

**SOLUTIONS ELEMENTARY 4**  
**UNIT 8: BE ACTIVE!**

**8F**

**PEGAH BAHOJB GHASEMI**

**8E****Word Skills****Noun suffixes**

*I can form nouns with a range of suffixes.*

**1 Complete the table.**

<b>Verb / Adjective</b>	<b>Noun</b>
<sup>1</sup> <i>converse (verb)</i>	conversation
sad	<sup>2</sup> _____
<sup>3</sup> _____ ( <i>adj</i> )	darkness
advertise ( <i>verb</i> )	<sup>4</sup> _____
<sup>5</sup> _____ ( <i>verb</i> )	discussion
happy ( <i>adj</i> )	<sup>6</sup> _____
<sup>7</sup> _____ ( <i>verb</i> )	permission
treat ( <i>verb</i> )	<sup>8</sup> _____
<sup>9</sup> _____ ( <i>verb</i> )	argument
homesick ( <i>adj</i> )	<sup>10</sup> _____
<sup>11</sup> _____ ( <i>verb</i> )	explanation
organise ( <i>verb</i> )	<sup>12</sup> _____
<sup>13</sup> _____ ( <i>verb</i> )	arrangement
rude ( <i>adj</i> )	<sup>14</sup> _____

## 2 Complete the sentences with nouns from exercise 1.

- 1 I saw an \_\_\_\_\_ for some great speakers.  
I think I'll buy them.
- 2 Tom should apologise to Lisa for his \_\_\_\_\_.  
He really upset her.
- 3 I had a terrible \_\_\_\_\_ with my brother last  
night. Now he isn't speaking to me!
- 4 I hope my parents will give me \_\_\_\_\_ to go  
to a music festival this summer.
- 5 We had an interesting \_\_\_\_\_ in class  
yesterday. The topic was: 'Can money bring you  
\_\_\_\_\_?'
- 6 \_\_\_\_\_ is sometimes a problem when  
people live abroad for a long time.
- 7 My grandfather is having \_\_\_\_\_ for cancer.
- 8 I couldn't do a maths question, but my teacher gave a very  
good \_\_\_\_\_, so now I understand it.

- 3 Read the text below and complete it with nouns formed from the adjectives and verbs below.

accommodate achieve describe donate fit inform  
prepare suggest

## TIPS FOR ENDURANCE EVENTS



Here are some <sup>1</sup> \_\_\_\_\_ that will make your event successful ...

Before you start, do lots of <sup>2</sup> \_\_\_\_\_. Plan your route and book

<sup>3</sup> \_\_\_\_\_ in advance (campsites, hostels, hotels). <sup>4</sup> \_\_\_\_\_

is very important too – do lots of exercise before you start. It's important that people

can find out about the event, so post <sup>5</sup> \_\_\_\_\_ about the event on social

media. Create a fund-raising page and write a <sup>6</sup> \_\_\_\_\_ of the event and

explain why you are doing it. Don't be afraid to tell people about your event – it will be

an amazing <sup>7</sup> \_\_\_\_\_! They will be impressed! You can continue to

receive <sup>8</sup> \_\_\_\_\_ after the event. So leave your fund-raising page open for a few weeks.

### VOCAB BOOST!

When you learn a new verb or adjective, find out if there is a related noun and write that down too. Add an example sentence for each word.

4 Read the *Vocab boost!* box. Write down the related noun for each word below, and add an example sentence for each word. Use a dictionary to help you.

1 Adjective: *weak*

Example: \_\_\_\_\_

Noun: \_\_\_\_\_

Example: \_\_\_\_\_

2 Verb: *translate*

Example: \_\_\_\_\_

Noun: \_\_\_\_\_

Example: \_\_\_\_\_

3 Adjective: *high*

Example: \_\_\_\_\_

Noun: \_\_\_\_\_

Example: \_\_\_\_\_

4 Verb: *decide*

Example: \_\_\_\_\_

Noun: \_\_\_\_\_

Example: \_\_\_\_\_

**WHO IS HE?**





**LIONEL MESSI**







# HE IS ...



# HE IS ...

**(EXCITING AND ENCOURAGING YOU TO DO OR FEEL SOMETHING)**



# HE IS **INSPIRING** .

**(EXCITING AND ENCOURAGING YOU TO DO OR FEEL SOMETHING)**





**WHO IS YOUR  
INSPIRING  
ATHLETE?**

1 **SPEAKING** Look at photos (A–D). What do you think the reading text is going to be about? Choose a, b or c.

- a The Paralympic Games and its competitors.
- b Sportspeople with disabilities.
- c The advantages of team sports for disabled people.







**STEEP HILL**





A thing done  
successfully with effort,  
skill, or courage.



## **ACHIEVEMENT**

A thing done successfully with effort, skill, or courage.





## KAYAKING

- 2 Read the text and check your answer to exercise 1. Match the photos (A–D) with the paragraphs (1–3). Two of the photos match one paragraph.

## 1 THE CYCLIST

In 1976, at the age of fifteen, Christian Haettich had a serious car accident. He lost his left arm and his left leg. For the next few years, he found it very difficult to live with his disability. But in 1984 he saw a man with one leg cycle up a steep hill. 'I can do that,' he thought, and he learned to cycle. It was really difficult – he fell off his bike many times – but he kept trying.

In 1985, he began to compete in races for disabled cyclists. His ambition was to compete in the Paralympic Games in Sydney in 2000 and he trained hard to be in the French team. But then the rules for the competition changed and Christian could not take part because his disability did not match the new rules. So Christian found a new challenge: cycling up mountains. Now he competes in mountain races and cycles around 27,000 kilometres every year!

## 2 THE RACING DRIVER

British driver Mike Newman enjoys breaking speed records. For example, in 2013 he broke two – the land speed and the water speed records. This achievement is more amazing because Mike cannot see. He was born with a serious eye disease and became completely blind at the age of eight.

For many years, Mike did not think it was possible to take part in motor sports. But at the age of forty, he started riding motorbikes and then he tried cars. 'I love the engines, the smells, the noises which come with it,' he says.

He set new land speed records in 2003 and 2005, but in 2010 Metin Senturk, a blind Turkish pop star, went faster. So in 2013, Mike had to set a new record. It is very difficult – and dangerous. Imagine driving a car at 300 kilometres per hour with your eyes closed!

When he isn't breaking records, Mike runs a charity called Speed of Sight. The charity helps other blind people to take part in motor sports.

## 3 THE SKIER

Alana Nichols was a very sporty child. She loved volleyball and basketball. As a teenager, Alana's ambition was to study sports at university. But then, at the age of seventeen, she broke her back in a serious snowboarding accident. She couldn't walk. For two years, she did not know what to do with her life.

But at the age of nineteen, she discovered a new sport: wheelchair basketball. She became part of the national team for the USA and in 2008 they won a gold medal at the Paralympics in Beijing.

Alana realised that other sports were possible for her too. She tried surfing and kayaking. Then she tried skiing. She trained hard and became part of the American Paralympic team. At the 2010 winter Paralympics, she became the only athlete to win gold medals at the summer and winter Paralympic Games when she won four medals for skiing: two gold, a silver and a bronze. Then, in 2014, she won another silver medal at the winter games.

**WHAT DOES THIS MEAN?**

**50:50 chance**

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**50:50 chance**

**Fifty-fifty chance**



# WHAT DOES THIS MEAN?

# 50:50 chance

## Fifty-fifty chance

- We have got an equal chance of choosing correctly or incorrectly.

## **Reading Strategy**

Make sure you answer every question in a multiple-choice task. If you are not sure of an answer, try to exclude one option and then guess between the other two. You have a 50:50 chance of being correct!

- 3** Read the **Reading Strategy**. Then choose the correct answer a, b, or c.
- Christian Haettich became disabled in the year  
a 1976      b 1984      c 1985
  - Christian Haettich didn't compete in the Paralympic Games in Sydney because  
a he wasn't good enough for the French team.  
b he didn't have the right kind of disability.  
c he preferred to cycle up mountains instead.
  - Mike Newman's problems with his eyes began  
a when he was eight years old.  
b when he was forty.  
c when he was born.
  - Mike Newman did not start driving cars until after the age of forty because  
a somebody told him it was not possible.  
b he did not know about the charity for blind people in motor sports.  
c he did not know that blind people could take part in motor sports.
  - According to the text, which sport did Alana Nichols take part in before her accident?  
a basketball    b skiing      c snowboarding
  - In which sport has Alana Nichols won her most recent medals?  
a surfing      b basketball    c skiing

**4 Answer the questions about the people in the texts. Write *Christian, Mike or Alana*.**

**Which person ...**

- 1 became disabled at the youngest age? \_\_\_\_\_
- 2 broke records in 2005 and 2013? \_\_\_\_\_
- 3 took part in a lot of different sports as a child? \_\_\_\_\_
- 4 found it difficult to learn his / her sport? \_\_\_\_\_
- 5 took part in the Paralympic Games? \_\_\_\_\_
- 6 started doing his / her sport after seeing another disabled sports person? \_\_\_\_\_



WHERE IS HE  
FROM?



WHERE IS HE  
FROM?

He is from  
Argentina.



WHERE IS HE  
FROM?

He is from  
Argentina.

Messi is \_\_\_\_\_.



WHERE IS HE  
FROM?

He is from  
Argentina.

Messi is  
**Argentinian.**



# WHICH ONE IS CORRECT?

<b>Country</b>	<b>-ish</b>	<b>-ian</b>	<b>-ese</b>	<b>-</b>
Iran	Iranish	Iranian	Iranese	Ira

# WHICH ONE IS CORRECT?

Country	-ish	-ian	-ese	-
Iran	Iranish	✓ Iranian	Iranese	Ira
Poland	Polish	Polian	Polese	Pol

# WHICH ONE IS CORRECT?

Country	-ish	-ian	-ese	-
Iran	Iranish	✓ Iranian	Iranese	Ira
Poland	✓ Polish	Polian	Polese	Pol
Japan	Japanish	Japanian	Japanese	Japa

# WHICH ONE IS CORRECT?

Country	-ish	-ian	-ese	-
Iran	Iranish	✓ Iranian	Iranese	Ira
Poland	✓ Polish	Polian	Polese	Pol
Japan	Japanish	Japanian	✓ Japanese	Japa
France	Franish	Franian	Franese	French

# WHICH ONE IS CORRECT?

Country	-ish	-ian	-ese	-
Iran	Iranish	✓ Iranian	Iranese	Iran
Poland	✓ Polish	Polian	Polese	Poly
Japan	Japanish	Japanian	✓ Japanes e	Japa
France	Franish	Franian	Franese	✓ French

- 5 **VOCABULARY** Find four nationality adjectives in the reading texts. Add them to the list below.

**Nationalities** Australian Brazilian Canadian Chinese  
Czech German Hungarian Italian Japanese Polish  
Russian Slovak Spanish Swedish

- 6 Work in pairs. Look at the endings of the nationality adjectives in exercise 5. Divide them into three groups: *-an*, *-ish* and *-ese*. Which three do not fit?

**7 SPEAKING** In pairs, ask and answer these questions about the sports people in the text. Give a reason for your answers.

In your opinion, which sportsperson is ...

- the bravest?
- the most talented?
- the fittest?

I think ... is the bravest because ...



**ASSIGNMENT:  
WORK BOOK 8F  
SUMMARY OF READING**

**DEADLINE: TUESDAY**