



# GRADUATE IN SECONDARY EDUCATION

## OPEN TEST

### COMMUNICATION SKILLS: ENGLISH

**NOVEMBER 2013**

**SURNAMES AND NAME:** \_\_\_\_\_

**SIGNATURE:**

## Parkour

### *A new sport takes over a city*

What is parkour? The answer is not simple. Parkour means different things to different people. Some people call it a sport; some people call it a "physical discipline". *Traceurs* are people (mostly young men) who run, jump, and climb over obstacles. This is the central idea of parkour: overcoming obstacles. Traceurs do parkour mostly in urban environments, but also in parks and other natural places.

Modern parkour first started in France. There was a small group of young men living near Paris that started doing what we now know as parkour. These men included David Belle, Sebastien Foucan, Kazuma and Stephane Vigroux, Yahn Hnautra, David Malgogne and Frederic Hnautra. But David Belle is the founder of parkour in the 80s and its most famous practitioner. Parkour became more popular between 2001 and 2005, when several movies were made about the subject.

People can try parkour in their own way but there are many common movements that all traceurs make. A basic move is the *atterrissage*, which means "landing" in English. A *passe murailles* involves running at a wall, and climbing over it.

Another move is called the *passement*, which is going over something using your hands. These are just three moves in parkour, but there are many more.



There are many benefits to doing parkour. It helps people improve physical fitness and also increases self-confidence and self-esteem because, no doubt, being able to perform difficult and challenging movements with your body makes you feel fantastic.

Nowadays there is a growing community of traceurs. If you join one of these groups, you will make friends and get a sense of belonging.

ADAPTED FROM: <http://eslreadinglessons.com/parkour.htm>

**1. Are these statements true or false? Correct the false ones. ( 2 points)**

1. Parkour is always done in cities.
2. David Belle began parkour about 10 years ago.
3. One benefit of doing parkour is that you feel better about yourself.
4. There are only three basic moves in parkour.

**2. Find words in the text to match the following definitions. (1 point)**

1. having to do with the body .....
2. a person who starts something .....
3. helpful or good effects .....
4. to become a member .....

**3. Choose the correct answer. (2 points)**

1. What is the text about?
  - a- The history of parkour.
  - b- Parkour in popular culture.
  - c- General information about parkour.
  - d- Parkour is dangerous and should be illegal.
2. What is the main idea of paragraph 4?
  - a- How parkour started.
  - b- How to do parkour safely.
  - c- How parkour can help people.
  - d- When parkour became popular.

3. Who was Sebastien Foucan?

- a- A famous movie actor.
- b- One of the first traceurs.
- c- The man who started parkour.
- d- The most famous practitioner of parkour.

4. What happened between 2001 and 2005?

- a. Parkour became more popular.
- b. David Belle started doing parkour.
- c. People understood the benefits of parkour.
- d. A group of young French men moved to Paris.

4. **Choose the best word from the box to complete the text. (2 points)**  
*(There are 2 words that you don't need)*

### Skydiving – An Extreme Sport

Skydiving, also called parachuting, is a sport in which athletes jump out of an (1) \_\_\_\_\_ at a certain altitude and perform acrobatic movements in free fall. Then they open their parachutes to slow down and (2) \_\_\_\_\_ safely to Earth. Skydiving is considered to be an extreme sport which takes a lot of courage but also gives you an adrenalin kick.



Competitions in skydiving are held regularly. Events include landing close to a target and performing acrobatic movements in the air.

Skydivers must always (3) \_\_\_\_\_ their equipment to see if everything is OK. They always carry a (4) \_\_\_\_\_ parachute with them, just in case the main chute (5) \_\_\_\_\_ open.

Before you jump alone you normally do tandem jumps with an instructor or an (6) \_\_\_\_\_ jumper. Through such jumps you get used to free fall, wind directions and how to control the direction.

Airplanes (7) \_\_\_\_\_ to an altitude of 2,000 to 4,600 metres before letting the jumpers out. The freefall phase lasts (8) \_\_\_\_\_ 45 and 80 seconds and jumpers reach a speed of up to 210 km/h.

Even though skydiving may not seem like a sport, jumpers must be physically fit before they can jump. It may seem dangerous, but only a few accidents happen every year.



One of the world's (9) \_\_\_\_\_ famous skydivers is the Austrian Felix Baumgartner. In 2012 he set a world record, when a helium-filled balloon brought him to a height of 39 kilometres. When he (10) \_\_\_\_\_ he became the first person to break the sound barrier in free fall. He safely returned to earth about 10 minutes after leaving the capsule.

most	experienced	climb	doesn't
jumped	good	second	return
airplane	weren't	between	check

**Write your answers here:**

1	2	3	4	5
6	7	8	9	10

3. Write a composition of about 100 words on :  
 “Extreme sports are becoming more and more popular” (3 points).

The pictures and questions below are just to help you generate ideas.



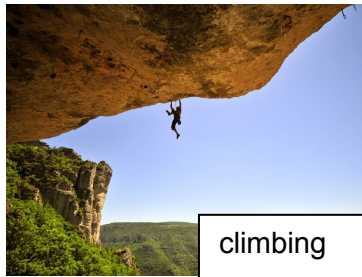
rafting



base jumping



bungee jumping



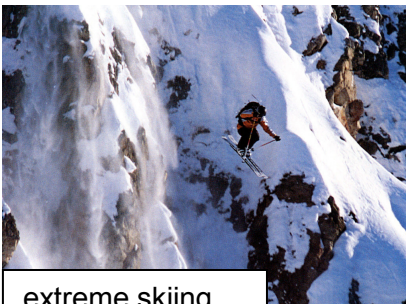
climbing



hang gliding



mountain biking



extreme skiing



wing suit



sky surfing



parachuting

- What extreme sports do you know?
- Are you interested in any of them? Why? Why not?
- Do you do any extreme sports? Which one(s)?
- What are the most popular extreme sports in your country?
- Why do some people do extreme sports?
- Why are they becoming more and more popular ?

**Remember:** think and put your ideas in order before starting to write; you may use the last page to write a draft.

