

## 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?

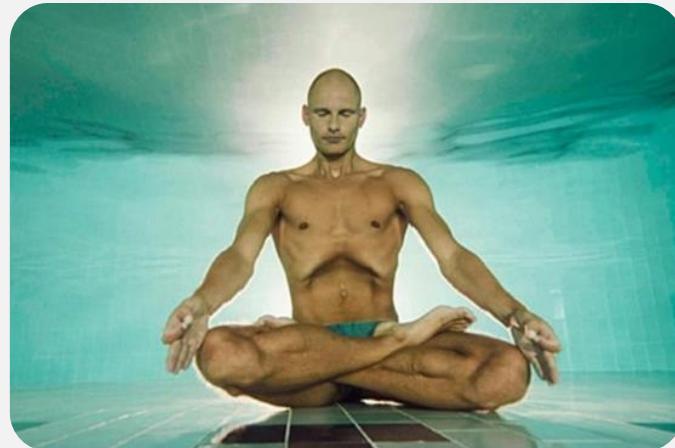
# Speak Up

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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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# Wear Your Words

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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)** /'ouvər'kʌm/ \_\_\_\_\_
4. **Progression (n)** /prə'greʃn/ \_\_\_\_\_
5. **Powerful (adj)** /'paʊərlɪ/ \_\_\_\_\_
6. **Endurance (n)** /ɪn'dʊrəns/ \_\_\_\_\_

**Make a sentence using that word.**

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



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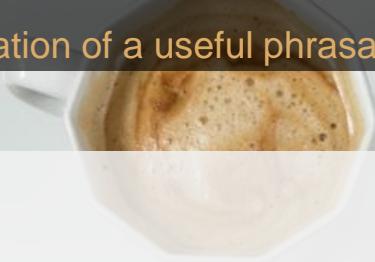


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# Wear Your Words

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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

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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

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Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ Practice the related lessons in the course browser <a href="#">here</a> (It doesn't apply to all students)</li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">140-pronunciation: /w/ vs. /g/ (#0293)</a></li><li>✓ <a href="#">135-pronunciation: /ng/ vs. /n/ (#0290)</a></li><li>✓ <a href="#">107-stressed and unstressed syllables (#0174)</a></li></ul>

Rất hài lòng



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kỹ thuật



Học liệu

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



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