playing squash.
Did you do it yourself?

ال年之久 في الملاهي

We use reflexive pronouns when the subject and object is the same/ different.

3 Read the dialogue in Lesson 2 again. Underline the examples of reflexive pronouns.

4 Say the sentences using reflexive pronouns.

1 I hurt my leg when I fell off my bike yesterday.

2 They cut their arms at the go-karting party. *themselves*

3 We hurt our heads when we were rock climbing.

4 She hurt her hand in the swimming pool. *yourself*

5 Did you cut your finger with the knife? *itself*

6 The cat didn't hurt its leg when it fell out of the tree.

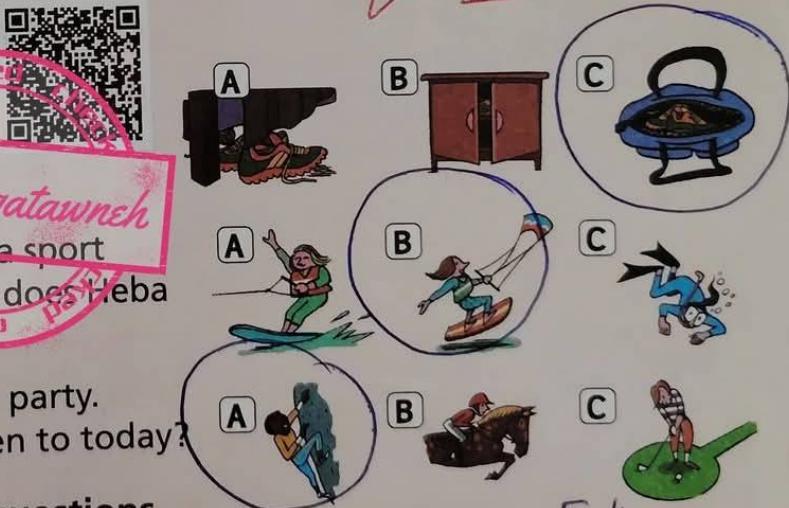
ارجع وكتاب اجر فوج العطلات

5 Listen. For each question, choose the correct picture.

1 Fadi is talking to his mother. Where are his trainers?

2 Heba and Dalia are talking about a sport they would like to try. What sport does Heba choose?

3 Jamal and Ali are talking about a party. What type of party has Jamal been to today?



6 Listen again and answer the questions.

Because he wants to go skateboarding *last year of holiday*

1 a Why is Fadi looking for his trainers? b Who is going to get the trainers? *Because she prefers to be out of the water and not under it*

2 a When did Heba go waterskiing *Because she doesn't want to go diving* b Why doesn't she want to go diving?

3 a Why does Jamal feel proud? b When is Ali's birthday? *next month*

Because he went rock climbing *even though he was scared*

7 Talk to your partner about the topics in the box.

- the last time you hurt yourself
- how you and your friends enjoy yourselves at weekends
- a time you taught yourself to do something

I hurt myself when I was diving last weekend.

الصيغة الانعكاسية Reflexive pronouns

* في الصيغة الانعكاسية يرجع الفعل على الفاعل نفسه

Asia Al-qatawnah

* subject (فاعل) pronouns

I أنا

you أنت

He هو

She هي

It غير عاقل

we نحن

They هم

You أنتم (جمع)

* Reflexive pronouns الصيغة الانعكاسية

أنتكالوهم *

my self نفسي

yourself نفسك

him self نفسه

her self نفسها

it self نفسه (غير عاقل)

Ourselves أنفسنا

themselves أنفسهم

yourselves أنفسكم

جمع

Self ص المفرد

Selves ص الجمع

She hurt herself.

بعد الفعل مباشرةً

موقفه *

He cooked the meal himself. ^{بعده المفعول به} ^{مفعول به} ^②

* (لما الفعل يرجع على نفس الفاعل) متي أستخدمه؟ :-)

I hurt myself. أنا أهurt نفسي

she blamed herself. هي blamed نفسها

* عزيز من الاعنة في ورقة العمل.

ملاحظة
لازم الضرير
الانعكاسي يطابق
الفاعل

Reflexive Pronouns Worksheet

 **Fill in the blanks:**

1. I hurt _____ while I was playing football.
2. She cut _____ when she was cooking.
3. We enjoyed _____ at the party.
4. He taught _____ how to swim.
5. They blamed _____ for the mistake.
6. Did you do the homework by _____?
7. The cat cleaned _____.
8. My sister dressed _____ before school.
9. The children hurt _____ while playing.
10. I fixed the computer _____.
11. He looked at _____ in the mirror.
12. She prepared _____ for the exam.
13. We made the cake _____.
14. The baby hurt _____.
15. They introduced _____ to the teacher.
16. Did he finish the project by _____?
17. She taught _____ English.
18. The boys enjoyed _____ at the match.
19. I blamed _____ for being late.
20. She cleaned the room _____.

Asia Al-qatawneh

1 Before you read Today's Book Club text is an adventure story. Look and circle the correct options.

- 1 An adventure story is usually **exciting** / boring.
- 2 A **setting** / **character** is a person in a story.
- 3 There will usually be **one character** / **a few characters** in the story.
- 4 A place in a story is called a **setting** / **character**.

2 Listen and read. Why are the children happy that they aren't really old-fashioned explorers?



Old-fashioned explorers

Abbas was on a camping trip with his older sisters, Hala and Laila. They put up their tent in a campsite near a small wood. The next morning, they woke up early to watch the sunrise. After they had eaten their breakfast, they looked in their guidebook.

'I think there's a bay on the other side of that valley. Shall we walk there?'

'Yes! Let's be old-fashioned explorers on an adventure!' said Hala.

'Good idea! We'll turn off our phones and use the map in the guidebook,' said Abbas.

'I brought Grandad's old compass with me!' said Laila. 'We can use it so that we don't get lost.'

After they had packed some food and ice-cold water, they started walking.

'We need to go north and then east, so it's this way,' said Laila, looking at the compass.

After they had crossed the valley, they climbed up the hill on the other side. The scenery all around was beautiful. They started to walk down to the beach, but they hadn't got very far before Abbas stopped.

He'd heard a man who was shouting for help. The man had fallen down the cliff.

'Help me!' the man cried. 'I've hurt my foot and I can't climb back up.'

'Don't worry,' shouted Hala, turning on her phone. 'We'll call for help.'

After a four-hour wait, the children started to feel cold and were getting worried. It was nearly sunset. 'What are we going to do if no one comes?' said Hala to Laila.

But just then, they heard the sound of a helicopter. The children jumped and waved at the helicopter until the people saw them. After they had pulled the man to safety on a rope, they took him to a nearby hospital.



The children went to see the man in hospital and he thanked them for helping him. 'Next time, I won't go hiking by myself and I'll make sure I have my mobile phone with me.'

'It's good that we aren't really old-fashioned explorers,' said Abbas to his sisters later. 'They didn't have mobile phones or helicopters to help people.'

3 After you read Activity Book, page 7.

4 In groups, act out a role play.

Pupil A: pretend to be a journalist and ask the children about their experience.

Pupils B, C and D: pretend to be Abbas, Hala and Laila and tell the journalist about your experiences.



آسيه القطاونة

Questions and answers p12



فقره صفحه 12

1. Who was on the camping trip with Abbas?

❖ Abbas was on a camping trip with his two older sisters, Hala and Laila.

2. Where did they put up their tent?

❖ They put up their tent in a campsite near a small wood.

3. Why did they wake up early the next morning?

❖ They woke up early to watch the sunrise.

4. What did Hala suggest after they read the guidebook?

❖ She suggested walking to the bay on the other side of the valley.

5. Why did Abbas want to turn off their phones?

❖ He wanted them to be old-fashioned explorers and use the map.

6. What did Laila bring with her to help them not get lost?

❖ She brought her grandad's old compass.

7. Which directions did they need to go first?

❖ They needed to go north and then east.

8. What happened to the man near the cliff?

❖ The man fell down the cliff and hurt his foot.

9. How did the children help the man?

❖ Hala called for help using her phone.

10. How was the man finally rescued?

❖ He was rescued by a helicopter and taken to a hospital.



★ Put in Order

Q2. Put the events in the correct order:

- The helicopter rescued the man. 5
- The children crossed the valley. 3
- Abbas heard someone shouting for help. 4
- They put up their tent. 1
- They watched the sunrise. 2



أسئلة صفحة 12

✿ : True or False)

1. Abbas went camping with his friends. ✗ False

→ He went with his sisters.

2. They used a compass to find their way. ✓ True

3. The man fell into the sea. ✗ False

→ He fell down the cliff.

4. Hala called for help using her phone. ✓ True

5. The helicopter arrived immediately. ✗ False

→ They waited for four hours

Find out p. 12

- Noun → guidebook – adventure – helicopter
- Verb → suggested – packed – waited
- Adjective → beautiful – worried – nearby
- Preposition → across – before – by
- Pronoun → his – her – themselves
- Conjunction → and – but – or
- Modal verb → can – will – won't
- Imperative → Help me – Don't worry – Let's go
- Direct speech → "Help me!" – "Don't worry." – "Good idea!"



explorers → مستكشفون

camping trip → رحلة تخيم

campsite → موقع تخيم

wood → غابة صغيرة

sunrise → شروق الشمس

guidebook → دليل إرشادي

bay → خليج

valley → وادٍ

adventure → مغامرة

old-fashioned / قديم الطراز → تقليدي

compass → بوصلة

direction → اتجاه

cross → يعبر

scenery → مناظر طبيعية

cliff → جرف صخري

shouting for help → يصرخ طلباً للمساعدة

hurt / آذى → أصاب

rescue → إنقاذ

safety → الأمان

hiking → المشي في الطبيعة

worried → قلق

sunset → غروب الشمس



مستكشف على الطراز القديم

كان عباس يلقي بمن عابه صغيره في صبح اليوم الثاني، استيقظوا مبكراً لمشاهدة شروق الشمس. بعد أن شاؤوا خيمتهم في فطورهم، نظروا في دليلهم السياحي.

"أعتقد أن هناك خليجاً على الجانب الآخر من ذلك الوادي. هل نسير إلى هناك؟"

قالت هالة: "نعم! لكن مستكشفين على الطراز القديم في مغامرة!"

قال عباس: "فكرة جيدة! سنغلق هواتفنا ونستخدم الخريطة في الدليل السياحي."

قالت ليلى: "لقد أحضرت بوصلة جدي القديمة معي! يمكننا استخدامها حتى لا نضل الطريق."

بعد أن حزموا بعض الطعام والماء المثلج، بدأوا في المشي.

قالت ليلى، وهي تنظر إلى البوصلة: "نحتاج إلى الذهاب شمالاً ثم شرقاً، لذا فالطريق من هنا."

بعد أن عبروا الوادي، صعدوا التل على الجانب الآخر كان المنظر من حولهم جميلاً. بدأوا في النزول إلى الشاطئ، لكنهم لم يقطعوا مسافة طويلة قبل أن يتوقف عباس. لقد سمع رجلاً يصرخ طلباً للمساعدة. لقد سقط الرجل من أعلى الجرف!

صرخ الرجل: "ساعدوني! لقد أصبت قدمي ولا أستطيع الصعود مرة أخرى."

صرخت هالة، وهي تشغّل هاتفها: "لا تقلق، سنتصل لطلب المساعدة."

بعد انتظار دام أربع ساعات، بدأ الأطفال يشعرون بالبرد وبدأ القلق يساورهم. كان وقت الغروب قد اقترب. قالت هالة لليلى: "ماذا سنفعل إذا لم يأت أحد؟" ولكن في تلك اللحظة، سمعوا صوت طائرة هليكوبتر. قفز الأطفال ولوحوا للطائرة الهليكوبتر حتى رأهم الناس. بعد أن سحبوا الرجل إلى بر الأمان بحبيل، نقلوه إلى مستشفى قريب.



ذهب الأطفال لرؤية الرجل في المستشفى وشكرهم على مساعدته. "في المرة القادمة، لن أذهب للتنزه بمفردي وسأتأكد من أن هاتفي محمول معي."

قال عباس لأخواته لاحقاً: "من الجيد أننا لسنا مستكشفين من الطراز القديم. لم يكن لديهم هواتف محمولة أو طائرات هليكوبتر لمساعدة الناس".

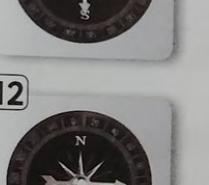
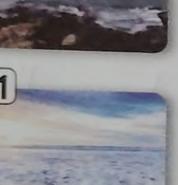
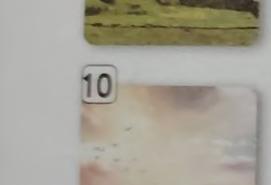
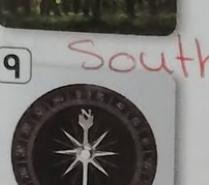
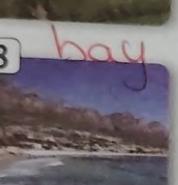
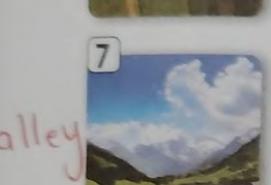
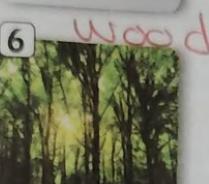
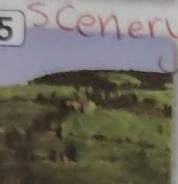
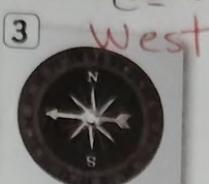
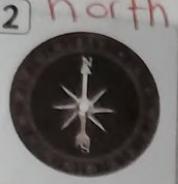
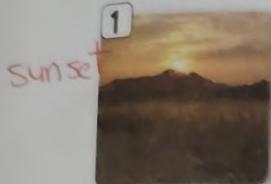




1 5.10 Look and match.

Then listen, check and repeat.

شمال north ٢ جنوب south ٩ شرق east ١٢ غرب west ٣
 شروق sunrise ١٠ غروب sunset ١ غابة wood ٦ حقل field ٤
 واد valley ٧ طبيعة scenery ٥ المد tide ١١ خليج bay ٨



Valley

Scenery

east

2 Read the story in Lesson 5 again and find words from Activity 1.

3 Think about the story in Lesson 5. Are the sentences true or false? Why?

- 1 The children had breakfast and then they looked in their guidebook. *true*
- 2 They packed food and water and then they started walking. *true*
- 3 They climbed the hill and then they crossed the valley. *False*
- 4 The people in the helicopter pulled Abbas up and then they took him to hospital. *False*

The people in the helicopter pulled the man up and then they took him to hospital.

4 Look at the grammar table. Then complete the rules.

Grammar

Past perfect

After they **had eaten** their breakfast, they looked in their guidebook.

They **hadn't got** very far before Abbas stopped.

He **'d heard** a man who was shouting for help.

We use the Past perfect to talk about something that happened **before / after** another event in the past. We form the Past perfect with **have / had + past participle**.

5 5.11 Listen to Hassan.

Where did he and his dad put their tent?



on the beach

6 5.12 Listen again and number the events in the correct order.

- watched the sunset 4
- went to sleep, but were woken up suddenly 5
- went fishing and then cooked dinner 2
- put up their tent and went for a walk 1
- told adventure stories 3
- took down the tent quickly and went home 6



7 Listen. Look at Mustafa's day. Say sentences using the Past perfect.

9 am - eat / breakfast
 10 am - go / hiking in the woods
 11.30 am - walk / home with Sami
 12.30 pm - eat / lunch in the bay
 2 pm - take / photos in the valley
 5 pm - watch / sunset

After Mustafa had eaten breakfast, he went hiking in the woods.



آسيه القطاونة

1 **Before you read** Look at the photos. Which sport would you most like to try and why?

2 **5.14 Listen and read.**

هي تحت
الماء

Underwater hockey



This sport was first played in the UK in the 1950s and is now popular

is now popular in Australia, America and lots of other countries, too. It's a game of hockey which is played at the bottom of a swimming pool! There are two teams of six players who play two 15-minute halves with a 3-minute break. Players try to score by hitting the puck (the flat 'ball') into the goal.

WOW! Activity

Have a tuna throwing competition! Take turns to throw a rubber fish (or a ball) as far as you can. Measure the distance. Who threw it the furthest?

3 **After you read** Activity Book, page 9.

4 **Work in pairs. Find similarities and differences.**

You get wet playing underwater hockey and canyoning.

In tuna throwing, you have to throw a fish, but in underwater hockey you have to score goals.

I want to try canyoning because I love extreme sports

Ready for something new?

Have you ever thought about doing a new sport? What about trying one of these unusual ones?

Tuna throwing

This is a sport that started in 1979 in Australia. You have to turn around very quickly in a small circle and then throw a fish as far as you can. People got the idea from watching fishermen who used to throw fish off their boats when they had caught too many. In the past, they used to use real fish, but today they use rubber ones.



Canyoning

Dennis Turville made this extreme sport popular in the USA in the 1970s. People climb, slide, abseil and jump to follow a fast river through a canyon. It is dangerous so people must go canyoning with an expert. Today, it is popular in many countries such as France, America and Jordan.



آسيه القطاؤنة

Project

Make a poster about a new sport for PE lessons.

- Your school plans to start teaching a new sport next year and has asked pupils for ideas.
- In groups, choose a sport that you would like to try. Decide who will research to find out more about:
 - the history of the sport.
 - the rules.
 - some interesting information.
- Make a poster about this sport. Include photos and interesting facts.
- Present your poster to your class.
- Take a class vote on which sport is the most interesting and fun.



Underwater Hockey

This sport was first played in the UK in the 1950s and is now popular in Australia, America and many other countries. It is a game of hockey played at the bottom of a swimming pool. There are two teams of six players who play two 15-minute halves with a 3-minute break. Players try to score by hitting the puck into the goal.

Questions:

1. Where was underwater hockey first played?

Answer: In the UK.

2. How many players are there in each team?

Answer: Six players per team.

3. How do players score?

Answer: By hitting the puck into the goal.

Find out

- **Noun** → sport **Verb** → played **Adjective** → popular **Adverb** → now

Tuna Throwing

This sport started in Australia in 1979. You have to turn around very quickly in a small circle and then throw a fish as far as you can. People got the idea from watching fishermen who used to throw fish off their boats when they had caught too many. In the past, they used real fish, but today they use rubber ones.

Questions:

1. When did tuna throwing start?

Answer: In 1979.

2. What did people use in the past for the sport?

Answer: Real fish.

3. What do people use today instead of real fish?

Answer: Rubber fish.

Find out

- **Noun** → fish. **Verb** → started **Adjective** → small **Adverb** → quickly

Canyoning

Dennis Turville made this extreme sport popular in the USA in the 1970s. People climb, slide, abseil and jump to follow a fast river through a canyon. It is dangerous, so people must go canyoning with an expert. Today, it is popular in many countries such as France, America and Jordan.

Questions:

1. Who made canyoning popular?
Answer: Dennis Turville.
2. Why must people go canyoning with an expert?
Answer: Because it is dangerous.
3. In which countries is canyoning popular?
Answer: France, America and Jordan.

Find out

- **Noun** → sport – river
- **Verb** → made – climb – jump
- **Adjective** → extreme – fast – dangerous
- **Adverb** → through



هل أنت مستعد لشيء جديد؟

هوكي تحت القاء



لعبت هذه الرياضة لأول مرة في المملكة المتحدة في الخمسينيات من القرن الماضي، وهي الآن شائعة في أستراليا وأمريكا والعديد من البلدان الأخرى أيضاً. إنها لعبة هوكي تُلعب في قاع حمام السباحة! هناك فريقان من ستة لاعبين يلعبون شوطين مدة كل 3 دقائق. يحاول اللاعبون التسجيل عن طريق ضرب القرص (الكرة المسطحة) في المرمى.

هل فكرت يوماً في ممارسة رياضة جديدة؟ ماذا عن تجربة إحدى هذه الرياضات غير العادية؟

رمي التونة

هذه رياضة بدأت عام 1979 في أستراليا. عليك أن تستدير بسرعة كبيرة في دائرة صغيرة ثم ترمي سمكة لأبعد مسافة ممكنة. استوحي الناس الفكرة من مشاهدة الصيادين الذين اعتادوا رمي الأسماك من قواربهم عندما يصطادون الكثير منها. في الماضي، كانوا يستخدمون أسماكاً حقيقية، لكنهم يستخدمون اليوم أسماكاً مطاطية.



التجديف في الوديان

دينيس صنع تورفيل هذه الرياضة الخطرة كانت شائعة في الولايات المتحدة الأمريكية في سبعينيات القرن الماضي. يتسلق الناس وينزلقون وينزلون بالحبال ويقفزون لمتابعة نهر سريع عبر وادٍ. إنها رياضة خطيرة، لذا يجب على الناس ممارسة رياضة التجديف في الوديان مع خبير. واليوم، تحظى بشعبية في العديد من البلدان مثل فرنسا وأمريكا والأردن.



آسيه القطاونة

اجعل عطلتك القادمة مغامرة آدامز!



مغامرات الرياضات

الخطرة

لا يمكنك وصف

شعور رياضة خطرة لـ أول

مرة. بمفرد أن

تجربتها ب بنفسك، ستتعود

للمزيد! يمكنك الغوص في

أستراليا، أو ركوب الأمواج

الشعاعي في المكسيك، أو

لعب هوكي الجليد في

فنلندا. لدينا عطلة

الرياضات الخطرة المثالية

لك! اختر من بين

العديد من الأنشطة الرائعة

في جميع أنحاء العالم.

مغامرات السفاري

هل حلمت يوماً

برؤية أسد أو نمر في موطنه

الطبيعي؟ انضم إلينا

واستمتع بإحدى مغامرات

السفاري المذهلة. شاهد

الأسود والفيلة ووحيد

القرن في أفريقيا، أو النمور

في الهند أو الديبة والذئاب

في الولايات

المتحدة الأمريكية.

جميع مجموعاتنا

السياحية صغيرة، مما

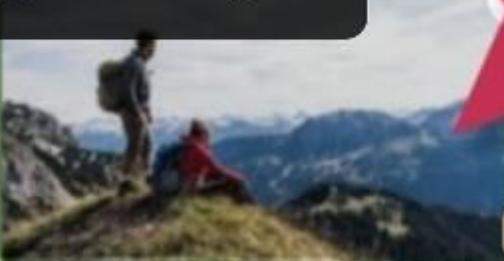
يعني أنه يمكنك الاقتراب

من الحيوانات وخوض

تجربة لا تنسى.



آسيه القطاؤنة



مغامرات صحراوية

تخيل ركوب جمل

في صحراء وادي رم في

الأردن. يمكنك النوم في

خيام بدوية تحت سماء

مرصعة بالنجوم ومشاهدة

الحيوانات والطيور. جرب

حياة البدو بنفسك في هذه

المغامرة الصحراوية!



بعد أن جربنا
عطلات المغامرة هذه، لم
نرغب في الذهاب إلى أي
مكان. عدنان، القاهرة

WORKSHEET: MAKE YOUR NEXT HOLIDAY AN ADAMS' ADVENTURE!

Q1. Answer the following questions:

1. What kind of animals can you see on a safari in Africa?

Answer: Lions, elephants, and rhinos.

2. Where can you see tigers according to the text?

Answer: In India.

3. What is special about the tour groups for safari adventures?

Answer: All tour groups are small, so you can get close to the animals.

4. Give one example of an extreme sport adventure mentioned in the text.

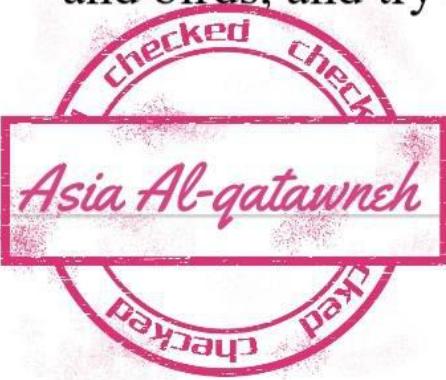
Answer: Diving in Australia, kite surfing in Mexico, or ice hockey in Finland.

5. Who runs the climbing adventures and why is it important?

Answer: Expert climbers run them, so you are always safe.

6. What can you do in Wadi Rum desert in Jordan?

Answer: Ride a camel, sleep in Bedouin tents, see animals and birds, and try nomad life.



Q2. Find out 3 words from the text for each type:**Noun** → lion, camel, desert**Verb** → see, ride, enjoy**Preposition** → in, on, under**Adjective** → stunning, extreme, small**Adverb** → never, always, first**Past perfect** → had tried, had wanted, had seen**Linking words** → and, so, then**Q3. Match the words to their meaning:**

1. Perfect → c) Ideal or exactly right
2. Terrific → a) Very good or excellent
3. Expert → b) A person with a lot of skill or knowledge

Q4. Write True or False:

1. All safari tour groups are very large. → False
2. You can try kite surfing in Finland. → False
3. Climbing adventures are run by beginners. → False
4. You can sleep in Bedouin tents in Wadi Rum. → True
5. Adnan from Cairo didn't like adventure holidays. → False



1 Look at the text and tick the correct answer.

This brochure is trying to get people:

- a to buy equipment for kite surfing at Tala Bay.
- b to come kite surfing at Tala Bay.
- c to learn how to stay safe when you're kite surfing.



KITE SURFING AT TALA BAY

Do you get bored of doing the same sport all the time?
Would you prefer to try something exciting? How about
trying kite surfing at Tala Bay?

Kite surfing is one of the most brilliant extreme sports.

- Fly like a bird above the waves.
- Enjoy yourself in the gorgeous Tala Bay.
- Our expert teachers will help you to do your best.
- We provide all the equipment.
- You can do day or week courses.

Book today for the adventure of your life!



2 Read the *How to write...* box. Then circle the correct options about the brochure in Activity 1.

- 1 It starts with **sentences** / **questions** to make readers interested.
- 2 It uses **exciting** / **boring** adjectives to convince readers.
- 3 It uses **long** / **short** paragraphs.
- 4 It finishes with a **boring** / **an interesting** sentence that readers will remember.

3 Write a brochure about a different extreme sport. Use the *How to write...* box to help you.

- 1 Write a plan.
- 2 Write your text.
- 3 Add more information.
- 4 Read and check your brochure. Check your spelling and punctuation.

How to write... a brochure

- Use a title to say what the brochure is about.
- Ask the reader questions.
- Use pronouns like *you* and *we* to talk to the reader.
- Remember that a brochure sells something, so make it sound as good as possible.

tip Writing

Strong adjectives

Use strong adjectives. Instead of *nice*, use *excellent* or *brilliant*. Instead of *bad*, use *awful* or *terrible*.

Use the word *really* before an adjective to make it stronger.

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