

Reading 3

35 Read the article and for questions 1–7 choose the answer (A, B, C or D) which you think fits best according to the text.

Action Sports and Risk-Taking

Risk-takers have been taking part in action sports since the beginnings of time: new challenges have always appealed to adventurous minds. The trick with risks is to understand the possible dangers and then remove them by treating each as a problem with only one solution: the safe one. From the outside the game still looks “risky”, but to the risk-taker who understands the difficulties, the game is a personal test of skill, rather than nerve. None of these sports ought to be dangerous; and if they are, you’re doing them at the expense of your life.

Risk-taking has more benefits than a week flat-out on a beach, which can’t be the best cure for a stressful working life; as the more you empty your mind the more you leave it open for occupation by the home stresses which you brought with you. Action sports offer an escape. Pick up a new challenge, something that is exciting, stretching, new, and you not only escape entirely from that other life, but return to it on a wave of confidence and strength that carries you over the problems which you face on a regular basis.

Doing action sports you learn very quickly: in one week – or even in one weekend – more about yourself than you did all the past year. The action sports cover the complete range of physical and mental skills. All inner fears disappear in the burn of concentration demanded by learning to fly, dive, ride or climb. The pride earned through jumping from an aeroplane at 12,000 feet, or learning to roll a canoe, will stay with you for life. Then there are the other spin-offs: the mental calm which comes with rock-climbing; the wonderful colours of caves; the moment of freedom felt during that first flight beneath the wing of a glider. All these sports cause a wonderful thrill – be it dashing waves or free-falling through the air at 120 miles per hour – but thrills are just a part of the story. Many of these sports double as types of travel. Horses, bicycles, skis, hot-air balloons can be used as vehicles for truly exotic journeys; journeys on which you can look at landscapes (and yourself as well) from a new angle. And all of these are “soft” vehicles; ones which allow you to move through, and experience to the full extent, the countryside, the mountains and deserts.

These sports can be done from your own doorstep or from any one of hundreds of places abroad. The sports demand from as little as the cost of a pair of boots to as much as it costs to buy a flying machine. Some of them are very easily reached (some office workers go gliding in their lunch-break), while other sports require travelling-time and complex equipment.

Finally, remember that each action sport is a wonderful experience, and the more experiences we have, the richer we become, and the more we have to share.

1. According to the writer, action sports
 - A show a person's ability to overcome difficulties.
 - B are dangerous because of the risks they involve.
 - C test the daring of the person who does them.
 - D are far more interesting than playing games.

2. The word 'it' in the phrase '... but return to it on a wave of confidence and strength' (Paragraph 2) refers to
 - A any holiday activity.
 - B life at home and at work.
 - C any action sport.
 - D a challenging new activity.

3. What is the best type of holiday according to the writer?
 - A Lying on the beach and doing nothing.
 - B Engaging in something you are confident about.
 - C Doing something you have never done before.
 - D Escaping to a place which is totally new.

4. According to the writer, learning action sports <ol style="list-style-type: none"> A can be extremely frightening. B helps you learn to concentrate. C makes you understand yourself better. D is not really a difficult task at all. 	6. "spin-offs" are <ol style="list-style-type: none"> A action sports. B benefits. C achievements. D skills.
--	--

5. Which of these advantages of action sports is not mentioned by the writer? <ol style="list-style-type: none"> A improving one's fitness B thrill experience C confidence building D the discovery of new places. 	7. In general, the writer says that action sports <ol style="list-style-type: none"> A are inexpensive. B require a lot of time. C are extremely varied. D should not be done alone.
---	--

36 Ask questions about the benefits of action sports. Ask various types of questions: general, special or alternative ones.

1.
2.
3.
4.
5.
6.
7.
8.

37 Write down arguments for the statement Action sports and risk-taking activities are popular with many people. Use the information from the above text. Start with linking words and phrases.

! Remember to answer WHY-questions: Why are they popular with people?

1. First,
2.
3.
4.
5.
6.
7.

Vocabulary Practice 3



Phrasal Verbs

38 A Look at Appendix 1 and match a phrasal verb to its definitions, then look up corresponding Russian equivalents in the dictionary and complete the table.

be on

do
without

catch up
with

carry out

give in

stand for

turn up

work out

hold on

keep up
with

fall behind with

clear up

Phrasal verb	Meaning	Translation
1. be on	1. to be switched on (gas, electricity) 2. to be shown (films, plays)	1. быть включенным 2. происходить, иметь место; идти (о спектакле)
2.	1. to think about sth and manage to understand 2. to solve a problem 3. to do physical exercise (e.g. in the gym)	
3.	to achieve the same level as smb	
4.	1. to do as much or as well as other people 2. to continue at the same speed	
5.	1. to not allow sb to do sth or sth to happen 2. to represent a word or idea as a short form	
6.	1. to arrive suddenly; to happen unexpectedly 2. to be found by chance 3. to increase the sound, heat, light etc	

7.	1. to do sth that you've said you'll do 2. to make an experiment, investigation etc	
8.	1. to become less successful than other people 2. to be late in doing sth	
9.	1. to wait (e.g. on the telephone) for a short time 2. to continue doing sth very difficult	
10.	to live or do sth without sth/sb	
11.	1. to give a piece of work to sb in authority 2. to agree to a person's demands	
12.	1. to make a place look tidier 2. to explain sth, make it easier to understand	

B Fill in the gaps with the correct particle(s).

1. If you hold till the very end, the result will be very rewarding. 2. I don't have any sugar so you'll have to do 3. Why is the light still in your room? 4. When are you going to give your application? 5. This is a dangerous experiment to carry Be careful! 6. If you fall paying your bills, your electricity may be turned off. 7. What does the USA stand? 8. I thought that the ring was lost for good, but it suddenly turned under the sofa. 9. Don't worry, if you try hard enough, everything will work fine in the end. 10. Can you hold ... a second? I'll try to find her and say that you are calling. 11. George is having trouble keeping the rest of the class. 12. Let's see what's at the cinema tonight. 13. Anyone on a diet must work every day in the gym in order to get the best results. 14. Can you please turn the sound? 15. You've missed too many classes, now you have to work really hard to catch ... the group. 16. We need to clear a couple of points before the meeting begins. 17. Do you know if he will turn at the conference? 18. Food production is not keeping population growth. 19. I didn't carry my threat to take legal action. 20. I can't work how this system functions. 21. Eventually I gave and accepted the job offer on their terms. 22. I will not stand such a careless attitude to education! 23. Sam, clear this mess before your father sees it.



Word Formation 3: Negative Prefixes

39 Look up at Appendix 3 and write the opposites to the given words.

ability, agreeable, allow, approval, balance, belief, comfort, mature, mortal, moral, movable, patient, perfect, personal, polite, possible, prove, precise, probable, pleasure, rational, recoverable, regular, relevant, religious, reparable, replaceable, responsible, respect, resistible, respective, reversible, satisfied, satisfaction

im-	<i>imbalance,</i>
ir-	<i>irresistible,</i>
dis-	<i>disallow,</i>



Grammar Practice 3

Determiners & Pronouns

Both refers to two people or things and takes a verb in plural. **Both boys are smart. They are both smart.**

Both of them are smart.

Both is **not** used in **negative** sentences.

Обе девочки **не** умеют петь.

Neither of the girls can sing.

Neither (*ни один из двух*) refers to two people or things and takes a singular verb.

Neither girl enjoys horror films.

Neither of takes a verb either in singular or in plural.

Neither of them likes/ like sport.

Никто из них двоих не любит спорт.

Они **оба/ обе** не любят спорт.

Either (*любой из двух; каждый из двух, и тот и другой*) refers to two people or things and take a singular verb.

Either film is interesting.

Either of takes a verb either in singular or plural.

Either of the boys plays/play chess.

None refers to more than two people or things. It is not followed by noun.

None of + nouns/ pronouns + verb in singular or plural.

None of the three girls/us/you/them know(s) how to do it. - Никто из троих не знает, как это сделать.

- **Both ... and ... + plural verb**

Both Pete and John are good athletes.

- **Neither ... nor ...**

- **Either ... or ...**

- **Not only ... but also ...**

} singular/ plural verb depending on the subject that follows *nor, or, but also*.

Neither they nor he ever offers to help me with my homework.

Either he or they always offer their help.

Not only Mary but also her friends are going to take part in this event.

Fill in **both, either, neither, none, both ... and, either ... or, neither ... nor**.

1. She held the child the bag quite tight while crossing the stream.
2. I demand an apology an excuse from you. I didn't need them.
3. There was no baseball in Rwanda at the time,, " he says.
4. They are sure that a peaceful agreement is better than at all.
5. John was fit enthusiastic enough to play the game.
6. This coach has trained many athletes but of them has won an Olympic medal yet.
7. I've got two sisters. of the girls does any sport, but dance.
8. Brian played volleyball basketball but he liked of them.
9. Rosa all the girls in her class like to keep fit. They are in good shape.
10. Carol Rick are good at tennis. You can ask of them to teach you.
11. Alex played two matches for this club, but he didn't score a goal in of them.

12. We'd like to hold the meeting on the 7th or 8th. Does of the dates suit you?
13. What extreme sport is the safest? - of them is safe, if you ask me.
14. Horse riding isn't a sport for me – is a job, it's only enjoyment.
15. Jean Molly love figure skating, but of them likes skiing.
16. The societies have their own problems on side of the border.
17. While of Hayden's parents graduated from high school, their twins earned college degrees, and of them with best marks.

41 Rewrite the sentences using *both ... and, neither ... nor, either ... or, not only ... but also*.

1. This winter Liz is going skiing. So are her parents.
Model: This winter both Liz and her parents are going skiing.
2. George doesn't practise any sport. Nor do his friends.
3. You can try scuba-diving or take up rock-climbing – whichever you prefer.
4. Ron offered to help us. His brother did so as well.
5. There is no demand for lawyers and economists on the market now.
6. Is Mary in her second or her third year at college? I'm sure it's one of the two.
7. Going on a diet is vital if you want to stay healthy. So is doing sports.
8. I'm not sure where he comes from. Spain or Portugal?
9. I haven't been able to work out at the gym lately. Neither have my sisters.
10. Carrie was caught in traffic. So were Miranda and Sam.
11. John holds her responsible for the accident. So does his father.
12. We can hold the press conference here. Or we can do it on the second floor.
13. Ron doesn't know the answer. Bob doesn't know it either.

“OTHER” Structures

Other + plural noun = the rest (другие, остальные) *I like boxing, but other people don't consider it a healthy sport.*

(the) others = several more apart from those already mentioned. Nouns are **not** used after **(the) others**. *These books are Ann's, the others are mine. Some people believe sport is not useful, others suppose it is good for health.*

each other = one another. *Tomorrow two local teams are playing each other/one another.*

the other (one/ noun) = the alternative of **two**. *Can you raise first one arm and then the other (one). There was a huge man at the other end of the corridor.*

every other (day, week, month etc) (= раз в два дня/ через день; раз в две недели, раз в два месяца и т.д.) *I go jogging every other day.*

on the other hand (phrase). *There is a conflict between their different views on the one hand and their emotions on the other.*

the other day (night, week) = a few days ago (на днях, недавно) *He offered to give me a lift to work the other day.*

any/no + other + noun *Any other sportsman can do it, but you have been out of practice long. He had no other job prospects, so he left the job.*

Another + singular noun/one = one more (еще один, другой). *Can I have another cup of tea? I didn't say another word. Come back another day.*

another + a proper name (“второй”). *This young writer is another Leo Tolstoy.*

another + expression of time, distance and money. *We have travelled another 100 miles. I can offer you another 50 rubles. I need another 10 minutes.*

1. The twins were alike, but one of them was a bit taller than
2. She became star of this producer. In fact, there was no stars yet.
3. day we left for Prague. We usually spend a weekend there every month. But sometimes I think I'd like to spend two days in that city.
4. Some little children like porridge, don't.
5. Alice is here. Where are ? – They are coming. Give them ten minutes.
6. Run 500 metres and that will be enough for today.
7. day I bumped into an old friend of mine. We greeted
8. Phil works out at the gym day : on Tuesday, Thursday and Saturday.
9. You can't just walk away. You have responsibility to in your group.
10. Do you think they will give Martin chance?
11. The cat slowly walked from one side of the road to
12. There was a shoe on one foot, was bare.
13. His right hand raised to wave to us, there was a box in
14. You asked for me to help you, remember? Not way around.
15. They are holding a major literary event tonight and one next month.
16. There was a good film on TV night. Did you watch it?
17. No vehicles passed this crossing.
18. There's Carter at end of the gym working on his stomach muscles.
19. Frank wasn't going anywhere, and the guard was the only person in the room.

SOME/ ANY/ NO

We use some + (one/ body/ thing) in	We use any + (one/ body/ thing) in	We use no/ not any + (one/ body/ thing) in
<ul style="list-style-type: none"> - positive sentences <i>There is someone at the door.</i> - questions: offers and requests <i>Can I have something to drink?</i> - questions expecting "yes" <i>Would you like something to drink?</i> 	<ul style="list-style-type: none"> - questions when we doubt about the answer <i>Is there anyone here?</i> - positive sentences in the meaning "It doesn't matter how/ what/ who/ which/ where" <i>You can go anywhere you want.</i> 	<ul style="list-style-type: none"> - in negations <i>I know no one at this party.</i> <i>I don't know anyone here.</i> <i>I never go anywhere alone at night.</i> BUT! <i>I have no time.</i> (complete negation, no article)
Any + one/ body/ thing can be used <ul style="list-style-type: none"> - after if in a positive sentence. <i>If you broke anything, I will hold you responsible.</i> - with negative words hardly, without, seldom, rarely, deny, refuse, fail etc <i>There is hardly any sugar left. An attack came without any warning.</i> <i>I seldom see anybody at our place. She failed to reach any results.</i> 		
Every is used before singular countable nouns and means unlimited number of things or people. <i>Every sportsman in the team has been well trained. (=all the workers) He goes to the gym every day.</i>		
Each is used for a limited number of people or things, considered individually. <i>Each player of the team won a gold medal at the Olympic Games. We treat each candidate individually.</i>		
Every/ some/ any/ no + one/ body/ thing takes a verb in singular. <i>Everyone is in class. Nobody has come yet. Has anything happened?</i>		
One/ Ones are used to avoid repetition of a countable noun. <i>"Which dress would you like?" – "This one." I don't like sad songs, I prefer cheerful ones.</i>		
Each/ some/ any/ none/ neither + of (one/ body/ thing is NOT used with of) <i>Some of them know the truth. BUT Somebody knows the truth.</i>		

43 Fill in: *some, any, no, every* or *some, any, no, every* + *one/ body/ thing*.

1. *Everyone* knows that the sky is blue, but only *some* people know why.
2. There is so much food. What shall I have? – You can have you want.
3. I asked if wanted an ice-cream, but no one did, so I just bought one for myself.
4. Rick can do the job alone. He doesn't need to help him.
5. Politicians must bear responsibility, but hardly of them accept it.
6. There is hardly to be seen in the streets of the centre after dark.
7. What would you like to drink? - Oh, will do. I have water with me.
8. Michael decided to do constructive with his life. – Does he need advice?
9. "He's been but a very hard worker. I seldom see so hardworking.
10. The doctors didn't think there was wrong with her reading ability.
11. I've borrowed John's tennis racket. If happens to it, he'll be really angry.
12. I demanded apology from him, but there was little hope he would make
13. The conference was cancelled so he wrote to concerned to inform them.
14. Hardly turned up to greet our football players, there were welcome cheers.
15. My sister is a real fan of Michael Phelps. She knows about him.
16. Do you know who wants to buy a secondhand bike? I'm selling mine.
17. wants to speak to you on the phone. - Tell them I'm out.
18. Are you about to say unpleasant? – Without doubt.
19. "..... else?" the shop assistant asked. – more cheese, please.
20. Can I tell you? I think we've failed to reach results. I'm sorry.
21. I'm going to enjoy this party. I don't know at all, but I'm going to have fun.
22. To the horror of of nearby residents, the job started again 10 days later.



LISTENING 3

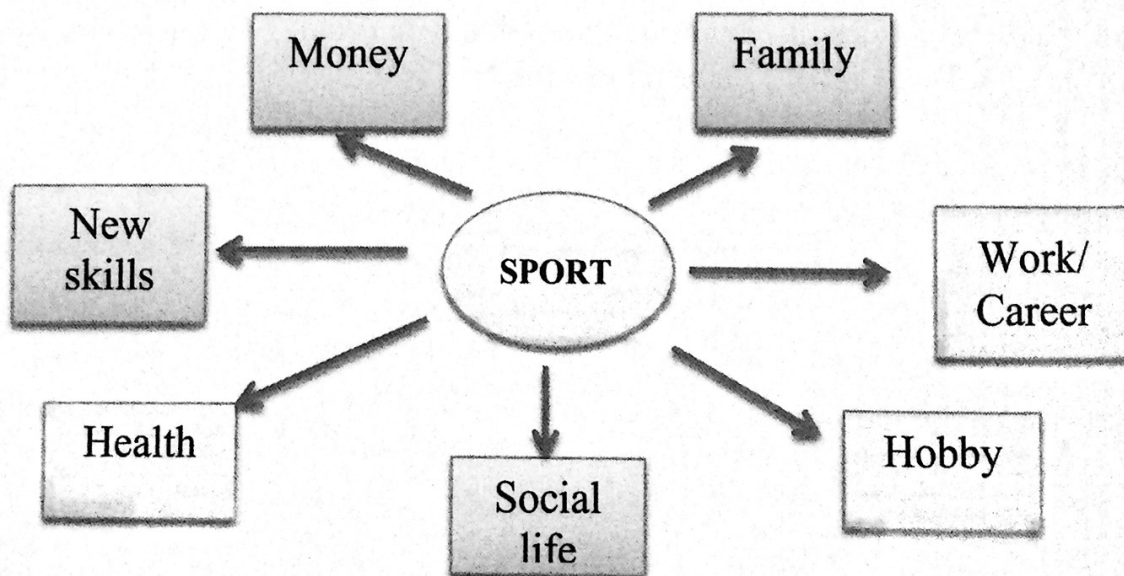
44 You will hear a radio programme about a sports event. For questions 1-7, choose the best answer (A, B, C or D). You will hear the text twice.

1. What is special about the festival?
 - A It is the largest event of its kind.
 - B It includes a large number of Fun Sessions.
 - C People can both watch and practise sports.
 - D It takes place in Richmond.
2. Who or what are the Fun Sessions aimed at?
 - A People who have never practised sports before.
 - B Sports lovers of all ages.
 - C Children who want to try a new sport.
 - D Testing new equipment.
3. Why does the speaker recommend that parents bring their children?
 - A It is a way of involving children in sports.
 - B Many children need new sports skills.
 - C Many children are not active enough.
 - D The organizers give children gifts.

4. Which of these sports does the Watersports Activity Course include?
 - A Swimming.
 - B Rowing.
 - C Diving.
 - D Surfing.
5. Numbers on the watersports course are limited because
 - A too many people want to try this event.
 - B it depends on the availability of equipment.
 - C the equipment needed is very expensive.
 - D not all children are capable of swimming in light clothing.
6. The Fun Run is intended for
 - A people invited to take part.
 - B people who like competitions.
 - C everyone who likes running.
 - D those who can only attend the final events of the festival.
7. Who is this talk aimed at?
 - A People who have bought tickets for events.
 - B People who may not have heard about the event.
 - C Parents of children who have registered.
 - D People who want to beat the oldest participant's record.

WRITING PRACTICE 3

Discussion Clock - Arguments building



- 45** Consider what aspects can be useful for making a list of arguments for a topic.
Professional sport is the best choice when you choose your future career.
- A** Think of arguments to support the statement according to the aspects:
Social aspect: Famous professional sportsmen enjoy respect of the whole society.

Money aspect:
Career opportunities:
Personal achievements:

B Think of arguments to oppose the statement according to the aspects:

Money aspect: *They have to take part in a lot of competitions and win, otherwise they earn little money.*

Health aspect:

Family aspect:

46 Consider what aspects can be useful for making a list of arguments for a topic:
Popular sports are beneficial for a country.

A Think of arguments to support the statement according to the aspects:

Money aspect: *From an economic view point, popular sports create jobs for a large number of people in addition to generating income for the state.*

Hobby aspect:

Family aspect:

New skills aspect:

Work/ career aspect:

Another aspect:

B Think of arguments to oppose the statement according to the aspects:

Health aspect:

Environment aspect:

Economic aspect:

Speaking 3

Describing a picture

47



Match the phrases with the pictures. Some phrases can go with more than one picture. Then use relevant expressions in your photo description.

hold a competition, a sporting event, have a fierce/ strong/ intense competition, heading towards the finish line, be carried away by the game, trying to predict the result of the game, anxious (for a team) to win, demonstrate competitive spirit, to be determined to do, to score a goal, cheer sb wildly, to shout and cheer, the cheering crowds/fans, the clear blue sky, be blinded by the sun, be injured, examine an injury, give first aid

Picture 1

.....

Picture 2

Picture 3

48



Look at the photos and describe one of them in as much detail as possible following the plan.

You will have to start speaking in 1.5 minutes and will speak for not more than 2 minutes (12–15 sentences). In your talk remember to speak about:

- where and when the photo was taken
- what/who is in the photo
- what is happening
- why you keep the photo in your album
- why you decided to show the picture to your friend



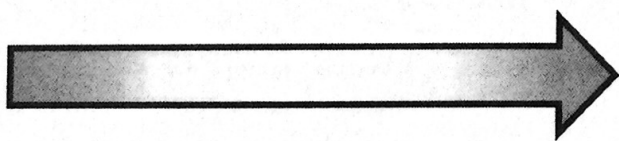
[27]



[28]



[29]



Home Assignment 3

49

Fill in: another, (the) other, either, neither, nor, both, none (of).

- I don't see the necessary information. – Look at side of the page.
- There were a few shops at the end of the street but of them sold sportswear.
- You risk your life and limb or you lose. There is no way.
- Jake swerved from one side of the road to, while there were no cars on it.
- of my friends lives in town as I do. But still we often see each
- They are already calling him Ronaldo. There is no player like him.
- Dan was as slim nor as healthy as I was. But of us was as strong as Jim.
- The event was organized by two people, of whom is a professional.
- of them are really enthusiastic about sport. But Nick Peter is a professional athlete.
- Would you like tea or coffee? - I'd rather have orange juice, please.

11. Sue has tried a number of ways to lose weight but has helped her much so far.
12. Which colour do you like: black or blue? – I can take that you choose.
13. No sport attracts as many spectators as football.
14. Tim doesn't want to be an economist or financier as he thinks jobs are too demanding. So he needs two-three months to think his future career over.
15. Our products need to be competitive in terms of quality and price.
16. Simone goes riding a horse every week and swimming every..... day.
17. I need pair of shoes; these are completely worn out.
18. He got four loaves, I got a croissant and we left the shop

50 Fill in: some, any, no, every or their compounds.

1. Every mayor is in ways an architect.. 2. can try their hand at this kind of sport. 3. has left the door unlocked. Now can come in. 4. If intelligent life is farther away than that, will ever reach this planet. 5. She was who changed the strategy of the company. 6. in our country knows what an important day it is. 7. If breaks down, I'll hold you responsible. 8. I haven't seen of those films, so I don't mind which one we go to see. 9. Is here now? We'll start the tour straight away then. 10. There is likelihood that the police will find the robber. 11. other person can replace our teacher, he is unique. 12. Isn't there here who could help me out? 13. Would you like water or maybe sweet? 14. Don't talk to me. There is you can say to me that will make difference to how I feel.

51 Translate into English using General and Topic Vocabulary of the Unit.

1. Он упоминает о своей неудаче через день. У него такое чувство ответственности! – Он очень хочет соответствовать нашим требованиям.
2. Обе спортсменки вышли в финал, но ни одна из них не завоевала первое место.
3. Эта команда провела на чемпионате мира три матча и не выиграла ни в одном.
4. Ронни ни такой молодой, ни такой подготовленный, как другие члены команды.
5. Лили опять в спортивном зале? – Конечно, последние два месяца она ходит туда через день тренироваться, чтобы быть физически подтянутой и стройной.
6. Сейчас никто из них двоих не хочет брать на себя ответственность за провал.
7. Он отыграл ещё один сезон прежде, чем приступил к тренерской работе.
8. Этот текст ещё более трудный, чем тот, который мы переводили на днях. К тому же я давно не практиковался в переводе.
9. Он решил не участвовать в конкурсе, все потребовали от него объяснений.
10. Они оба не удивились тому, что наша команда проиграла. К тому времени они уже знали, что соперники были в лучшей физической форме.
11. И Кейт, и ее друг любят нырять с маской (snorkel). Но никто из них не занимается этим с риском для жизни или в ущерб здоровью.
12. Мы проводим этот конкурс на регулярной основе раз в два года. Лучшие молодые музыканты со всего мира соревнуются за главный приз.
13. В начале матча Джорджу удалось забить гол, а ближе к концу игры ещё один.
14. Она упомянула каких-то американских писателей, но их имена ускользнули от моего внимания. К тому же, я не знаю ни одного из них.
15. Вчера родители застали нас с братом за игрой на компьютере. А мы еще не сделали домашнее задание к тому времени. Теперь мы оба не можем играть в компьютерные игры целых две недели.
16. Никто из моих друзей не упомянул об этой книге, когда рассказывал о писателе.

17. Я *достал* два новейших словаря, но ни в одном из них не нашел нужное мне слово. **Оба** словаря мне **не** помогли *понять* смысл предложения.
18. Оба моих младших брата – футбольные фанаты. Ни тот, ни другой не пропускают ни одного важного матча.
19. И Том, и Шон *занимались футболом* в детстве, но ни один не стал профессиональным спортсменом. Но оба *подтянутые и спортивные* ребята.
20. Что бы ты хотел посмотреть: хоккей или футбол? – Ничего. **Оба** вида спорта мне **не интересны** (Я ими не увлекаюсь).

52



Writing a letter: You have received a letter from your English-speaking pen friend Jenny who writes:

... This summer I attended different sporting events. In France I saw football matches at the stadium, in England I took part in the amateur tennis tournament, in China my family enjoyed flying at the International Balloon Festival. What sports are the most popular in your country? Are you more interested in playing or watching sports? Why? Have you ever participated in any extreme sports: extreme kayaking, snowboarding, parachuting etc? Why yes or no?

... Next summer I am going to try bungee jumping in Mexico. ...

Write back to Jenny.

In your letter (100-140 words)

1. answer his questions
2. ask 3 questions about her interest in extreme sport.

53



Look at the photos and describe one of them in as much detail as possible following the plan.



You will have to start speaking in 1.5 minutes and will speak for not more than 2 minutes (12–15 sentences).

In your talk remember to speak about:
 where and when the photo was taken
 what/who is in the photo
 what is happening
 why you keep the photo in your album
 why you decided to show the picture to your friend

