

Learn**English** Teens

Video zone: An amazing wheelchair jump - exercises

You've heard of extreme sports, but how about WCMX? This is a sport where people ride wheelchairs and do jumps and tricks. Listen to teenager Lily explain how she did an amazing jump.

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a-h next to the numbers 1-8.

1	a skatepark	a.	a small board with four wheels; you stand on it and move fast
2	a skateboard	b.	a place with special equipment for people to use skateboards and other types of skates
3	a backflip	C.	a platform from a low place to a high place, like an artificial hill
4	a helmet	d.	a 360° backwards jump, moving your feet over your head
5	a front flip	e.	a short height, about 60 centimetres
6	a ramp	f.	to come down to the ground after a jump
7	to land	g.	a hard hat to protect your head
8	two feet (or colloquially, two foot)	h.	a 360° forwards jump, moving your feet over your head

1. Check your understanding: reordering

Write a number (1–5) to put these sentences in order.

	People's reaction to her in the skatepark
	Her plans for the future
	What WCMX is
	How she started WCMX
	How she did the backflip for the first time



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c. inspired

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	eck your understanding: mult the correct word or phrase to complete	-					
1.	How old is Lily?						
	a. 13	b. 14	c. 15				
2.	When did Lily start doing WCMX?						
	a. last year	b. in March	c. when she was 11				
3.	How does Lily feel now about riding on a two-foot ramp?						
	a. It's very difficult.	b. It's very easy.	c. It's a crazy thing to do.				
4.	What is a resi ramp?						
	a. a ramp designed for wheelchairs	b. a big ramp with a foam pit	c. a ramp designed for bike				
5.	How did Lily feel when she completed the backflip for the first time?						
	a. very happy	b. in a lot of pain	c. very surprised				
6.	How do people react when they see Lily in the skatepark?						
	a. They ask her a lot of questions.	b. They feel surprised.	c. They tell her to put on a helmet.				
7.	What is Lily's next objective?						
	 a. to be the first girl to do something 	b. to finish school	c. to start a new type of WCMX				

b. surprised

Discussion

8.

Were you surprised by Lily's jump? Would you like to try an extreme sport?

How does Lily hope people will feel when they see her?

a. curious