

Man aims to swim across the Pacific Ocean

Sources: bbc.com / cnn.com / yahoo.com

A French swimmer will try to become the first person to swim across the Pacific Ocean. Ben Lecomte, 51, set off from Japan on Tuesday on his superhuman task of crossing the ocean. It will take him more than six months to complete the 9,000-km swim. He will have to swim for eight hours a day to reach his target on the west coast of the USA. He will also have to face many dangers. There will be sharks, jellyfish, storms, rough seas, and very low water temperatures. He will also have to fight exhaustion and any injuries he picks up along the way. However, Mr Lecomte said: "The mental part is much more important than the physical. You have to make sure you always think about something positive." Lecomte has been training for six years to take up this challenge. He has practised every day during that time by swimming in the sea. This is to make sure he is in top physical condition. He has also been training his mind. It will be a very lonely swim and he needs to be mentally tough. Lecomte said he is doing the swim to raise awareness of climate change, the effects of plastic rubbish in the ocean, and the effects of the Fukushima nuclear disaster on the ocean. Scientists will also study his body to monitor how extreme exercise affects the heart. In 1998, Lecomte made the first solo trans-Atlantic swim. It took him 73 days to cover the 6,400km. When he reached dry land, his first words were, "never again".

Chat

Talk about these words from the article.

French/ swim/ super human/ task/ six months/ coast/ sharks/ exhaustion/ training/ challenge/ physical condition/ lonely/ mentally tough/ plastic/ nuclear

True / False

- a) A Frenchman could be the first person to swim across the Pacific Ocean. T / F
- b) The swim from Japan to the USA will take over six months. T / F
- c) The man must swim for at least eight hours every day. T / F
- d) The man said the physical part is more important than the mental part. T / F
- e) The man has been training for over ten years for this challenge. T / F
- f) The man said he has also been training his mind. T / F
- g) Scientists will monitor how lots of exercise affects the man's eyes. T / F
- h) After he swam the Atlantic, the man wanted to do another long swim. T / F

Synonym Match

(The words in bold are from the news article.)

- | | |
|--------------|--------------------|
| 1.task | a. serious |
| 2.complete | b. fatigue |
| 3.face | c. good |
| 4.exhaustion | d. shape |
| 5.positive | e. test |
| 6.challenge | f. venture |
| 7.condition | g. strong |
| 8.tough | h. trash |
| 9.rubbish | i. finish |
| 10.extreme | j. come up against |

Discussion – Student A

- What do you think of someone trying to swim across the Pacific?
- What do you know about the Pacific Ocean?
- Is swimming the Pacific really a "superhuman task"?
- What would it be like to swim 8 hours a day in the ocean?
- How can Ben cope with the dangers?
- How mentally challenging is this swim?
- What positive things should Ben think about?
- What advice do you have for Ben Lecomte?

Discussion – Student B

- What do you think about what you read?
- What do you think of swimming?
- What challenge would you like to train for?
- How will Bill's swim raise awareness of different issues?
- What effect will the swim have on Ben's body?
- Have you ever said, "never again"?
- Should we never say "never"?
- What questions would you like to ask Ben Lecomte?

Phrase Match

- | | |
|----------------------------------|--------------------------|
| 1. superhuman | a. trans - Atlantic swim |
| 2. swim for eight hours a day to | b. more important |
| 3. very low water | c. of climate change |
| 4. The mental part is much | d. reach his target |

5. make sure you always think about
6. he needs to be mentally
7. doing the swim to raise awareness
8. how extreme exercise
9. the first solo
10. When he reached dry

- e. land
- f. task
- g. temperatures
- h. tough
- i. something positive
- j. affects the heart

Spelling

1. his *napmuhsure* task
2. *mclpteoe* the 9,000-km swim
3. face many *aerndsg*
4. any *ijiernsu* he picks up
5. more important than the *aspylihc*
6. think about something *oiveispt*
7. take up this *acgllehen*
8. he needs to be mentally *ohgtu*
9. to raise *asrweensa*
10. *aiemltc* change
11. monitor how *ermxtee* exercise affects the heart
12. he *drcehae* dry land

Role Play

Role A –Love

You think love is the most positive thing to think about. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least positive of these to think about (and why): success, holidays or lunch.

Role B –Success

You think success is the most positive thing to think about. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least positive of these to think about (and why): love, holidays or lunch.

Role C –Holidays

You think holidays is the most positive thing to think about. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least positive of these to think about (and why): success, love or lunch.

Role D –Lunch

You think lunch is the most positive thing to think about. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least positive of these to think about (and why): success, holidays or love.

Speaking–Think positive

Rank these with your partner. Put the most positive things to think about at the top at the top. Change partners often and share your rankings.

- children
- success
- holidays
- lunch
- love
- chocolate
- peace
- God

Writing

Everyone should do something great to raise awareness of issues. Discuss.

Answers – Synonym Match

1. f
2. i
3. j
4. b
5. c
6. e
7. d
8. g
9. h
10. a

Answers – True False

- A T
- B T
- C T
- D F
- E F
- F T
- G F
- H F

Answers to Phrase Match and Spelling are in the text.

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