



General Pre Intermediate

Unit 8: Living on the edge

Objectives

- 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





- 1.** What is the woman 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.



1. Which of these activities do you think are the most dangerous and which least?

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

The big wave surfer!

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



8.1

- 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. Complete the lines from the interview with the words below.



8.1

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.

Listen and check.



8.2

3. Complete the lines from the interview with the words below.

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

Listen and check.



8.3

LANGUAGE FOCUS

1. **have to** + infinitive expresses obligation.

He **has to** train hard.
Do you **have to** train hard?
I don't **have to**.

2. Write the question and negative and past tense of *have to*.

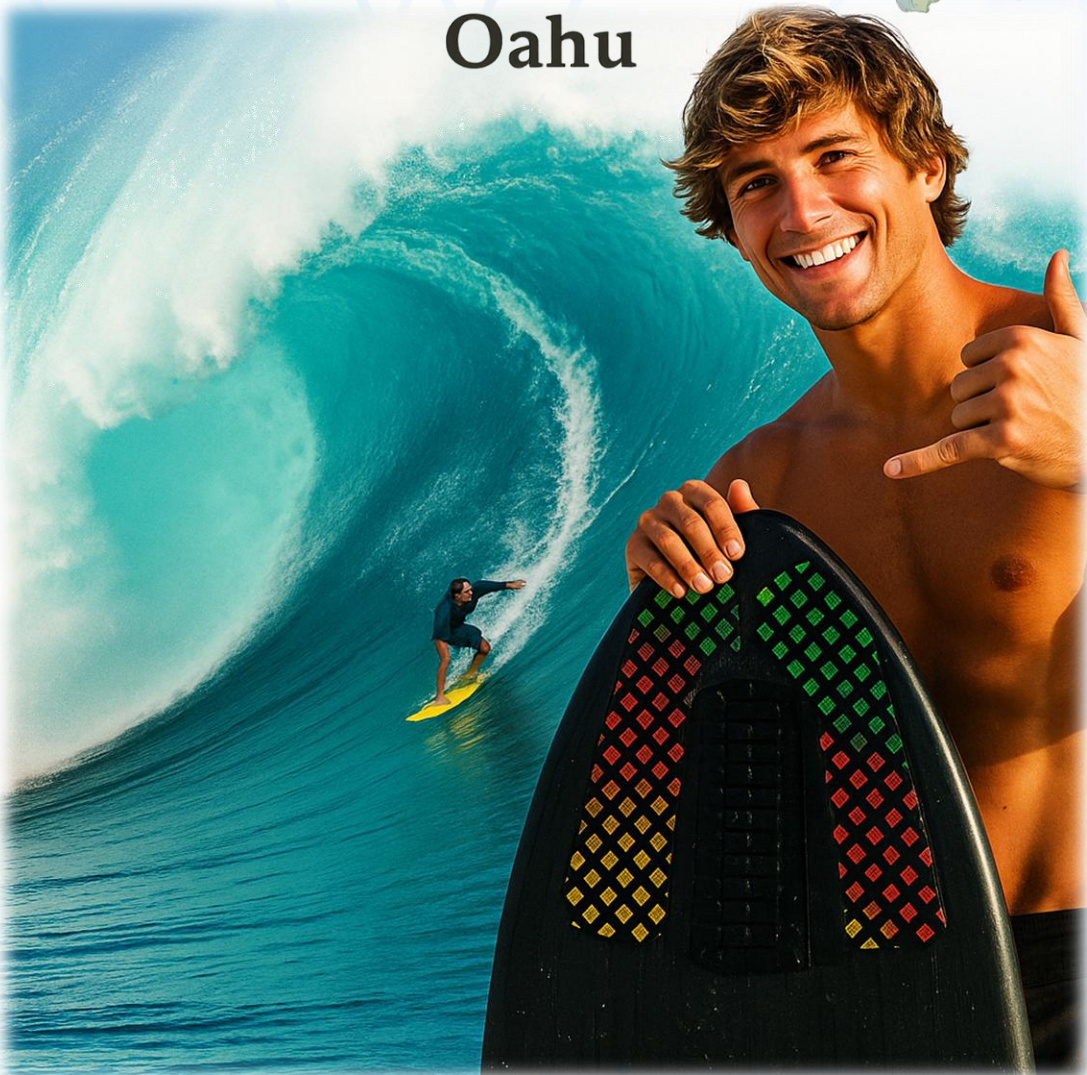
____ you _____ work at the weekends?
No, I _____ work at the weekends.
But I _____ work last weekend.

3. 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 ____.



Oahu



1. What are the different pronunciations of *have/has/had*?  8.4

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.



2. Listen again and repeat.  8.4

Something/someone/somewhere

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

- You _____ tell me the answer if you don't want to.
- Why _____ you _____ leave the party so early last night?
- What time _____ they _____ meet us for lunch?
- My aunt is a nurse. She _____ wear a uniform at work.
- Tom is only 12, so he doesn't have a job, but he _____ help at home.
- _____ we _____ do this homework today, or can we finish it tomorrow?
- Our train leaves at 7 a.m., so we _____ be at the station at 6.

About sports...

4. Think of one sport you like (don't say it aloud). Your teacher/partner must guess it by asking YES/NO questions. Use the questions below.

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?

No, you don't.

5. Which sports do you do?
Describe one using the ideas in 4.



What should I do?

1. Do you have a healthy lifestyle? How do you keep fit? Do you play sports or do exercises? How often – regularly, sometimes, never?

2. Read the problems sent to Dr Huda. Explain the headings. What advice would you give?



**Ask
Dr Huda!**

DR HUDA: drhuda@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 to spend all my time in my life. My school friends tell me that I’m missing all the fun. What should I do? - Millie

3. Match Dr Huda’s advice with a problem. Write the names

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.

LANGUAGE FOCUS

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** work for more than 15 hs.

He **must** get some help.

How do we make the question and negative?

Do we add –s with *he/she/it*?

4. Complete more advice from Dr Huda using the words below.

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

1. And you _____ walk before you run again – you absolutely _____ run until it has completely healed.
2. 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.
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. I _____ believe all your friends say about having fun. Maybe they're jealous of your special talent.



1. Give advice to people with these problems.

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

- I'm hopeless at all sports.

You shouldn't stress about this. Many people don't like sports. But you should try to add a little exercise to your normal day — walking faster is a good idea.

- I sit at a computer all day, and my back hurts a lot.
- I travel for work every week, and I feel tired all the time.
- I have no time for exercise because I work long hours.
- My doctor says I need to lose weight, but I don't know how to start.
- I feel stressed after work, and I can't relax at home.
- I smoke too much during the workday. I want to stop.
- I get headaches after long online meetings.

2. Make sentences from the chart to express your opinion.

If you want to...

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

3. If someone visits your country. What advice can you give about ...?

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

You don't have to ...

You must try ...



1. Read the statements about health. Are they true or false?



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

2. Listen and check. Who was right? Do you agree with the advice?  8.7
Why or why not?

3. Which health advice do you follow?

- 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?
- How much 'screen time' fills your day? What exactly?
- Do you fit any exercise into your day? What? When?

1. Look at the photo. What is the job of a stunt(wo)man? 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?

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

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

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 the 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 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)



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)



5. Answer the questions about the stuntwomen.

- 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. Optional. Compare the two women.

Listening

7. Listen to Andy Lambert talking to Justin.  8.8
How does he answer the questions from the article?



AMANDA FOSTER

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 role—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 look after themselves and be physically fit—but they also have to learn special skills. Amanda’s skills include: gymnastics, swimming, motorcycling 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 I’m the star.”

Has she been injured much? Amanda laughs: “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 COMMENTS - 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 now adults and are proud of their mother. She says about the job, “I’ll keep going until my body won’t allow me to.”



DAYNA GRANT

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 in 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. In another 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!”



Answer the questions:

- Do every movie star and performer rely on stunt doubles when the action is risky?
- The talent of stunt performers often goes unnoticed. Some feel frustrated that actors receive the praise for stunts they didn't actually do. What's your opinion on this?
- Stunt doubles earn higher pay for extremely dangerous scenes, yet their salaries are still far below those of the lead actors. Do you think this is fair?



Vocabulary and speaking | Not a thing to wear!

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



2. Read the list Parts of the body and find them on picture.

Parts of the body

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

3. Match the items with the picture a-z.

Things to wear

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

Where do they go in Person Y?

The boots go on the feet.

Dress Person Y

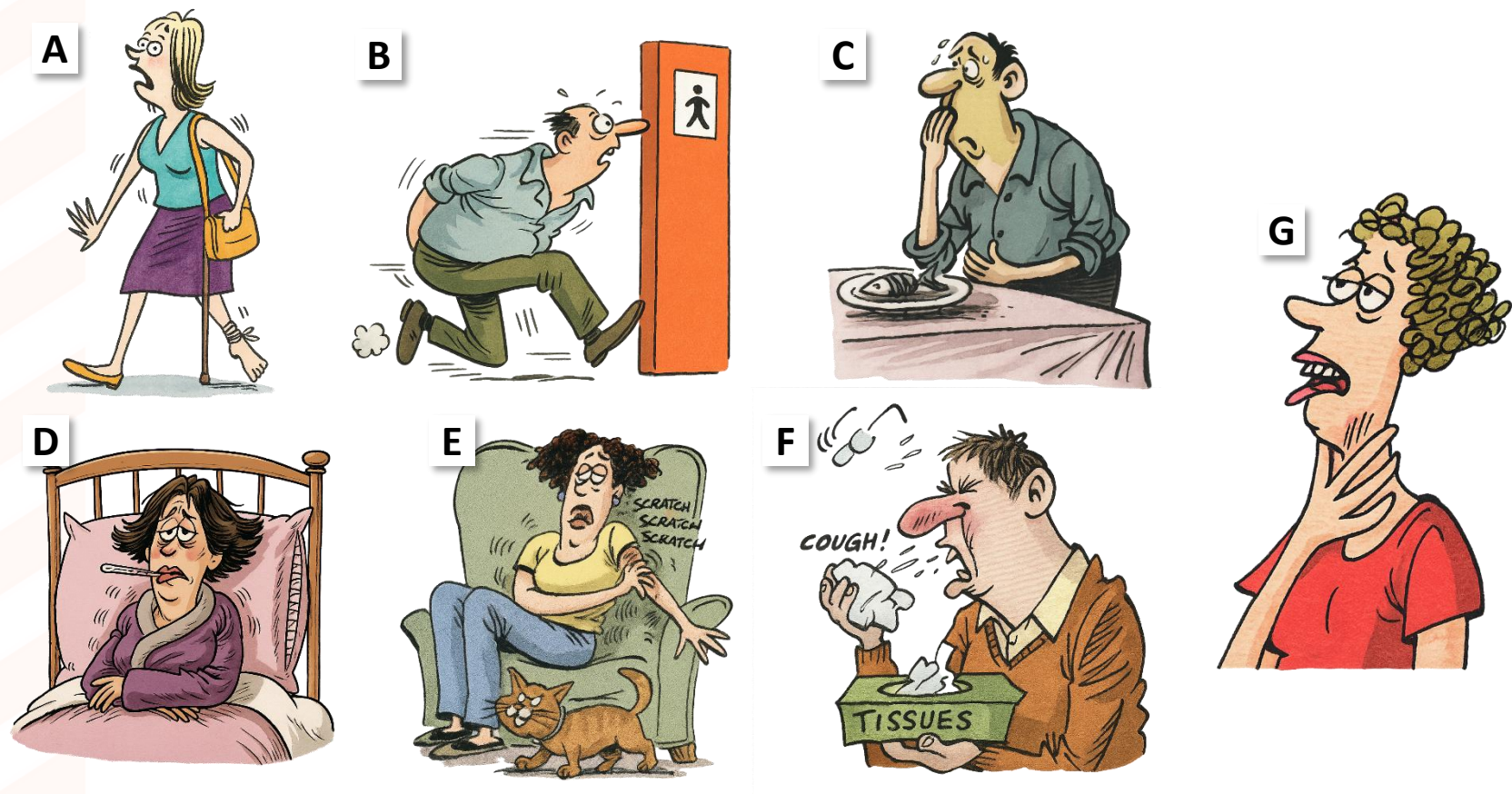
4. Decide if Person X is male or female. Choose the clothes to dress him/her for one of the situations below.

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



Everyday English | At the doctor's

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



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

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

Listen and check. What else does the doctor say? 8.10

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

1. What are Edsom's symptoms?

2. What questions does the doctor ask?

3. What 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. Then listen and check. 8.11

At the doctor's

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?

E: 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.

Comparing formal and informal

1. Decide which beginnings match each ending. Some have more than one answer. Which are formal, and which are informal?

Beginnings	Endings
1. Hello Sammy	a. Bye for now, Cathy
2. Dear Sir or Madam	b. Yours faithfully, Marvis Stott
3. Hi Loan	c. Yours sincerely, Kay Matsches
4. Dear Geroge	d. Lots and lots of love, Rob xxx
5. Dear Mr Santini	e. Love, Natalia
6. Dear mum	f. Yours, Daniel
	g. Best wishes, Rick

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

mYngle ONLINE

One of the world's most successful online English language schools

We welcome students from over 100 countries to learn English from the comfort of their own home or office.

We offer high-quality online English courses, including General English, Business English, and Examination Preparation, with live teachers and interactive lessons.

Our contact details

Lara Smith – Language consultant

mYngle

Email: info@myngle.com

Website: www.myngle.com

Phone: +31 00010000011

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 below.

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

To: info@myngle.com

Subject: Online language classes

Greeting

Dear Ms Smith,

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 ten 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 your immersion courses.

Conclusion

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

Ending

Yours 9. _____,
Maria Franco

An informal email

1. Read Maria's email to her English friend, Tom. Compare it with the formal email.

1. How does she express the highlighted lines in the formal email.
2. What other informal words and phrases are in this email?

To: Tomss1985@gpost.com

Subject: Visiting you

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 an online language school. I'd love to visit you while I'm there to put into action all what I have learnt.

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

Love,

Maria

2. Write a formal email to the online school and a second email to an English friend about your plans.

have to

Form

has/have + to + infinitive

Positive and negative

I/You/We/They	have to don't have to	work on weekends.
He/She/It	has to doesn't have to	

Question

Do	I/You/We/They	have to	work on weekends.
Does	He/She/It		

Short answer

Do you have to wear a uniform? **Yes, I do.**

Does he have to leave now? **No, he doesn't.**



Past of *have to*

The past tense of have to is had to, with did and didn't in the question and the negative.

I **had to** wake up early on Mondays.

Why **did** you **have to** work last Saturday?

I **didn't have to** do the dishes when I was younger.

Use

1. *Have to* expresses strong obligation. The obligation comes from 'outside' – perhaps a law, a rule at school or work, or someone in authority.

You **have to** pass a driving test if you want to drive a car. (That's the law.)

I **have to** start work at 8.00 (My company says I must.)

I **didn't have to** do any housework when I was a child.

2. *Don't/Doesn't have to* expresses absence of obligation (it isn't necessary).

You **don't have to** do the washing-up. I've got a dishwasher.

She **doesn't have to** work on Friday. It's her day off.

I **didn't have to** get up early this morning, but I did it to go to the gym.

Note:

Have got to is more informal. It usually expresses an obligation on one particular occasion.

Look at the time! I've **got to go**.

I'm going to bed. I've **got to get up** early tomorrow.

She's **got to work** hard. Her exams start next week.

The forms of *have got to + infinitive* are the same as *have got + noun*.

Form

These are modal auxiliary verbs.

can could must shall should will would

They have certain things in common:

1. They go with another verb and add meaning.

He **can** play the guitar.

I **must** wash my car.

2. There is no *s* in the third person singular. The form is the same for all persons.

She **can** sing very well.

He **should** try harder.

It **will** snow soon.

We **must** go.

3. There is no *do/does* in the question.

Can she dance?

Shall we applause now?

4. There is no *don't/doesn't* in the negative.

I **wouldn't** like to be a lawyer.

They **can't** speak German.

Note:

will not = won't

It **won't** rain tomorrow.

5. Most modal verbs refer to the present and future. Only *can* has a past tense form, *could*.

I **could** swim when I was ten.

should

Form

should + infinitive without *to*

Positive and negative

I	should	tell the truth.
He/She/It	shouldn't	tell lies.
You/We/They		

Question

Should I/she/they see a doctor?

Do you think I/he/we **should** see a doctor?

Short answer

Should I phone home? Yes, you **should**.

Should I buy a car? No, you **shouldn't**.

Use

1. *Should* is used to express what the speaker thinks is the best thing to do. It expresses negative advice.

I **should** do more exercises. (This is my opinion.)

You **should** do more work. (This is my advice.)

Do you think we **should** stop? (I'm asking for your opinion.)

2. *Shouldn't* expresses negative advice.

You **shouldn't** be all the day with the phone. It's bad for your eyes.

3. *Should* expresses the opinion of the speaker, and it is often introduced by *I think* or *I don't think*.

I **think** politicians **should** listen more.

I **don't think** people **should** get married until they're 21.

must

Form

must + infinitive without *to*

The forms of *must* are the same for all persons.

Positive and negative

I		
He/She/It	must	try harder.
You/We/They	mustn't	steal.

Note:

Questions with *must* are possible, but *have to* is more common.

What time **do we have to** leave?

Use

1. *Must* expresses strong obligation. Generally, this obligation comes from 'inside' the speaker.

I **must** have a shower. (I think this is necessary.)

We **must** get a new house.

2. *You must ...* can be used to give strong advice.

You must drink plenty of water every day.

You mustn't stay up so late if you have to work in the morning.

3. *You must ...* can express a strong suggestion.

You must try the new Italian restaurant in town — it's excellent.

You must visit the old castle when you come here.