

ADVANTAGES AND DISADVANTAGES OF EXTREME SPORTS

In 30 seconds, answer the following questions:

- 1. What sports are you good at?**
- 2. Can you name some extreme sports?**

Watch the video, then answer the given questions in 60 seconds:

1. What do you think about extreme sports?
2. Would you like to try any of them?

Video



Source:

<http://www.dailymotion.com/video/x444una>



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Wear Your Words

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

1. **Encounter (v)** /ɪnˈkaʊntər/

2. **Potential (n)** /pəˈtenʃl/

3. **Traumatic (adj)** /traʊˈmætɪk/

4. **Monotonous (adj)** /məˈnɒtənəs/

5. **Frustration (n)** /frʌˈstreɪʃn/

6. **Injury (n)** /ˈɪndʒəri/

Make a sentence using that word.

Example: *All children should be encouraged to realize their full **potential**.*



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Wear Your Words

Explanation of a useful phrasal verb and idiom:

Get into
(phrasal verb)

(informal) to become interested in something

Not turn a hair
(idiom)

to show no emotion when something surprising, shocking, etc. happens



Examples:

- I'm really **getting into** jazz these days.
- She listened to his confession **without turning a hair**.

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



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Structure:

Sb + dare + sb + to do + something.

Example: *She dared me to spend a night in the graveyard.*

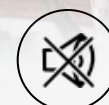
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss with your partner some advantages and disadvantages of extreme sports.

Suggestions:

Advantages:

- ✓ Boost self-confidence and motivation
- ✓ Give a sense of achievement
- ✓ Keep us extremely fit
- ✓ Make life more exciting
- ✓ Etc.

Disadvantages:

- ✓ Require high relative cost (travel, equipment)
- ✓ Face high risk of injury
- ✓ 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 extreme sports

✓ **Phrasal verb: Get into**

✓ **Idiom: Not turn a hair**

✓ **Structure:**

Sb + dare + sb + to do + something.

✓ Discussion about the advantages and disadvantages of extreme sports



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Homework

Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ 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	<ul style="list-style-type: none">✓ 43-using present progressive in sports (#0105)✓ 113-check out the awesome, new sports car (#0432)
<div><p>Rất hài lòng</p><p>★★★★★</p><p>Nhấn vào ngôi sao để đánh giá</p><p>Tôi hài lòng nhất</p><div><div> Giảng viên</div><div> Chất lượng kĩ thuật</div><div> Học liệu</div></div></div>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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