

2

It's All About Me: Ice skating

Before you watch

Work with a partner. Put the sports in order from the easiest (1) to the most difficult (8). Then compare your answers with another pair of students.

- snowboarding tennis long jump free diving
 swimming gymnastics volleyball ice skating

While you watch

1 About me

Listen to Lauren introducing herself. Complete the profile.

Name: 1 _____
Age: 2 _____
Born in: 3 _____
Lives in: 4 _____
Sport: 5 _____



2 Lauren's timetable

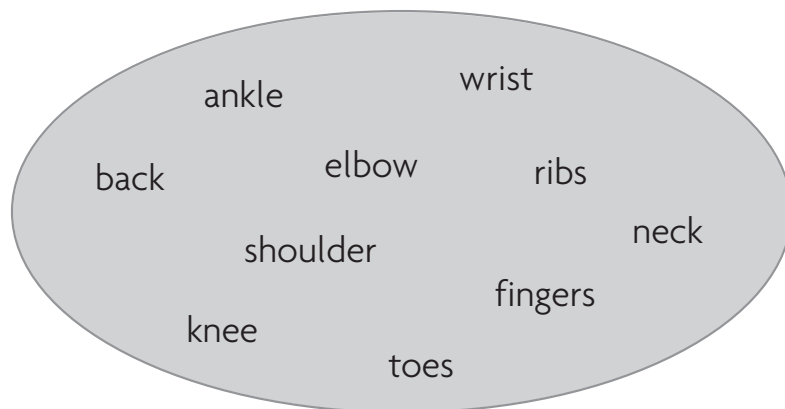
a Listen to Lauren describing her day. Put the activities in the correct order. Write 1–6 in the boxes.

- a starts her class
- b practises on her own
- c drives to the ice rink
- d wakes up
- e has a 15-minute break
- f warms up

b What do you think about Lauren's timetable? Work with a partner. Compare Lauren's day to your day.

3 Injuries

Listen to Lauren talking about her injuries. Circle the parts of the body you hear.



4 Ambition

Listen to Lauren and complete the text.

It's hard work training to be a ¹..... . But I want to be ²..... than anyone else. I want to be ³..... . So this is what I have to do.

After you watch

Work with a partner. Discuss the statements.

- 1 Ice skating is more difficult than football.
- 2 Ice skating isn't as dangerous as snowboarding.
- 3 Watching ice skating on TV is far more interesting than reading a book.
- 4 If you practise a sport a lot, you will quickly become successful.
- 5 If you do a lot of sport, your school work will improve.