

StartUp 3
Reading

Unit3 – Lesson4
Page36

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



RISK TAKER

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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ADRENALINE RUSH

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



FEAR

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



FOCUS

USE THE WORDS TO FILL IN THE BLANKS.

adrenaline rush	risk-taker	in control	out of control	fear	focus	flight

1. Trish doesn't like surprises and always wants to be _____.
2. The car hit a wall because it was _____.
3. I love how I feel when I skydive. It gives me such an _____.
4. I don't like most insects, and I have a terrible _____ of snakes!
5. I can't believe he jumped out of an airplane. He's a real _____.
6. Peter really needs to _____ on his work. His paper is due tomorrow!
7. Mario took a _____ from Mexico City to Paris yesterday.



Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A Read the Reading Skill. Scan the text for the unspoken words. Underline them.

READING SKILL Notice text structure: Interviews

Words that are not actually spoken during an interview are usually styled differently, such as in italics.

Extreme Sports and the Brain



BASE jumping: an extreme sport

Why do some people jump out of airplanes? Or ski off cliffs? Are they bored? Or do they just love danger? *I recently interviewed Marta Hu–a BASE jumper who also happens to be a psychologist who studies the brain–to learn more about these risk-takers.*

Dave Chin **(*DC*):** Hi Marta, it's great to talk with you. Can you tell us what BASE jumping is?

Marta Hu **(*MH*):** BASE jumping is a sport where people jump off of high places with only a special suit to help them fly. BASE stands for building, antenna, span (or bridge), and Earth. Each of these words represents a high object from which BASE jumpers start their flight.

***DC*:** What can you tell us about people who do extreme sports, such as BASE jumping?

***MH*:** Well, Dave, some people who do extreme sports can find everyday life boring and need to do something unusual to feel an adrenaline rush. When people do extreme sports, their brains create something called dopamine, which makes them feel happy.

***DC*:** So, they need to do something that extreme just to feel some excitement?

***MH*:** Well, they know that what they do is dangerous, so they don't take risks. BASE jumpers, for example, learn everything they can about their equipment and the area where they will be jumping. They are actually very smart, careful people who like to be in control.

***DC*:** How could jumping off a cliff give someone control? I would feel totally out of control!

***MH*:** Well, they need to be in control of their equipment, but mainly they are controlling their fear. People have to focus and think very carefully about what they are doing. They describe feeling very relaxed and peaceful.

***DC*:** How does BASE jumping make you feel?

***MH*:** When I jump, I see the world in a way that I can't on the ground. I push past my fear and I focus. The jump only lasts 35 or 40 seconds, but time slows down, so it feels much longer. In that moment, I feel 100% free.

B PREVIEW Look at the title and the photograph. What do you think the interview is about?

Extreme Sports and the Brain



BASE jumping: an extreme sport

LISTEN TO THE AUDIO CAREFULLY.

3-20

What is the article mainly about?

People do extreme sports because ___ .

a. they are not afraid of anything
b. they find them relaxing
c. they feel intensely happy as a result

Have your Ss scan the text to answer the questions. Check the answers in class.

1. BASE jumping is ___ .
   a. jumping out of an airplane
   b. jumping without any equipment
   c. jumping from high objects
2. BASE jumpers are different than Dave expected because they ___ .
   a. are careful and plan their jumps
   b. love danger and like feeling afraid
   c. are bored with their lives
3. When BASE jumpers feel fear, they ___ .
   a. decide not to jump because it is too dangerous
   b. choose an even more dangerous jump
   c. focus and think about what they are doing

READ THE ARTICLE.
CIRCLE THE CORRECT ANSWERS.

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Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE Reread lines 27–29 in the interview. Think about the phrases *push past my fear* and *100%*. Circle the correct answers.

1. When Marta *pushes past her fear*, she ___ .
   a. moves to a better place to jump from
   b. feels afraid but jumps anyway
   c. thinks about the last jump she made

2. The expression *100%* means ___ .
   a. a little
   b. totally
   c. always

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.



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Have your Ss tell the summary of the text in breakout rooms.


afaq
Do you want to try an extreme sport, such as rock climbing, skydiving,
or BASE jumping? Share your reasons with your partner.
Have your Ss answer the questions in the breakout rooms.
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READ THE TEXT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.



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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.

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