

Getting started

- A. Look at the pictures. What do you think these people **can** or **cannot** do? Talk to your friends.



- B. Listen and sing.

Can you swim?

Can you dive?

Can you ride a bike?

Can you run?

Can you jump?

Can you drive a car?

Can you sing?

Can you dance?

There are different questions in the song. Look at them and give your true answers.

Reading I

Answer the following questions.

- Why do you think games and sports are important to us?
- Can people with disabilities take part in sports? Discuss in the class.

The Paralympic Games

The Paralympic Games are international sports competitions for people with disabilities. The Paralympics take place shortly after the Olympic Games, in the same host city. The name **Paralympics** means “alongside the Olympics.” **Athletes** from countries around the world



compete in the Paralympics. Some Paralympic athletes have **spinal cord** injuries that caused **paralysis**. Some have missing limbs. These athletes may use wheelchairs or artificial limbs to move around. Some athletes are blind or have limited vision. Others have conditions that limit their movements. Athletes with **intellectual** disabilities may compete in some of the events. The International Paralympic Committee (IPC) has organized the Paralympic Games since 1989. One of its goals is to help athletes with disabilities achieve **excellence** in sports. Another aim is to increase the world’s respect and admiration for people with **disabilities**.

At the Summer Paralympic Games, **participants** compete in more than a dozen sports. Among them are archery, cycling, rowing, sitting volleyball, soccer, swimming, table tennis, wheelchair basketball, and wheelchair fencing. At the Winter Paralympic Games, athletes compete in ice sledge hockey, skiing, wheelchair curling, and other cold-weather sports.

Athletes compete against others with similar abilities. In many events, athletes use artificial **limbs** or wheelchairs. However, these tools are not allowed in certain events, such as swimming and sitting volleyball. Some events require special equipment—for example, the low sledge, on which ice hockey players sit. In some cases, guides may assist athletes with visual disabilities.

The Paralympics began in 1948, when a doctor named Ludwig Guttman organized an athletic competition in the United Kingdom. The athletes were experts who had lost the use of their legs in World War II. The competition took place the same day as the opening **ceremony** of the Summer Olympics in London.

A. Learn the meanings of these words with the help of your teacher and use the correct words to complete the sentences below.

compete athletes admiration excellence
disability equipments intellectual paralysis expert

- a. She has hearing However, she performs very well in all the subjects.
- b. Theare training hard for the National Games.
- c. Polio disease can cause and sometimes death.
- d. Lack of proper nutrition can stop the growth of children.
- e. The audience clapped in the of her beautiful dance.

- f. Are you going toin any game in the Sports Week?
- g. Our school is famous in the area for its educational.....
- h. Whatdo you need to play table tennis?
- i. My uncle is a doctor. In fact he is anof skin.

B. Read the text again and choose the correct answers.

- a. When are Paralympic Games played?
 - i. sometime before the Olympic Games
 - ii. together with the Olympic Games
 - iii. Sometime after the Olympic Games
- b. How do the athletes with disabilities take part in Paralympics?
 - i. with the help of other athletes
 - ii. with the help of wheelchairs and artificial body parts
 - iii. with the help of experts
- c. Who do these athletes compete with?
 - i. with normal athletes
 - ii. with athletes like themselves
 - iii. with the experts of World War II
- d. Who organizes the Paralympic Games?
 - i. International Olympic Committee
 - ii. International Paralympic Committee
 - iii. The United Kingdom
- e. When did the Paralympic Games start?
 - i. in 1948
 - ii. in 1989
 - iii. in 1998

C. Read the text once again and answer the following questions.

- a. Who takes part in Paralympic Games?
- b. Write any two problems that Paralympic athletes have?
- c. Why were Paralympic Games organized?
- d. What are the two types of Paralympic Games?
- e. Who were the players of the first Paralympic Games?

D. How can we show our respect to the people with disabilities? Discuss with your friends.

Pronunciation

Listen to your teacher and say these words.

paralympic	disabilities	wheelchairs	competitions
archery	soccer	artificial	athletes

Grammar I

A. Study the following sentences. What do they mean?

- a. She **can speak** several languages.
- b. They **can't dance** very well.
- c. He **can swim** like a fish.
- d. Help! I **can't breathe**.
- e. I am too short. I **can't touch** the ceiling.

B. Complete the sentences with **can or **can't**.**

- a. I speak Chinese. I learnt it from my Chinese friend.
- b. I come to the party. I am really busy.
- c. We hear you speak. The music is so loud.

- d. Where are my keys? I find them.
- e. I believe it. I won a prize.
- f. We meet tomorrow if you want.
- g. you make me a cup of tea please?
- h. He jump. His leg hurts so much.
- i. Fish swim but birds

Writing I

Think about the sports you are good at. What skills do you need for those sports? Why do you think you are good at them? Write a short paragraph.

Reading II

Look at the picture and answer these questions.

- a. Do you have a mobile phone?
- b. What can you do with a mobile phone?

My Phone

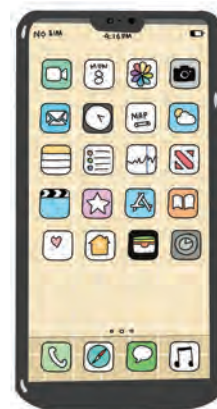
My phone has tons of **gadgets**,
 A hundred-fifty rings,
 Can store a thousand numbers
 And other **nifty** things.

My phone can send me e-mail
 And news from far away,

Predict tomorrow's weather,

And tell the time of day.

My phone can download music,



Take photos in a **flash**,
Make **videos** and **movies**,
And really make a **splash**.

I heard that in the old days
(I'm not sure what this means)
That people used their phones to talk
To other human beings.

- *Neal Levin*

A. Match the rhyming words.

- | | |
|----------|-------------|
| a. rings | i. beings |
| b. away | ii. splash |
| c. flash | iii. things |
| d. means | iv. day |

B. Write the words from the text for these meanings.

- to say that something will happen in the future
- a sudden bright light
- useful and practical
- a small tool that does something useful

C. Answer these questions.

- How many rings does the phone have?
- Does the speaker need a watch to tell the time? Why?
- What can the speaker download using a mobile phone?
- What can the speaker make using a mobile phone?

- D. What will you do with the mobile phone if you get one?
Talk to your friends.**

Grammar II

A. Study the following sentences.

- a. I **can't** write a poem but I **can** write a letter.
- b. He **couldn't** drive when he was at school.
- c. She **can** speak by using an electronic voice box.
- d. They **can** help you if you need.
- e. He **can't** speak Chinese.

B. Complete these sentences with **can, **can't**, **could** or **couldn't**. There may be more than one answer.**

- a. I ask you something?
- b. She said I call as often as I liked.
- c. Jack go to work yesterday because he was ill.
- d. She borrow my car, if she asked.
- e. you lend me some money?
- f. When I was a child, I play whenever I wanted to.
- g. It was a place where anything happen.
- h. I understand anything she said.
- i. You get a better job if you speak English.

Listening

A. Guess the answers to these questions.

- What musical instrument is the boy playing?
- What musical instruments do you know? Make a list.



B. Listen to the audio and write **True** if it's true or **False** if it's false.

- Tom can play the guitar well.
- Tom takes guitar lessons.
- Jane can play the piano.
- Jane is very good at playing the piano.

C. What musical instrument would you like to play? How would you learn that? Talk to your friends.

Speaking

A. Complete these sentences about you. Use **can** or **can't**. When you finish, take turns to say these sentences to your friends.

- I read long stories.
- I jump high.
- I play video games for many hours.
- I fly.
- I ride a bicycle.
- I play the Madal.
- I reach the ceiling.
- I smile.

B. Look at the pictures below. What **can** or **can't** they do? Take turns to tell the whole class.



C. You want to find out whether your friends **can** or **can't** do these things. Work in pairs. Take turns to ask and answer the questions.

Example:

A: Can you dance?

B: Yes, I can.

- a. write a letter
- b. sing a song
- c. carry a load on your head
- d. swim in a river
- e. cook food
- f. read loudly for two hours
- g. draw an elephant
- h. touch the ceiling
- i. type in Nepali

Writing II

Write a short description of what one of your friends can and can't do.

Do it yourself.

Talk to ten different people from your school. Find out at least one interesting thing they can do. Make notes about them and share with the whole class.