

Super English

Level 5 - Unit 18
Extreme Sports -
Lesson 1





Vocabulary



Extreme Sports - Vocabulary



extreme: very great; beyond what is usual or what might be expected (adj)



The **extreme** cold makes it difficult for people to live here.

Extreme Sports - Vocabulary



sprint: to run as fast as you can over a short distance (v)



The athletic girl **sprinted** from one end of the gym to the other very fast.

Extreme Sports - Vocabulary



notice: to see or become aware of something or someone (v)



The scientist **noticed** a strange new virus under the microscope.

Extreme Sports - Vocabulary



skill: an ability to do an activity or job well, especially because you have practised it (n)



He has a unique **skill** at solving puzzles quickly.

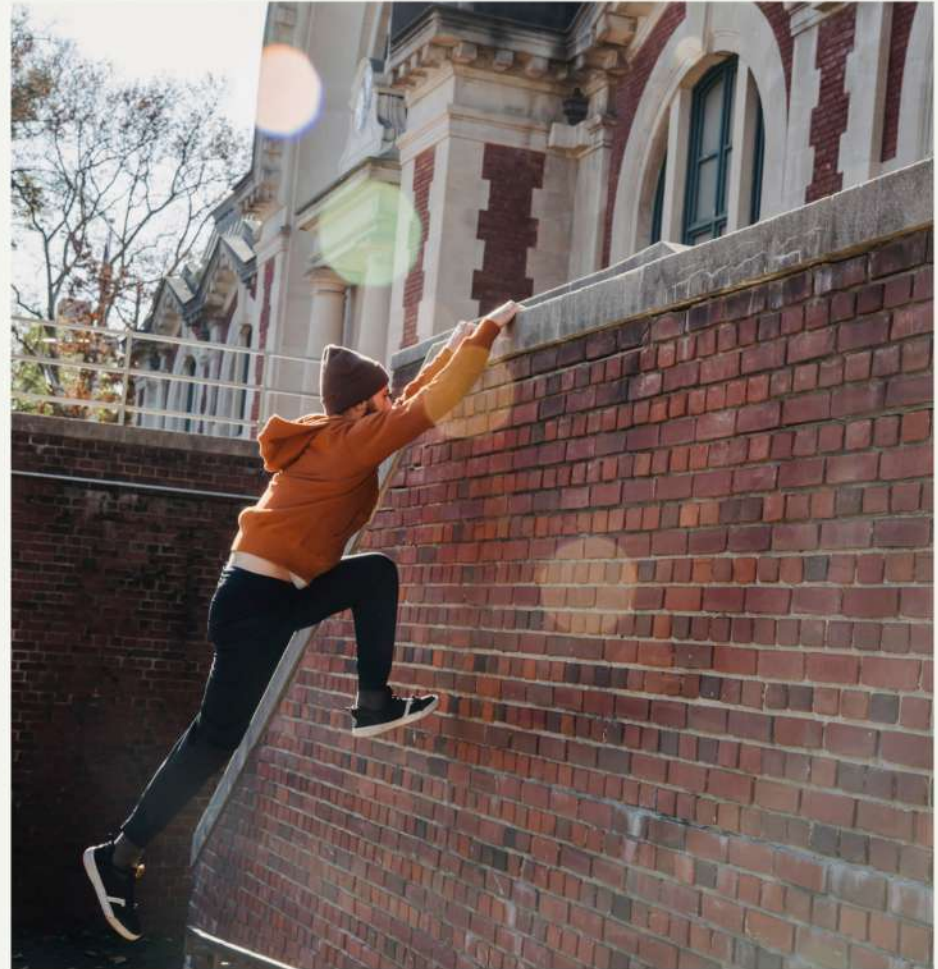


Let's
Read!

Extreme Sports - Parkour



A man runs to the end of an alley. A tall wall blocks his way. But at the last second, the man jumps. He seems to walk up the wall. Then he grabs a small ledge. He pulls himself up onto the roof.



Extreme Sports - Parkour



The man sprints to the edge of the roof. Then he jumps. He leaps 6 feet (1.8 m) and lands on the next building. It is a parking garage. The man runs to a set of stairs. He vaults over the railing. He does a series of flips to reach the bottom. Then he runs down the sidewalk.

The man is practicing parkour. He uses the city as an obstacle course. He tries to find the fastest route through it. People who do parkour are called traceurs. They jump, run, and climb. They may even do tricks along the way.

Extreme Sports - Parkour



Parkour got its start in France in the 1980s. It was based on obstacle course training. Raymond Bell learned about this kind of training in the French military. He taught it to his son, David. David Bell and his friends practiced in their hometown of Lisses, France. They used the city as an obstacle course. They ran and jumped through the streets and buildings. The friends made videos showing their moves.

People in other countries took **notice**. More and more people began to practice parkour. By 2009, MTV had a show called Ultimate Parkour Challenge. It helped parkour spread around the world.



Extreme Sports - Parkour

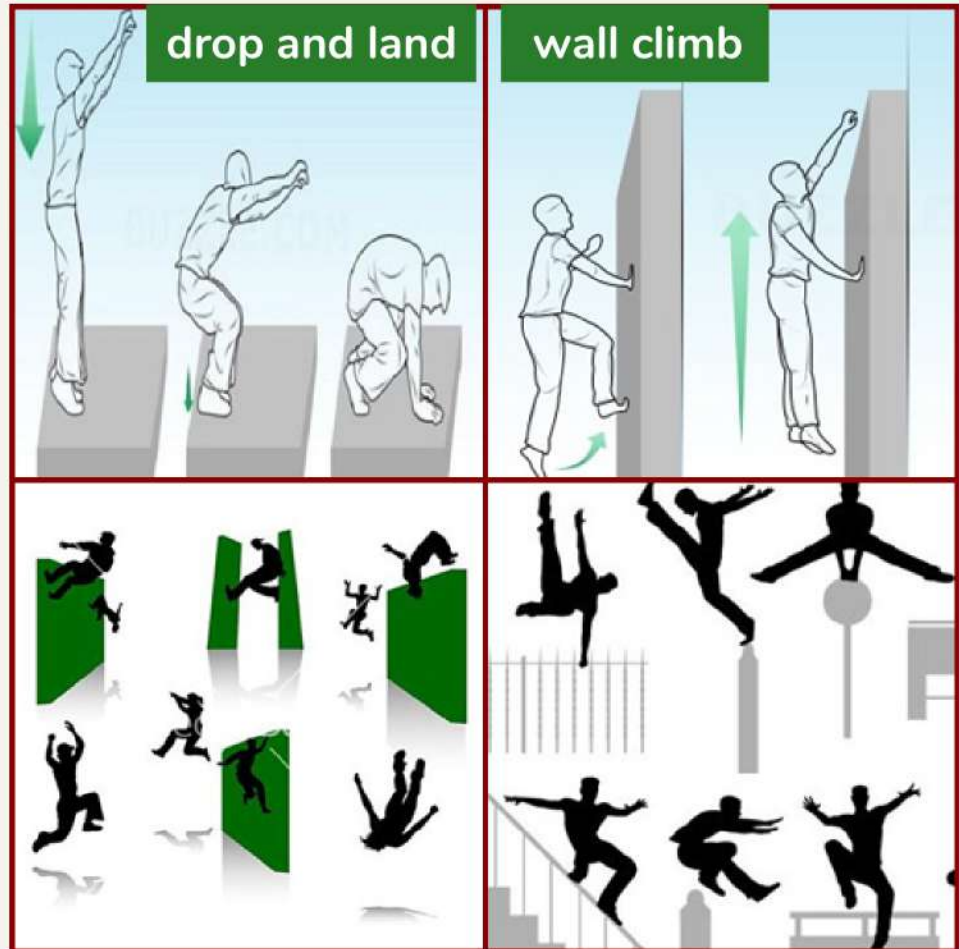


Traceurs started going to competitions. In 2017, the International Gymnastics Federation, FIG recognized parkour as a sport. Since then, FIG has held competitions around the world. People come from all over to test their **skills**. Most competitions include speed runs and freestyle events. In a speed run, athletes go through a series of obstacles as fast as possible. The winner is the person with the fastest time. In freestyle, athletes are judged on how they get past the obstacles. Judges watch their moves. They look for style, efficiency, and control.

Extreme Sports - Parkour



Each person moves through the course in his or her own way. But several moves are common. Traceurs often vault over obstacles. They use under bars to slide beneath the railings. The wall run is another popular move. Athletes always roll after jumping. This move helps protect their hands and feet.



Extreme Sports - Parkour



Safety has been a big concern since parkour started because traceurs often risk dangerous falls. As a result, training is key. Training helps people know their limits. It also helps them build strength. At first, athletes practice low to the ground. They do small, easy moves. They repeat each move many times. Gradually, they try harder courses and moves. With time and practice, traceurs can take on any obstacle.

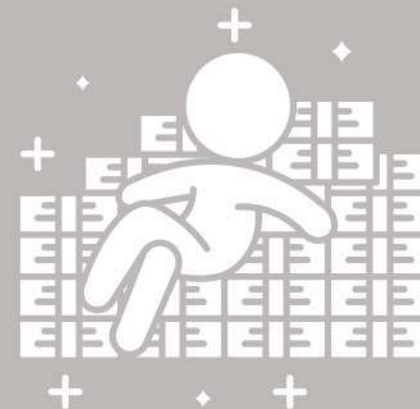


Let's do
Grammar!

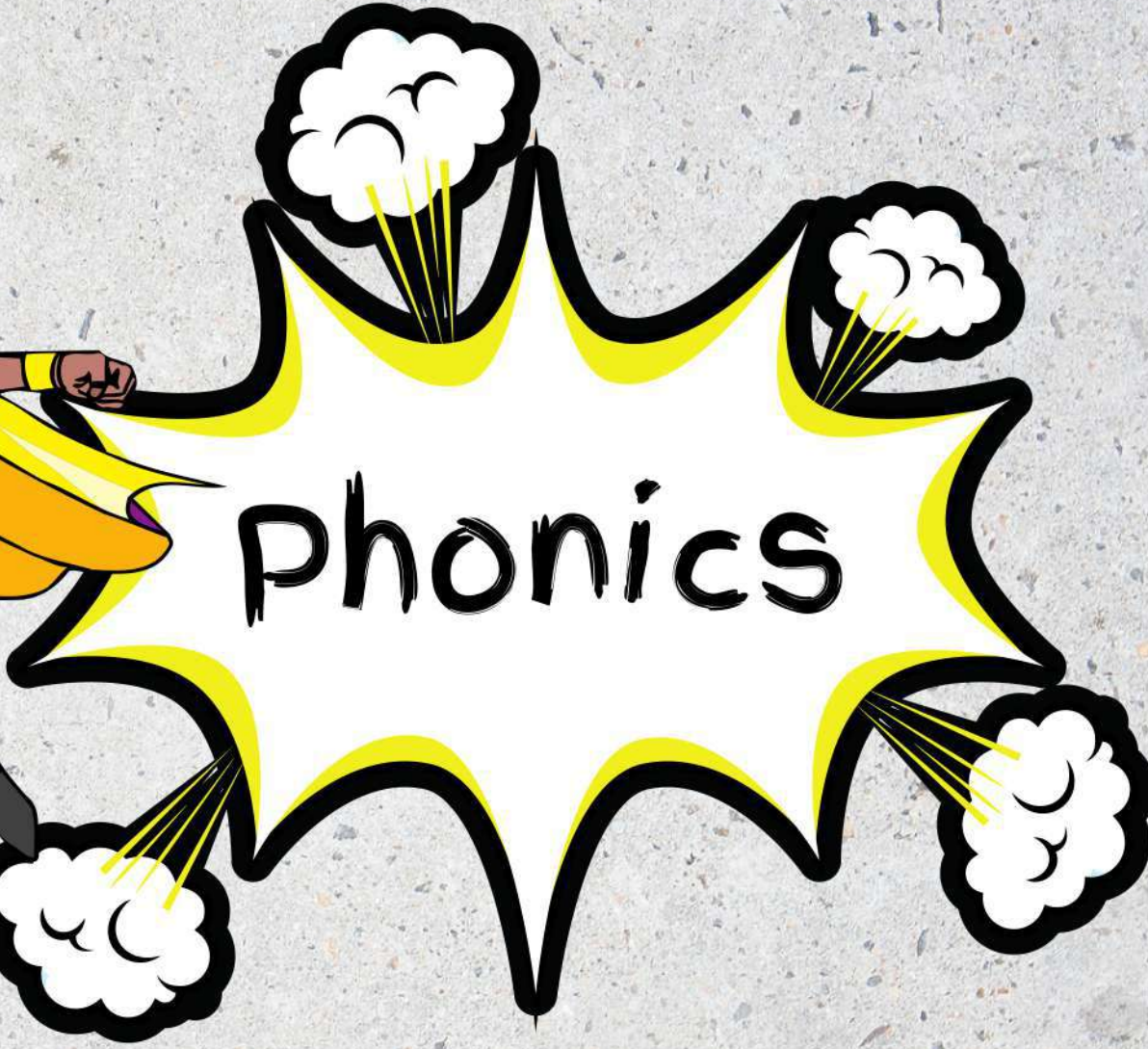
wish

We use "**wish**" to talk about something we want or would like to happen but probably won't happen.

1. I **wish** that I **didn't** have to go to school today.
2. I **wish** ~~that~~ I **had** a million dollars!



We use past simple when talking about things we wish in the present.
We can drop (that) when speaking and with informal writing.

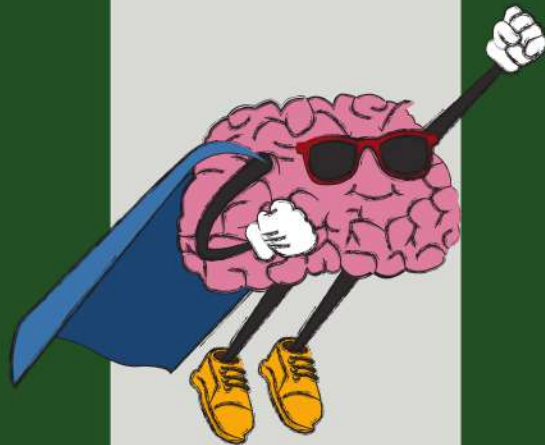


Phonics

Phonics

The suffixes "**acious**" and "**tious**" form adjectives and make the /shus/ sound.

atrocious
vicious
conscious
delicious
suspicious
malicious
ferocious



ambitious
cautious
fictitious
infectious
nutritious
contentious
repetitious

Super English

See you
Next time!

