

Topic 1

Getting Out



 Alaska 

Unit 1 Adventure Park

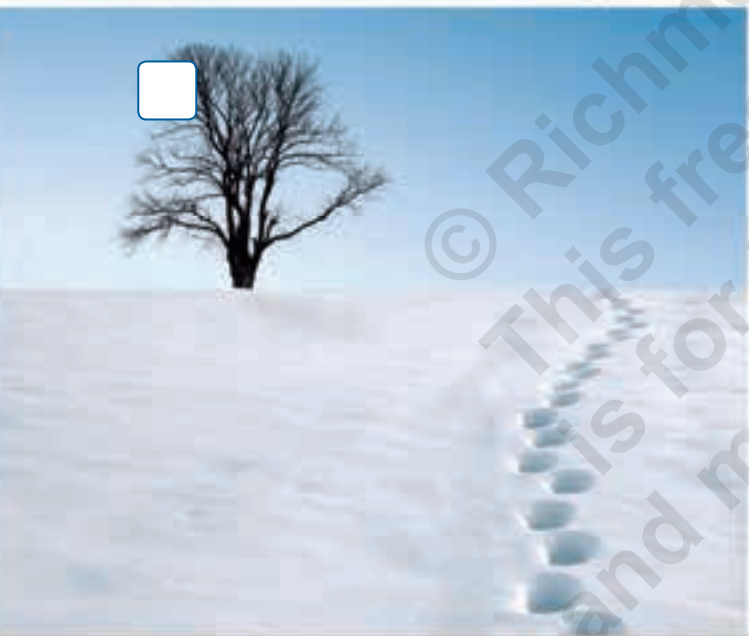
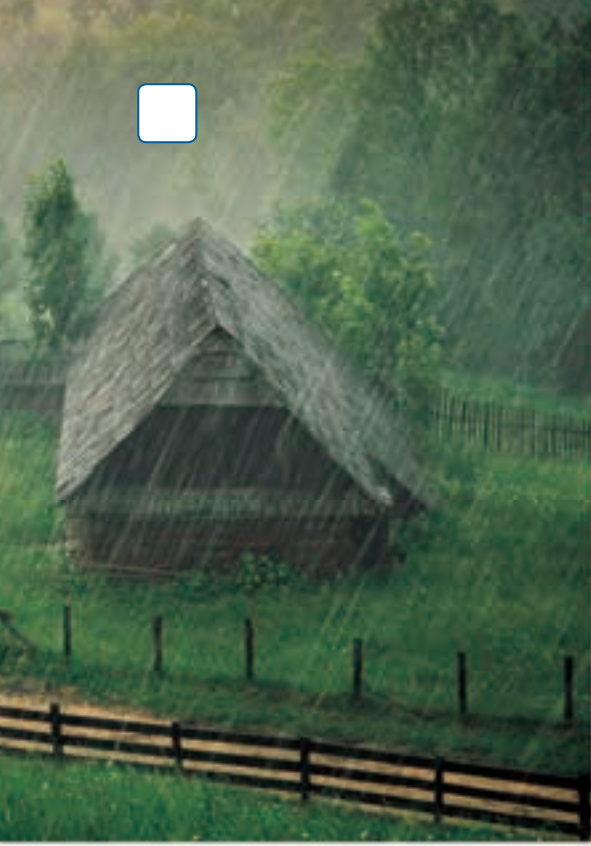
Outdoor Activities

- ◆ Look at the pictures and identify the activities. Then make a list in your notebook of other outdoor activities you know.

Equipment

- ◆ Find and circle these items in the big picture.





Unit 2 Four Seasons

Weather

◆ Number the pictures.



Clothes and Accessories

◆ Find and discuss the picture that relates to these items.



Unit 1 Adventure Park

1 Read the leaflet and label the equipment below using the words in bold.

Adventure Land

An exciting day out with lots of activities to try!



1 Ice-Skating Zone

Here at Adventure Land, you can ice-skate all year round! Get your **ice skates** from the reception. We also have **kneepads** to protect your knees in case you fall down.



2 Pony Riding Zone

Take an hour-long pony ride in the woods. You need **riding boots**. We have riding boots available to protect your feet and give you balance when riding. Ask the instructors for a pair in your size.

1



2



3



4



5



6



◆ Choose your favorite activity and say why.

My favorite activity is riding ponies because I love animals.

2 Write the best zone according to each sentence.

1. Daisy enjoys the water. _____
2. Daisy isn't afraid of high places. _____
3. Jasper really likes to go fast. _____



3 Go-Karting Zone

For a fast and exciting experience, try one of our go-karts! Race with your friends or drive alone. But be careful! You should wear a **helmet**. Don't worry about your hair! The helmet protects your head in case you crash into other go-karts.



4 Climbing Zone



Our fun climbing wall has different routes for you to try. To be a good climber, you need to learn how to use a rope and a **harness**. Don't be afraid! The harness holds your legs and connects you to the rope to keep you safe.



5 Sailing Zone

Do you want to learn how to sail? Our expert sailing instructors can show you how! Always wear your **life jacket**. It covers your chest and back and helps you float in case you fall into the water.

Open 10 a.m. to 6 p.m. every day!

3 Listen and circle the activity the children choose to do.  

My Space

◆ Find a classmate to do an activity with.

What activity do you want to do?


What about sailing?

No, I don't like sailing! I can't swim.

Good idea!

How about climbing?

Let's go shopping!
Let's go for a walk in the park.
I'm good at making things!

1 Listen and follow. 

Good Buddies Don't Give Up!



2 Complete the sentences with the names of the characters.

1. _____ wants to go shopping.
2. _____ wants to go for a walk in the park.
3. _____ wants to go ice-skating.

◆ Write one thing that Lin learns to do and one thing that Charlie learns to do.

Lin: _____ Charlie: _____

3 Decide what you want to do after school. Tell your classmates.

5

LOOK! THIS IS THE MOST COMPLICATED MOVE.



YOU'RE REALLY GOOD AT SKATING!

6

LET'S MAKE A SNOWMAN. I'M GOOD AT MAKING THINGS.



I'M NOT.

DON'T WORRY. I CAN SHOW YOU.

7

LATER...

THAT'S THE FUNNIEST-LOOKING SNOWMAN IN THE PARK!



8

IT'S NOT A SNOWMAN! IT'S A SNOW PANDA!



HA, HA.

4 Read and answer the questions.

1. What is Charlie good at? _____
2. What is Lin good at? _____

Play snap!

making things

speaking English

swimming

ice-skating

skateboarding

What are you good at?

I'm good at skateboarding.

Snap! Me too!

It is **more complicated than** walking.
This is **the most complicated** move!

5 Listen to Lin and circle the correct options. 



Badminton is one of the most 1) **popular** / **unusual** sports in China. I think it's more 2) **challenging** / **exciting** than soccer because it's really fast.



Stilt racing is one of the most 3) **unusual** / **exciting** sports in China. It is more 4) **dangerous** / **complicated** than normal racing because runners sometimes fall.



Bamboo canoeing is one of the most 5) **popular** / **difficult** sports. It is more 6) **dangerous** / **challenging** than normal canoeing because people have to balance on a piece of bamboo.



◆ Read and answer the questions.

1. Why is badminton more exciting than soccer?

2. Why is stilt racing more dangerous than normal racing?

3. Why is bamboo canoeing more challenging than normal canoeing?

◆ Say which is the most exciting, dangerous, or unusual sport in your country and why. 

 Play guess the sport!



This is the most popular sport in the USA. It's more dangerous than baseball.

It's American football!

That's right!

Listening

1 Listen and draw lines. There is one example.  

Fred

Paul

Vicky

Julia



Jack

Peter

Clare

Speaking

2 Compare the go-karts in the scene. Use the words in the box.

fast slow

3 Ask and answer with a classmate.

1. Would you like to drive a go-kart?
2. Why? Why not?

Mindful Focus



1 Discuss the questions about the picture.

1. What is the person doing?
2. What is he touching?
3. What can he see or smell?
4. How do you think he feels?

2 Imagine that you are climbing.

Listen and do the movements. 

◆ Number your feelings on the climb.

1. At the beginning
2. In the middle
3. At the end



concentrated



happy and relaxed



nervous

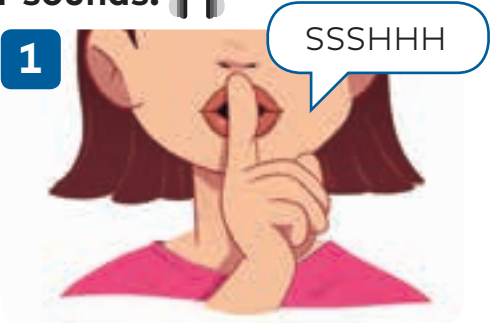


3 Choose a sport and write out a list of simple movements to describe what you do in that sport.



- ◆ Read your set of movements to some classmates for them to act out. Tell them to close their eyes and ask them how they feel.

1 Listen and number the words according to their sounds. 



she sea sell shoe Sue shell

2 Read and number the pictures in order.

1. Sue likes swimming in the sea with her sister Shirley.
2. On Saturday at six, they see an old shoe on the shore.
3. In the shoe is a shiny shell with a pearl. They wash the shell and the pearl.
4. Then Shirley and Sue take it to a jewelry store to sell it.



◆ Listen to the story. Circle the *sh* sounds and underline the *s* sounds. 

◆ Read the story aloud.

3 Listen and repeat the tongue twister.  

She sells seashells by the seashore.
The shells she sells are seashells for sure!



Part 2

The pony is scared by Connor's shouting. It starts to run faster and faster, but it isn't following the other riders. It goes deeper into the woods. Connor holds on tight, but it is more complicated than before! He is very scared now. Suddenly, the pony stops and Connor falls off. Luckily, he falls onto soft grass. He looks for the pony. It is eating again. Connor doesn't know where the others are, and he doesn't know what to do.

I have to get back on the pony to get home, Connor thinks. He pats the pony's head.

"Good pony," he says and gets on. He feels better. "Home!" he says and pats the pony's head again.

The pony takes Connor back to the adventure park. The others are waiting. Connor is smiling. He is happy he got back on the pony.

"Do you want to go on a pony ride again tomorrow?" his mom asks.

"Of course," Connor says. "I'm good at pony riding." He winks at the pony and it looks like the pony smiles back!



3 Read Part 2 and write some words to complete the sentences about the story. You can use 1, 2 or 3 words.

1. The pony starts running because it _____.
2. When the pony stops, Connor _____.
3. When Connor gets back to the adventure park, his family _____.
4. Connor feels _____ when he gets back to the adventure park.
5. Connor says he _____ on another pony ride tomorrow.

4 Say how you feel when you are learning a new activity. Explain why it is important not to give up.

Writing

1 Complete the poster with the headings.

Goodbye! Getting Ready Having Fun

The ABCs of How to Ride a Pony

Riding a pony is easy when you follow some simple steps.

1. _____

It's a good idea to check your equipment before you start. Make sure your hat and boots fit properly. Also, before you get on your pony, get to know the pony. Pat it gently and say "Hello!"



2. _____

It's most important to relax and have fun. Never panic when things go wrong. No one is good at riding the first time they try. Sometimes ponies stop. When they do, say "Keep walking!"



3. _____

The most complicated thing is saying goodbye to your pony. How about giving it a snack after you finish? Ponies love apples and carrots!



◆ Number each tip with the matching numbered section of the poster.

1. Check your equipment.

4. Relax!

2. Give your pony some food.

5. Say "Keep walking!"

3. Pat the pony.

2 Look at the pictures from a poster for *How to Sail a Dinghy*. Complete the sentences.

buckle your life jacket have fun take everything



1 It's important to _____ Remember to _____ 3 It's a good idea to _____

◆ Read the other tips and match them to the sections.

- | | |
|---|---------------|
| 1. Say <i>thank you</i> to the instructor. | Getting Ready |
| 2. Check that the dinghy is safe to sail. | Having Fun |
| 3. Don't panic. Raise your hand and shout for help. | Goodbye! |

3 Think of an adventure activity. Write a *How to...* poster in your notebook.

Step 1: Write the title of your poster.



Step 2: Decide what tips to include on your poster. Divide them into sections.



Step 3: Write the tips on your poster. Use some of these phrases:
It's a good idea to... / Remember to... / The most important thing is to...

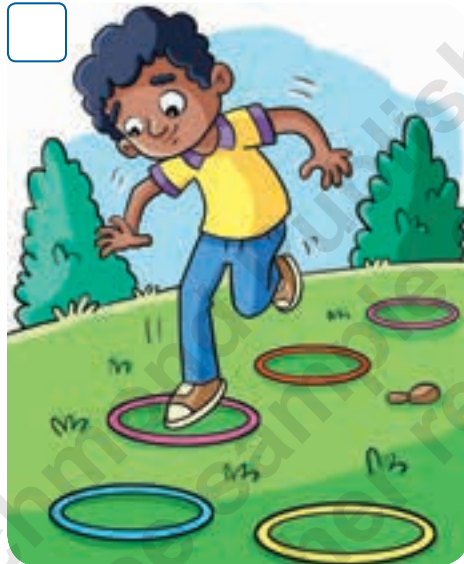


Step 4: Draw a simple illustration for each tip.

Listening

1 Describe what the kids are doing in the different pictures.

High Ropes Adventure Park



2 Listen and number the activities on the obstacle course in order. 

◆ Say which of your classmates would be good at this obstacle course. Give reasons.

3 Design your own obstacle course that includes the actions in the box. Tell a classmate about it.

climb jump skip kick crawl hop

Speaking

1 Find four differences and tell a classmate what they are.



 **Play a Memory Game!**

What color is the girl's helmet in Picture 1?

In Picture 2, what is the boy in the red jacket doing?