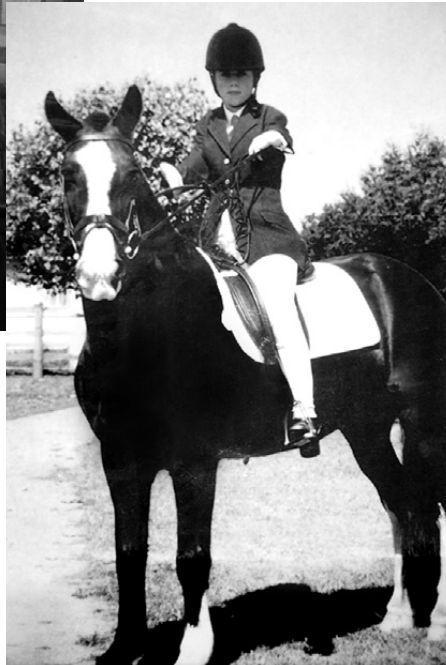


1 It's All About Me: Horse riding

Before you watch

Look at the photos. What do you think Emma's life is like?
Share your ideas with a partner.



- b** Now listen to Anita talking about the benefits of horse riding. Complete the text with the verbs.

Riding can ¹ people with physical problems in a very special way. It can help with head and spine control. And also it helps to ² muscles.

It will ³ hand and eye co-ordination.

It'll ⁴ the circulation of the blood.

Above all, riding gives people a real feeling of achievement. And it helps them not to ⁵ on other people too much.

3 At the stables

- a** Listen to Emma and answer the questions.

- 1 How does Emma feel when she's on a horse?
- 2 What does Emma say it's important to be?
- 3 How long has Emma had Gentle?
- 4 Which country does Emma want to ride for?

While you watch

1 Introducing Emma Kent

Listen to Emma introducing herself. Mark the statements *T* (true) or *F* (false). Correct the false statements.

- 1 Emma is 19 years old and lives in Dartford.
- 2 Holt Oram syndrome causes problems with the liver.
- 3 Emma can't do many things herself.
- 4 Emma needs help opening cans and bottles of drink.
- 5 Emma is a very good horse rider.
- 6 Emma's been riding horses since she was three.

2 The physiotherapist

a Unscramble the letters to make verbs.

- lovedep
- phle
- elry
- axerl
- primveo

b Complete these sentences with either *yet*, *already* or *just*.

- 1 Emma hasn't got a place in the British team
- 2 Gentle has learnt lots of things.
- 3 We've watched a programme about Emma Kent.

4 Pronunciation

Sentence stress: rhythm in questions

Look at the questions in Exercise 3a. Underline the stressed words. Work with a partner. Take it in turns to ask each other the questions with the correct stress.

After you watch

Emma wants to ride in the Paralympics, the Olympic Games for people with disabilities. Have you ever seen these games on TV? How can sport help people with disabilities? Discuss your answers with a partner.