

IS THERE A LIMIT TO HUMAN POTENTIAL?

In 30 seconds, answer the following questions:

- Can athletes run faster than racehorses?**
- Can training techniques help athletes to exceed the limitations of the human body?**

Read the statement and answer the given question in 60 seconds.

**“Stig Severinsen held his breath underwater
for 22 minutes in 2010.”**

What do you think about it?



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Listen and repeat. Then, choose a word to define.

1. **Capacity (n)** /kə'pæsəti/

2. **Nurture (v)** /'nɜːrtʃər/

3. **Overcome (v)** /,oʊvər'kʌm/

4. **Progression (n)** /prə'greʃn/

5. **Powerful (adj)** /'paʊərfl/

6. **Endurance (n)** /ɪn'dʊrəns/

Make a sentence using that word.

Example: He showed remarkable **endurance** throughout his illness.



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Wear Your Words

Explanation of a useful phrasal verb and idiom:

Work out

to train the body by physical exercise



Go from strength to strength

to become more and more successful



Examples:

- ✓ *I **work out** regularly to keep fit.*
- ✓ *Since her appointment the department has **gone from strength to strength**.*

Make a sentence using either the given phrasal verb or idiom.



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Structure:

S + inspire + somebody + to + V-infinitive.

Example: *Steve Jobs inspired people to pursue their passions and to overcome their limitations.*

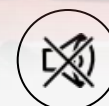
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss the given questions with your partner:

- 1. Name some inventions that changed the world forever.**
- 2. With scientific and technological advancements, will we eventually be able to surpass our physical limitations? Give examples.**

Suggestions:

- Inventions: the wheel, the compass, the telephone, the television, the computer, the light bulb, penicillin, vaccines, etc.



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Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to human potential

- ✓ **A phrasal verb and an idiom:**

Work out

Go from strength to strength

- ✓ **Structure:**

S + inspire + somebody + to + V-infinitive.

- ✓ Discussion about scientific and technological advancements



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Homework

Complete your mission and find more in related lessons.

Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Practice the related lessons in the course browser [here \(It doesn't apply to all students\)](#)
- ✓ Take those lessons

Recommendations

- ✓ [140-pronunciation: /w/ vs. /g/ \(#0293\)](#)
- ✓ [135-pronunciation: /ng/ vs. /n/ \(#0290\)](#)
- ✓ [107-stressed and unstressed syllables \(#0174\)](#)

Rất hài lòng



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kĩ thuật



Học liệu

- ✓ Please don't forget to rate our lesson today



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