

Living dangerously

8

- **Grammar** *have to/don't have to, should/must*
- **Vocabulary** Parts of the body, things to wear
- **Everyday English** At the doctor's

- **Reading** Two stuntwomen and a stuntman
- **Listening** A health and fitness quiz
- **Writing** Writing emails



?

- 1 What is the man doing? Would you like to do it?
- 2 Why do some people like doing dangerous things?
- 3 Give some examples of things people do that are dangerous.



Watch the video introduction



Use your **Workbook** for self study



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Grammar *have to/don't have to*

STARTER

Which of these activities do you think are the most dangerous and which least? Discuss as a class.

boxing horse-riding motor racing
cycling gymnastics mountaineering
skateboarding skiing surfing yoga



The big wave surfer!

1 8.1 Kurt Weiner is a big wave surfer from the island of Oahu, Hawaii. Listen and answer the questions.

- 1 Why does Kurt do yoga?
- 2 How long can he hold his breath?
- 3 When did he start surfing?
- 4 What does he do at Three Tables Caves?
- 5 Has he travelled a lot to surf? Where?
- 6 What is the Banzai Pipeline?

2 8.1 Listen again and complete the lines from the interview with the words in the box.

have to (x2) don't have to (x2) do you have to (x2)
had to did you have to can't

- 1 Kurt, do you have to be very fit and strong to be a big wave surfer?
- 2 You _____ be strong in mind and body.
- 3 You _____ learn to hold your breath.
- 4 That was one of the first things I _____ learn.
- 5 Kurt, _____ start surfing when you were very young to be as good as you are today?
- 6 I _____ remember when I didn't surf.
- 7 So, _____ start young if you want to be a good surfer?
- 8 You _____, but it helps!
- 9 I _____ train every day, but I do most days.

8.2 Listen and check.



3 Complete the questions and answers with a form of *have to*.

- ‘**Does** Kurt **have to** train hard?’
‘Yes, he _____. He _____ train very hard.’
- ‘Why does Kurt do yoga?’
‘Because surfers _____ hold their breath for a long time.’
- ‘_____ all surfers _____ start young?’
‘No, they _____, but it helps.’

8.3 Listen and check. Practise the questions and answers with your partner.

GRAMMAR SPOT

- have to** + infinitive expresses obligation.
He **has to** train hard.
Do you **have to** train hard?
I **don't have to**.
- Write the **question** and **negative** and **past tense** of **have to**.
_____ you _____ work at the weekends?
No, I _____ work at the weekends.
But I _____ work last weekend.
- Write **have to**, **don't have to**, **can**, or **can't**.
It's possible **can** It's not possible _____
It's necessary _____ It's not necessary _____

Grammar reference 8.1–8.2 p149

Practice

Pronunciation

1 8.4 Listen to these sentences. What are the different pronunciations of *have/has/had*?

- I have /hæv/ a good job.
I have /hæf/ to work hard.
- He has /hæz/ a new surfboard.
He has /hæs/ to train a lot.
- We had /hæd/ a good time.
We had /hæt/ to get up early.

8.4 Listen again and repeat.

have to – forms and tenses

2 Complete the sentences with *have to* in the correct tense and form.

- What time **do** we **have to** be at the match?
- My sister _____ wear a uniform because she's a flight attendant.
- My grandfather is 68. He _____ work, but he wants to.
- You _____ say anything if you don't want to.
- Why _____ you _____ get up so early yesterday?
- Our plane left at 8 a.m., so we _____ be at the airport at 6 a.m.
- _____ we _____ do this exercise? It's really boring.

Talking about sports

3 Work in small groups. Choose a sport from the Starter on p80. Don't tell the others. Ask and answer *Yes/No* questions to find out what each person's sport is. Use the questions to help you.



Do you ... ?

- do it inside/outside
- play it with a ball
- play in a team
- do it on water

Do you have to ... ?

- wear special clothes
- use special equipment
- train hard for it
- be very strong
- have a special place to do it

Can you ... ?

- do it anywhere
- do it with friends
- do it on your own
- earn a lot of money
- win a lot of money

Do you have to wear special clothes?

Yes, you do.

Do you play it with a ball?

Yes, you do.

Can you earn a lot of money?

Yes, some people do.

Is it football?

4 Which sports do you do? Describe one to a partner. Use the ideas in 3.

Go online for more grammar practice

What should I do? should/must

- 1 Do you think you have a healthy lifestyle? How do you keep fit? Do you play sports or do exercises? How often – regularly, sometimes, never? Talk to a partner.
- 2 Read the problems sent to **Dr Drew**. Explain the headings. What advice would *you* give?

GRAMMAR SPOT

- 1 Look at these sentences. Which sentence expresses stronger advice?
You **must see** a doctor.
You **should do** gentle exercises at first.
- 2 *Should* and *must* are modal verbs.
What **should** I do?
He **shouldn't** sit at his desk all day.
He **must** get help.
How do we make the question and negative?
Do we add *-s* with *he/she/it*?

➔ Grammar reference 8.3–8.4 p149–50

- 3 Match Dr Drew's advice with a problem. Write the names.
- 4 Complete more advice from Dr Drew using the words in the box. Who is each one to?

should (x2) shouldn't must mustn't
don't think you should don't have to

- 1 When you travel, you _____ stay in hotels that have a gym or a spa. And if you want to lose weight, you _____ have too many big business dinners in expensive restaurants.
- 2 I _____ believe all your friends say about having fun. Maybe they're jealous of your special talent.
- 3 One of the best exercises is walking, and you _____ do this alone. You _____ ask a friend to go with you, and then you can chat and exercise at the same time.
- 4 And you _____ walk before you run again – you absolutely _____ run until it has completely healed.

🔊 8.5 Listen and check.

Ask Dr Drew!

DR DINAH DREW: drddrew@fitforum.com

'I can help you keep fit and well.'

Problems

1 Too busy to exercise!

My wife says I'm putting on weight and I should do more exercise (She's super fit – she's just done the Marathon!), but I just don't have the time. I have a very stressful job, and I have to travel a lot. How can I possibly find time to have a fitness routine? What should I do? **James**

2 I get bored doing exercises!

I do exercise – I understand how important it is, but I get so bored. I tried swimming, but just going up and down a pool is so boring! I tried going to the gym – but walking on the spot so depressing! I bought an exercise DVD, but I only used it once. What should I do? **Cheryl**

3 I sprained my ankle badly

I'm a keen 'keep-fitter', but this morning when I was out running I fell and hurt my ankle. I think it's just a sprain, but quite a bad one. I want some advice about what kind of exercises I should do while I'm injured. I can't even walk very well at the moment. **Adam**

4 No time for fun!

I'm 15, and I do gymnastics. I have to train 30 hours a week because my coach wants me to try for the next Olympics. I love gymnastics, but I have no time for anything else in my life. My school friends tell me that I'm missing all the fun. What should I do? **Millie**

Advice from Dr Drew

a Dear _____

Before you do any more exercise you must see a doctor! You must find out how serious your injury is. If it's not too bad, then you should do gentle exercises at first, perhaps some exercises in water, a little swimming perhaps, or join a yoga class.

b Dear _____

The fact is, that to get to the top in sport you have to train very hard and keep very fit. This could be the chance of a lifetime. I don't think you should talk to just your friends. You must talk to someone else about how you feel, and this should be your parents or your coach.

c Dear _____

You should make exercise a part of your daily life – you shouldn't sit at your desk all day. Perhaps there is a gym near where you work – keep some sports clothes at work and go there for just 15 minutes in your lunch break when you can. You don't have to exercise for long periods, just ten minutes every now and then helps.

d Dear _____

Oh dear! I think you should try a different kind of exercise. I don't think you should exercise alone. It can help if you do it with other people – what about a sport, such as tennis, or perhaps dancing? There are all kinds of dance classes – you're sure to find one you like.

Practice Giving advice

1 Give advice to people with these problems.

- I'm hopeless at all sports.

You shouldn't worry about it. Lots of people aren't sporty, but you should make some exercise part of your daily routine – walking more quickly can help.

- I can't sleep at night.
- I don't like my brother's new girlfriend.
- I've got an important exam tomorrow, and I'm really nervous.
- A boy in my class is bullying me.
- I fell off my bike and banged my head – now I've got a bad headache.
- My computer's behaving very strangely.
- My car's making a funny noise.

8.6 Listen and compare your answers.

What do you think?

2 Work with a partner. Make sentences from the chart to express your opinion. Do you agree with each other?

If you want to ...		
... keep fit, ... learn English, ... be successful,	you have to you don't have to you should you shouldn't you must you mustn't	work hard. do some sport. learn the grammar. go to university. spend time in England. smoke. speak your language in class.

A trip to your country

3 Someone wants to come for a holiday to your country.

What advice can you give about ... ?

- when to come
- where to stay
- places to visit
- things to do/not to do
- clothes to bring
- food to eat ... etc.

You should come in May or June when it's not too hot.

You don't have to ...

You must try ...

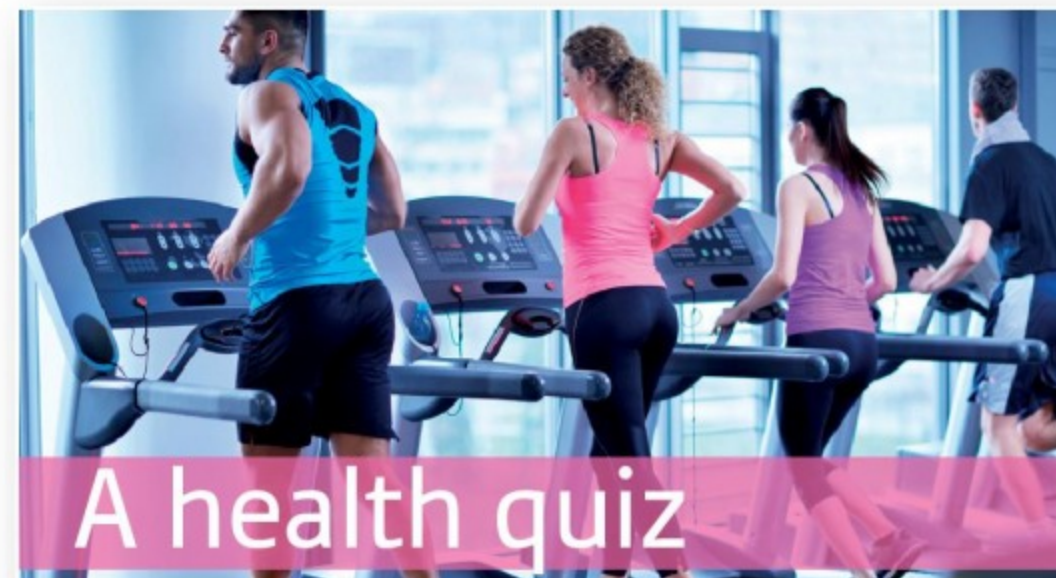
Go online for more grammar practice



Listening and speaking

A health and fitness quiz

1 Read the statements about health. Are they true (✓) or false (✗)? Discuss them with a partner and then as a class.



- You shouldn't skip breakfast.
- You should weigh yourself regularly.
- You must always warm up before hard exercise and cool down after.
- Swimming is one of the best forms of exercise you can do.
- You should do 30 minutes continuous activity rather than 10 minutes 3 times a day.
- You should always exercise until it hurts – no pain no gain!
- If you want to lose weight, you should drink water after a meal.
- If you don't feel full after a meal, you should wait 15 minutes and see how you feel then.
- You should always choose water over other drinks to rehydrate after exercising.
- It's better to exercise in the morning rather than the afternoon or night.

2 8.7 Listen to the answers. Whose ideas were correct? Do you agree with all the advice? If not, why not?

Talking about you

- 3 Work in small groups. Which health advice do you follow? Talk to each other about a typical day in your life.
- What do you eat and drink? When? Do you think you have a healthy diet?
 - Do you sleep well? How many hours a night? Enough? Too much/little?
 - Do you fit any exercise into your day? What? When?
 - How much 'screen time' fills your day? What exactly?

Who do you think has the healthiest lifestyle?

Reading and speaking

Two stuntwomen and a stuntman

- 1 Look at the photo. What is the job of a stunt man or woman? What kind of things do they have to do?



- 2 Think of some films you've seen. Which do you think have used stunt doubles? Why?
- 3 Look at these adjectives. Which qualities are necessary to be a stunt double?

athletic brave competitive crazy
easy-going fit healthy sensitive
strong sporty slim thin

- 4 Read the introduction and the **Fact Files** about the two stuntwomen.

- Where are they from? Are they married?
- Where do stuntwomen earn more than stuntmen? Why?
- Which films have they worked in? Do you know any of them?

THE TOUGH WORLD OF TWO HOLLYWOOD STUNTWOMEN

FACT FILE AMANDA FOSTER

From: Essex, England

Years in the business: 25

Family: three children (single mum)

Credits include:

James Bond 007: Die Another Day (Halle Berry)

A Knight in Camelot (Whoopi Goldberg)

World War Z (with Brad Pitt)

The *Harry Potter* series

Ninja Assassin (Naomie Harris)



How did she become a stuntwoman?

Amanda had a difficult childhood, but she was always sporty. For a while she worked as a PE teacher and a film extra. Then, in her late 20s, while working as an extra on the film *Patriot Games* with Harrison Ford, she heard someone say that there were no British black stunt actresses. She thought, 'Great! I'll be the first!'

Which celebrities has she worked with?

She has doubled for some of the world's greatest stars. Her first major role was 20 years ago, doubling for Whoopi Goldberg in *A Knight in Camelot*. 'I was sword-fighting, jumping over tables,' she remembers. 'It was good fun.' Then she worked with Halle Berry in the Bond film *Die Another Day* – one of her favourites. She won an award for it. More recently she did *The Edge of Tomorrow* with Tom Cruise and *World War Z* with Brad Pitt. She loved that – she had to jump on top of Brad and bite his face!

How do stunt doubles prepare for a film?

Obviously, most stunts are dangerous one way or another, so they have to do a lot of preparation – both mental and physical – but they also have to learn special skills. Amanda's skills include: gymnastics, trampolining, motorcycle racing and martial arts. Also, you have to develop a good relationship with the star. Amanda says: 'I watch to see how they move. The viewer has to believe that you are the star.'

Has she been injured much?

'Many times! We don't talk about that stuff,' says Amanda. 'It's a seriously risky job to do.' She doesn't like to talk about her worst injury. 'All I can say is that as long as I leave a day's work in my own car, and I don't have to leave in an ambulance, it's been a good day!'

FINAL WORD

Amanda is doing very well for someone who spent their childhood in children's homes and had three children by the age of 21. They are grown up now and very proud of their mother.

She says about the job, 'I'll keep going until my body won't allow me to.'

Being a stunt double is a risky job for both men and women. Jumping through glass, crashing into cars, and falling down stairs is no easy day's work, but for stuntwomen it is even more dangerous – they often have to do these stunts wearing high heels and a mini skirt. Men and women usually earn the same money, but in New Zealand stuntwomen earn more than stuntmen – they recognize that women can't wear as much protective clothing.

FACT FILE DAYNA GRANT

From: Auckland, New Zealand

Years in the business: 22

Family: Husband, Dane Grant (stuntman)
One son

Credits include:

Mad Max: Fury Road (Charlize Theron)

The Chronicles of Narnia (Tilda Swinton)

Xena: Warrior Princess (Lucy Lawless)



How did she become a stuntwoman?

Dayna grew up in New Zealand and was always a keen gymnast and horse rider. She was 18 when two friends, who were working as stuntmen, asked her to audition to be a stuntwoman on a TV show called, *Xena: Warrior Princess*. She didn't know anything about the profession and didn't expect to get the job. But they liked her, and she started the next day!

Which celebrities has she worked with?

She has doubled for many famous stars, including Charlize Theron, Gwyneth Paltrow, and Tilda Swinton. For the action film *Mad Max: Fury Road*, as Theron's double, she had to shave her head and spend nine months in the Namibian desert. 'I lived and breathed that film,' she says. She had to run alongside a moving truck and fall under its wheels – all in a day's work. She met her stuntman husband, Dane, on that film.

How do stunt doubles prepare for a film?

Obviously, they have to keep fit. They often train in martial arts, such as judo and karate, but as Dayna says, you have to learn different skills for different films. For the adventure film *Hercules*, she had to learn archery and chariot driving! Another part of the preparation for the stunt double is to train the actor. Sometimes they work together 12 hours a day. The preparation for a role can be difficult if there's not a lot of time, and they have to 'crash' diet!

Has she been injured much?

Dayna did once have a very serious accident – this was because of the shoes she was wearing: 'They were very slippery, feminine shoes.' She slipped and her head fell on a dagger. 'I was a bit of a mess,' she says bravely.

FINAL WORD

Dayna knows it's an unusual career, but she loves it. Her son came back from school one day and said: 'I've just realized you're not a normal mum. Most mums drink tea and sit on the couch. You jump off buildings and set yourself on fire!'

5 Work in two groups. Answer the questions about your stuntwoman.

Group A Read about **Amanda Foster**.

Group B Read about **Dayna Grant**.

- 1 What in her background makes her suitable for the job?
 - 2 How did she get the idea for becoming a stuntwoman?
 - 3 Which film stars has she worked with?
 - 4 What kinds of things has she had to do in the films?
 - 5 What skills has she had to learn?
 - 6 Why is it important that stunt doubles get on well with the stars?
 - 7 Has she been seriously injured? What does she say?
 - 8 What does her family think of her job?
- 6 Find a partner from the other group. Go through the questions in 5 together and compare the two women.

Listening – a stuntman's story

7 8.8 Listen to stuntman **Andy Lambert** talking to his friend, **Justin**, about being a stuntman. What are his answers to the questions in the articles?



What do you think?

- Do *all* actors use stunt doubles for dangerous actions?
- Stunt doubles' acting skills are usually not noticed. Some of them are annoyed that the stars take the credit for their stunts. What do you think about this?
- Stunt doubles are paid more for the most dangerous stunts, but they aren't paid as much as the stars. Is this fair?

Watch a video and find out more about the exciting and dangerous life of an underwater photographer.



Vocabulary and speaking

Not a thing to wear!

1 8.9 Listen to a children's song. Which parts of the body can you hear? Do you have similar songs in your language?

2 Work with a partner. Read the list **Parts of the body** and find them on Person X.

Parts of the body

head neck eyes shoulders arms
hands fingers wrist waist knees
legs ankles feet toes

3 Match the items below with pictures a–z.

Things to wear

a belt boots a cap a dress a jacket
jeans a jumper gloves sandals a scarf
a shirt and tie a suit shorts socks a skirt
a watch sunglasses trainers a T-shirt
leggings a track suit a helmet goggles
a swimsuit a sports vest a hoodie

Where do they go on Person X?

A belt goes round the waist.

Yes, and boots go on the feet.

Dress Person X

4 With your partner, decide if **Person X** is male or female. Give them a name. Choose the clothes to dress him/her for one of the situations below. Tell the class who your person is and which clothes you chose.

- going to the gym
- a skiing holiday
- a beach holiday
- a job interview
- a party
- a wedding

Talking about you

5 Discuss the questions with a partner.

- What was the last item of clothing you bought?
- Which clothes do you usually wear in winter?
- Which in summer?
- Which clothes do you always/often/never wear?

Go online for more vocabulary practice



Everyday English At the doctor's

1 Match the pictures with a word or phrase from the box.

a sore throat a cold diarrhoea /,daɪə'ri:ə/ flu
an allergy a sprained ankle food poisoning

2 Read the symptoms and complete the doctor's diagnosis with the words from 1.

Patient's symptoms	Doctor's diagnosis
1 I can't stop coughing and blowing my nose.	You've got _____
2 I've got a fever, my whole body aches, and I feel awful.	You've got _____
3 It hurts when I walk on it.	You've got _____
4 I keep going to the toilet.	You've got _____
5 My glands are swollen, and it hurts when I swallow.	You've got _____
6 I keep being sick, and I've got terrible diarrhoea.	You've got _____
7 I start sneezing when I'm near a cat.	You've got _____



8.10 Listen and check. What else does the doctor say? Practise with a partner.

3 8.11 Listen to a conversation between **Edsom** (E), a student from Brazil, and a **doctor** (D). Answer the questions.

- 1 What are Edsom's symptoms?
- 2 What questions does the doctor ask?
- 3 What does the doctor think is the matter with Edsom?
- 4 What does she prescribe?
- 5 What advice does she give him?
- 6 Does he have to pay for anything?

4 Complete the conversation.

8.11 Listen again and check. Practise the conversation with a partner.

Roleplay

5 Work with your partner. Act out a similar scene at the doctor's with different problems.

Seeing the doctor

- D Hello. Come and sit down. What seems to be the ¹ _____?
- E Well, I haven't felt ² _____ for a few days. I've had a bad ³ _____, and now I've got a ⁴ _____.
- D Any sickness or diarrhoea?
- D No, I haven't been ⁵ _____ or had any diarrhoea.
- D Do you feel hot?
- E Yes, especially at night. I can't sleep because I feel hot, and I start ⁶ _____ when I lie down.
- D OK, I'll just ⁷ _____ your temperature. Can I just pop this in your mouth?
- E Aaargh!
- D Ah, yes. You do have a bit of a ⁸ _____. Now, let me see your throat. Open your ⁹ _____ wide, please.
- E 'ot can u see?
- D Pardon?
- E Can you see anything?
- D Yes, your throat looks very red. Does this ¹⁰ _____?
- E Ouch!
- D And your glands are ¹¹ _____.
- E Is it serious?
- D No, not at all. You just have a bit of a ¹² _____ infection. You should have antibiotics. Are you allergic to penicillin?
- E No, I'm not.
- D Good. Now, you ¹³ _____ go to work for a couple of days, and you ¹⁴ _____ drink plenty of liquids. Just take things easy for a while. I'll write you a prescription.
- E Thank you. Do I have to pay you?
- D No, no. Seeing me is free, but you'll have to pay for the ¹⁵ _____. It's £8.80.
- E Right. Thanks very much. Goodbye.



Go online for more speaking practice

Writing Writing emails

Comparing formal and informal

- 1 Work with a partner. Discuss which beginnings can go with which endings.

More than one is sometimes possible. Which are formal? Which are informal?

Beginnings	
1	Dear Peter
2	Dear Mr Smith
3	Hello Cathy
4	Dear Sir or Madam
5	Dear mum
6	Hi Rob
Endings	
a	Lots and lots of love, Harry xxx
b	Love, Concetta
c	Yours, George
d	Bye for now, Sammy
e	Yours faithfully, Daniel Miles
f	Yours sincerely, Kay Macey
g	Best wishes, Dave

- 2 Look at the online advertisement for an English school. Where is it? What can you study? Who do you contact?



YORK HOUSE

One of the UK's most successful English language schools

We welcome students from over 100 countries to one of Britain's most beautiful cities.

We offer quality English courses, including General English, Business English, and Examination preparation.

Our contact details

Harriet Lombard York House School of English
Principal 55-57 Harrogate Road
York, YO1 5NU,
United Kingdom.
Phone: +44 (0) 1904 973694
info@houseofyork.co.uk

We look forward to hearing from you.

A formal email

- 3 Read the **formal email** to the school. Complete it with the words or phrases from the box.

frequently advertisement However interested in to hearing to improve some information application form sincerely

- 4 Look at the different parts of the email. What are the greetings and endings for formal and informal emails in your language?

To: info@houseofyork.co.uk
Subject: York House School

Greeting Dear Ms Lombard,

Introduction I saw your ¹_____ for English classes in this month's *English Today* magazine, and I am ²_____ coming to your school this summer.

Main part I studied English for six years at school, and I have to use English ³_____ in my job. ⁴_____, I now feel that it is necessary to study further. I would especially like ⁵_____ my pronunciation. Please could you send me more information about your courses, and an ⁶_____? I would also like ⁷_____ about accommodation.

Conclusion I look forward ⁸_____ from you as soon as possible.

Ending Yours ⁹_____,
Concetta Francanero

An informal email

- 5 Read Concetta's email to her English friend, Rob. Compare it with the formal email.

- How does she express the **highlighted** lines in the formal email?
- What other informal words and phrases are in this email?

To: Robbie.jo@gpost.com
Subject: Visiting England

Hi Rob,

Just to let you know that I'm thinking of coming to England this summer. You know I have to use English a lot in my new job, so I want (need!) some extra lessons, especially for my pronunciation – as you are always telling me I should try to improve this! Anyway, I saw an interesting ad in a magazine for a school in York. Isn't that quite near you? I'd love to visit you while I'm there.

Can't wait to hear from you. See you soon I hope.

Love,
Concetta

- 6 Write a formal email about yourself to the school in York. Then write to an English friend about your plan.

Go online for more writing practice