


## PE Outdoor sports and activities

### Objectives

- read about outdoor sports and activities.
- learn the words for some pieces of equipment needed to do outdoor sports.
- make a poster about an outdoor sport or activity.


### Warm-up

- Books closed. Write the following sports and activities on the board: *climbing, windsurfing, bungee jumping, horse riding, paragliding, canoeing*.
- Elicit information about each of the sports and activities and find out if anyone in the class does any of them.

- 1 • Ask students to open their books at page 125.  
• Put students into pairs to copy and complete the table.  
• If you have the Presentation Plus software, put the photos on the interactive whiteboard and ask students to come to the board in turn to do complete the table.
- 2  **2.42** Play the recording. Students listen to it, read the text and check their answers to Exercise 1.  
• Point out that *gym* is an abbreviation of *gymnasium*.

### Answers

On land	In the air	In the water
horse riding	bungee jumping paragliding	windsurfing canoeing

- 3 • Refer students to the words in the box. Explain that they are examples of equipment, i.e. objects that we use when doing a particular activity.  
• Give students dictionaries and set a five-minute time limit for this exercise. Pair **stronger students** with **weaker students** to do this exercise.  
• Check answers. Write definitions of the words on the board.
- 4  **2.43** Before you play the recording, put students into pairs and ask them to say which sports requires which pieces of equipment seen in Exercise 1.  
• Play the recording for students to write down the sports and the equipment they use.

### Audioscript

OK class, for the outdoor sports and activities school trip there are some special clothes and equipment you need to take. Can you listen and make a list please? Outdoor sports and activities can be dangerous so you must protect yourselves. You must have a helmet like this one. A helmet is a hard hat and it protects our head in lots of different sports like mountain biking, canoeing and climbing – so very important. Right, two more things you must take are goggles, to protect your eyes, and gloves to protect your hands. You need goggles and gloves for snow sports like skiing and snowboarding, so don't forget those. Next thing on the list is

special clothes for water sports. For those students who want to go surfing or windsurfing, you must take a wetsuit. A wetsuit is like a big swimming costume that covers your arms and legs and it keeps you warm in the cold water. Does anyone want to go canoeing? OK a few of you, well, you must take waterproof clothes to keep the water out. When we go canoeing we also wear a life jacket to keep us safe if we fall in the water. But don't worry; you don't need to take a life jacket. There are life jackets for all students at the activity centre. OK, that's it. Any questions?

### Answers

**goggles and gloves:** skiing, snowboarding

**wetsuit:** surfing, windsurfing

**waterproof clothes:** canoeing

**life jacket:** canoeing

### Optional activity

- Put students into pairs (A and B).
- Student A describes a word in the box in Exercise 3, e.g. *we wear this on our head*. Student B says the word, e.g. *helmet*.
- Students then swap roles.

### Your turn

- 5 • Put students into pairs and ask them to choose a sport and then do some online research to find out the necessary information about it. Make sure that each pair chooses a different sport.  
• **Weaker students** could make a poster about a well-known sport such as cycling, whereas **stronger students** could focus on less well-known sports such as zorbing.  
• Give students 10 minutes to do their research and a further 15 minutes to make their poster.  
• If you have a small class, ask pairs to present their poster to the class. In a large class, one pair could present its poster to another pair.  
• Display students' posters on the walls of the classroom.  
• If you don't have access to the Internet, set it for homework.





**7.4 Extreme Fishing**

See page 140 for activities you can do with this video.



Students can read this swimming pool poster and do the accompanying exercises.

<http://learnenglishteens.britishcouncil.org/skills/reading-skills-practice/swimming-pool>