

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' |



اجابات وحدة

Outdoor pursuits

لمادة اللغة الانجليزية الصف السابع الفصل الاول المنهاج الاماراتي

3 Complete the words for outdoor pursuits.



1 h i k i n g



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.

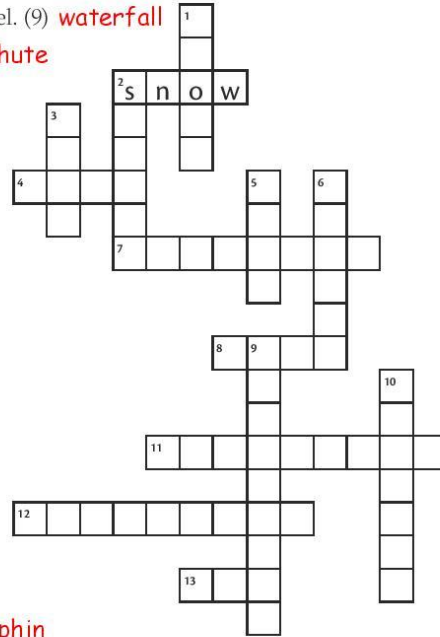
- | | |
|-----------------|--|
| 1 skateboarding | a It's when you wear a mask so that you can see under the water. |
| 2 falconry | b It's when you run for fun or exercise. |
| 3 snorkelling | c It's when you train a bird for hunting. |
| 4 jogging | d It's when you ride on a board with wheels |

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

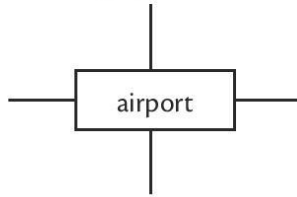
- 1 Add the words in the box to the travel word webs. Then add any more words that you can think of.



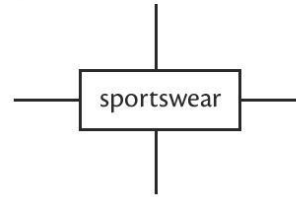
• helmet • boarding pass • ticket • wetsuit • plane • waterproof jacket



baggage reclaim



sportswear and accessories



- 2 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.

- 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. _____.

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

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 read and understand emails and text messages about holiday plans. |
| • I can use the present perfect simple with <i>ever</i> to ask and answer questions about outdoor sports and activities. | • 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	
i plans and intentions:	_____
ii predictions based on what you know or can see:	_____
c Use <i>will</i> for	
i giving information about the future:	<i>Your ticket will arrive tomorrow.</i>
ii predicting what we think or guess will happen:	_____
d Use the present simple for timetables and schedules:	_____

2 Circle the correct option in each sentence..

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



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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.



TO

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.

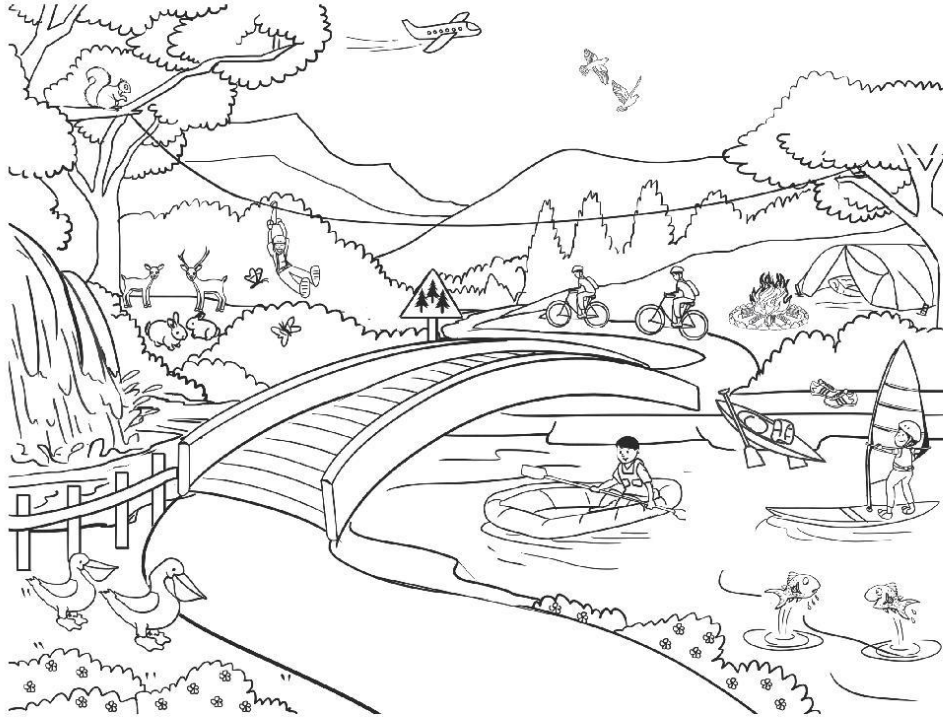
h it was an incredible experience!

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	<i>beginning</i>	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 ask for information about a future school trip. I can read and understand an advert about a product.
- I can read and understand a blog about a future sports challenge.

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?

Lesson 15 Poetry

1 Match the words that rhyme.

1	sun		wait	a
2	time		kite	b
3	hot		lot	c
4	cold		climb	d
5	bad		day	e
6	night		tent	f
7	went		sad	g
8	great		hold	h
9	play		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.
