

# Super English



## Unit 18 - Lesson 1 - Extreme Sports

# 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 practiced it (n)



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

# Reading



# What Is Parkour?

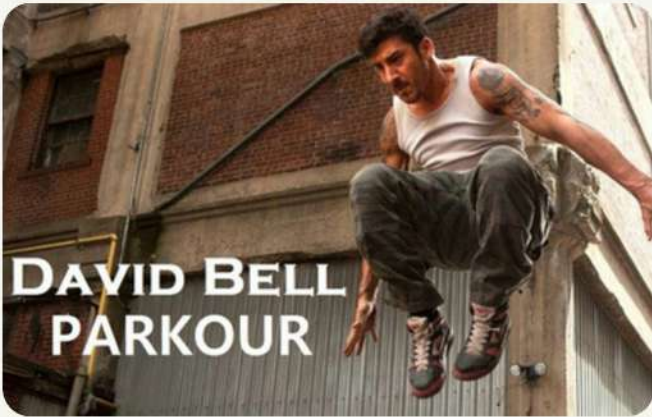
Have you ever seen someone jump from wall to wall, climb a railing, or leap over a bench like a superhero? That's called parkour! Parkour is an extreme sport where people move through their environment in creative and athletic ways. They run, sprint, climb, and roll over obstacles that are in their path. The goal isn't only speed—it's also about skill, control, and imagination. For many fans, parkour feels like turning the city or playground into their own exciting adventure course.



1. What movements do people use in parkour?
2. Do you think parkour looks fun or dangerous? Why?
3. If you could try parkour anywhere, where would it be?



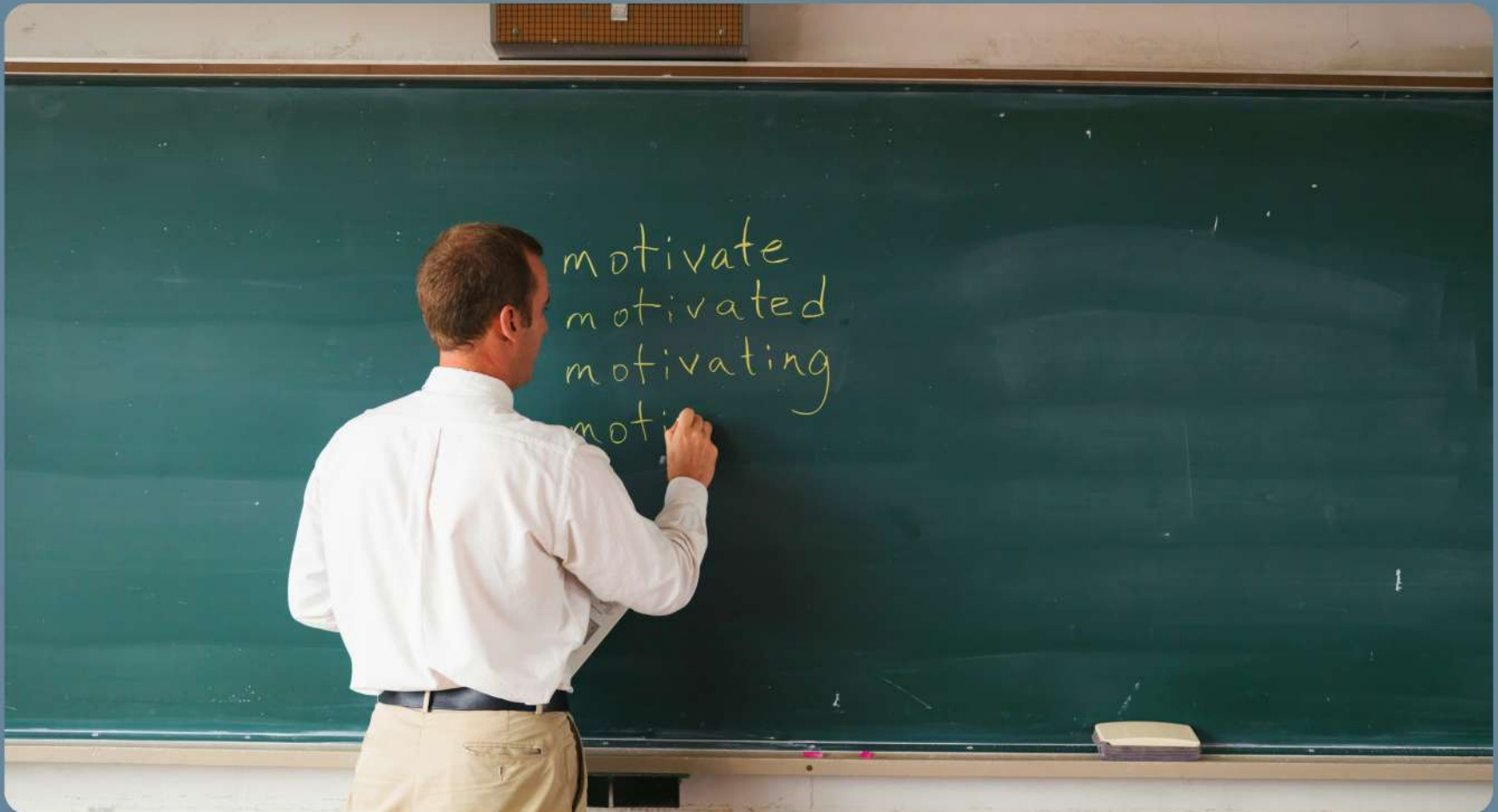
# How Did It Start?



1. Who was David Belle, and what inspired him?
2. What sports are popular in your country?
3. Do you prefer sports you play alone or with a team? Why?

Parkour began in France during the late 1980s. A man named David Belle was inspired by his father, who trained in the French military and practiced strong physical exercises. David wanted to learn how to move quickly, safely, and powerfully in any environment. He and his friends trained outdoors, practicing jumps, climbs, and rolls every day. Their creative movements soon made people notice. Others joined, and slowly the small group grew bigger. What started as simple training soon became something new—parkour.

# 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.



# Let's Talk!





# Dialogue - Parkour

Role play with your teacher!

**Leo:** Hey Trent, do you want to go check out the parkour competition?

**Trent:** Sounds like fun. Where are they having it?

**Leo:** Downtown in the city center. It should be exciting!

**Trent:** Ok, when should we head down there?

**Leo:** It starts in an hour, so we should probably take off soon.

**Trent:** Should we eat quickly, or can we grab a bite to eat down there?

**Leo:** Up to you, but I think they have some pretty good food there.

**Trent:** Then let's just buy some there! This should be a blast!

# Unlocking Word Parts

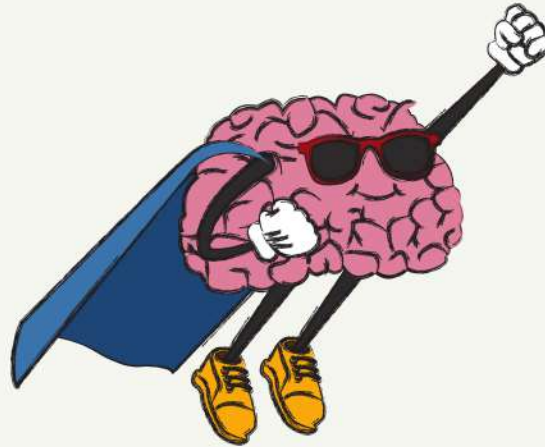
S U F F I X



# Suffixes

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

atrocious  
vicious  
conscious  
delicious  
suspicious  
malicious  
ferocious



ambitious  
cautious  
fictitious  
infectious  
nutritious  
contentious  
repetitious

# See you next time!

