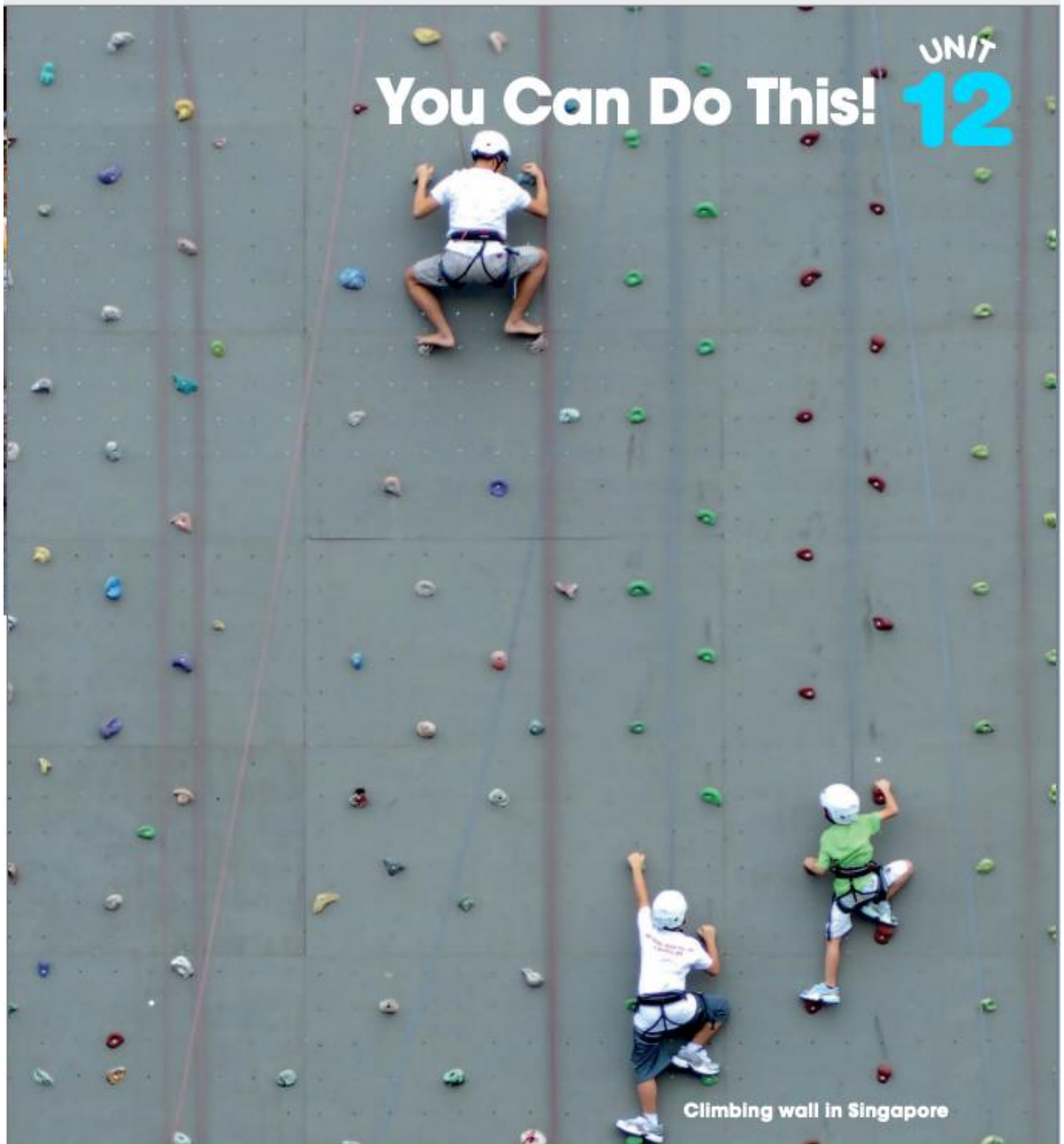


You Can Do This!

UNIT

12



Climbing wall in Singapore

Look at the photo. Answer the questions.

1. What are these people doing?
2. What's it like to be there?
3. Would you like to do this? Why? / Why not?

LESSON
1 Words

1 Listen and read. TR: 110

Dan Raven-Ellison was a geography teacher, but now he's an explorer. He wants to protect our parks and our green places in cities and the countryside. In 2013, he thought of 125 challenges to do outside with his son, Seb. Here are some of them:

- **crawl** through an old mine
- **discover** a secret cave
- **go hang gliding**
- **go horseback riding** in the hills
- **go kayaking** in the ocean
- **go snorkeling** in a river
- **jump off** giant steps
- **smell** the city
- **swing** across a river
- **taste** different kinds of ice cream

2 Complete the sentences with words from Activity 1.

1. We _____ with our noses.
2. We _____ food with our tongues.
3. I can't _____ this wall. It's too high.
4. People _____ new plants in the rainforest every year.
5. My cousin has a horse. He often _____ in the hills.

3 Listen to the interview with Seb Raven-Ellison. Write T (true) or F (false). TR: 111

1. Seb and his dad did all the challenges in nine months.
2. They played soccer in the ocean.
3. They went kayaking in the ocean in Scotland.
4. The sheep was standing on the grass.
5. They took the sheep onto the kayak.
6. Seb went down a long zipline.

Glossary



zipline



cliff



Seb Raven-Ellison

LESSON
Grammar 2

1 Listen and read. TR: 112

Present perfect: ever

Have you ever done something dangerous?

Yes, I have. / No, I haven't.

Has she ever crawled through a tunnel?

Yes, she has. / No, she hasn't.

2 Make questions for the answers 1–5. Use the present perfect and ever. Listen and check. TR: 113

1. Have you ever climbed a mountain?
Yes, I have. I climbed up the highest mountains in England, Scotland, Wales, and Northern Ireland.
2. _____
Yes, I have. I went hang gliding in the UK and we did a loop-the-loop!
3. _____
Yes, I have. One time, we camped on the beach and our tent nearly blew away!
4. _____
Yes, I have. I went on a boat trip and I saw hundreds of seals.
5. _____
No, I haven't been to the North Pole. I'd like to one day!

3 Write four more questions with Have you ever...? to ask Seb.

4 In pairs, act out an interview with Seb. Ask and answer the questions from Activity 3.

Have you ever gone snowboarding?

No, I haven't. I've gone skiing, but I haven't gone snowboarding.

LESSON
3 Reading

1 Look at the photo. Where are the children? What are they doing?

2 Listen and read. TR: 114

Exploring the Galapagos Islands

Some children have traveled to the Galapagos Islands as National Geographic Global Explorers. The islands are in the Pacific Ocean. These children have seen many different animals and they've learned new **skills**. Sophie Lenoir is from Switzerland, and she's nine years old. She told us about her experience in the Galapagos Islands.

There were sea lions on all the beaches along the **coast**. It was amazing! I saw a humpback whale for the first time. It jumped and **splashed** its tail. One day, we went to Genovesa Island. There were thousands of sea birds all around me. They didn't **hide**. We could see them really easily. My favorite was the red-footed booby. It had a blue beak and red feet.

Another day, we went to Española Island and we saw an albatross. This bird is more

than two meters from the end of one wing to the other. That's huge! I learned how to drive our ship, *Endeavour II*. I drove it across the equator. It was very exciting. We also saw many kinds of fish. My favorite was the parrot fish. It has a mouth like a parrot's beak. I learned so much about our beautiful planet. I'd love to go back there one day.

3 Read the text again. Answer the questions.

1. Where were the sea lions?
2. Which bird had a blue beak?
3. What bird did Sophie see at Española Island?
4. What did Sophie learn to do on the trip?
5. Why is the parrot fish called *parrot fish*?

4 Complete with the words in bold from the text.

My name's Aman, and I'm 12. We went to an island called North Seymour. There were many iguanas on the rocks by the ¹_____. I learned some new ²_____, too. I learned how to swim with the animals! We swam with sea lions. They ³_____ around. They were so cute! But my favorite animals were the giant tortoises. They were so big! My sister and I could ⁴_____ behind one of them easily.

Two young Explorers with a giant tortoise on Santa Cruz Island, Galapagos

Grammar **4** LESSON

1 Listen and read. TR: 115

Present perfect or simple past?

We use the present perfect to talk about our experiences in the past in general.

She's seen a dolphin.

We use the simple past when we know **when** something happened.

Yesterday, I went snorkeling.

2 Complete. Use the present perfect and the simple past.

1. **Have you ever walked** a long distance? (you / walk)
Yes, we have. **We walked** ten kilometers in Scotland last year.
2. _____? (he / go kayaking)
Yes, he has. _____ in May.
3. _____ rocks? (they / jump off)
Yes, they have. _____ last month.
4. _____ a whale? (she / see)
Yes, she has. _____ last summer.
5. _____ through a tunnel? (you / crawl)
Yes, I have. _____ at school on Field Day.

3 Make questions. Use the present perfect.

go go hang gliding make see taste

4 Ask and answer your questions with a partner. Give more information.

Have you seen a tiger?

Yes, I have. I saw a tiger in a zoo last year.

LESSON
5 Song

1 Listen and read. Which challenges would you like to try? TR: 116

Twelve Challenges

At the start of the year,
I said to my brother,
"Let's do a challenge every month.
We can do it together."

Chorus
Now it's the end of the year.
We've done twelve challenges.
We've jumped and we've explored!
We've discovered new things!

In January, we went horseback riding.
In February, we climbed rocks.
In March, we searched for seashells.
In April, we made clocks.

Chorus

In May, we learned to juggle.
In June, we followed a map.
In July, we picked strawberries.
In August, we made jam.

Chorus

In September, we went canoeing.
In October, we jumped the waves.
In November, we swam in rivers.
In December, we explored a cave.

Chorus

VALUE Challenge yourself.
Workbook, Lesson 6

2 Listen and sing. TR: 117 and 118

3 Sing and act. TR: 119



Afghan girls are practicing in Kabul during the Afghanistan Juggling Championship.

LESSON
6 Writing A Survey

1 Read the survey and the report. Answer the questions for you.

2 Look at the survey again. Answer the questions.

1. What verb form does the student use for the questions?
2. How many irregular verbs can you find?
3. What question would you add as question 8?

3 Writing Skill Expressing quantity

a. Look at the report again. Put these phrases in order, from the smallest number to the largest.

- only one person
- three out of eight people
- everyone
- no one
- half of the people

b. Complete these questions to add to the report.

- 1 ✓ _____ blue food? (eat)
- 2 ✓✓✓✓ _____ a mountain? (climb)

4 Create your own survey. Write five questions and ask six people. Then write your report.

My Survey

I asked eight people about their experiences. I used these questions:

1. Have you ever gone surfing in the ocean? ✓✓✓
2. Have you ever played the drums? ✓
3. Have you ever eaten very spicy food? ✓✓
4. Have you ever traveled by helicopter?
5. Have you ever made an animated movie? ✓
6. Have you ever spoken English outside of class? ✓✓✓✓✓✓✓✓
7. Have you ever slept in a tent on a beach? ✓✓✓✓




My report

I counted the Yes answers and here are the results:


- No one has traveled by helicopter.
- Only one person has played the drums, and one person has made an animated movie.
- Two out of eight people have eaten very spicy food (chill peppers!).
- Three out of eight people have gone surfing in the ocean.
- Half of the people have slept in a tent on the beach.
- Everyone has spoken English outside of class!

LESSON
7 Video

1 Watch the video. Match to make sentences.  Video 15

- | | |
|------------|-------------------------|
| 1. Lara | has ridden a camel. |
| 2. Kaitlyn | has gone kitesurfing. |
| 3. Pablo | has flown in a balloon. |



2 Watch the video again. Who talks about each topic? Write L (Lara), K (Kaitlyn), or P (Pablo).  Video 15

- | | |
|-------------|-----------|
| 1. rocks | 4. town |
| 2. dunes | 5. desert |
| 3. mountain | |

3 Circle the correct answer.

- Lara is a little scared of / loves flying.
- Lara went with two / three people from her family.
- Kaitlyn went to the Gobi Desert yesterday / last year.
- The wind / sand on the mountain makes a sound.
- Pablo learned to kitesurf on his own / with a teacher.
- Pablo wants to go faster / jump high next time he goes kitesurfing.

4 Work in pairs. Discuss the questions.

- Have you ever done something challenging? What was it?
- What was the experience like?
- Think of a challenge to set for yourself. Why have you chosen this?

1 Read and check (✓) the correct answer.

1. Hamburg is the ___ city in Germany.

- biggest
- second biggest
- smallest

2. Frederik and Gerrit Braun have worked on the model city of Hamburg. They are ___.

- father and son
- brothers
- cousins

3. The first word that Stephen Wiltshire said was ___.

- pencil
- paper
- pen

4. Stephen Wiltshire has a ___ memory.

- photographic
- digital
- short

5. Seb Raven-Ellison did ___ challenges in nine months.

- 75
- 100
- 125

6. In one of his challenges, Seb tasted ___.

- tropical fruit
- different kinds of ice cream
- milkshakes

7. A red-footed booby's beak is ___.

- green
- red
- blue

8. You can see giant ___ on the Galapagos Islands.

- penguins
- tortoises
- dolphins



2 Listen and check.  TR: 120

The Man Who Wanted a Simple Life

There was a very busy man. He lived in a big city with factories and shops and tall buildings. One day he said, "I have made my home here. I have bought everything I want. But I don't need all these things. I want to have a simple life."

So he left his home and all his things and went to live in the forest. He took one thing with him. It was a piece of cloth to wear. In the forest, he built a small hut and for a few months, he was happy.

But there were rats in the forest. "That's OK," said the man, "I will get a cat." And he did. But the cat wanted milk. "That's OK," said the man, "I will get a cow." And he did. But he did not know how to take care of the cow. "That's OK," said the man, "I will get a boy to take care of the cow." And he did. But the boy didn't have a place to live. "That's OK," said the man, "I can build a small house for him." And he did. "But who is going to clean my house?" said the boy. "It's OK," said the man, "I will get a housekeeper." And he did. And soon, some of the housekeeper's friends came, too. And so they built more houses. In this way, a little town grew.

And the man said, "What has happened? I wanted to leave my busy life, but it has followed me here!"

Glossary

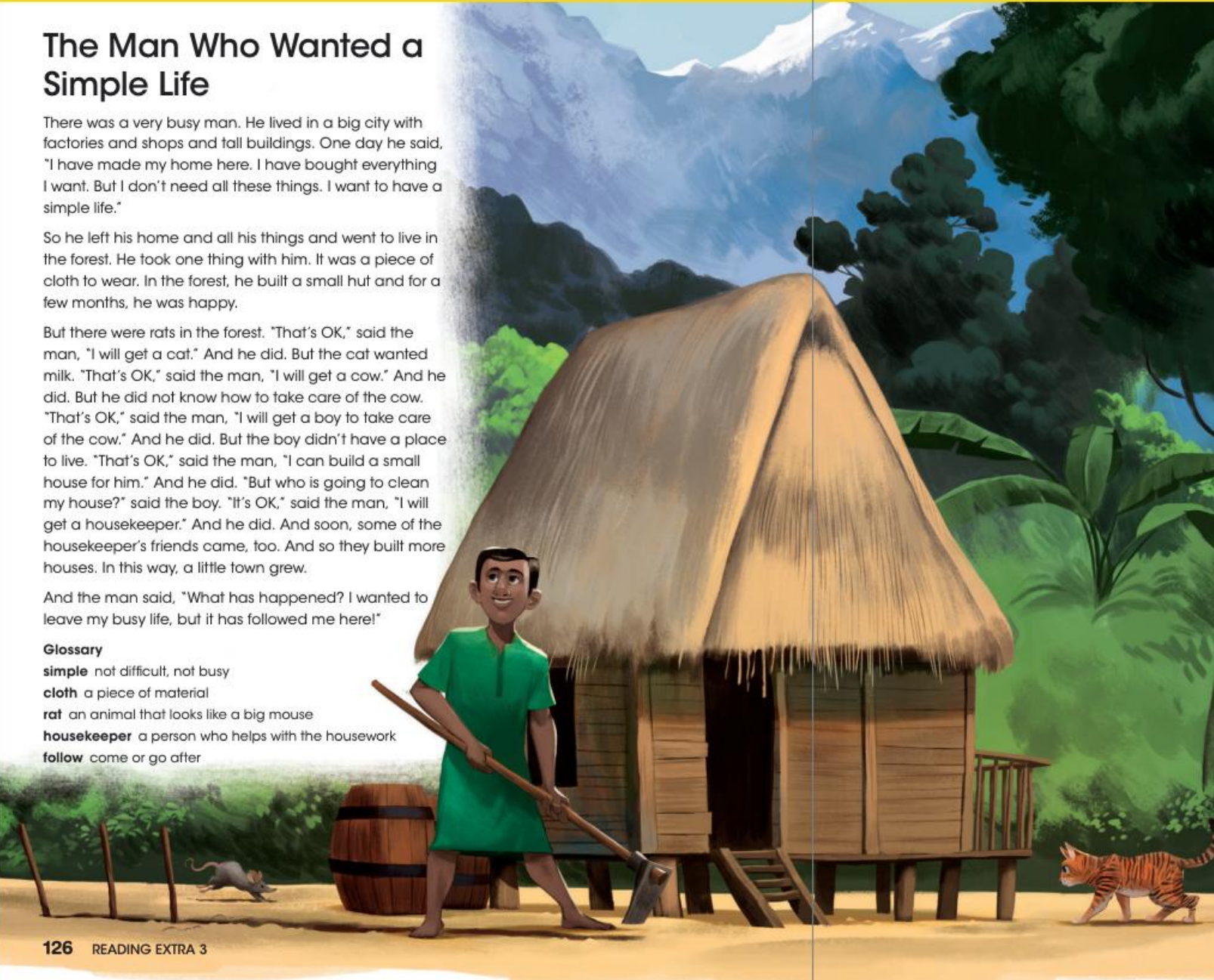
simple not difficult, not busy

cloth a piece of material

rat an animal that looks like a big mouse

housekeeper a person who helps with the housework

follow come or go after



1 Look at the picture. What things are there in this place, do you think? Write a check (✓), an X, or a question mark (?).

- | | |
|-------------------------------------|---|
| a factory <input type="checkbox"/> | fruit trees <input type="checkbox"/> |
| a railroad <input type="checkbox"/> | tall buildings <input type="checkbox"/> |
| fields <input type="checkbox"/> | a bicycle <input type="checkbox"/> |
| a river <input type="checkbox"/> | a car <input type="checkbox"/> |
| a TV <input type="checkbox"/> | a cow <input type="checkbox"/> |

2 Read and listen. Is the man happy at the end of the story? Why? / Why not? TR: 121

3 Put the story in order.

- A. He moved to the forest and built a little house.
- B. But after a while, he needed more things.
- C. He had many things, but he didn't like his life.
- D. First, he had to get a cat, then a cow, then a boy, then a housekeeper.
- E. A man lived in a busy city.
- F. Soon, he had a busy life again.
- G. At first, he was happy in the forest.

4 Write. Then talk about your answers in pairs.

Three things you *have* to have in your life: _____, _____, _____

Three things you *like* to have in your life: _____, _____, _____

1 Look, read, and write. Then write two more sentences about the picture.



1. The restaurant is between the police station and the _____.
2. One girl is snorkeling in the river and the other is _____ on the river.
3. What is the boy in the yellow T-shirt doing? _____.
4. What is the girl in blue pants doing? _____.
5. _____.
6. _____.

2 Complete the conversation with the verbs in parentheses. Use the present perfect or the simple past.

Milly: I ¹ _____ (see) a really good movie yesterday.

Harry: Really? What ² _____ (be) it about?

Milly: Challenges. It was called *The Big Challenge*. ³ _____ (you / see) it?

Harry: Yes, I have. I ⁴ _____ (see) it on Wednesday. It was great.

Milly: Yes, I ⁵ _____ (love) it, too. After the movie, we ⁶ _____ (visit) my grandmother. She lives near the movie theater.

Harry: Oh, I ⁷ _____ (meet) your grandma. She works in the school office.

Milly: Yes, that's right. She ⁸ _____ (start) the job last month.

1 Find your favorite photo in the book. Why do you like it? Talk about it with a partner.

I think this is the best photo in the book!

Yes, I like it, too. Why do you like it?

The bird is helping to clean the giraffe's teeth. It's a really funny photo.



2 Make a list of the following. Then work in pairs. Compare your lists.

- three interesting facts that you've learned from this book
- three people from the book who you would like to meet
- three activities in the book that you would like to do

3 Choose one of the following to do during your vacation.

- Make a short, animated movie! Use the advice in Unit 1. Show it to your friends and explain how you made it.
- Research a famous athlete. What did they do when they were younger? Why were they important in their sport? Find out some interesting facts about the person.
- Design some vacation clothes. Draw them in a poster and write about them, too.
- Write some challenges for you to do outside with your friends or family. Take photos and write about your experiences.

Hunting for Fish

People in different parts of the world eat different kinds of food. You're going to see a video about some people, called the Bajau people, who live on the coast of Borneo. Borneo is a big island in Southeast Asia. The Bajau people live in small houses above the water. The houses have long, wooden legs. The people have small fishing boats and they find most of their food in the sea. They sometimes eat seaweed and many different kinds of fish.

1 Read about life in Bajau. Answer the questions.

1. Where do the Bajau people live?
2. What kind of food do they eat and where does it come from?

2 Watch the video. Write T (true) or F (false). Video 16

1. Matthieu Paley is a photographer. ■
2. The Bajau people cook the food on their boats. ■
3. Eating seaweed is good for your skin. ■
4. The Bajau people eat the outside part of the sea urchins. ■
5. The man in the video catches an octopus. ■

3 PROJECT Work in groups. Make a poster.

Research another small island in the world. What do the people eat? Show it on a poster.

4 Talk to the class about your poster.

The people in Santorini grow a lot of beans, cucumbers, and tomatoes.



Annie Takes On a Challenge

In the US, 100 years ago, women usually stayed at home with their families and men went to work. Women certainly didn't go exploring, but Annie Londonderry decided to do just that! Annie was born in Latvia in about 1870. She moved to Boston in the US when she was 18, and she married and had three children.

There's a story that two rich businessmen were in a restaurant together. Annie could hear them.

"These days," one of them said, "a woman can do everything that a man can."

The other man didn't agree with him.

"Thomas Stevens cycled around the world in 15 months and he earned 5,000 dollars, too. A woman couldn't do that."

"I'm sure a woman could," the other man said. Annie told them she was ready for the challenge!

So, a bicycle company gave Annie a bike. People put advertisements on her bike and gave her money. Annie had to leave her children at home with her husband. This was very unusual for a woman in those days. First, Annie cycled from Boston to New York, and then Chicago. She thought her bike was too heavy, so she bought a lighter one. She changed her clothes, too! Her dress wasn't comfortable, so she wore pants instead.

Back in New York, Annie carried her bike onto a ship, and traveled across the Atlantic Ocean to France. In the south of France, Annie got on a ship to Japan. She stopped in Egypt, Vietnam, and China, too. And from Japan, she traveled by ship again, back to the US. She was very popular and many people came to watch her pass by. More people gave her money. She sold photos, scarves, and handkerchiefs, too!

Exactly 15 months after she started, Annie returned home to Boston. And she had more than 5,000 dollars. What an achievement!

Glossary

businessman a man who owns or works in a company

dollar money used in the US

advertisement information that tries to make people buy something

handkerchief a square piece of cloth that you use to clean your nose



- 1 Look at the woman in the picture. Why do you think the people are looking at her?
- 2 Listen and read. Did Annie complete her trip?  TR: 122
- 3 Read again and answer the questions.
 1. What did the two businessmen disagree about?
 2. Why did Annie change her bike and her clothes?
 3. Name five different countries she visited.
 4. How did she earn some money during her trip?
 5. Did she ride her bike all the way around the world?
- 4 Work in pairs. Discuss the questions.
 1. Do you think it was a good thing for Annie to take on this challenge? Why? / Why not?
 2. Was it fair that she took her bike on ships? Why? / Why not?
 3. Why would it be easier to take on the challenge today?
 4. Would you like to take on this challenge? Why? / Why not?

1 Play in two teams of two.

Instructions: Take turns throwing a die and moving around the board. Do the color challenge to win a point.



The Red Challenge

Choose a photo and say a definition for your partner to guess. They have one guess only. Choose a different photo each time.



The Blue Challenge

Roll the die again. Read the challenge that matches your number (1-6). You have 20 seconds to complete the challenge.

1. Find four different countries in the book.
2. Find four activities in the book that you have both done this year.
3. Without looking at the book, sing the chorus of one of the songs. Can you remember it?
4. Find four different kinds of transportation in the book. What are they?
5. Find an example of the simple present and the simple past.
6. Find an example of the present perfect and the future with *be going to* or *will*.

The Green Challenge

The other team chooses a challenge for you! Choose a different challenge each time.

1. Stand on one leg and say the alphabet.
2. The other team chooses a word for you to spell.
3. Name ten animals in 15 seconds.
4. Count backwards from 20-1.
5. Name ten fruits or vegetables in 15 seconds.
6. Sing a song in English.
7. Ask and answer a question with your partner.
8. Name ten things that you usually take on vacation. You have 15 seconds.
9. Say five irregular simple past verbs.
10. Tell a short story (no more than 30 seconds).

The Yellow Challenge

Look and act out a word or phrase for your partner to guess. They have one guess only. Choose a different word or phrase each time.

- | | |
|------------------|----------------------|
| play party games | play the flute |
| wear a costume | brush your teeth |
| go ice skating | rest |
| play golf | win a prize |
| buy ice cream | go snorkeling |
| play the violin | go horseback riding |
| play the cello | send a text |
| give presents | scare another person |
| play volleyball | get exercise |