

NATIONAL  
GEOGRAPHIC  
LEARNING

# OUR WORLD

6

SECOND EDITION

WORKBOOK

# OUR WORLD<sup>6</sup>

**Series Editors**  
Joan Kang Shin  
JoAnn (Jodi) Crandall

SECOND EDITION • WORKBOOK

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## Unit 1

# Exciting Sports

### VOCABULARY 1

**1** Do the puzzle. Find the secret message.

accident	height	skilfully
are	injury	strength
cool	kitesurfing	to crash
equipment	length	to flip
extreme sports	motocross	to land
<del>hang-gliding</del>	skiing	to travel

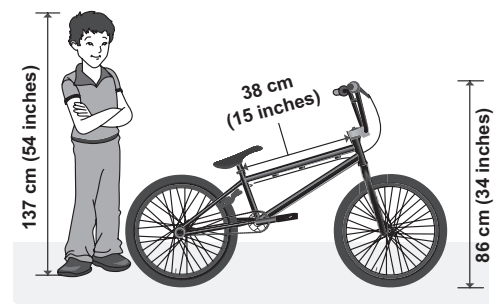
1. Cross out the names of three sports.
2. Cross out four actions.
3. Cross out the nouns formed from *long*, *strong*, and *high*.
4. Cross out all the words with three syllables (e.g., *e-quip-ment*).

Read the words that you didn't cross out. Write the secret message.

\_\_\_\_\_

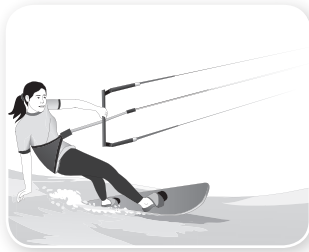
**2** Look and write. Complete the sentences.

1. The height of this bike is 86 cm (34 inches).
2. If you buy a BMX bike, you should always check the \_\_\_\_\_ of the 'top tube'.  
The top tube is the bar that goes from the handlebars to the seat.
3. The \_\_\_\_\_ of this bike's top tube is \_\_\_\_\_.
4. The boy's \_\_\_\_\_ is \_\_\_\_\_. He's the tallest boy in my class.



**3**

**Describe the pictures.** Use the words in the box.



do motocross	crash	along the water	equipment
go hang-gliding	flip	in a field	injury
go kitesurfing	land	in the air	skilful
go skiing	travel	into a rock	strength

1. He's doing motocross. He's crashing into a rock. He may have an injury.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**4**

**Read and match the questions and answers.**

- |   |  |
|---|--|
| 1. My favourite sport is surfing. What about you?                       | a. I agree. I like how some of them flip in the air before landing.    |
| 2. Have you ever had an accident while playing sports?                  | b. Yes, a year ago. I crashed into a rock on my bike and broke my arm. |
| 3. What kind of equipment do you need for swimming?                     | c. I've broken a finger, but that's all. I've been very lucky!         |
| 4. I love to watch extreme sports on TV. Those athletes are so skilful. | d. Nothing expensive – just a swimming costume.                        |
| 5. What's the worst injury you've ever had?                             | e. I like skateboarding best of all, but I'm not very good at it!      |

**5**

**Listen and speak.** Check your answers to Activity 4. Then listen and repeat. **TR: 1.1**

# SONG

**1** **Look and listen.** Tick the sports that the singer has dreamt of doing. **TR: 1.2**

1.



2.



3.



4.



5.



6.



**2** **Listen.** Listen to a part of the song. Write three of the rhyming words in the chorus. **TR: 1.3**

air care compare everywhere pair wear

Extreme sports.

Flying high in the \_\_\_\_\_!

Other sports don't \_\_\_\_\_!

Extreme sports.

Look around.

They're \_\_\_\_\_!

Really exciting sports!

**3** **Write.** Work with a partner. Write a new chorus. Start each line with the letter given.

S \_\_\_\_\_

P \_\_\_\_\_

O \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

S \_\_\_\_\_

# GRAMMAR 1

## Present perfect with *for* and *since*

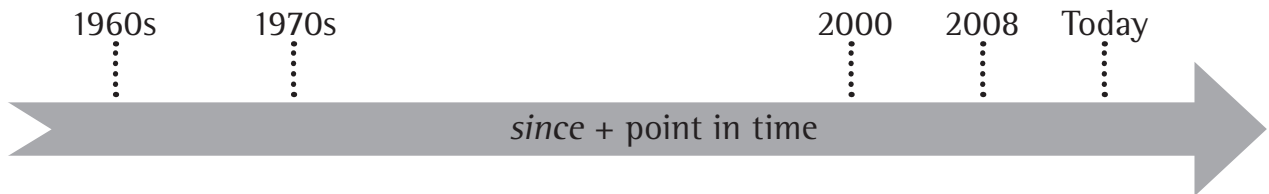
I've	<b>worked</b>	here	<b>for</b>	ten years.	<i>I've = I have haven't = have not hasn't = has not</i>
I <b>haven't</b>	<b>been</b>	on a holiday	<b>since</b>	2016.	
Snowboarding <b>has</b>	<b>been</b>	popular	<b>since</b>	the Olympics.	
Skiing <b>hasn't</b>	<b>been</b>	popular	<b>for</b>	many years.	

*for* + a period of time

*since* + a point in time

Use the present perfect for a past action that continues up to now.

### 1 Read and write. Look at the timeline. Write the sentences.



- Motocross / be / an Olympic sport / 2008.  
Motocross has been an Olympic sport since 2008.
- People / enjoy / kitesurfing / the year 2000.  
\_\_\_\_\_
- Surfing / be popular / around the world / the 1970s.  
\_\_\_\_\_
- 1960s / skateboarding / be popular / with young people.  
\_\_\_\_\_

### 2 Read and write. Read the sentences in Activity 1 and rewrite them. Then work with a partner. Say the sentences two different ways.

- Motocross has been an Olympic sport for more than ten years.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I'll start. 'Surfing has been popular around the world since the 1970s.'

My turn. 'Surfing has been popular around the world for more than forty years.'

## VOCABULARY 2

- 1 Look and find.** Look at the photos. Which ones have got the following equipment?



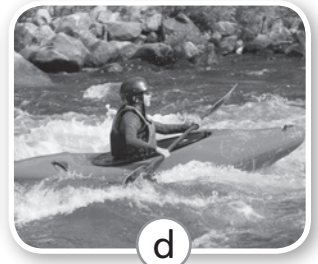
a



b



c



d

brakes

elbow pads

a helmet

knee pads

a life jacket

b,

- 2 Write.** Read the questions and write the answers in your notebook. Then discuss your answers with a partner.

1. What is the boy doing to his brakes? Why are brakes so important?
2. How many people are wearing helmets?
3. What is the skateboarder wearing for protection? How will they protect him?
4. What colour are most life jackets? Why?

- 3 Listen.** Circle the safety equipment that Carla can borrow. **TR: 1.4**

brakes   elbow pads   a helmet   knee pads   a life jacket

- 4 Listen again.** Complete the conversation. **TR: 1.5**

Carla: I'm going on an extreme sports course next weekend.

\_\_\_\_\_

Alex: Of course you can.

\_\_\_\_\_

Carla: That's a good idea. Thanks, Alex.

Alex: You're welcome!

Carla: Um, we're also going kitesurfing. \_\_\_\_\_

Alex: \_\_\_\_\_ It's brand new. I've only had it for three days!

Carla: That's OK. I understand.

## GRAMMAR 2

### Adverbs of emphasis

I think skiing is  
That sport is  
Those tricks look

**so / very / really**  
**extremely / incredibly**

boring / cool / dangerous /  
difficult / exciting / fun /  
scary / silly.

Use these adverbs before adjectives to make them stronger.

**1 Write and speak.** Write your opinions.  
Then compare them with a partner's opinions.  
Do you agree?

1. A sport that looks very dangerous:

\_\_\_\_\_

2. A famous person who looks incredibly cool:

\_\_\_\_\_

3. A school subject that is extremely difficult:

\_\_\_\_\_

4. A relative or friend who is really fun: \_\_\_\_\_

5. A holiday that was so exciting: \_\_\_\_\_



**2 Write.** What about you? What is your favourite or least favourite thing?  
Why? Write five true sentences in your notebook. Share your answers  
with a partner.

book	incredibly
extremely	musical group
extreme sport	really
film	so
food	TV programme



## READING

**1** Listen and read. TR: 1.6

# An Extra Challenge



Extreme sports test our strength and abilities to the limit. People practise for years to become skilful enough to take part in sports such as hang-gliding, skiing or kitesurfing. They've got all the latest safety equipment, and even then, it's a challenge. But to take on extreme sports if you can't see or hear, for example, or if you've lost an arm or a leg – that's a new level of challenge.

Have you ever watched blind skiing? It's really exciting for spectators, but extremely difficult for competitors. Imagine skiing downhill at 112 kilometres (70 miles) an hour – wearing a blindfold! It takes courage. So how does it work? The blind skier skis with a sighted skier who guides them down the slope. The two skiers travel at speed just a few feet apart. A tiny mistake can lead to a crash. Jade Etherington, a skier who has got just five per cent vision, explains how she feels about the danger, 'I've had many crashes, but they've never been too bad ... In a way it's a help if you can't see it coming – you're more relaxed.'

Another inspirational athlete is 18-year-old Brazilian skateboarder Felipe Nunes. Since Felipe lost his legs in an accident at the age of six, he has worked to achieve his dream of becoming a skateboarder. Now he competes at the highest level, and videos of his cool moves are an internet sensation. In everyday life, he doesn't use a wheelchair – he goes everywhere on his skateboard!



**Brazilian disabled skateboarder  
Felipe Nunes**

**2** Read the text again. Tick the main idea in each paragraph.

- 1.  a. You need good safety equipment if you're doing extreme sports.  
 b. Extreme sports are even more challenging for people who have got disabilities.
- 2.  a. Blind skiers need to be brave and extremely skilful.  
 b. Blind skiing is exciting to watch.
- 3.  a. Skateboarders can become extremely popular on the internet.  
 b. Skateboarder Felipe Nunes has achieved his dream against all odds.

**3** Write. Read paragraphs 2 and 3 again. Complete the table with information for the two people described.

Person	Sport	Difficulties they have overcome	Describe how they have become famous	What adjectives can you use to describe them?
Jade Etherington				
Felipe Nunes				

**4** Write. Imagine what it feels like to take part in one of the extreme sports on page 8. Write a description. Then work with a partner and share your ideas.

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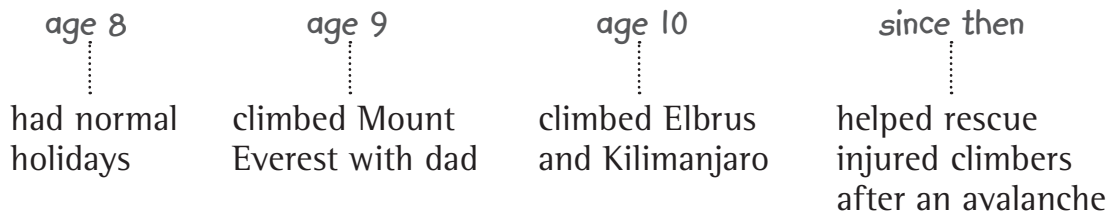
## WRITING

**1** Read *High climber* in your Student's Book. How did the writer plan her writing? Read the steps.

1. First, the writer chose someone interesting.

Quickly read the text about Matt Moniz. What are the three most interesting facts, in your opinion? Write them in your notebook.

2. Next, the writer found out about Matt Moniz's life and wrote down ideas for her biography. She used a timeline.



3. After reading her notes, she tried to make it more interesting for the reader by connecting the dates and events in Matt's life.

Match the events and dates in Matt's life. Draw lines.

- |   |                           |
|---|---------------------------|
| 1. Before the age of nine, Matt Moniz enjoyed summer holidays | a. changed.               |
| 2. Then his life suddenly                                     | b. stopping him.          |
| 3. At the time, Matt did not know                             | c. like most children do. |
| 4. Since then, there has been no                              | d. an earthquake struck.  |
| 5. In 2015, while Matt was climbing Mount Everest,            | e. what to expect.        |

4. Then she thought of words and expressions that show time: *after (that)*, *before*, *since then*, *the next year*, *then*, *at the time*, *suddenly*, *afterwards*.

Read the sentences in step 3 again. In your notebook, write the time expressions she uses.

5. Finally, she wrote the first version, called a draft, of her writing.

**2** What do you remember about Danny MacAskill and Bethany Hamilton? Write information in the table. Read *Amazing Adventurers* in your Student's Book if you need help with the dates and details.

Danny MacAskill	Bethany Hamilton
Born in Scotland in 1985	Born in Hawaii in ...
A cyclist who flips off buildings and rides his bicycle on a train	A surfer who ...
Has had a few accidents and has broken twelve helmets and a few bones	She had an accident when ...
A video of him was on YouTube in 2009.	
National Geographic 'Adventurer of the Year' in 2012	

**3** Write sentences about Danny and Bethany. Use the table and expressions of time.

1. *Danny began extreme cycling when he was a child. Since then, he has broken twelve helmets.*
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**4** Now follow steps 1-5 in Activity 1. Write your paragraph about Danny or Bethany in your notebook.

**5** Write. Choose someone you find interesting and write a biography of him or her. Plan your writing and follow the steps in Activity 1. Write your new paragraph in your notebook.