Unit 10 Pushing the limits

Grammar
Past perfect simple and continuous



Discuss

1 Look carefully at the photographs of the Himalayas and discuss these questions.

a What qualities would a person need to survive in these conditions?
b What difficulties and problems would you face if you attempted to spend time in these conditions?

Read

2 Before reading, think of as many words as possible related to the unit and the text opposite. Use the title of the text, the pictures on both pages, and the unit title to provide hints. Record your ideas in a word map, like the one shown below.



3 Read the report and say whether these statements are True (T) or False (F)? Justify your answers.

a Zaid Al Refai was the first Arab man to climb the tallest mountain on every continent. _____ ☐
b After climbing Mount Aconcagua, Al Refai decided to retire. _____ ☐
c Al Refai was nervous about climbing Mount Everest because he was inexperienced. _____ ☐
d The weather on Mount Everest was extremely poor. _____ ☐

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English 4 All



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Pushing the limits
(Craving Adventures)

Reasons

- to look for fame
- to be the center of attention
- to develop skills
- to overcome fears
- to set records
- to gain money
- to be superheroes



Qualities needed

- confidence
- fitness
- patience
- strength
- determination
- respect to nature
- courage
- strong will

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Equipment needed

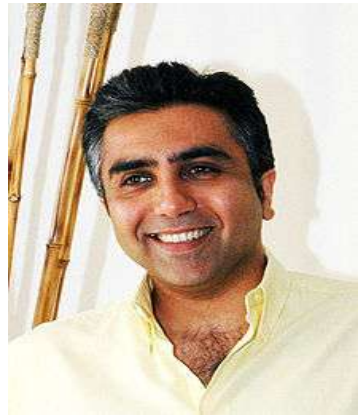
- confidence
- fitness
- patience
- strength
- determination
- respect to nature
- courage
- strong will

Problems faced

- exhaustion
- lack of oxygen
- avalanches
- sickness
-frostbite
- injury
- getting lost
- bad/extreme weather
- losing contact

Famous challengers

- Zeddy Al-Refai
- Steve Fossett



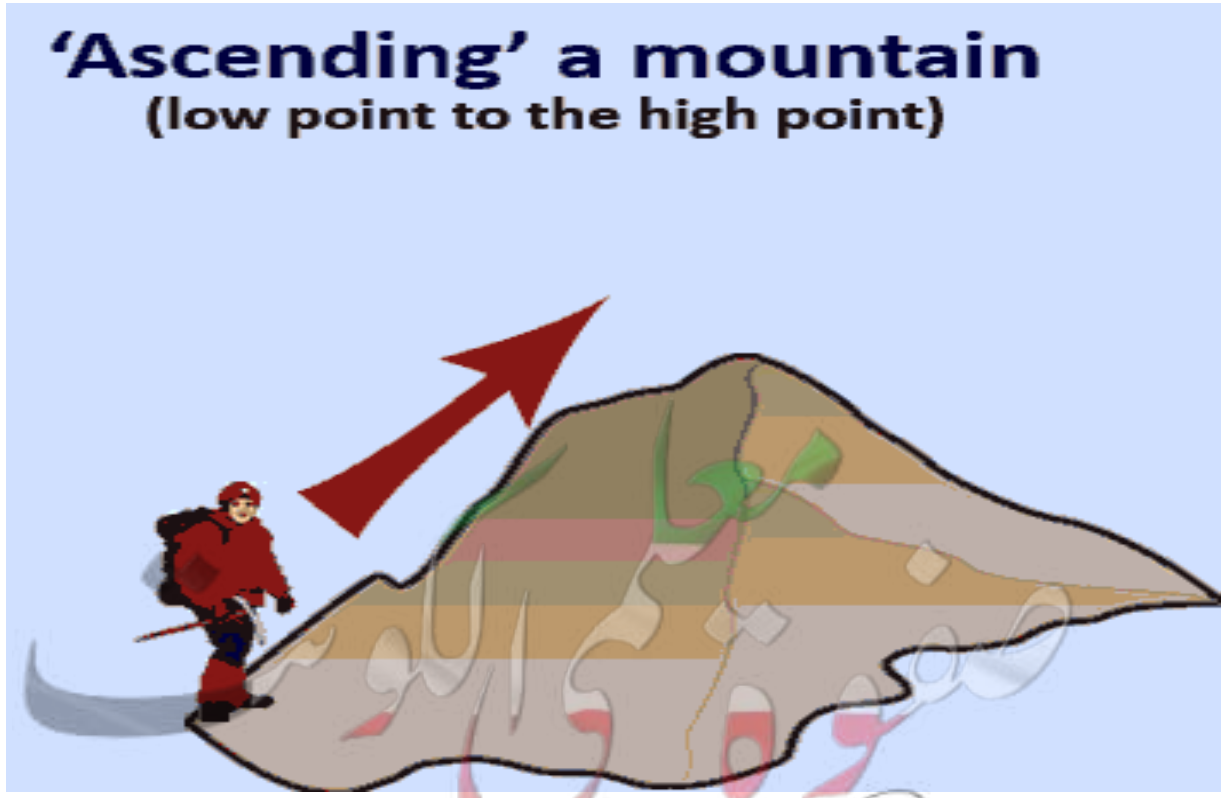


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ascend

V.

to climb to the summit of a (mountain or hill)



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scale

V.

to climb up or over(something high and steep)



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attempt

n.

an effort to surpass a record or conquer a mountain



summit

n.

the highest point of a hill or mountain



exhaustion

n.

a state of extreme physical or mental fatigue

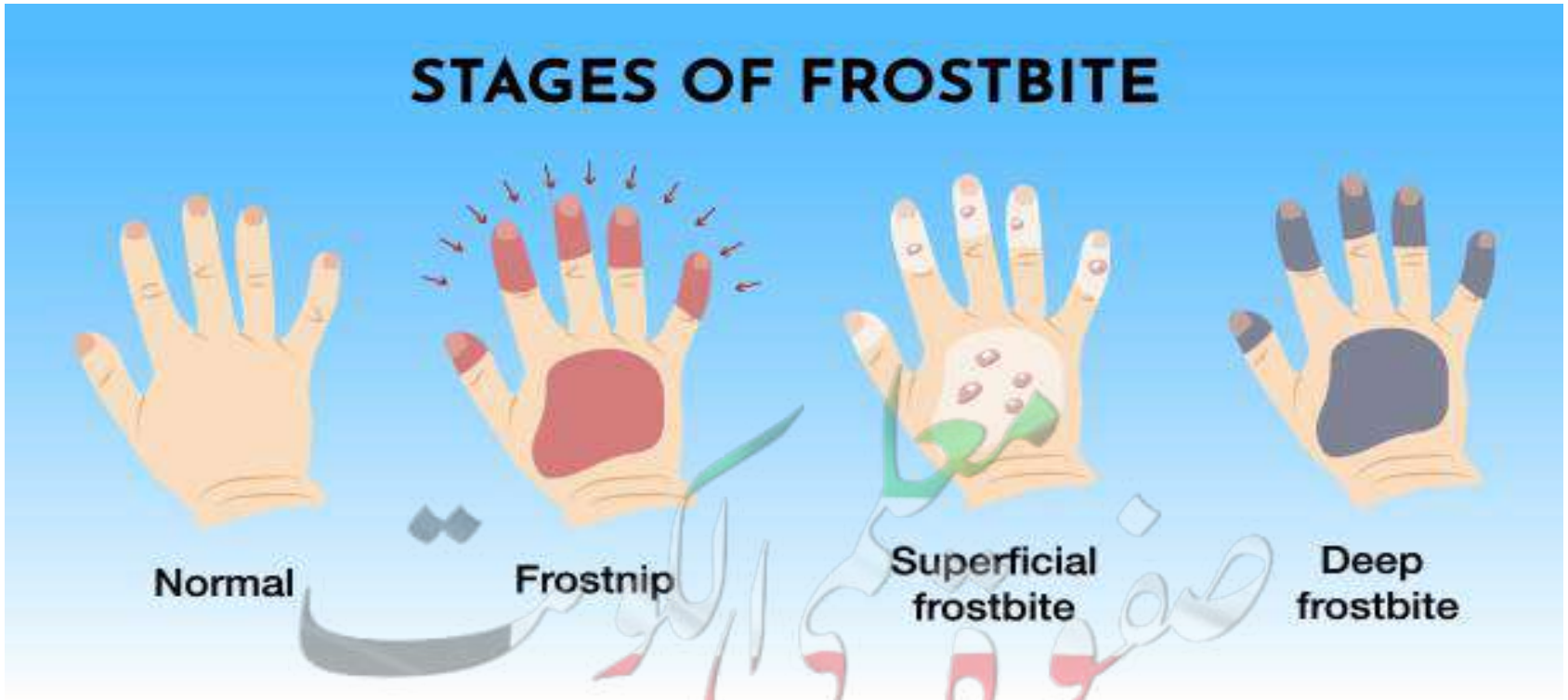


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Frost-bite

n.

injury to body tissues caused by exposure to extreme cold



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extreme

Adj.

reaching a high or the highest degree; very great



dizzying

Adj.

make (someone) feel unsteady, confused, or amazed



elite

n.

a group of people considered to be the best in a particular society or category, esp. because of their power, talent, or wealth



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highlight

V.

pick out and emphasis



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perilous

Adj.

full of danger or risk



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reconstruction

n.

the action or process of rebuilding something after it has been damaged or destroyed



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Discuss

1 Look carefully at the photographs of the Himalayas and discuss these questions.

a What qualities would a person need to survive in these conditions?

He should be patient, brave, fit, courageous, have self determination, well prepared, have strong will and stamina, have deep respect to nature.

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Discuss

1 Look carefully at the photographs of the Himalayas and discuss these questions.

a What qualities would a person need to survive in these conditions?

b What difficulties and problems would you face if you attempted to spend time in these conditions?

b- He might face **exhaustion, lack of oxygen, avalanches, sickness, frostbite, injury, getting los, bad/extreme weather and losing contact.**

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Read

2 Before reading, think of as many words as possible related to the unit and the text opposite. Use the title of the text, the pictures on both pages, and the unit title to provide hints. Record your ideas in a word map, like the one shown below.



perilous

challenge

adventure

extreme

dizzying

strong will

determination

Frost-bite

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The seven summits

On February 5th, 2004, Kuwaiti climber Zed 'Zeddy' Al Refai became the first Arab man to ascend the highest mountain on every continent. He had reached the top of Mount Aconcagua in Argentina, South America, in four days. This was five years after he had climbed Mount McKinley, the highest peak in North America. Apart from exhaustion and a little frost-bite, Zeddy was in good health and very happy to have joined the elite 'seven summit' club.

These seven summits include Mount Everest, the highest mountain on Earth. Zeddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

Zeddy showed his determination. He had been preparing for his second attempt for many months, and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perilous and for much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Zeddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in the sport.



The year after climbing Aconcagua, Zeddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquake and take part in reconstruction efforts.

You may think that Zed Al Refai had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.

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3 Read the report and say whether these statements are True (T) or False (F)? Justify your answers.

a Zed Al Refai was the first Arab man to climb the tallest mountain on every continent.

He was the first to ascend the highest mountain on every continent. T

b After climbing Mount Aconcagua, Al Refai decided to retire.

He climbed Matterhorn two years after Mount Aconcagua. F

c Al Refai was nervous about climbing Mount Everest because he was inexperienced.

He was very experienced, but he was still nervous. F

d The weather on Mount Everest was extremely poor.

The conditions were perilous. T

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Thank you

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English Department

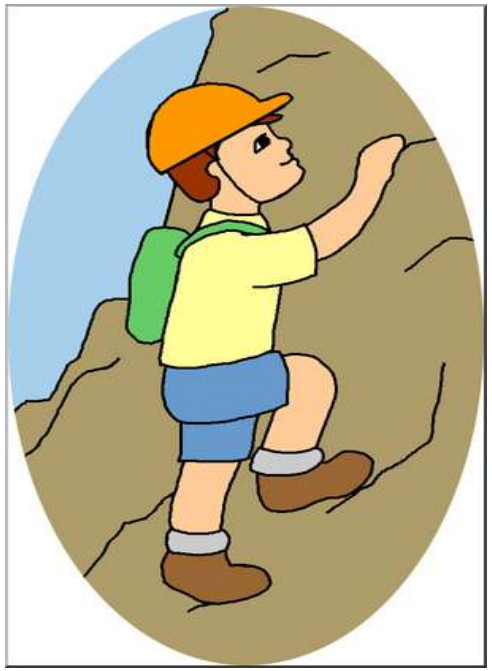
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HOD Mr. Hesham Al- Sakhawi





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Unit 10 Pushing the limits

The seven summits

On February 5th, 2004, Kuwaiti climber Ziad 'Ziddy' Al Refai became the first Arab man to submit the highest mountain on every continent. He first reached the top of Mount Aconcagua in Argentina, South America, in four days. This was five years after he had climbed Mount McKinley, the highest peak in North America. Apart from exhaustion and a little frost-bite, Ziddy was in good health and very happy to have joined the elite 'seven summits' club.

These seven summits include Mount Everest, the highest mountain on Earth. Ziddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

Ziddy showed his determination. He had been preparing for his second attempt for many months and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perilous and for much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Ziddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in this sport.

The year after climbing Aconcagua, Ziddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquake and take part in reconstruction efforts.

You may think that Ziad Al Refai had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.

How many of the difficulties and problems you discussed in 1b are mentioned in the report?

Check your understanding

Suggest explanations for these extracts from the report.

a He was nervous despite the fact that he was an experienced climber.

b Ziddy's first attempt at Everest had almost ended in calamity ...

c ... but he knew he had a great team supporting him and this helped him to keep going.

What do the words in bold in these extracts from the report refer to?

a He knew it would be the hardest thing he had **ever done**. ... (lines 21-22)

b You may think that Ziad Al Refai had had enough of mountains after all **these expeditions**. ... (lines 44-46)

c the **following year** he scaled the Matterhorn ... (lines 46-47)

Think and speak Giving personal opinion

Discuss these questions with other students.

a What kind of preparations do people have to make before they go on expeditions like the one you have read about?

b Would you be interested in doing something as physically and mentally demanding as Ziad Al Refai's climb up Mount Everest? Why or why not?

Words to remember

79

U 10 L 2 SB P79

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✍**Fill in the spaces with words from the list :**

ascend \ attempt \ elite \ dizzying \ exhaustion

1. Aziz felt ill with ……**exhaustion**……..
2. Ali failed his driving test on the first …**attempt**…… but he succeeded on the second one.
3. The tower rose to ……**dizzying**…… heights.
4. She believed that when she died, her soul would ……**ascend**…. to heaven.
5. Dr. Ma'soma Al- Mubarak is one of the country's educated ……**elite**

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✍ **Fill in the spaces with words from the list :**

highlights \ reconstruction \ perilous \ scaled \ summit

1. Kuwait made a great progress in the **reconstruction** of old buildings.
2. She made a **perilous** journey across the mountains.
3. The prisoner **scaled** the high prison wall and ran off.
4. Ahmad set the record to reach the **summit** of Mount Everest.
5. The report **highlights** the need for improved safety.

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A mountain climber may face perilous conditions and problems. Give some examples.

Extreme cold and strong winds

Frost-bite and exhaustion

Low levels of oxygen and dizzying heights

What can be learnt from expeditions of challenges?

We learn how to save a life.

We learn patience, determination, stamina and strong well

Respecting nature and working as a team

The seven summits

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These seven summits include Mount Everest, the highest mountain on Earth. Zeddy's first attempt at Everest had almost ended in calamity and a member of his team had to carry him down the mountain and save his life.

Zeddy showed his determination. He had been preparing for his second attempt for many months, and in 2003 he was able to get to the top of Mount Everest. He knew it would be the hardest thing he had ever done and was nervous despite the fact that he was an experienced climber. Conditions were perilous and for much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen, but he was able to reach the top. It was very difficult, but he knew he had a great team supporting him and this had helped him to keep going.

One of Zeddy's aims in climbing the seven peaks was to highlight the importance of protecting the environment in the Gulf region and to inspire other Arabs to become involved in the sport.



The year after climbing Aconcagua, Zeddy travelled to the mountains in Pakistan to help his fellow Muslims following the huge earthquake and take part in reconstruction efforts.

You may think that Zed Al Refai had had enough of mountains after all these expeditions, but the following year he scaled the Matterhorn, a difficult and dangerous mountain in Switzerland.

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4 How many of the difficulties and problems you discussed in 1b are mentioned in the report?

Difficulties and problems might include exhaustion, lack of oxygen, avalanches, sickness, injury, getting lost, losing contact with the outside world and the extreme cold.



Check your understanding



5 Suggest explanations for these extracts from the report.

a He was nervous despite the fact that he was an experienced climber.

He was nervous because he knew how dangerous the expedition would be.

b Zeddy's first attempt at Everest had almost ended in calamity ...

He had to be carried down the mountain by a member of his team.

c ... but he knew he had a great team supporting him and this helped him to keep going.

He had an experienced team that he relied on for support.

6 What do the words in bold in these extracts from the report refer to?

a He knew **it** would be the hardest thing he had ever done.. **climbing Mount Everest**

b You may think that Zed Al Refai had had enough of mountains after all **these expeditions**... _____ (lines 44-46) **his climbing of the seven summits**

c the **following year** he scaled the Matterhorn... _____ (lines 46-47) **the year after visiting Pakistan**



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Think and speak **Giving personal opinion**



Discuss these questions with other students.

a What kind of preparations do people have to make before they go on expeditions like the one you have read about?

Taking enough water and food with lots of equipment with GPS device and wireless connection.

Taking a first aid kit, a tent, a compass, a video camera, a radio and a map.

b Would you be interested in doing something as physically and mentally demanding as Zed Al Refai's climb up Mount Everest? Why or why not?

Yes, I like adventure, curiosity and challenge.

I'd love to explore the world and learn new things in life to satisfy my desire to compete.

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Thank you

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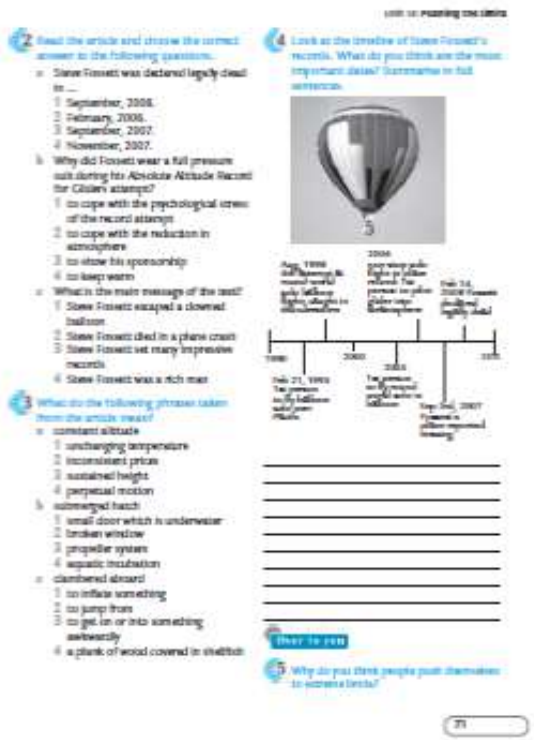
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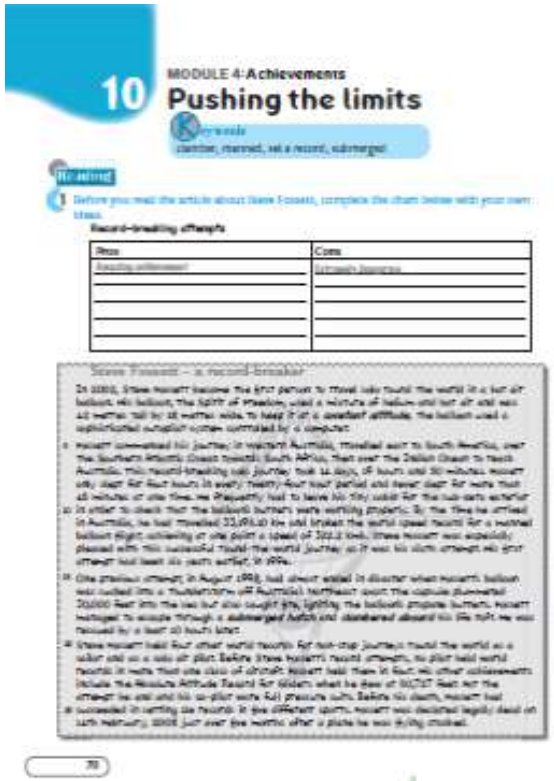
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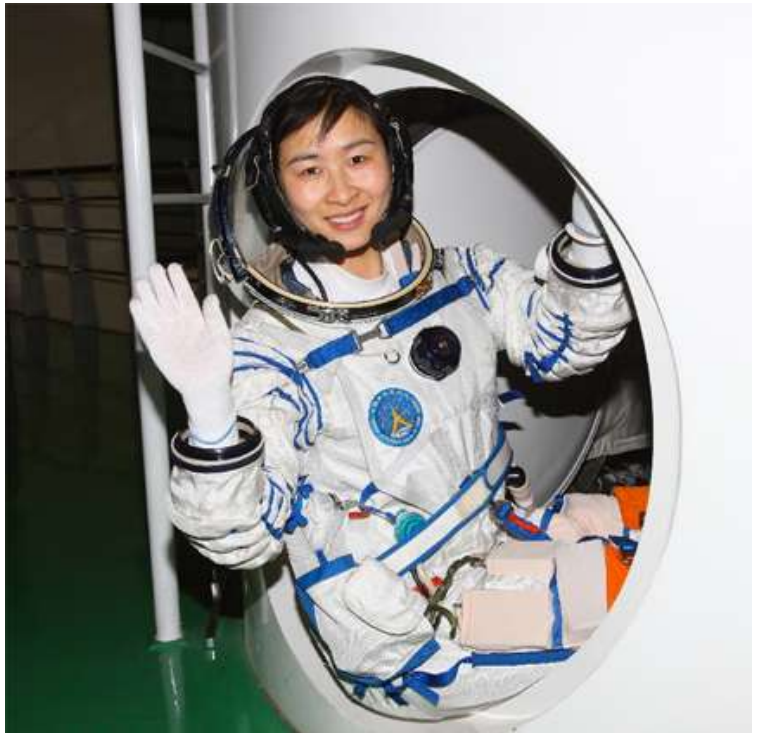




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U 10 L 3 WB P 70- 71

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Record breaking attempts

Pros

- amazing achievement
- being famous
- breaking daily routine
- gaining self-confidence
- gaining money
- being a superhero

Cons

- costs a fortune
- being seriously injured
- costs a life
- risky & dangerous

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clamber

V.

to move /climb slowly using hands and feet because of difficulty



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manned

Adj.

run or operated by human control



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set a record

exp.

to reach a new limit



submerged

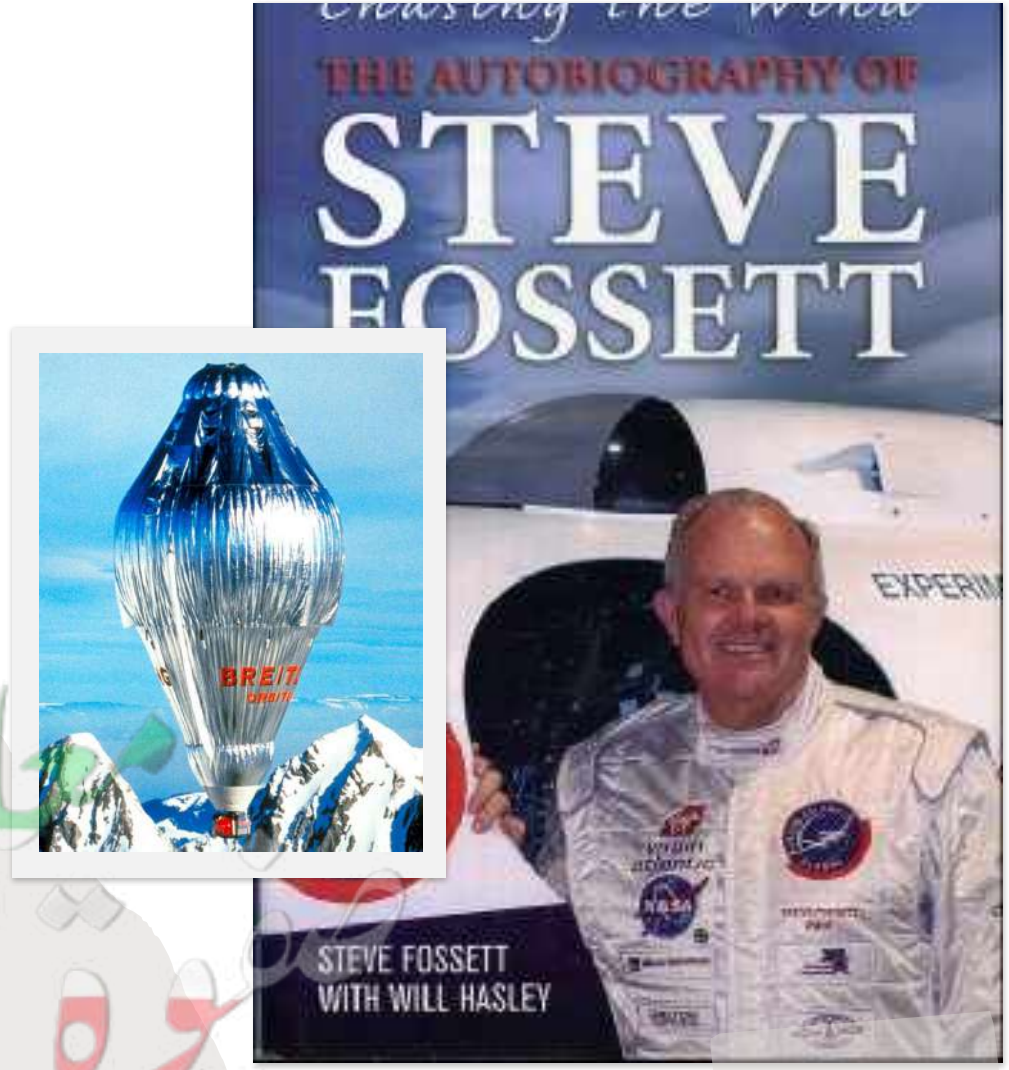
Adj.

under water



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Steve Fossett – a record-breaker



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1 Before you read the article about Steve Fossett, complete the chart below with your own ideas.

Record-breaking attempts

Pros	Cons
Amazing achievement	Extremely dangerous
Gaining fame	Exposure to death
Earning money	Causing disability
Enjoying new adventures	Having injuries
Acquiring new skills	Fear of failure

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Steve Fossett – a record-breaker

In 2002, Steve Fossett became the first person to travel solo round the world in a hot air
mixture of helium and hot air and was
constant altitude, the balloon used a
puter.

ia, travelled east to South America, over
, then over the Indian Ocean to reach
4 days, 19 hours and 50 minutes. Fossett
r period and never slept for more than
e his tiny cabin for the sub-zero exterior
working properly. By the time he arrived
oken the world speed record for a manned
22.2 kmh. Steve Fossett was especially
ney as it was his sixth attempt. His first

ended in disaster when Fossett's balloon
theast coast. The capsule plummeted
ing the balloon's propane burners. Fossett
nd ***clambered aboard*** his life raft. He was

on-stop journeys round the world as a
record attempts, no pilot held world
held them in four. His other achievements
hen he flew at 50,727 feet. For the
suits. Before his death, Fossett had
ports. Fossett was declared legally dead on
plane he was flying crashed.

2 Read the article and choose the correct answer to the following questions.

a Steve Fossett was declared legally dead in ...
1 September, 2008.
2 February, 2008.
3 September, 2007.
4 November, 2007.

b Why did Fossett wear a full pressure suit during his Absolute Altitude Record for Gliders attempt?
1 to cope with the psychological stress of the record attempt
2 to cope with the reduction in atmosphere
3 to show his sponsorship
4 to keep warm

c What is the main message of the text?
1 Steve Fossett escaped a downed balloon
2 Steve Fossett died in a plane crash
3 Steve Fossett set many impressive records
4 Steve Fossett was a rich man

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3 What do the following phrases taken from the article mean?

a constant altitude
1 unchanging temperature
2 inconsistent prices
3 sustained height
4 perpetual motion

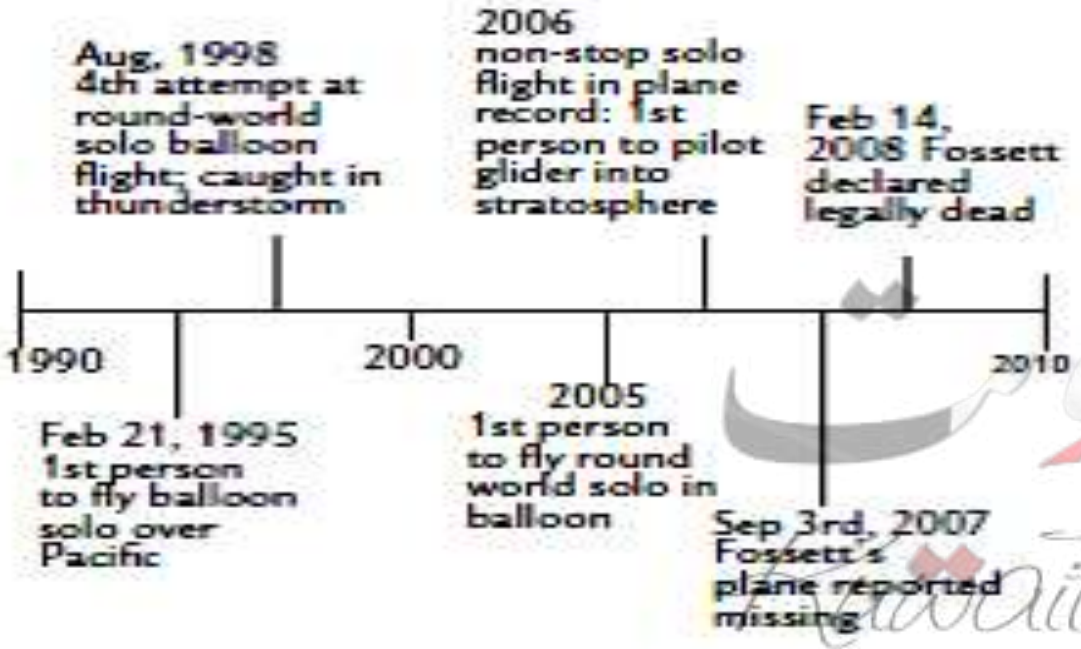
b submerged hatch
1 small door which is underwater
2 broken window
3 propeller system
4 aquatic incubation

c clambered aboard
1 to inflate something
2 to jump from
3 to get on or into something awkwardly
4 a plank of wood covered in shellfish

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4 Look at the timeline of Steve Fossett's records. What do you think are the most important dates? Summarise in full sentences.





Steve Fossett is a famous record breaker known to be the first person to travel solo around the world in a hot air balloon. He had succeeded to set about 116 records in five different sports. In 1995, Steve Fossett was the first person to fly balloon solo over the Pacific Ocean. He was the first person to fly around the world solo in a balloon in 2005. He was announced the first one to pilot a glider into a stratosphere.

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Over to you

5 Why do you think people push themselves to extreme limits?

- They are looking for fame
- They like to be a centre of attention
- To develop their potentials and skills
- To overcome their fears and worries
- To develop their physical ability
- To build their confidence and self esteem
- To feel superheroes

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Thank you



Nasser Al-Saeed Sec. School For Boys

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English Department

Under the auspices of :

HOD Mr. Hesham Al- Sakhawi

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Grammar • **Past perfect simple and continuous** Grammar reference pages 126 – 127

1 Read extracts 1-4 from the report about Zed Al Refai and answer these questions.

a Which verb tense is used in these extracts? _____

b Which main event do they provide background for? _____

1 He had reached the top ...
2 ... the hardest thing he had ever done ...
3 ... and this had helped him to keep going.
4 You may think that Zed Al Refai had had enough of mountains ...

2 Read two more extracts and answer these questions.

a Which verb tense is used in these extracts? _____

b How is this verb tense formed? _____

1 For much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen ...
2 He had been preparing for his second attempt for may months ...

c Which of these ideas do these verbs express?
- The action was repeated / the action happened once
- The action was continuous / the action was completed

3 Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.

a When he arrived, Zed Al Refai was fatigued. (climb / four days)
He'd been climbing for four days.
b When he reached the top, he was exhilarated. (join / 'seven summit' club)
c Mr Al Refai carried oxygen with him. (oxygen levels / be / dangerously low)
d He knew he would succeed, despite the very austere weather conditions. (great team / support)
e Mr Al Refai was afflicted with frost-bite. (temperatures / be / extremely low)
f Despite his experience, he was very nervous. (know / hard thing / ever do)

4 Working with a partner, discuss what might have happened leading up to these events and then write sentences using verbs in the past perfect simple or continuous. (You will need to use your imagination.)

a On May 13, 1999, a Japanese college student, Ken Noguchi, became the youngest person to reach the summit of Mount Everest.
Before he climbed Everest, Ken Noguchi had ascended many other mountains. In fact, he first started climbing mountains since he was 8.

b In 1986, Michael Asher was the first westerner to traverse the Sahara Desert from west to east on a camel. Before he set off on his journey across the Sahara, Michael Asher had learnt how to ride a camel.



80

U 10 L 4 SB P 80

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exhilarated

Adj.

feel very happy





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Adj.

fatigued

tired



afflicted

Adj.

affected in an unpleasant, painful way



traverse

V.

to travel across or through





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austere

Adj.

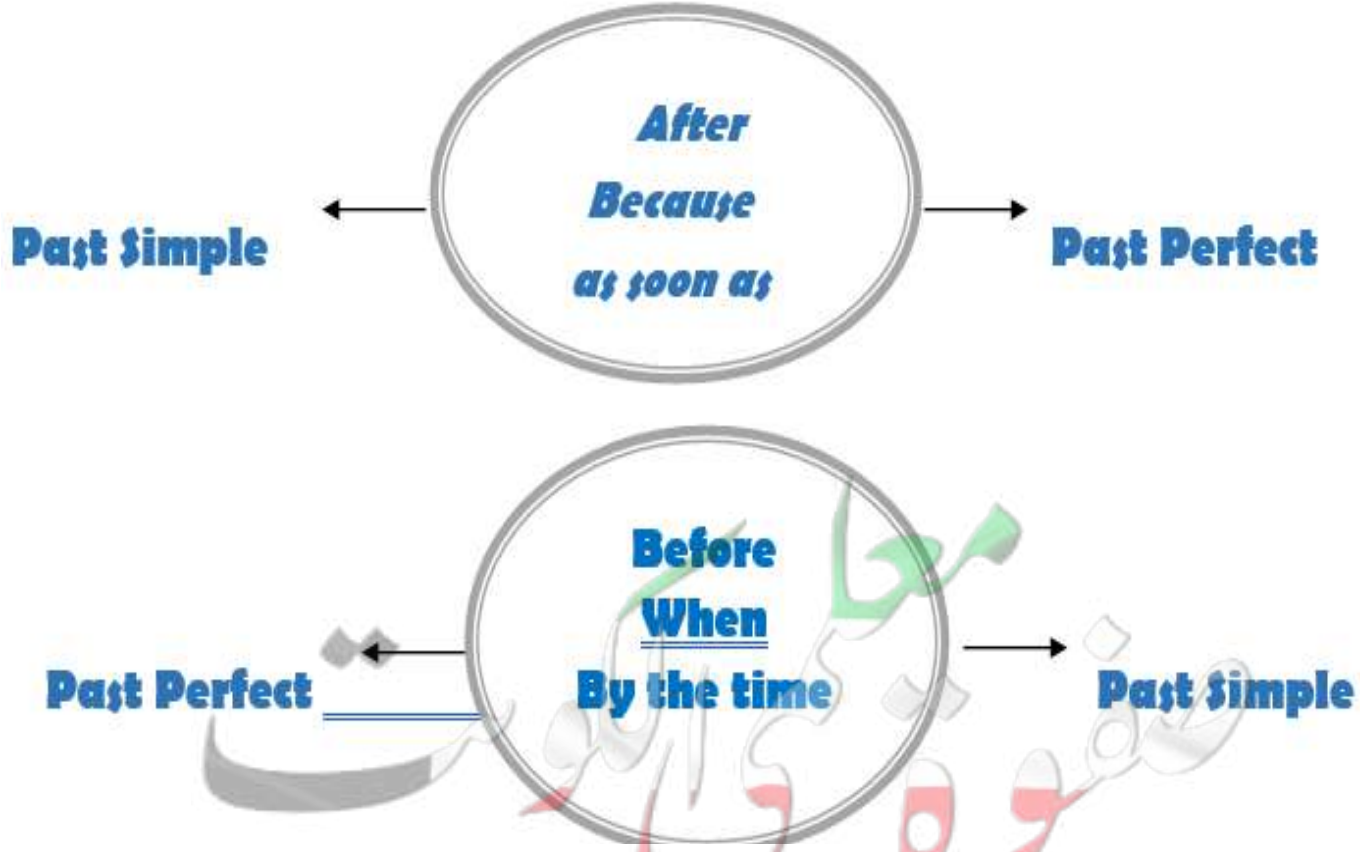
severe in appearance



Grammar • Past perfect simple and continuous Grammar reference pages 126 – 127



(Past Perfect Simple & Past Perfect Continuous)



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Past Perfect	Past Perfect Continuous
She went out after she had done the HW.	She went out after she had done the HW. for three hours.
(had) + V. (P.P.)	(had) + been + V. + ing

Key Words

After – Before – When- Because As soon as –- By – By the time	For – since – all

Ex: Before they **came**, they **had bought** a present.

Ex: We **had been trying** to open the door for five minutes **when** Jane **found** her key.

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(Past Perfect Continuous had been+ V + ing)

Unlike the present perfect continuous, which indicates an action that began in the past and continued up to the present, the past perfect continuous is a verb tense that indicates something that began in the past, continued in the past, and also ended at a defined point in the past.

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✍Choose the right option:

1. Martha ..had been walking.. three miles a day before she broke her leg.

a. had been walking **b- worked** **c- work** **d- worked**

2. The program that was terminated ..had been working.. well since 1945.

a. work **b- had been working** **c- worked** **d- works**

3. Cathy ..had been playing.. the piano for 35 years when she was finally asked to do a solo with the local orchestra.

a. had been playing **b- play** **c- played** **d- playing**

4. We ..had been trying.. to open the door for five minutes when Jane found her key.

a. had been trying **b- trying** **c tries** **d- tried**

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1 Read extracts 1-4 from the report about Zed Al Refai and answer these questions.

a Which verb tense is used in these extracts? _____

b Which main event do they provide background for? _____

1 He had reached the top .. 1- Past perfect simple

2 ... the hardest thing he had ever done .. 2- Past perfect simple

3 ... and this had helped him to keep going. 3-Past perfect simple

4 You may think that Zed Al Refai had had enough of mountains 4- Past perfect simple

1- The main event behind this background information (he scaled Mount Aconcagua)

2- (climbing the mountain)

3- (his team supporting him)

4- (he had climbed so many)

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2 Read two more extracts and answer these questions.

a Which verb tense is used in these extracts? past perfect continuous

b How is this verb tense formed? had been + past participle

1 For much of the climb he had been fighting extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen ...

2 He had been preparing for his second attempt for may months ...

c Which of these ideas do these verbs express?

- The action was repeated / the action happened once — The action was repeated
- The action was continuous / the action was completed — The action was continuous

3 Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.

a When he arrived, Zed Al Refai was fatigued. (climb / four days)

He'd been climbing for four days.

b When he reached the top, he was exhilarated. (join / 'seven summit' club)

He had joined the 'seven summit' club.

c Mr Al Refai carried oxygen with him. (oxygen levels / be / dangerously low)

Oxygen levels had been dangerously low.

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3 Suggest explanations for these facts about Zed Al Refai's climb using the words in brackets. Make sentences using verbs in the past perfect simple or the past perfect continuous.

d He knew he would succeed, despite the very austere weather conditions. (great team / support)

He had had the support of a great team.

e Mr Al Refai was afflicted with frost-bite. (temperatures / be / extremely low)

Temperatures had been extremely low.

f Despite his experience, he was very nervous. (know / hard thing / ever do)

He knew it would be the hardest thing he had ever done.

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4 Working with a partner, discuss what might have happened leading up to these events and then write sentences using verbs in the past perfect simple or continuous. (You will need to use your imagination.)

a On May 13, 1999, a Japanese college student, Ken Noguchi, became the youngest person to reach the summit of Mount Everest.
Before he climbed Everest, Ken Noguchi had ascended many other mountains. In fact, he first started climbing mountains since he was 8.

b In 1986, Michael Asher was the first westerner to traverse the Sahara Desert from west to east on a camel. Before he set off on his journey across the Sahara, Michael Asher had learnt how to ride a camel.

He'd been training for a long time.
He'd bought lots of new equipment.
His mother had been worrying.



He'd done the journey by jeep.
He'd talked to the local people.
He'd been planning it for months.



Thank you



Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

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U 10 L 5 SB P81



Vocabulary

Phrasal verbs with *come*

1 Match the verbs underlined in these sentences with the correct meanings 1–8 below.

a It had been cloudy all morning, but in the afternoon the sun came out. ____
b As we were walking up the mountain, we came across a small camp site. ____
c Come over when you're next in town. ____
d After she fell and hit her head on the ice, it was ten minutes before she came round. ____
e A job has come up at the polar research centre – I may apply for it. ____.
f I wish the price of petrol would come down. ____
g When I was talking to my brother yesterday, your name came up several times. ____
h In the end, I came away with first prize. ____.

1 visit
2 become available
3 appear / become visible
4 fall / decrease
5 be mentioned
6 recover after being unconscious
7 find by chance
8 succeed in winning something

Adjectives begining with *a*

2 a Match adjectives beginning with *a-* from List A with other adjectives which have the same meaning from List B which can be used in front of nouns.

A	a afraid	b alight	c alike	d alive	e asleep
B	1 burning	2 frightened	3 living	4 similar	5 sleeping

b Complete as many of these sentences as you can using words from List A. If you can't use List A, use an alternative from List B.

The fire had started when everyone in the house was (1) _____. In less than ten minutes, the whole building was (2) _____. The family escaped, but the parents had to calm their (3) _____ children. Some people had minor burns, but fortunately everyone was still (4) _____. The police suspected arson as there had been four (5) _____ fires in the previous month.

Note
Some adjectives beginning with *a-* cannot be used in front of a noun. For example, we can say: **The frightened boy**, but not **The afraid boy**. If we want to use afraid, we have to say: **The boy was afraid.**

Words to remember
afflicted, alight, arson, austere, come across, come away with, come down, come over, come round, come up, exhilarated, fatigued, traverse, unconscious, visible

Pronunciation Intonation patterns (2)

3 (12.1) You are going to listen to answers given to five quiz questions. Decide whether the people are sure of their answers or not.

a Four days
b Five
c 2003
d Two
e Seven

4 (12.2) Work with a partner. You are going to take it in turns to answer some more quiz questions about Zed Al Refai's climb. If you know the answer, make your voice sound sure. After each answer, your partner should say whether you sound sure or unsure.

Quote "It's not the mountain that we conquer but ourselves."
Edmund Hillary

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visible

Adj.

able to be perceived or noticed easily



alight

Adj.

on fire, burning



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arson

n.

the criminal act of setting fire to property



unconscious

Adj.

unable to see, hear or sense what is going on



📖Study the following Idioms and phrasal verbs



Come to an end	ينتهي	Come away	عن ينفصل
Come in handy	يرجى منه فائدة	Get away	يهرب / يزوغ من
Come up against	تعترضه مشكلة ما	Go hand in hand	يسير جنبا إلى جنب
Come after	يعقب / يأتي خلف	Come forward	يتقدم لعرض مساعدة
Come out			

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come across

Ph. V.

to meet or find by chance





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come away with

Ph. V.

to be left with a specified feeling or impression



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come down

to become lower

Ph. V.



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come over

Ph. V.

to visit you at your house



come round

Ph. V.

recover after being unconscious



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come up

Ph. V.

to become available unexpectedly/ to be mentioned especially in a conversation



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Vocabulary

Phrasal verbs with *come*

1 Match the verbs underlined in these sentences with the correct meanings 1–8 below.

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b As we were walking up the mountain, we <u>came across</u> a small camp site. 7

c <u>Come over</u> when you're next in town. 1

d After she fell and hit her head on the ice, it was ten minutes before she <u>came round</u>. 6

e A job has <u>come up</u> at the polar research centre – I may apply for it. 2

f I wish the price of petrol would <u>come down</u>. 4

g When I was talking to my brother yesterday, your name <u>came up</u> several times. 5

h In the end, I <u>came away with</u> first prize. 8

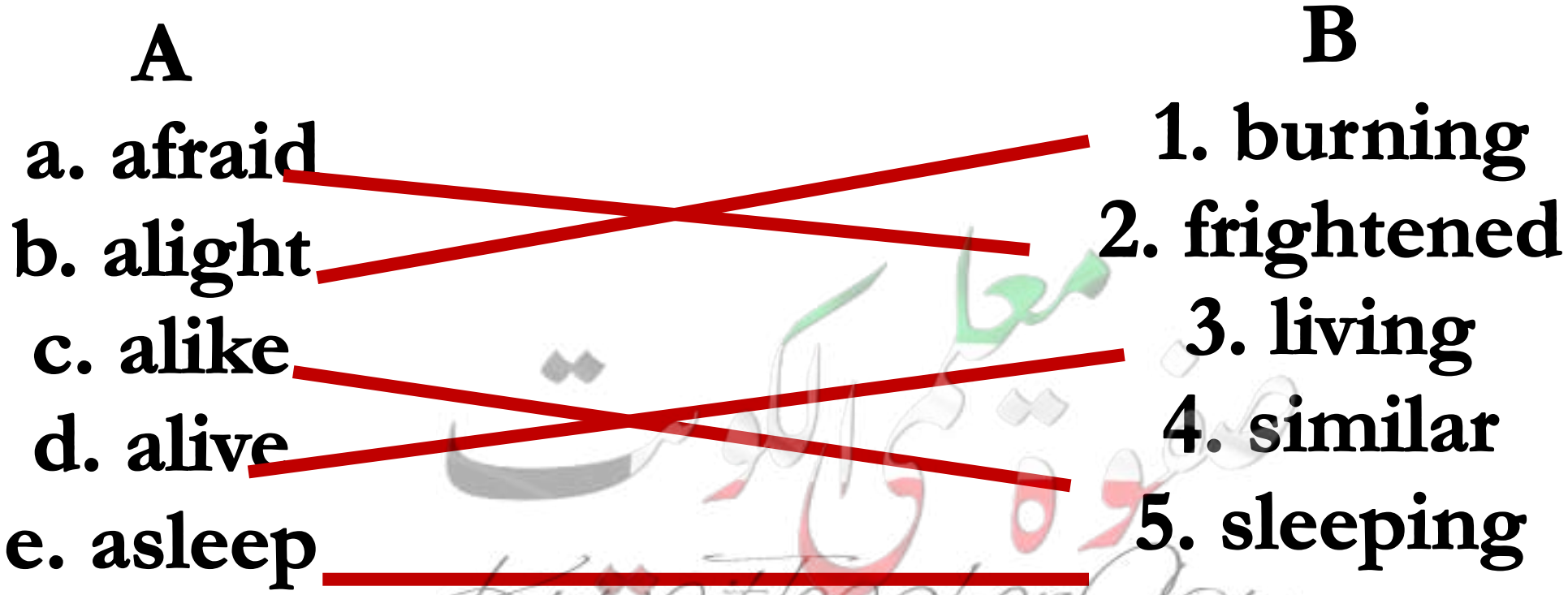
1 visit
2 become available
3 appear / become visible
4 fall / decrease
5 be mentioned
6 recover after being unconscious
7 find by chance
8 succeed in winning something

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Adjectives begining with a

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B	1 burning	2 frightened	3 living	4 similar	5 sleeping



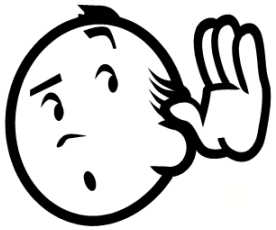
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b Complete as many of these sentences as you can using words from List A. If you can't use List A, use an alternative from List B.

The fire had started when everyone in the house was (1) asleep. In less than ten minutes, the whole building was (2) alight. The family escaped, but the parents had to calm their (3) frightened children. Some people had minor burns, but fortunately everyone was still (4) alive. The police suspected arson as there had been four (5) similar fires in the previous month.

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Pronunciation Intonation patterns (2)



3 (10.1) You are going to listen to answers given to five quiz questions. Decide whether the people are sure of their answers or not.

a	Four days	sure	d	Two	unsure
b	Five	unsure	e	Seven	unsure
c	2003	sure			

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4 (10.2) Work with a partner. You are going to take it in turns to answer some more quiz questions about Zed Al Refai's climb.



If you know the answer, make your voice sound sure. After each answer, your partner should say whether you sound sure or unsure.

1. very bad
2. to inspire others
3. Zeddy
4. the Matterhorn
5. he helped with reconstruction

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Quote "It's not the mountain that we conquer but ourselves."
Edmund Hillary

Thank you



Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

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HOD Mr. Hesham Al-Sakhawi

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Writing An interview

1 Read this interview and answer the following questions.

a Is Dave Stokes upset about his injuries? What advice does he give?

_____
_____

b Can you think of any other ways to stay safe whilst doing extreme sports?

_____
_____

Interviewer: Hi everyone, and welcome to another edition of XTreme Sports Weekly. Today, we're interviewing extreme sports enthusiast Dave Stokes from his hospital bed. Hi Dave, and thank you for agreeing to do this interview.

Dave: No problem.

Interviewer: Well, I guess the question everyone wants to ask is: how did you do this to yourself?

Dave: I was climbing in the Alps with a friend but unfortunately I slipped and fell. Although I didn't fall too far, I landed badly and broke my leg and wrist.

Interviewer: Ouch, that sounds painful!

Dave: Yes, it was, really. But it's part of the territory when you're into extreme sports.

Interviewer: What do you mean?

Dave: Well, all of the activities I love, such as snowboarding, parachuting and mountain climbing, have an element of danger to them. You always run the risk of getting hurt, or worse.

Interviewer: Will this injury make you reconsider your chosen sport?

Dave: No, definitely not. It'll take me a while to recover but, as soon as I'm fit and able, I'll be back on the mountain. I may be just a little bit wiser, though.

Interviewer: In what way?

Dave: I think I'll be more safety-conscious in the future, possibly take fewer risks and spend more time preparing.

Interviewer: Can you give our viewers any advice about the dangers of extreme sports?

Dave: Sure. Firstly, make sure you are prepared. You'll always run the risk of injury, so always take a medical kit and a mobile phone with you. Secondly, tell people where you are going in case anything bad happens. Most importantly, don't push yourself till you're ready. I've seen lots of people hurt because they've tried something that's much too difficult for them.

Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

Dave: Thanks. I'm sure I'll be scaling mountains again in no time.

Language practice

1 Complete these sentences with the correct word. There are two extra words.

alight alive asleep burning similar sleeping

a The dark night was illuminated by the _____ logs at the centre of the clearing.

b He was exhausted and his eyelids looked heavy. Despite my best efforts, I couldn't stop him from _____.

c He's a very famous man and always seems to be wearing the same clothes. That's not true though; he just owns many _____ things.

d Police reports say that it was a freak accident and a marvel that every one involved was still _____.

2 Replace the underlined words with the correct form of the phrasal verbs from the box to make complete sentences. There is one extra phrasal verb.

come out get away come to an end come up against come forward come in handy come away come after

a The robber thought he had escaped unnoticed and was surprised to see the police chasing him.

b Despite the importance of the task, few people volunteered to help.

c Don't throw that away. You never know; it might be useful someday.

d The novel was released recently to critical success, despite the author being faced with some problems whilst writing.

e I'd had such a great time that I was really upset when my holiday finished.

3 Give one-word synonyms for the following definitions.

a extreme tiredness _____

b the best part or moment _____

c the top of a mountain _____

d go up or climb _____

e full of danger and risk _____

4 What would you say in the following situations? Write complete sentences.

a A friend wants to start an extreme sport. You think it is too dangerous.
_____

b You are hiking and one of your companions falls and injures himself / herself.
_____

c You want to start an extreme sport but your parents don't think you should.
_____

5 Complete the missing parts of the dialogue with your own sentences. Make sure the conversation makes sense.

A What are you doing this weekend?
B _____
A Wow, that sounds amazing, but isn't it dangerous?
B _____
A Ah, ok. Still, even if it's safe, I think I'd be scared.
_____
You're right. Maybe I can come too?
B _____



U 10 L 6 WB P 72-73

Asynchronous 5

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Language practice

1 Complete these sentences with the correct word. There are two extra words.

alight	alive	asleep	burning
similar	sleeping		

a The dark night was illuminated by the burning logs at the centre of the clearing.

b He was exhausted and his eyelids looked heavy. Despite my best efforts, I couldn't stop him from sleeping .

c He's a very famous man and always seems to be wearing the same clothes. That's not true though; he just owns many similar things.

d Police reports say that it was a freak accident and a marvel that every one involved was still alive .

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2 Replace the underlined words with the correct form of the phrasal verbs from the box to make complete sentences. There is one extra phrasal verb.

come out	get away	come to an end
come up against	come forward	
come in handy	come away	come after

a The robber thought he had <u>escaped</u> unnoticed and was surprised to see the police <u>chasing</u> him. **Got away / coming after**

b Despite the importance of the task, few people <u>volunteered</u> to help. **Came forward**

c Don't throw that away. You never know; it might <u>be useful</u> someday. **Come in handy**

d The novel <u>was released</u> recently to critical success, despite the author <u>being faced with</u> some problems whilst writing. **Came out / coming up against**

e I'd had such a great time that I was really upset when my holiday <u>finished</u>. **Came to an end**

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3 Give one-word synonyms for the following definitions.

a extreme tiredness
fatigue
---

b the best part or moment
highlight
---

c the top of a mountain
summit
---

d go up or climb
ascend
---

e full of danger and risk
perilous

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4 What would you say in the following situations? Write complete sentences.

a A friend wants to start an extreme sport. You think it is too dangerous.

I think that's too dangerous. I'm worried you'll get hurt

b You are hiking and one of your companions falls and injures himself / herself.

Quick! Someone call mountain rescue.

c You want to start an extreme sport but your parents don't think you should.

It's really not that dangerous.

5 Complete the missing parts of the dialogue with your own sentences. Make sure the conversation makes sense.

A What are you doing this weekend?

B I'm going snowboarding with some friends.

A Wow, that sounds amazing, but isn't it dangerous?

B No, it's really safe as long as you take proper precautions.

A Ah, ok. Still, even if it's safe, I think I'd be scared.

Yeah, I get scared sometimes, but that's part of the fun.

You're right. Maybe I can come too?

B Sure. It would be really nice if you did.

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6 Read the following sentences. Are the underlined verbs correct? Tick the correct sentences and rewrite the incorrect sentences.

a Omar passed all his exams. He <u>has been revising</u> for a month. ☐ ✓

b They finished making Reem's dress a week before the wedding. They <u>had made</u> it for over a month. ☐ ✗

They finished making Reem's dress week before the wedding.

c I went to the hospital to see Fahad. He <u>had been breaking</u> his leg during a football match. ☐ ✗

I went to the hospital to see Fahad. He had broken his leg during a football match

d Everyone enjoyed the family celebrations. Amal <u>had been making</u> all the food herself. ☐ ✗

Everyone enjoyed his the family celebrations. Amal had made all the food herself

e I received a letter from Tahini yesterday. She <u>had been promising</u> to write since last year. ☐ ✓

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7 Using the cues, write sentences using *such... that* or *so.... that*.

a Parachuting / dangerous sport / scared to try

Parachuting is such a dangerous sport that people are scared to try it.

b I / scared / couldn't move

I was so scared that I couldn't move

c Her room / mess / not find anything

Her room is such a mess that she can't find anything

d He / strong man / lift a car

He's such a strong man tha he can lift a car.

---

e Computer / complex / can't understand it

The computer is so complex that I can't understand it.

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8 Choose the correct phrasal verb with *come* to complete these sentences.

a When my brother ***came round*** / ***came up*** after his operation, he felt fine.

b Why don't you ***come across*** / ***come over*** after school? We could go to the park.

c It was cloudy all morning, but in the afternoon the sun ***came across*** / ***came out***.

d I've lost my watch. Can you let me know if you ***come across*** / ***come over*** it?

e Since I bought my new camera the price has ***come down*** / ***come up*** by 50%. I should have waited.

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Thank you



Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

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U 10 L 7 & 8 SB P 82- 83

Speaking Making difficult choices

Introduction The situation

1 Read this scenario. How would you react if you were actually in this situation? Would you stay calm or would you panic?

Omar and Nader are driving across the Kuwaiti desert in their 4x4 when a sandstorm, very common to the area, blows up. There is nothing they can do about the weather and unfortunately, sand engulfs the car and gets into the engine. Regardless of their best efforts, the engine simply will not start so they are forced to change their plans.
The two men are still 30 kilometres, around 12 hours walk, away from their destination and know that it is located to the north. However, they are forced to abandon the car and continue the journey on foot, carrying all that they can with them. They have supplies in the car but can only take with them what will fit in their backpacks.
The weather is extremely hot, making walking by day very gruelling, but they are in good health and fit enough to walk 30 kilometres under normal conditions. The two men have some critical decisions to make.
They have room in their bags for three items each and have to choose from the eleven items they have in the car...

2 Look at the illustration and choose which six items Omar and Nader should take in their backpacks. Don't discuss your ideas with your friend yet.



3 Work in pairs and both make a list of the six items that Omar and Nader should take with them for the rest of their journey.

a Compare individual lists. Which items are on both lists?
b Make a final list of the six items that Omar and Nader should take with them.
c Using information in the text, try to persuade your partner that your choices are the right ones. Use the *Useful Language* box on page 83.

You are going to write a response to an advert for a place on a Kuwaiti expedition to the summit of Mount Everest.

Writing A response to an advert

Read and analyse

1 Read the advert below. The advert is from an imaginary society called the Kuwaiti Adventure Club. How does the advert grab your attention?

DO YOU HAVE WHAT IT TAKES?
Are you the kind of person who loves a challenge?
Do you crave adventure and excitement?
Do you long for the chance to prove yourself?

If the answer to these questions is "Yes" then you could be just what we're looking for. The Kuwaiti Adventure Club, along with its team of experienced mountaineers, is planning a challenging and arduous expedition to the summit of Mount Everest and we're looking for motivated, strong-willed individuals to assist us. This is the chance of a lifetime to experience one of the planet's most magnificent environments and to take part in an amazing feat of human endeavour. If you think you have what it takes, please write telling us why you should be chosen for this expedition, what skills and attributes you will contribute, and how you will cope with the huge effort such an expedition entails.

Replies should be about 200 words.

Expeditions Manager, Kuwaiti Adventure Club

Discuss

2 Read the advert and discuss these questions in small groups.

a What type of personality and skills do you think are important for this challenge?
b What do you think you would learn from the expedition?

Words to remember
assist, binoculars, cope with, crave, engulf, entail, feat, gruelling, mountaineer, strong willed

Write

3 a Write your reply in about 200 words.
b Check your letter for grammar, punctuation and spelling errors. Exchange letters with a partner and discuss both. What is good and bad about your partner's reply?

USEFUL LANGUAGE

Explaining a choice	Being persuasive	Agreeing and disagreeing
I'd take the ..., because ...	Would it be a good idea to take ...?	I agree.
We really need the ... to (+ verb)	It might be a better idea to take ...	Okay, I see what you mean, but I don't agree.
I think it will be necessary because ...	If we don't take the ..., it might happen.	I don't agree.
		Why don't we leave the ... and take the ... instead?



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What would you do if you get lost in the desert?

What things and preparations are needed to go on an expedition?

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binoculars

n.

an optical instrument with a lens for each eye, used for viewing distant objects

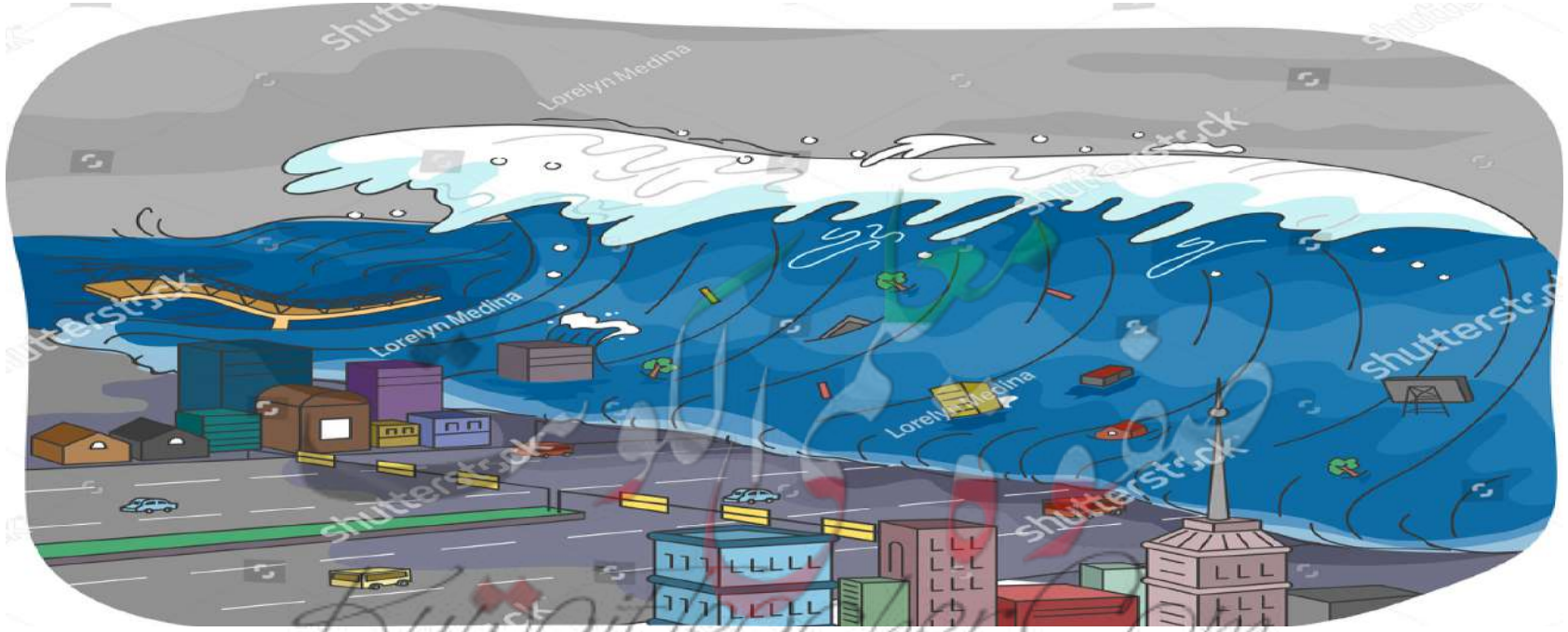


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engulf

V.

(of a natural force) sweep over (something) so as to surround or cover it completely



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gruelling

Adj.

extremely tiring and demanding



Speaking Making difficult choices

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3 Work in pairs and both make a list of the six items that Omar and Nader should take with them for the rest of their journey.

a Compare individual lists. Which items are on both lists?

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c Using information in the text, try to persuade your partner that your choices are the right ones. Use the *Useful Language* box on page 83.

USEFUL LANGUAGE

Explaining a choice

I'd take the ..., because ...
We really need the ... to (+ verb)
I think it will be necessary because ...

Being persuasive

Would it be a good idea to take ...?
It might be a better idea to take ...
If we don't take the ..., X might happen.

Agreeing and disagreeing

I agree.
Okay, I see what you mean, but I don't agree.
I don't agree.
Why don't we leave the ... and take the ... instead?

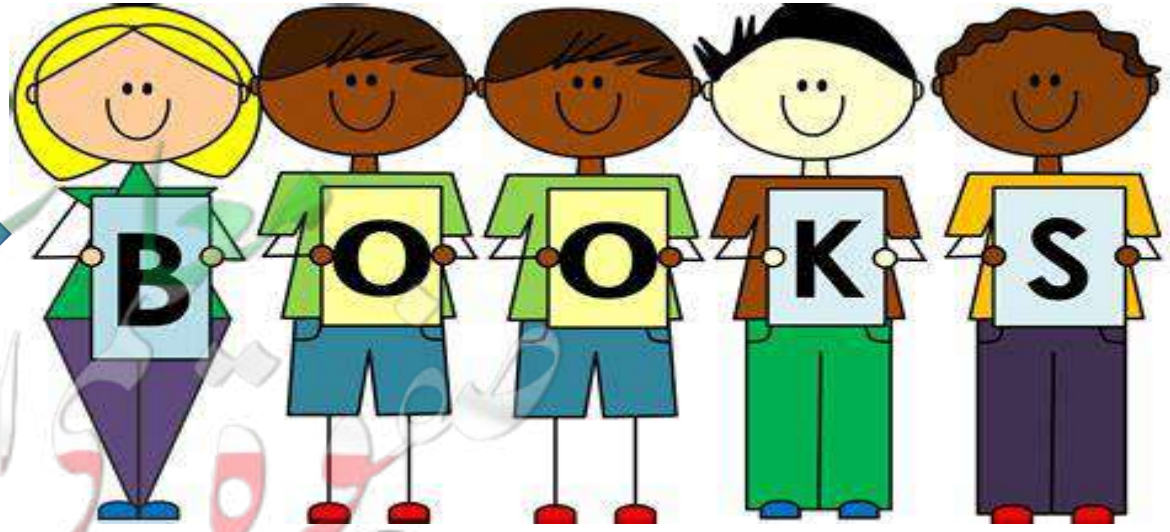
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crave

V.

to feel a powerful desire for (something)

We should crave reading



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mountaineer

n.

a person who takes part in the sport or activity of climbing mountains



V.

assist

to help (someone), typically by doing a share of the work



strong-willed

Adj.

determined, stubborn



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cope with

V.

to deal efficiently with someone / something



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entail

V.

involve (something) as a necessary or inevitable part or consequence



Driving a motorbike entails a helmet.

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feat

an achievement that requires great courage, skill, or strength



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Writing A response to an advert

task

You are going to write a response to an advert for a place on a Kuwaiti expedition to the summit of Mount Everest.

Read and analyse

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DO YOU HAVE WHAT IT TAKES?

Are you the kind of person who loves a challenge?
Do you crave adventure and excitement?
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Replies should be about 200 words.

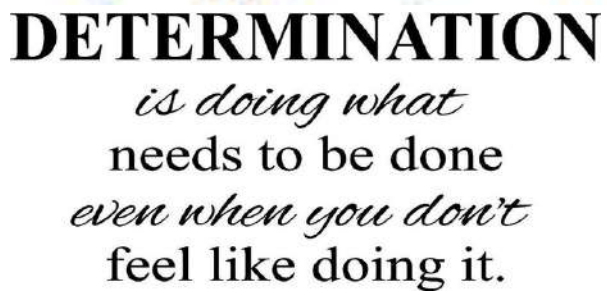
Expeditions Manager, Kuwaiti Adventure Club

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Discuss

2 Read the advert and discuss these questions in small groups.

a What type of personality and skills do you think are important for this challenge?











b What do you think you would learn from the expedition?







Decision-Making

knowing myself and my strengths and weaknesses

3 a Write your reply in about 200 words.

b Check your letter for grammar, punctuation and spelling errors.

Exchange letters with a partner and discuss both. What is good and bad about your partner's reply?

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What are the dangers of mountain climbing?

Weather can always get worse. Extreme winds, lightning storms, fogs, snows storms and cold might cause sickness and exhaustion.

Rock fall and avalanches which might cause injuries.

The lack of oxygen and getting lost.

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Thank you



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2 Make a note of the following.

a Phrases used to make suggestions

.....

.....

b Informal words and phrases

.....

.....

3 Write your own interview about the dangers of extreme sports. It could be with an extreme sports enthusiast, an injured sportsperson or a worried safety expert.

- Decide what dangers the interviewee will mention.
- Suggest two or three ways to stay safe.
- Use a similar style to the interview on page 74.
- Write about 200-220 words.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

a Is Dave Stokes upset about his injuries? What advice does he give?

.....

.....

b Can you think of any other ways to stay safe whilst doing extreme sports?

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Interviewer: Hi everyone, and welcome to another edition of XTreme Sports Weekly. Today, we're interviewing extreme sports enthusiast Dave Stokes from his hospital bed. Hi Dave, and thank you for agreeing to do this interview.

Dave: No problem.

Interviewer: Well, I guess the question everyone wants to ask is: how did you do this to yourself?

Dave: I was climbing in the Alps with a friend but unfortunately I slipped and fell. Although I didn't fall too far, I landed badly and broke my leg and wrist.

Interviewer: Ouch, that sounds painful!

Dave: Yes, it was, really. But it's part of the territory when you're into extreme sports.

Interviewer: What do you mean?

Dave: Well, all of the activities I love, such as snowboarding, parachuting and mountain climbing, have an element of danger to them. You always run the risk of getting hurt, or worse.

Interviewer: Will this injury make you reconsider your chosen sport?

Dave: No, definitely not. It'll take me a while to recover but, as soon as I'm fit and able, I'll be back on the mountain. I may be just a little bit wiser, though.

Interviewer: In what way?

Dave: I think I'll be more safety-conscious in the future, possibly take fewer risks and spend more time preparing.

Interviewer: Can you give our viewers any advice about the dangers of extreme sports?

Dave: Sure. Firstly, make sure you are prepared. You'll always run the risk of injury, so always take a medical kit and a mobile phone with you. Secondly, tell people where you are going in case anything bad happens. Most importantly, don't push yourself till you're ready. I've seen lots of people hurt because they've tried something that's much too difficult for them.

Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

Dave: Thanks. I'm sure I'll be scaling mountains again in no time.

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Writing An interview

1 Read this interview and answer the following questions.

a Is Dave Stokes upset about his injuries? What advice does he give?

No, he is not. He advises the reader to be prepared, take a medical kit and a mobile phone, tell people where he is going and not to push himself too much.

b Can you think of any other ways to stay safe whilst doing extreme sports?

Be well prepare, train well, let others know where you are , learn how to save a life and be cautious .

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Interviewer: Thanks a lot for talking to us, Dave. I hope you recover soon.

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2 Make a note of the following.

a Phrases used to make suggestions

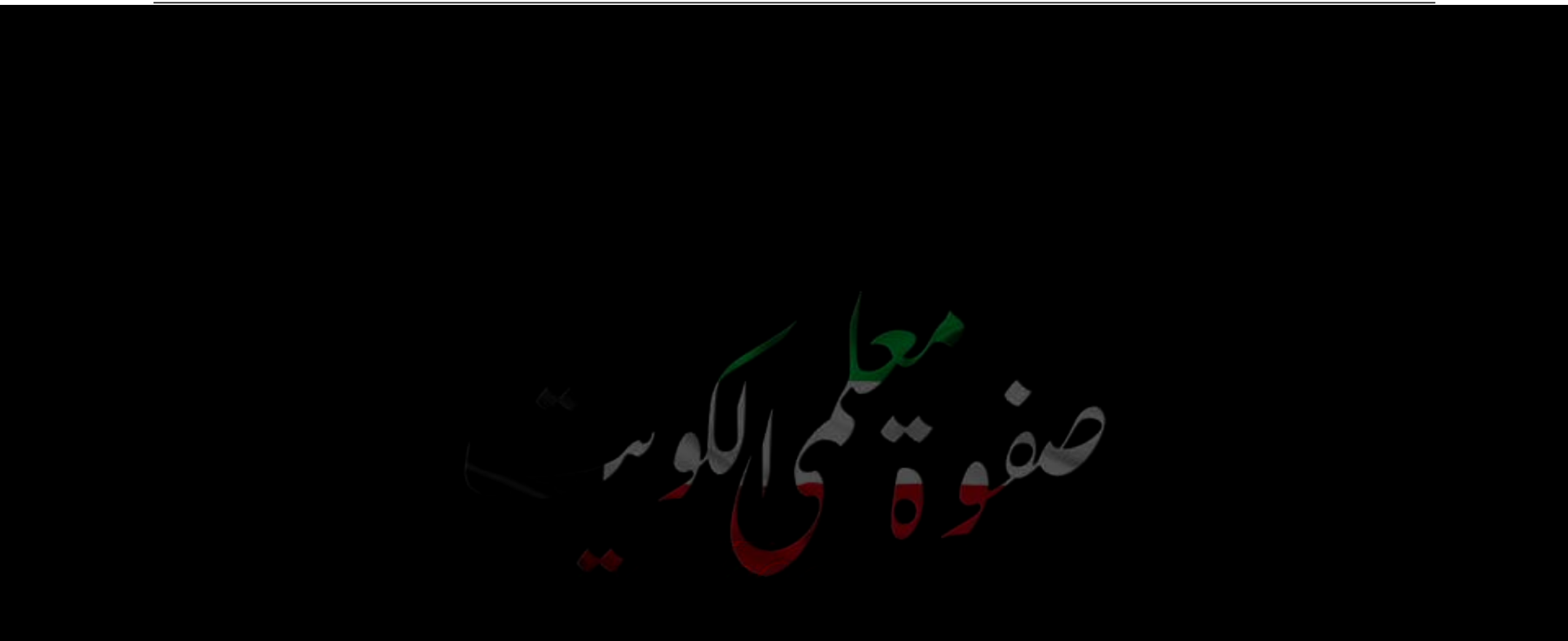
Firstly, make sure … / always take…/ secondly, tell…/ Most importantly, don't…

b Informal words and phrases

No problem/ I guess the question … / it's part of the territory when you are into…/ you'll always run to the risk.

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Let’s watch this video about an interview with an extreme sports enthusiast.



3 Write your own interview about the dangers of extreme sports. It could be with an extreme sports enthusiast, an injured sportsperson or a worried safety expert.

- Decide what dangers the interviewee will mention.
- Suggest two or three ways to stay safe.
- Use a similar style to the interview on page 74.
- Write about 200-220 words.

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La Manche
The English Channel
London
Dover
Wight
Calais
Guernsey
Jersey

Interviewer : **Hello! Today I am interviewing Mr. Adnan the first Arabian to cross the English Channel.**

Interviewer : **Hi Mr. Adnan I am extremely glad to have this interview with you.**

Adnan : It is my pleasure.

Interviewer : **How long have you been practicing this sport?**

Adnan : Well, I have been practicing this sport for 15 years, 5 years training, 5 years as a mature till I became the professional you see right now.

معلم
RubricTeacher.Com

Interviewer : Who inspired you to do that sport?

Adnan : Actually, my father. He craves adventure, he pushed me and always encouraged me when I achieve progress.

Interviewer : What was your worst accident?

Adnan : I still remember, and I will never forget my first trial to cross the channel. I fainted and failed to cross it after I had passed nearly half of the distance.

Interviewer : How long is the channel?

Adnan : it is 560 Kilometers long and 180 meters depth.

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Interviewer : **It is in Britain, isn't it?**

Adnan : Yes, it is between Britain and France. In the Atlantic Ocean.

Interviewer : **Do you plan to cross it again?**

Adnan : Of course, very soon. I am preparing myself and preparing all the necessary equipment to do it once again.

Interviewer : **Thank you very much Mr. Adnan. I hope you achieve all your plans.**

Adnan : You are welcome. Nice meeting you.

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Thank you



Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

HOD Mr. Hesham Al-Sakhawi

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