

"30 minutes of English"

Lesson9.

Topic: "Sports and fitness"

Date: 29.09.16

LEARN MORE!

S Task 26. Extreme sports have become very popular recently. Match the sports with the pictures. What other dangerous sports do you know?

windsurfing hang gliding mountain biking skydiving
rafting bungee jumping mountaineering snowboarding



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R Task 27a. Read about one more extreme sport. Have you ever heard about it?

challenge waterfall climber crampon ice-axe rope crash noises



Climbing Frozen Waterfalls

It is a very unusual sport. Lovers of this sport take up challenge of climbing frozen waterfalls. When the temperature goes down to several degrees below zero, rivers stop flowing and waterfalls turn into very big sheets of ice.

These huge columns of ice caught the imagination of a French mountain-climber who, about 20 years ago, decided to climb them. He put a couple of crampons on his feet and took two ice-axes. A little nervous, he began to climb the waterfall. Slowly he managed to climb a few metres. "It's not difficult!" he thought. "Tomorrow I'll come back with a rope and try to reach the top." Thus, a new sport was born. Later it spread all over the world.

To practise it, you must know about ice. If the temperature rises a few degrees, whole walls of ice, 40 metres wide, can crash to the ground. If the ice makes any strange noises while you are climbing, it's better to come down quickly.

Task 27b. What qualities must an ice-climber have? Write R (right) or W (wrong).

1. He must be very tall. _____
2. He must have climbing instruments. _____
3. He must be very brave. _____
4. He must know the weather forecast. _____
5. He must be resistant to cold. _____
6. He must not suffer from the fear of heights. _____

Task 27c. Find all irregular verbs in the Past Simple in text and make sentences with them.

Example: caught - A goalkeeper easily caught the ball.

W Task 28. Write about the last sporting event in your unit.