

4

Outdoor pursuits

Lessons 1–2 The land of adventure

1 Read the texts on Coursebook page 58 again. Choose the correct option to complete the sentences.

- 1 Maori were living in New Zealand *after* / *before* Europeans arrived.
- 2 'Aoteara' means 'land of the long *white* / *silver* cloud'.
- 3 *Europeans* / Maori called the country New Zealand.
- 4 Most New Zealanders live on the *North* / *South* Island.
- 5 Qualified instructors organise *all* / *some* of the activities.
- 6 Children can do *all* / *some* of the activities without an adult.



Match the places 1–5 to the information a–e.

1 Aoteara	a a harbour where you can swim with dolphins
2 Queenstown	b a lake that is north-east of a city on the South Island
3 Wanaka	c caves where you can see glowworms
4 Akaroa	d the Maori name for the country
5 Te Anau	e known as the 'Adventure Capital of the World'



3 Complete the words for outdoor pursuits.



1 h i k i ng



2 s _____ g



3 f _____ g



4 s _____ g



5 m _____ n
b _____ g



6 k _____ g



7 w ___ r
s ___ g

4 Match the beginnings (1–6) and endings (a–f) to make sentences.

1 Bungee jumping is when you jump

a out of a plane and you only open the parachute at the last minute.

2 Paragliding is when you jump

b downhill in a big plastic ball.

3 Zorbing is when you roll

c off a bridge with a long piece of elastic tied to your feet.

4 White-water rafting is when you go

d down a very fast river in an inflatable boat.

5 Sky diving is when you jump

e off a rock into a fast-flowing stream and then float on your back.

6 Canyoning is when you jump

f off a hill with a special parachute that lets you fly.



Lessons 3–4 Have you ever tried zorbing?

1 Match these activities to their explanations.

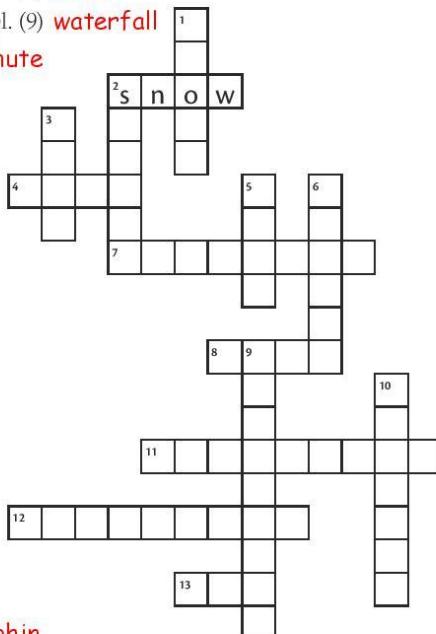
1	skateboarding	a	It's when you wear a mask so that you can see under the water.
2	falconry	b	It's when you run for fun or exercise.
3	snorkelling	c	It's when you train a bird for hunting.
4	jogging	d	It's when you ride on a board with wheels

2 Complete the crossword with words you have used in this unit.
Across

2 It's white and you can ski on it. (4) **snow**
 4 A large area of water surrounded by land. (4) **lake**
 7 A very high hill. (8) **mountain**
 8 A large hole in the side of a hill or under the ground. (4) **cave**
 11 A place where water goes over rocks to a lower level. (9) **waterfall**
 12 You need this if you jump out of a plane. (9) **parachute**
 13 It's all around you and you breathe it. (3) **air**

Down

1 The original inhabitants of New Zealand. (6) **maori**
 2 A small narrow river. (6) **stream**
 3 You travel in it on water. (4) **boat**
 5 A large town. (4) **city**
 6 A structure that is built over, for example, a river or a road; you can bungee jump from it. (6) **bridge**
 9 Queenstown in New Zealand is known as the 'Capital of the World'; it's a word meaning something exciting and perhaps a bit scary. (9) **adventure**
 10 A large, friendly and intelligent sea animal. (7) **dolphin**



3 Choose the correct option to complete the sentences. Then answer them.

 1 Have you ever (swim / swum) with dolphins? Yes, I have. / No, I haven't.

2 Have you ever (climb / climbed) a mountain? _____

3 Have you ever (had / has) a dream that's come true? _____

4 Have you ever (eaten / eat) a peanut butter sandwich? _____

5 Have you ever (watching / watched) a falconry demonstration? _____

6 Have you ever (was / been) in a traditional dance? _____

7 Have you ever (see / seen) a crocodile? _____

 **4** Reorder the words to make questions. Then answer them.

1 British food | Have | ever | tried | you | ?

Q Have you ever tried British food?

A Yes, I've had fish and chips. It was very nice. But I didn't like rice pudding.

2 anyone / told / Has / ever / a secret / you /

Q _____ ?

A _____

3 ever / you / Have / swum / more than a kilometer /

Q _____ ?

A _____

4 you / ever / eaten / a really big pizza / Have /

Q _____ ?

A _____

5 ever / your teacher / you / Has / out of the classroom / sent /

Q _____ ?

A _____

6 you / cooked / ever / Have / a meal /

Q _____ ?

A _____

Lessons 5–6 Alana goes to New Zealand

1 Add the words in the box to the travel word webs. Then add any more words that you can think of.



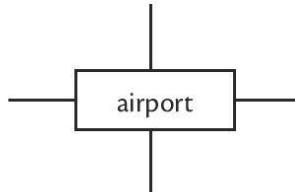
- helmet
- boarding pass
- ticket
- wetsuit
- plane
- waterproof jacket



baggage reclaim



sportswear and accessories



Match the beginnings 1–6 with the endings a–f to make sentences.

1 Your plane's	a kayaking.
2 I've packed	b on time.
3 I'll be waiting	c bring a helmet?
4 I've checked	d my bag.
5 I want to go	e for you.
6 Do I need to	f in online.

3 Complete the expressions with the correct words.



- set • just • minute • pleased
- time • can't • worry • soon

- 1 Don't worry.
- 2 See you _____.
- 3 I _____ wait!
- 4 We'll have a great _____!
- 5 I'm really _____ that you're coming.
- 6 I'm all _____.
- 7 See you in a _____.
- 8 I'm _____ waiting for my bag to come through.

4 Complete the messages with an expression from the box.



1 I've packed my bag. I've got my ticket and my boarding pass, so I'm all set.

- See you in a minute
- Don't worry
- I'm all set
- We'll have a great time!

2 I got your message. I'm fine. _____.
Everything will be OK.

3 We can go surfing tomorrow. I think the weather's going to be really good. _____. I can't wait.

4 I'm nearly there. _____.



Learning useful expressions

Some expressions are useful in a variety of situations and make your English sound more authentic. When you see or hear a useful expression, write it down and learn it as a complete phrase or sentence.

Choose some expressions from Activity 3 that you think will be useful and write them in your notebook.



Lesson 7 Practise and prepare

1 Complete the sentences with the words in the box.



• amazing • beach • kite • outdoor activities • pleased • sunglasses

- 1 I'm really _____ that you're coming – we'll have a great time!
- 2 There are lots of _____ that you can try in the UAE.
- 3 Have you ever flown a _____?
- 4 We'll go to the _____ when you're here.
- 5 Just bring some _____ and a cap; it's going to be sunny!
- 6 I really like watching falconry demonstrations, they're _____!



2 Put the sentences in order to make a short conversation.

- a I've seen one of those! I think you'll have a great time. _____
- b On the beach. It's really popular. _____
- c I think we'll fly kites. _____
- d I'm going to visit my friend in the UAE next month. _____ 1
- e Where can you go kite flying? _____
- f What else are you going to do? _____
- g We're also going to watch a falconry demonstration. _____
- h I know, I can't wait! _____
- i Great! What are you going to do there? _____

Self-assessment

3 Can you do all of these tasks?

- I can talk about outdoor sports and activities.
- I can use the present perfect simple with *ever* to ask and answer questions about outdoor sports and activities.
- I can read and understand emails and text messages about holiday plans.
- I can write a short paragraph to describe holiday plans.

Reflect on your learning

4 Think about the activities you have completed in this unit so far. Write answers to these questions.

- What new words and phrases did you learn?
- What did you do well?
- What did you find difficult?

Lessons 8–9 What are your plans?

1 Match the sentences to the grammar rules about expressing the future.

1 Your ticket will arrive tomorrow.	4 He's going to buy a wetsuit.
2 Be careful! You're going to fall.	5 We'll probably stay at the beach until 6 o'clock.
3 The plane arrives at 3.30 pm.	6 I'm having my first windsurfing lesson on Saturday.

a Use the present continuous for fixed arrangements:	_____
b Use <i>going to</i> for <ul style="list-style-type: none"> i plans and intentions: ii predictions based on what you know or can see: 	_____
c Use <i>will</i> for <ul style="list-style-type: none"> i giving information about the future: ii predicting what we think or guess will happen: 	<i>Your ticket will arrive tomorrow.</i> _____
d Use the present simple for timetables and schedules:	_____

2 Circle the correct option in each sentence..

1 Hurry up! We <u>miss</u> / <u>We're going to miss</u> the bus.	3 I think <u>I will</u> / <u>I am</u> sneeze.
2 What <u>are you going to do</u> / <u>do you do</u> next weekend?	4 I think <u>it snows</u> / <u>it's going to snow</u> later.
	5 The school year <u>starts</u> / <u>is starts</u> in September.





4: Outdoor pursuits

3 Put the words in the correct order to make sentences.

- 1 tomorrow / I'm / tennis / play / going to
I'm going to play tennis tomorrow.
- 2 falconry demonstration / going to / I'm / watch / next week / a / .
- 3 tomorrow morning / bus / at / 10 o'clock / leaves / My / .
- 4 try / I / I'll / kayaking / Tuesday / think / on / .
- 5 old friends / seeing / I'm / tomorrow afternoon / .
- 6 soon / raining / going to / It's / start / .



4 Use the information in the table on Coursebook page 66

Activity 5 to write sentences about your plans for tomorrow and the day after.
Then write sentences about your partner's plans.

My plans

My partner's plans

Lessons 10–11 My heroic adventures

1 Find the correct word in the box for each of these definitions.



• blog • challenge • coast • desert • dune • marathon • tent

- 1 marathon : a long-distance running race
- 2 _____ : an area, covered with sand, where there is very little rain
- 3 _____ : the land next to the sea
- 4 _____ : a shelter made of canvas that you can carry with you
- 5 _____ : a regular record of your experiences that you put on the Internet
- 6 _____ : something that needs great effort, and tests your ability

2 Complete the newspaper article with the correct form of the words from Activity 1.



NEW RUNNING ADVENTURE FOR 'HEROIC' MANSOUR

Local man, Mansour Al Raes, is famous for doing heroic ¹ challenges. He has swum in the Arabian Gulf and he has ridden his bike through the seven emirates in five days. Next week, he will start a new adventure, and it won't be easy. He's going to run in an ultra ² _____ across the ³ _____ in Oman. The full distance is 165 km, from Bidiyah to the ⁴ _____ of the Arabian Sea, and it will take six days to complete. He and the other runners will run over sand ⁵ _____ in very high temperatures.

They will be sleeping in ⁶ _____, but one night they will be running through the night. Mansour says it will be wonderful. You can find out more about his running challenge on his ⁷ _____ 'My Heroic Adventures'. Good luck, Mansour! We hope you have a great time.



TOP

1 challenges; 2 mar;

4: Outdoor pursuits

3 Re-order the letters to make adjectives.

1 x g t n i e c	exciting
2 o s e r n a d g u	_____
3 u o t h g	_____
4 f l n p a u i	_____
5 c e i n r d b l e i	_____
6 z a a m g i n	_____



4 Match the beginnings and endings to make sentences from Mansour's radio interview.

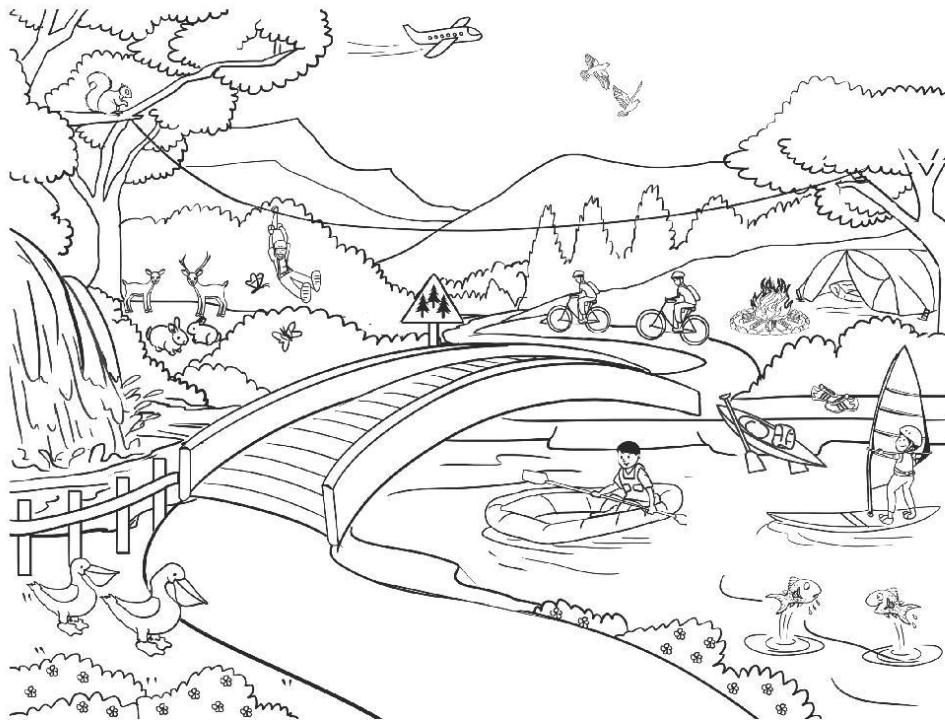
1 I ran in an ultra marathon	f
2 We ran between 20 and 40 km each day,	—
3 Yeah, it was so hot sometimes	—
4 I really enjoyed talking	—
5 My other favourite part was	—
6 Running over desert plains in the middle of the night,	—
7 After so much sand,	—
8 I love canyoning and white-water rafting,	—
9 I think it will be dangerous,	—

a to the other runners.
b and also a lot of fun.
c I want my next challenge to be in the water.
d and we slept in tents at night.
e when we ran one of the stages during the night.
f across the desert.
g that it was very difficult to run.
h it was an incredible experience!
i so for my next exciting adventure I'm going to try kayaking at the River Nile Festival in Uganda.

Lessons 12–13 **Surviving in the great outdoors**

1 Find the following in the picture. Write the words on the picture in the correct places.

• tent	• mountain bike	• inflatable boat	• wetsuit
• sleeping bag	• path	• wildlife	• pair of trainers
• fish	• bridge	• tree tops	• kayak
• lake	• waterfall	• helmet	• life jacket
• campfire	• plane	• windsurfer	• zip lining



4: Outdoor pursuits

2 Read about *-ing* forms in the Coursebook (page 70). Then write the *-ing* form of the verbs in the chart.



begin	beginning	follow	put
build		forget	ride
buy		get	run
choose		give	see
come		have	sing
cook		identify	sit
cut		leave	stay
do		let	swim
drive		listen	take
fall		make	win

3 Complete the conversation using suitable verbs from Activity 2 in the *-ing* form.



Teacher: Now remember, ¹ staying together is important and so is ² listening to the instructors. Right, the first thing we'll do is put up our tents.

Student: But I'm no good at ³ up a tent.

Teacher: Don't worry. The instructors will help you.

Student: What do we do after lunch?

Teacher: You can do water sports.

Student: Oh, I'm no good at water sports. I don't like ⁴ into the water.

Teacher: That's OK. You can do some of the forest trail activities.

Student: What are forest trail activities, Miss?

Teacher: Well, ⁵ a trail and ⁶ trees and plants and wildlife. Or there's mountain biking. And then it'll be 6 o'clock and time for supper.

Students: Mmm.

Teacher: And the good news is ... we're cooking our own supper – over a campfire.

Student: Wow!

Teacher: Yes, ⁷ a campfire and ⁸ over it are important survival skills. And ⁹ songs around the fire is really fun.

Lesson 14 Practise and prepare

1 Complete the sentences with the words in the box.



• bring • **running** • flying • swimming • tried

- 1 Running on the beach is a great way to keep fit.
- 2 You can enjoy _____ kites with friends.
- 3 Why not try _____ with dolphins?
- 4 Have you ever _____ surfing?
- 5 Don't forget to _____ your snorkel!

2 Match these questions and answers to make a conversation.



1 What will visitors be able to do at the Seaside Activity Centre?	a We're also going to offer surfing lessons.
2 What else can they do?	b They'll be able to swim with dolphins and go snorkelling.
3 Where are they going to stay?	c We haven't decided on prices yet, but it won't be too expensive.
4 How much will it cost?	d We think it will be very popular with school trips.
5 Who do you think will want to come?	e We're going to provide tents, and there'll also be a small hotel.

Self-assessment

3 Can you do all of these tasks?

- I can use a variety of future forms to describe future plans.
- I can read and understand a blog about a future sports challenge.
- I can ask for information about a future school trip. I can read and understand an advert about a product.

Reflect on your learning

4 Think about the activities you have completed in the last seven lessons. Write answers to these questions.

- Which kinds of activities did you find the most challenging: vocabulary, speaking, listening, reading or writing? Why?
- What do you think you can do to improve your skills in this type of activity?

4: Outdoor pursuits

Lesson 15 Poetry

 1 Match the words that rhyme.

1	sun
2	time
3	hot
4	cold
5	bad
6	night
7	went
8	great
9	play

wait	a
kite	b
lot	c
climb	d
day	e
tent	f
sad	g
hold	h
fun	i

2 Write pairs of sentences that rhyme. Use the words in Activity 1 to help you.

I love playing outdoors in the sun.

Running, jumping, it's always fun.