

## 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?

# Speak Up

TOPICA NATIVE

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

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

1. **Encounter (v)** /ɪn'kaʊntər/

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2. **Potential (n)** /pə'tenʃl/

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3. **Traumatic (adj)** /traʊ'mætɪk/

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4. **Monotonous (adj)** /mə'nɑ:tənəs/

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5. **Frustration (n)** /frʌ'streɪʃn/

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6. **Injury (n)** /'ɪndʒəri/

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**Make a sentence using that word.**

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



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# Wear Your Words

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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

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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 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

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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

- ✓ [43-using present progressive in sports \(#0105\)](#)
- ✓ [113-check out the awesome, new sports car \(#0432\)](#)

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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