

B

Now look at the text and check your answers. How many did you get right?

Assignment 8

Writing

30



'There, he finds a married couple, their three kids, and a family friend, Mike Burt. Hearing the urgency in Charlie's voice, Mike, a former Marine, offers to run the demanding nine miles to the volunteers' cabin, where he hopes to call in medical aid for David.'

What did Charlie and Mike say to each other, do you think? Work with a partner and write a short dialogue between Charlie and Mike Burt.

- 1 First, discuss the outline of this conversation with your partner.
Where is David now? What has happened to him? What state is he in?
How is Charlie coping, and how is Mike responding?
What needs to be done?
- 2 Write a script together. The dialogue should contain 200-250 words.
- 3 To get you going, the first two lines are given as an example. You can use these lines, or think of something yourself.

MIKE [CALM VOICE]:

Now calm down boy and tell me what's the matter. What has happened? How can we help you?

CHARLIE [HOLDING BACK TEARS]:

It's my Dad... He was hit by a rock. He is badly wounded. He needs medical help!

MIKE [...]:

...

Multitasking for badasses ★

pages 6-7

Listening • Reading • Language Organiser • Grammar • Writing

Assignment 9

Pre-listening

10



Before listening to the article, watch this video: bit.ly/wr-mt. Then discuss the following questions with your classmates.

- 1 What is the attraction of this sport, do you think? Why do people do it?
- 2 Do you think this could become a popular sport in the Netherlands?
- 3 Would you consider taking up obstacle running? Why (not)?

Assignment 10

Listening

15



A

First, read the sentences. Then listen to the recorded text and choose the correct options.

- 1 As a child, Amelia Boone was *not at all sporty* / *quite active and fit*.
- 2 For obstacle running, you need to be a *good all-round athlete* / *a very fast runner*.
- 3 The best thing about obstacle running, according to Amelia, is *pushing your limits and feeling alive* / *winning a race*.
- 4 When she started obstacle running, Amelia *didn't really know* / *knew exactly* how to train for it and get better.
- 5 Amelia's favourite races are the ones where you need to be *fast* / *strong*.
- 6 In shorter races, it *is* / *isn't* common to help out other competitors when they are struggling.
- 7 According to Amelia, obstacle running *could* / *couldn't* end up as an Olympic sport.
- 8 Amelia *is quite happy with the way things turned out in her life* / *still wants to swim with dolphins one day*.

B

Now read the text and check your answers.

Assignment 11

Reading

10



The article has the form of an interview with questions and answers. Which subheadings could replace the questions? Make a match.

Note: there are two extra subheadings that don't fit in.

- | | |
|---|--------------------------------------|
| 1 Were you always a good runner? | a Hitting rock bottom |
| 2 What makes a good obstacle runner? | b No regrets |
| 3 How do you prepare ... is it like? | c Plans for the future |
| 4 It's a fairly new sport, ... get better? | d Official recognition for the sport |
| 5 The perception of OCR ... competition? | e Physical and mental strength |
| 6 There seems to be ... top ten finish? | f OCR pioneers |
| 7 This thing ... end up in the Olympics? | g A man's world |
| 8 Did you ever realise the dream of swimming with dolphins? | h Combining work and sport |
| | i A tomboy childhood |
| | j Team spirit |

Assignment 12

Reading

15



Read the article one more time and answer the following questions. Choose A or B.

- 1 Why didn't Amelia just stick to marathon running?
A She found it too boring.
B She's not a very good runner.
- 2 What, apart from strength and endurance, is important in OCR, according to Amelia?
A being tough and prepared to get hurt
B getting enough sleep before a race
- 3 How does Amelia get through a long race?
A She keeps focusing on the finishing line all the time.
B She tries to divide the race in smaller parts.
- 4 How does Amelia look back on her first World's Toughest Mudder?
A It was tough but she got a lot out of it.
B She hopes she'll never have to experience that again.
- 5 Read lines 64-82. What attracted Amelia to OCR when she started?
A the fact that it was a bit like triathlon or Iron Man
B the fact that it was new and very few people were doing it
- 6 What does Amelia say about women in OCR?
A There are enough female competitors, but they'll never be as fast as men.
B There are more and more women taking up this sport.
- 7 What is the difference between longer and shorter races, according to Amelia?
A There is more solidarity in the longer races.
B The longer races are slightly more relaxed.
- 8 What is Amelia's opinion on OCR as an Olympic sport?
A She thinks OCR would become even better.
B She thinks OCR wouldn't be the same.

Assignment 13

Language Organiser

20



A

Read the descriptions and find the English words in the text. Then fill in the puzzle. Note: if the word is a verb, use the infinitive (*hele werkwoord*); if the word is a noun, use the singular (*enkelvoud*).

across

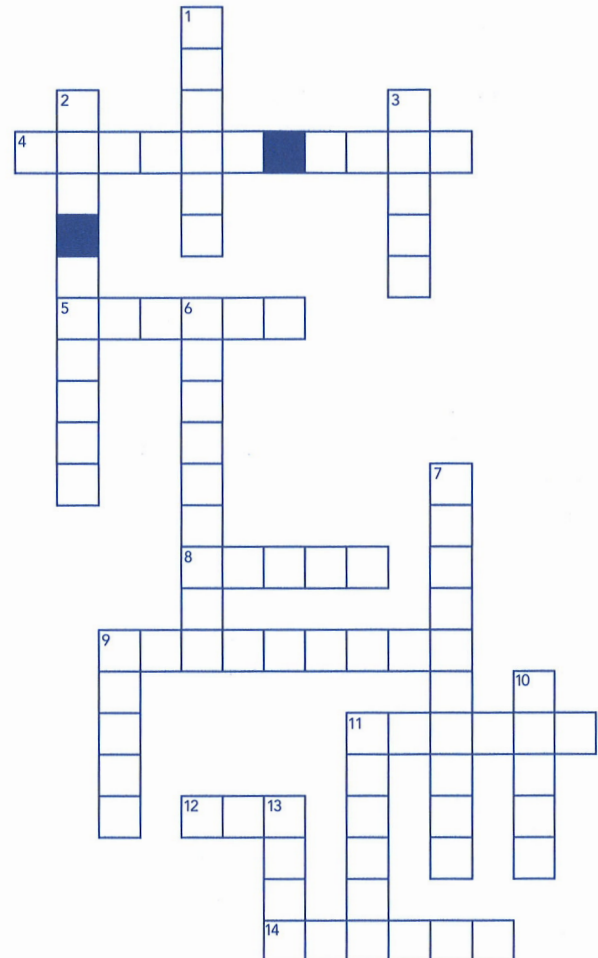
- 4 wire with short sharp points on it (ll. 19-29)
- 5 affect or include people, things, or places (ll. 102-112)
- 8 path or road (ll. 113-125)
- 9 the ability to continue doing something difficult or painful over a long period of time (ll. 19-29)
- 11 whole (ll. 48-57)
- 12 a thick piece of wood from a tree (ll. 93-101)

down

- 1 be attractive (ll. 64-74)
- 2 move, develop, or improve more slowly than others (ll. 83-92)
- 3 the part at the back of a car where you can put bags, tools, etcetera (ll. 1-10)
- 6 extremely tired (ll. 40-47)
- 7 the way you think about something and your idea of what it is like (ll. 83-92)

- 14 someone who is very determined and does not always obey rules (*title*)

- 9 the same (ll. 83-92)
- 10 boring and nothing new (ll. 58-63)
- 11 become larger in size, number, or amount (ll. 113-125)
- 13 get your attention (ll. 11-18)



B

Read the sentences and fill in the blanks. Choose from the original words in exercise A.

- 1 Obstacle course racing (OCR) is fast sweeping the nation and taking the sporting world by storm. The question on everyone's lips is: why does it ... to so many people?
- 2 OCR means jumping, climbing, swimming, and sometimes crawling under ... through various distances to reach the ultimate goal of finishing the race.
- 3 Obstacle course races are all unique, but the most important skill to master is the ability to prepare. A strong finish in a 5-8km race requires explosive speed and strength, while for a 20-25km race you need ... and grit.
- 4 Despite the pain involved, the runners seem to have a smile on their face the ... way round. And it's not hard to see why!
- 5 The last time you spent the day sliding down water slides, climbing huge tasks and rolling around in mud carrying ... was probably a fair few years ago.
- 6 Whether you're taking part as a group or as a solo runner, we're sure you'll end up at the finishing line physically ..., but with a great sense of achievement and a huge smile.

Assignment 14

Grammar

15



How to make questions

1 Moving to be or an auxiliary to the front

OCR *is* gaining popularity. *Is* OCR gaining popularity?

She *has* won several medals. *Has* she won several medals?

I *always* was a good runner. *Were* you always a good runner?

2 Moving a modal to the front

The women *will* lag behind. *Will* the women lag behind?

OCR *could* end up in the Olympics. *Could* OCR end up in the Olympics?

It *would* need to be standardised. *Would* it need to be standardised?

3 The present simple and the past simple have no auxiliary. We make questions by adding the auxiliary *do/does* for the present simple or *did* for the past simple

You *need* upper body strength. *Do* you need upper body strength?

It *gives* perspective to everything. *Does* it give perspective to everything?

She *wanted* to be a lawyer. *Did* she want to be a lawyer?

Turn the following sentences into questions.

- 1 She has been doing OCR for five years now.
- 2 You should stop and help other people over obstacles.
- 3 Marathon running was like a bucket list thing.
- 4 You can't just be a good runner.
- 5 I always try to compartmentalise the longer runs.
- 6 They have never run for a team.
- 7 I played a lot of football and other team sports.
- 8 Most people will give up after four hours of running.
- 9 She likes carrying heavy sand bags and logs.
- 10 Amelia's parents had a minivan.

Assignment 15

Writing

30



Amelia Boone is a full-time lawyer, obstacle racer, and ultra-runner. Also known as 'The Queen of Pain', Amelia is a four times world champion and one of the most decorated obstacle racers in history.

Imagine, you are also very good at something. Free running, for example, or playing chess, dancing or singing. You want to become just as successful as Amelia Boone. But what does it take to reach your goal? On Amelia Boone's own website ameliaboone.com you can read all about her and you can leave a message ('Hit me up with all your deep thoughts. If I don't respond – it's not you, it's me.')

Write a message (200-250 words) to Amelia:

- 1 Stel jezelf voor (naam, leeftijd, j/m, land, etc.).
- 2 Vertel dat je een interview met haar hebt gelezen op school. Vertel in het kort waar het artikel over ging.
- 3 Vertel dat je haar erg bewondert, leg ook uit waarom.
- 4 Stel ten minste drie vragen die iets te maken hebben met Amelia's sport of met de combinatie sport en werk.
- 5 Vertel dat je zelf erg goed bent in ... (bedenk zelf iets) en heel graag net zo succesvol wilt worden als zij. Vertel ook waarom je dit wilt.
- 6 Vraag of zij tips kan geven die jou kunnen helpen je doel te bereiken.
- 7 Schrijf dat je hoopt dat je een reactie krijgt en zorg voor een passende slotzin.

Once you have written your message, check for mistakes and make alterations if necessary.

YouTube school ★

pages 8-9

Reading • Language Organiser • Speaking

Assignment 16

Pre-reading

5



Before reading the article, discuss the following questions with a partner or in a group.

- 1 Do you watch YouTube a lot? If yes, what do you watch?
- 2 Some YouTubers have more than a million subscribers. What does it take to become successful on YouTube? Are there any 'golden rules'?
- 3 Would you like to earn a living by making YouTube videos? Why (not)?
- 4 What does the future hold for YouTube, do you think? What will it bring?

Assignment 17

Reading

30



Read the article and answer the questions in correct English sentences. Use your own words.

- 1 What kind of YouTuber is Archie Norris?
- 2 'You might imagine ... to promote' (ll. 15-18). Why might you think this?
- 3 What does the YouTube studio have to offer?
- 4 Does the studio open its doors to every YouTuber? Explain your answer.
- 5 What is the answer to the questions posed in lines 71-78? Use your own words.
- 6 What do the YouTubers get out of it themselves?
- 7 What does Thea O'Hear mean with the 'ecosystem' (l. 90)?
- 8 Does YouTube pose a threat to commercial TV channels? Explain your answer.
- 9 What is said about Sofia Karlberg's background, her music, and her success in lines 100-138?