

Lesson: *Four extreme experiences!*

This is a quick, easy, English lesson plan that will inspire your students. It'll also give them opportunities to improve their speaking, listening, reading and writing skills. This lesson comes with a PDF of the lesson, and an audio file. Simply follow the lesson ideas for a fantastic class that'll really motivate your students.

1 Warm-up

Questions

Print off the questions on the **Resource Sheet** (see the end of this pack) for students to ask and answer in pairs or display them or write them up on the board. When they've finished, ask students to report back with any interesting information they found out about other students.

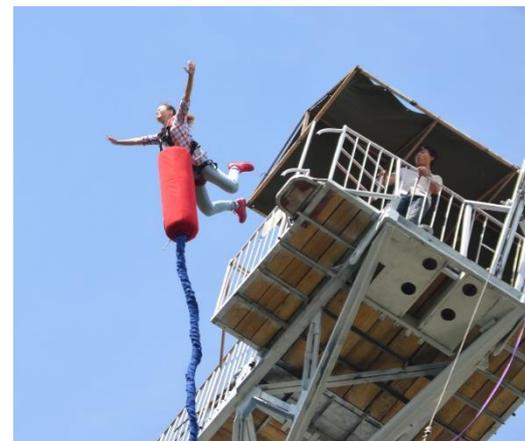


2 Lesson activities

Go through the activities for the lesson on the sheet **at the end of this document**: the Pre-reading, Reading I and Reading II activities. You could do this lesson as a *listening* activity. In order to do this, tell your students to turn over the sheet so they can't see the text as they do the exercises.

If your students' listening level is low, stop the recording after each paragraph and check their understanding.

After finishing that, and if you've done this as a listening activity (not a reading), let your students read the text as you play the recording again. This is good for developing their listening skills as they can see the connection between the written and spoken language.



3 Follow-up activities

Retell it!

Assign a paragraph (or two, etc.) to each student. Students have a minute or two to try to remember the text. When they're ready, students try to recount the information, using as much of the language as possible. Or, ask for volunteers to retell the, using as much of the original language as possible (or even by heart if they can).

News report

Students write a news report based on a story involving one of the adventures from this lesson. The news item could involve something going wrong during one of the adventures. The news report should include information that answers the following questions: *who, what, when, where, why, how*. When they're ready, ask for volunteers to present their news stories (as if they were in a news studio). They should do this by

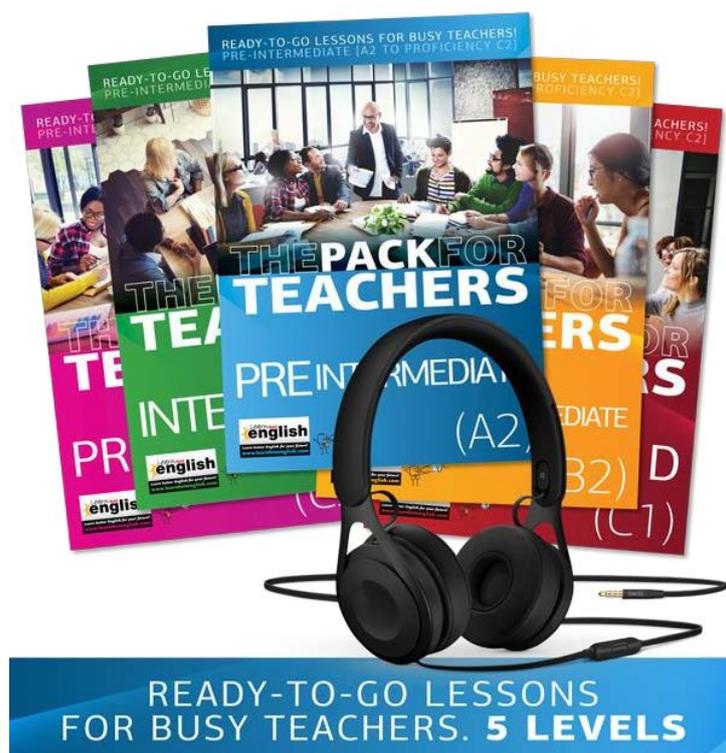
using notes, not reading it word-for-word. Other students listen then ask questions, or the person presenting the news could ask them questions.

Dialogue

In pairs, students write up notes for a dialogue between a reporter and someone who has done one of the things from this lesson. Tell your students to make the dialogue as funny, silly or serious as they like. When they're ready, ask for volunteers to act out their dialogues (using notes, not reading it out word-for-word). Other students listen and vote on the best ones.

Presentation

Students write notes for a one- or two-minute presentation on an adventure they're planning to go on. They should try to persuade other students to join them on the adventure. They could include photos to make the adventure appear more exciting or appealing. When they're ready, ask for volunteers to give their presentations (using notes, not reading it out word-for-word). Other students vote on the most interesting ones. Or, they listen then ask and answer questions.

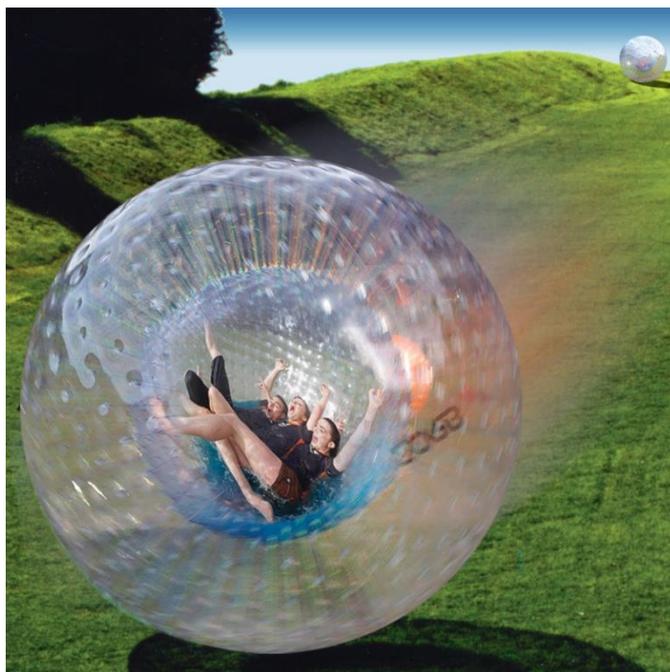


Resource Sheet

Ask and answer the questions in pairs. When you've finished, report back to the class with any interesting information you found out about other students.

What adventure or extreme sports have you done? Choose from the list below and explain what the experience was like, what happened, where you did it, what it was like...

- Zorbing
- Scuba diving
- Wakeboarding / water skiing
- Parasailing
- Parkour
- Skateboarding
- Surfing
- White water rafting
- Abseiling (rappelling)
- Hang gliding
- Paragliding
- BMX
- Mountain biking
- Skiing & snowboarding
- Kayaking
- Ice climbing
- Mountain biking
- Cliff diving
- Free climbing
- Skydiving
- Other?



General questions

- In what way are you adventurous?
- Are there any elements of danger in your life? What are they?
- What adventures would you like to go on in the future?
- What are some of the greatest adventures from history?
- Who are some of your adventure heroes?
- In what way is life like an adventure?
- Which adventure films do you like? Why?
- Where would you like to go for an adventure: a safari, the mountains, a jungle, a desert, an island, a city...?
- What adventurous experiences have you had in your life? In what way were they adventurous?
- What's your idea of the perfect adventure? Who would you like to have this adventure with?

Objective To improve your reading and listening skills.

Think about it What are some of the most dangerous things you've done? When were you last in danger? What happened? Which activity from this article would you try?

Exams This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

FOUR EXTREME EXPERIENCES!

By Danielle Ott

Looking for something exciting to do? You might like to try one of these 4 extreme experiences.



Crocodile watching
Fancy getting up close to some of the most terrifying animals on earth? Crocosaurus Cove, in Darwin (Australia) has the "Cage of Death". It's a plexiglass enclosure that's lowered into a pool. This gives you a 360 degree view of a 5-metre long, 800 kilogram saltwater crocodile as it's being fed. Apparently, the cable broke once and the cage sank to the bottom, but they've fixed it since then and visitors are assured it won't happen again.



Edge walking
How about walking along the edge of a building several hundred metres up in the air? If that sounds like fun, head off to the CN Tower in Toronto (Ontario, Canada). Built in 1976, the tower is 553.33 metres tall, and until 2010 it was the world's tallest building (now superseded by the Burj Khalifa in Dubai, the United Arab Emirates). The Edge Walk consists of

a 20-30 minute stroll along a 1.5 metre wide platform that runs around the tower's restaurant roof. During the 150m-long walk, you're encouraged to lean forwards as you look over Toronto's skyline, and backwards so you can see the people in the Sky Pod observation deck above. Not recommended for sufferers of vertigo!



Plastic ball rolling
Fancy rolling down a hill in a ball of plastic? Zorbing is popular all over the world, but the place to give it a go is in Rotorua (New Zealand) – home of the first zorbing site! Brothers David and Andrew Akers came up with the idea in 1994. A typical orb is about 3 metres in diameter, with an inner orb size of about 2 metres, leaving a 50–60 centimetre air cushion. There's no brake or steering mechanism, but the inner layer of plastic helps absorb the shock. Zorbing usually takes place in hilly areas, allowing zorbers to roll around as they spin down the slope.



Volcano bungee jump
If you're looking for the adventure of a lifetime, how about a bungee jump off a

helicopter into the crater of a live volcano? First done as a stunt on MTV, you can try it yourself for a mere \$12,500. The price includes transportation to and from the Chilean city of Pucón and three days at an adventure resort. As part of the jump, a helicopter ride takes you to the Villarrica volcano, one of the most active in Chile. Once you're at the drop zone, you leap off the helicopter and fall into the volcano, coming within 215 metres of the burning lava. Finally, you enjoy the ride back to the airport flying at 130kph and dangling from a rope 100 metres below the chopper.

What fun! ☺

GLOSSARY

- an enclosure** *n*
a type of container for animals or people. In this case, it's a glass box that you can go inside
- to lower** *vb*
if you "lower" something, you move it down to a lower level
- a cable** *n*
a thick, metal wire
- to sink** *vb*
if an object "sinks", it goes to the bottom of the water
- an observation deck** *n*
a platform (usually on a tall building) that gives you the best views
- vertigo** *n*
a fear of heights
- an air cushion** *n*
if an object has an "air cushion", it's got a layer of trapped air that absorbs the shock when the object goes over the ground
- a brake** *n*
a device we use to stop a machine
- steering** *n*
the "steering" in a car is the mechanical part of it which we use to steer – to turn to the right / left, etc.
- hilly** *adj*
a "hilly" area has many hills (little mountains)
- to spin** *vb*
to turn around and around
- a slope** *n*
a side of a mountain or hill
- a stunt** *n*
a dangerous and exciting act, often done to attract attention
- a drop zone** *n*
the place you jump into when you parachute out of a plane, etc.
- to leap** *vb*
to jump
- lava** *n*
the burning material in a volcano
- to dangle** *vb*
if you're "dangling", you're hanging in the air, attached by a rope, etc.

Answers on page 44

1 Pre-reading
Look at the names of the "extreme experiences". What do you think they involve?

2 Reading I
Read the article once to compare your ideas from the Pre-reading activity.

3 Reading II
Read the article again. Then, write the name of an activity next to each statement.

1. It gives you great views of a city.
2. It's quite expensive to do.
3. There was an accident once when a cable broke.
4. It was first invented in New Zealand.
5. It's also known as the "Cage of Death".
6. It was first done as a TV stunt.
7. It involves walking around a building.