

6

SPEAKING • Giving instructions

I can give instructions and safety information.

THINK! What types of sport and activities can you do at school? What about places outside school?

- Mark So, is this my bike?
- Amy Yes, it is. And here's your safety vest.
- Mark A safety vest? Really?
- Amy Yes! And make sure that you ¹..... it when you're on your bike. Every time.
- Mark OK. Can you check my helmet? It feels too ².....
- Amy Let's see. Yes, it's fine. It needs to be secure. It's important to protect your ³.....
- Mark You won't go too ⁴.....?
- Amy Don't worry. We'll go ⁵..... Try not to be nervous or you won't enjoy it.
- Mark OK.
- Amy Just remember to stay with the group. You'll be fine if you follow my instructions. Are we ready?
- Mark Yes.
- Amy Let's go, then. ⁶..... me.



- 1** 2.09 Complete the dialogue with the words in the box. Then watch or listen and check. Which two items of safety equipment does Mark need?

fast follow head slowly
small wear

- 2** 2.09 Read the key phrases. Cover the dialogue and complete them with one word. Watch or listen again and check.

KEY PHRASES

Giving instructions and safety information

Make ¹..... that ...

I / You / It need(s) ².....

It's ³..... to ...

Don't ⁴.....

Try (not) ⁵.....

Remember ⁶.....

You'll be fine ⁷.....

- 3** Work in pairs. Practise the dialogue.



- 4** 2.10 Put the dialogue in the correct order. Listen and check. Then practise it with your partner.

- A You'll be fine if you follow me. ☐
- A Let's see. It's fine. Your helmet needs to be secure. OK, are you ready? ☐
- A It's important to check your equipment first, Becky. Is your helmet OK? ☐
- A Don't worry. Just go slowly and remember to relax and use your legs. ☐
- B Erm, yes, I think so. I'm nervous. ☐
- B That's a very big rock! What if I fall? ☐
- B It isn't very comfortable. It feels very small. ☐

- 5** **USE IT!** Work in pairs. Practise a new dialogue for the situation using the Key Phrases and the dialogue in exercise 1 to help you.

Student A: You are going to go on a mountain bike trip in the countryside. Ask the instructor to check your equipment. Tell him / her that you are a little scared of cycling in the countryside and ask for instructions.

Student B: You are an instructor at an activity centre and you are taking a group of students on a mountain bike trip in the countryside. Check student A's equipment. Ask if he / she is OK and if he / she has any questions or doubts.