



~~\$1,35~~ 3rd SEC
\$1,35

English (RE)
\$1,35

Skills development

9B- Profesora
Laura Re.

Reading

The long-distance runner

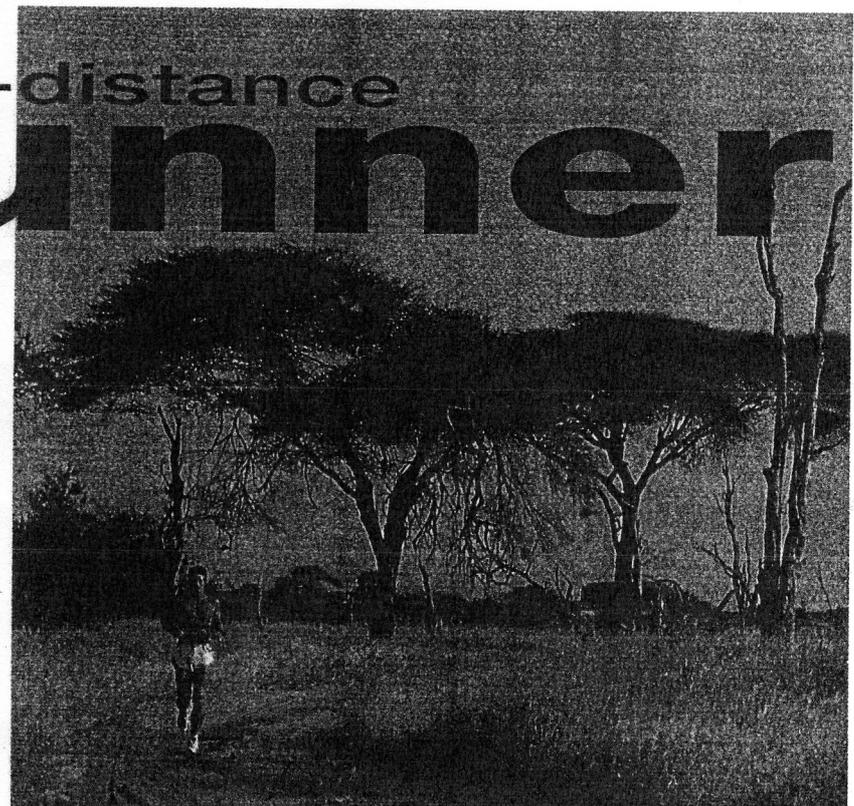
Nick Bourne has left behind a career as an international fashion model to be the first person to run the length of Africa.

Nick Bourne was born in London and went to school in Cheltenham. When he left school he became a fashion model. Good-looking and 1.93 metres tall, he was very successful. He worked in New York, Paris and London.

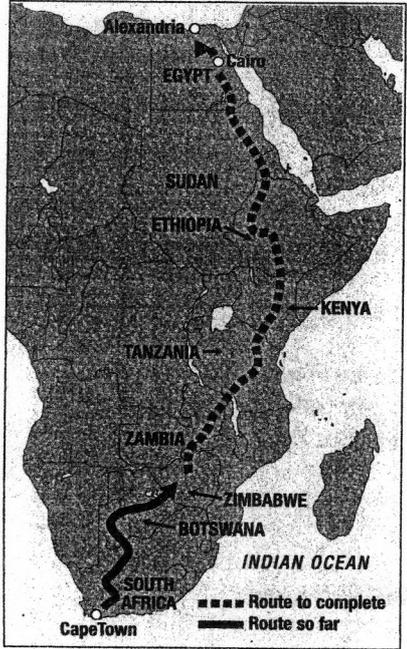
But two years ago, at the age of 28, he returned from a trip to New York and decided to give up modelling. He wanted to focus his body and mind on running. His plan is to run the length of Africa for charity, from Cape Town in South Africa to Alexandria in Egypt. It is a journey of 9,700 kilometres. He hopes to raise £1 million for the Born Free Foundation, which protects endangered wild animals, and Save the Children, which gives help to children in need.

Nick has already run through South Africa, Botswana and Zimbabwe. Next, he plans to run through Tanzania and Kenya, where he will climb 3,000 metres up the Rift Valley. Then he will run through Ethiopia, Sudan and Egypt.

Nick's sister Emma is part of his back-up team of six people. Today, Nick is celebrating his birthday with a chocolate cake which Emma has made. He is resting, because he is recovering from malaria. His blood pressure is still high, but he will resume his



journey tomorrow morning. On a normal day, he gets up at 3.30 a.m. and starts running at



4 a.m. He does three two-hour runs a day. 'Running gives you time to think,' says Nick, 'and I love doing things people have never done before. No one's ever run across Africa.' A Norwegian professional runner, Mensen Ernst, tried to run the length of Africa in 1832. He became ill and died 500 kilometres from Cairo.

Nick's closest friend, John Adamo, says, 'They call Nick's type of running "Ultra Running". You've never seen anything like it. He runs like a wild animal.'

Since Nick began his journey, he has encountered lions, a herd of elephants and a giant cobra. 'I know there are dangers,' he says, 'but I never want to stop trying.'

He hopes to return to England in four months' time. 'I'm looking forward to cold weather again!' he says.

Comprehension

1 > Write words from the text for the definitions.

a short journey *trip*

1 help, especially money,
given to people
who need it

2 getting better after
an illness

3 start again

4 met unexpectedly

2 > Complete the information.

PERSONAL DETAILS

Name *Nick Bourne*

Nationality

Place of birth

Age

JOURNEY

Length

Starting point

Finishing point

Route

.....

Reason for doing it

.....

3 > Complete the interview with Nick.

What did you do before you became a runner?

..... *I was a professional model.*

1 Why are you running the length of Africa?
.....

2 Are there people following you to support you?
.....

3 Why are you resting at the moment?
.....

4 How long do you run each day?
.....

5 What do you miss about England?
.....

Communication

4 > In your notebook, write an interview with Nick at the end of his run. Remember to show interest and surprise where appropriate.

Ask about:

- the reason he decided to run.
- the length of his journey.
- his back-up team.
- his worst experiences.

You: *Nick, congratulations! How do you feel?*

Nick: *I feel great. I could go on running!*

You: *Could you? ...*

Writing

5 > You meet Ben Lecomte, who has just swum across the Atlantic.

In your notebook, write a newspaper report using the following details.



PERSONAL DETAILS

Name Ben Lecomte

Nationality American

Place of birth Paris, France

Age 31

JOURNEY

Length 6,000 kilometres

Starting point Cape Cod, Massachusetts

Finishing point Brittany, France

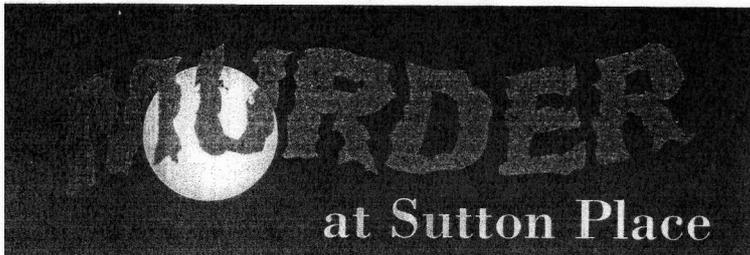
Route Across the Atlantic Ocean

Reason for doing it In memory of his father, who died in 1991. To raise £100,000 for cancer research

Ben Lecomte was born in France, but ...

Past simple and continuous
Time markers *when* and *while*

7 > Complete the opening of this detective story using past simple or past continuous verbs in the numbered gaps and *while* or *when* in the lettered gaps.



I (sleep) was sleeping deeply when the alarm clock ¹..... (ring). It was only 6 a.m., so I went back to sleep.

a) _____ I ²..... (wake up) again, it was 9.15.

I ³..... (jump) quickly out of bed.

The phone rang b) _____

I ⁴..... (have) a shower.

I let it ring. Eventually it ⁵..... (stop). Then it rang again c) _____

I ⁶..... (make) a cup of coffee. d) _____ I answered it, a

woman's voice said, 'You've got to help me. Come to 12, Sutton Place as soon as you can. I'll pay anything.'

I jumped into the car. e) _____

I ⁷..... (arrive) at Sutton Place, I had a feeling that somebody

⁸..... (watch) me. I got out of the car and went towards Number 12.

As I ⁹..... (walk) to the door, I ¹⁰..... (can) hear voices in an upstairs room. But

f) _____ I knocked at the door, they stopped. The door was open so I decided to go in. The door closed suddenly. Somebody

¹¹..... (stand) behind me.

[to be continued]

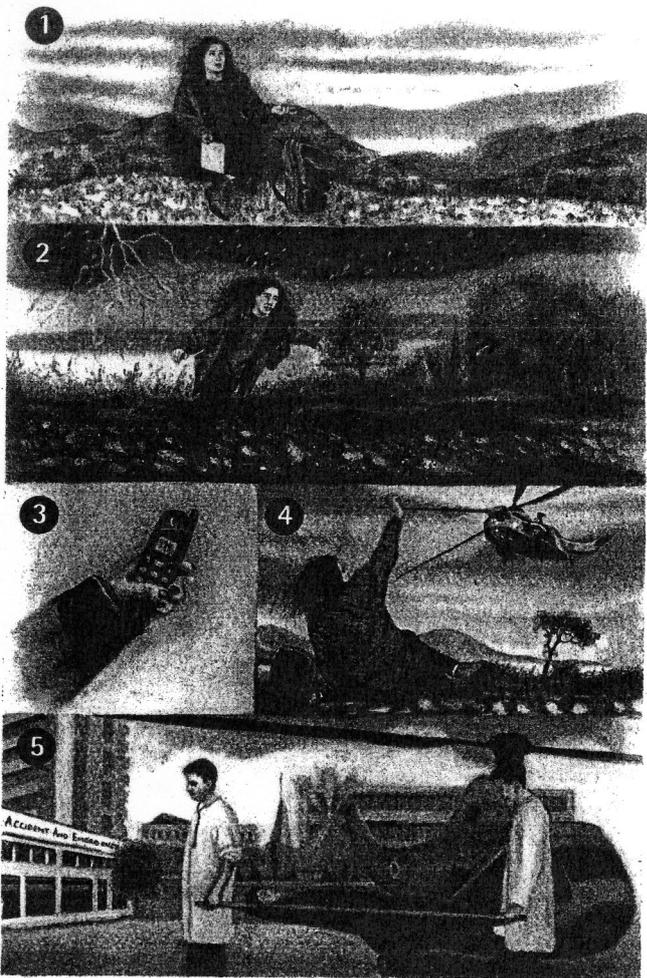
Go for it

Past simple and continuous
Time markers *while*, *as*, *when*
Prepositions of motion

8 > Look at the pictures below. Then in your notebook, write about what happened to Laura Brown. Include the following words in the box.

- nouns
- rucksack • path • rocks • thunderstorm
 - ankle • helicopter • stretcher • hospital
- verbs (past simple or continuous)
- to pack • to fall over • to break
 - to wave • to land • to dial 999
- time markers
- while • as • when
- prepositions of motion

It was a beautiful day, so Laura Brown decided to ...



9 > In your notebook, write the next paragraph of the detective story in Exercise 7.

EXERCISES

14.1

Look at the pictures and put the verbs in the correct form, past continuous or past simple.



1 Carol broke (break) her arm last week. It XXXX (happen) when she XXXX (paint) her room. She XXXX (fall) off the ladder.



2 The train XXXX (arrive) at the station and Paula XXXX (get) off. Two friends of hers, John and Jenny, XXXX (wait) to meet her.



3 Yesterday Sue XXXX (walk) along the road when she XXXX (meet) Jim. He XXXX (go) to the station to catch a train and he XXXX (carry) a bag. They XXXX (stop) to talk for a few minutes.

14.2

Put the verb into the past continuous or past simple.

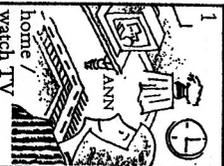
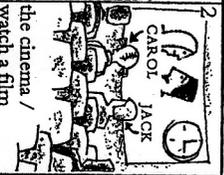
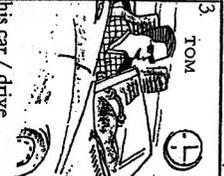
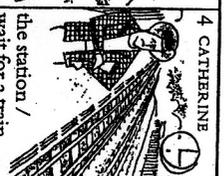
- 1 A: What were you doing (you/do) when the phone rang (ring)?
B: I was watching (watch) television.
- 2 A: Was Jane busy when you went to see her?
B: Yes, she was (study).
- 3 A: What time was it (the post / arrive) this morning?
B: It was (come) while I was having (have) breakfast.
- 4 A: Was Margaret at work today?
B: No, she wasn't (not/go) to work. She was ill.
- 5 A: How fast was she driving (you/drive) when the police stopped (stop) you?
B: I don't know exactly but I was driving (not/drive) very fast.
- 6 A: Was the weather very bad (your team / win) the football match yesterday?
B: No, the weather was very bad, so we didn't play (not/play).
- 7 A: How did you break (you/break) the window?
B: We kicked (kick) the ball and it hit (hit) the window.
- 8 A: Were you seeing (you/see) Jenny last night?
B: Yes, she was wearing (wear) a very nice jacket.
- 9 A: What did you do (you/do) at 2 o'clock this morning?
B: I was asleep.
- 10 A: I lost (lose) my key last night.
B: How did you get (you/get) into your room?
A: I climbed (climb) in through a window.

LOOKS KE 9(12) 1101 \$025

EXERCISES

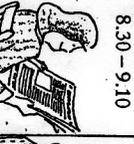
**UNIT
13**

13.1 Look at the pictures. Where were these people at 3 o'clock yesterday afternoon? And what were they doing? Write two sentences for each picture.

1  ANN home / watch TV	2  CAROL JACK the cinema / watch a film	3  TOM his car / drive	4  CATHERINE the station / wait for a train	5  MR & MRS HALL the park / walk
---	--	--	---	--

- Ann was at home. She was watching TV.
- Carol and Jack They
- Tom
-
-
- And you? I

13.2 Sarah did a lot of things yesterday morning. Look at the pictures and complete the sentences.

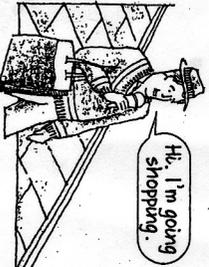
8.10 - 8.25 	8.30 - 9.10 	9.30 - 10.00 	10.20 - 11.00 	11.30 - 12.00 	12.30 - 1.00 
---	--	---	--	--	---

- At 9.45 she was washing her car. 4 At 12.50
- At 11.45 she 5 At 8.15
- At 9 o'clock 6 At 10.30

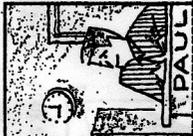
13.3 Complete the questions. Use was/were -ing. Use what/where/why if necessary.

1 (you/live) Where were you living ... in 1990?	In London.
2 (you/do) at 2 o'clock?	I was asleep.
3 (it/rain) when you got up?	No, it was sunny.
4 (Ann/drive) so fast?	Because she was in a hurry.
5 (Tim/wear) a suit yesterday?	No, a T-shirt and jeans.

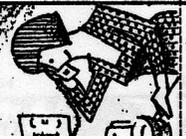
13.4 Look at the picture. You saw Joe in the street yesterday afternoon. What was he doing? Write positive or negative sentences.



- (wear / a jacket) He wasn't wearing a jacket.
- (carry / a bag)
- (go / to the dentist)
- (eat / an ice-cream)
- (carry / an umbrella)
- (go / home)
- (wear / a hat)
- (ride / a bicycle)



PAUL
and Paul
their desks.



(ring) while
the dinner.



he window
..... (happen).



: she
read) it.



KATE
s morning. I
he street and
for the bus.