



ADVENTURE SPORTS

Text type: Article/ blog

Theme: SDG - Millennium Development Goals

Subthemes: Good Health and well-being

In this unit the students will be able to

- Apply skimming and scanning strategies for relevant information and main points in texts to identify the writer's purpose, and intended audience and infer the theme/main idea of the text, distinguishing between fact and opinion where necessary.
- Analyze various types of biographies and autobiographies connected to different fields and professions. (e.g., a person's life story in print and multimedia), determining which details are emphasized in each type.
- Change into indirect/direct speech (present, past and perfect tenses, future, modals, time and questions, orders, requests, suggestions and advice) in speech and writing.
- Examine the mechanics of developing a book review report. Write a book review report.
- Apply knowledge of parts of speech, tenses, sentence structure and other features of grammar and vocabulary to understand how language functions in different contexts, make effective choices for meaning or style while reading, listening and writing.
- Read and use inference and deduction to recognise implicit meaning (e.g. look for supporting details within a text/paragraph) using prior knowledge and contextual cues effectively. Use pre-reading and while-reading strategies to analyse and explore different layers of meaning within texts including biases and opinions. Link new facts, terms, and concepts with prior knowledge. Choose words and phrases for effect. Comment on implied meaning, e.g. writer's viewpoint, relationships between characters etc.
- Write a descriptive composition (giving physical description and characteristics/traits of a person/object/place moving from general to specific), using correct punctuation and spelling, by using the process approach - brainstorming, mind mapping, and writing a first draft.
- Introduce a topic; organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.

Pre-Reading

- What are adventure sports?
- How do sports help us in our well being?

Adventure sports are different from traditional sports. Sports or traditional sports refer to athletic activities requiring skills and physical power. These sports are usually competitive in nature. They include racing, football, tennis, hockey etc. Adventure sports involve activities which are unusual, risky and exciting. Adventure sports include a very wide range of activities, e.g. mountaineering, rock climbing, trekking, skiing, scuba-diving etc. Adventure sports are undertaken at various places depending on the nature of the topography and the weather conditions. Most of the adventure sports take place in hills and mountain areas. The main motive of adventure sports is to create self-confidence in the participants. One can overcome their fear. By participation one can improve their social relations; participants develop the habit of unity, cooperation, patience, sympathy and adjustment. Participants can develop their physical and mental health. People also come close come by nature as there is a much adventurous sport which gives the opportunity to come close to nature. People who participate in adventurous sports have different level of creativity.

While-reading

What part does adventure sports play in helping people step beyond their comfort zone and build self-esteem and confidence?

Moreover, adventure sports force people out of their comfort zones, allowing them to discover their inner potential by confronting and overcoming their fears hence, bungee jumping, giant swing, flying fox, and water rafting, for example, continue to draw popularity in recent years.

Stress has become an inextricable component of modern life, particularly in light of the covid pandemic. Adventure sports have been shown to, ironically, be effective stress relievers by forcing a different kind of stress--an intense mental challenge that shuts all out, and offers the thrill of overcoming it. The adrenaline rush one gets from diving through the air with bungee jumping is phenomenally cathartic, freeing and glorious. It doesn't allow for any space for troubles, large or small, and captures the jumper at the moment. Adventure sports are an invitation to feel afresh the experience of being alive. An individual is jolted from his brooding thoughts and pushed into the present. This can be both captivating as well as relaxing.

Likewise, adventure sports let you push the boundaries. It's a scary thing to stand on edge before you jump, to brace yourself before you take off. The ones who do it, don't do it despite fear, they do it for its very presence- and for the chance of rising above it. It is an exhilarating thing to do, to have looked fear in the eye and to do it anyway.

Participating in these mind-bending sports has been shown to promote confidence and improve self-esteem. It leaves an indelible mark and your identity and belief in yourself will progressively grow as your mental strength and ability to conquer your concerns are put to the test through these sports. You may be more inclined to better embrace every element of your life with the newfound vitality and enthusiasm that these adventure sports provide. One never knows their actual potential unless they have gone to the extreme, and adventure sports are all about that.

Additionally, performing such sports allow you to break through the boundaries that have held you back and let you discover what actually resides within you. To find out how far you can go, push the boundaries and live on the edge. It is the desire to live life to the fullest. Standing on the edge of a cliff from a formidable height, such as when bungee jumping, can be a mental battle. It's you versus your fears, and you only have to choose, to be able to win. Adventure sports have gained significance in Pakistan in the last couple of years with a large number of people travelling overseas and increased access to information on various adventure sports in online space. Increased exposure to media has developed a keen interest in various outdoor activities for which the rough terrain and mountains of Northern Pakistan offer an ideal setting.

A number of adventure clubs have been formed in Pakistan, which has made it easier for people to explore the exciting spots and adventure sports in Pakistan. Historically these clubs have been limited to memberships providing access to only a few select.

However, with increased awareness and higher spending power of people, similar clubs have started initiatives across various cities of Pakistan. High-end adventure activities like a trek to K-2 base camp and mountaineering expeditions are organized by local companies in conjunction with international travel groups. Their

While-reading

What steps have Pakistani adventure clubs made to increase accessibility to adventure sports, and how have they changed to suit a wider audience?

activities are more specialized and catered towards international travellers due to the high cost and skill level involved. People from all over the world now have the opportunity to make their summer and winter holidays more adventurous and memorable. The beautiful valleys, rivers, deserts and plains in Pakistan are now becoming famous on the international level because of the adventures being offered there.

Sport, like any other human activity, is set in the physical environment and is bound to have effects on it and be affected by it. Adventure sports can be a good way to get outside, but they can also do some damage to the environment. It is important to be environmentally conscious when you participate in these activities and to support companies with sustainable business practices. The impact of adventure sports on the environment is a complex issue, but the good news is that there are steps you can take to minimize the damage you do. Whether you enjoy mountain biking, rock climbing, or other outdoor sports, try to find environment-friendly companies. The equipment used for adventure sports is not always environmentally sound, and often uses virgin materials and natural resources. This can deplete forests and produce waste. Additionally, transportation to extreme sports venues contributes to greenhouse gas emissions. For example, one skydiver produces 27 pounds of CO₂ during a jump. Environmental impacts of sports are often long-term or short-term, and they can be both direct and indirect. By understanding the ecological effects of these sports, you can make the best choices. However, there are many benefits of nature sports as well, including the opportunity for participants to develop an ethic of care for nature and greater compassion for wildlife. As such, a variety of strategies are available to help manage nature sports and minimize their negative effects.

Post Reading:

- What are the possible ecological consequences of adventure sports, and what are the best ways to control and reduce them?
- In what ways might adventure sports help players cultivate a more compassionate attitude toward wildlife and a care ethic for the environment?
- How can we develop adventure sports in Pakistan?

1. Glossary

Given below are the difficult words from the unit. Look at their meanings and use these words in your own sentences.

Words	Meanings
competitive	relating to or characterized by competition
topography	the arrangement of the natural and artificial physical features of an area
inextricable	inseparable
cathartic	purgative, purifying, freeing
deplete	consume, exhaust
minimize	lessen, reduce
captivating	capable of attracting, charming
indelible	making marks that cannot be removed
expedition	a journey undertaken by a group of people with a particular purpose
exhilarating	making one feel very happy, thrilled

2. Reading and Critical Thinking Skills**a. Comprehension Questions:**

- What do you understand by adventure sports?
- How do you think adventure sports promote confidence in people?
- Do you agree that adventure sports can be effective stress relievers? State your answer with real life examples.
- Describe some benefits of playing adventure sports.
- Write briefly about the adventure sports played in Pakistan.
- Are adventure sports environment-friendly? Share your thoughts.
- How can we remain environmentally conscious while participating in adventure sports? Suggest some ways.

3. Vocabulary and Grammar

a. Past Perfect Tense

Past perfect tense is the form of a verb that is used to show that an action had already finished when another action happened. So what's the difference between the past perfect and the simple past? When you're talking about some point in the past and want to reference an event that happened even earlier, using the past perfect allows you to convey the sequence of the events. It's also clearer and more specific.

Examples:

- I had fallen asleep before 8 o'clock.
- The train had left before I reached the station.
- By the time the police arrived, the thief had fled.

Past Perfect Tense

Past perfect tense tells about an event that happened in the past and was finished before another action took place. This particular tense is used to describe an action that took place and was interrupted by another action.

To make an affirmative, we use the following formula,
Subject + had + past participle + object

To make a negative sentence, we use the following formula,
Subject + had not + past participle + object

In order to ask questions, we use the following formula,
Had + subject + past participle + object

b. Fill in the blanks with past perfect tense.

- She _____ (go) to the market before Sara came back.
- My father _____ (leave) by the time I reached home.
- My sister _____ (not see) the grand mosque before today.
- The girl _____ (finish) her assignment before the teacher came to her seat.
- Ali _____ (live) in London before he moved to Paris.

c. Past Perfect Continuous Tense

Past Perfect Continuous Tense

Helping Verb

Had been

Form of verb

1st form of verb with ing

Affirmative Sentences

Rules: Subject + helping verb + 1st form of verb with ing + since for + remaining sentence.

Examples: Jan had been singing a song since morning.

Negative Sentences

Rules: Subject + helping verb + not + 1st form of verb with ing + since for + remaining sentence.

Examples: He had not been shedding tears for ten minutes?

Interrogative sentences

Rules: Helping verb + subject + 1st form of verb with ing + since for + remaining sentence.

Examples: Had Usman been playing marbles since afternoon?

The past perfect continuous (also known as the past perfect progressive) is a verb tense that shows that an action that started in the past continued up until another time in the past. Unlike the present perfect continuous, which indicates an action that began in the past and has continued up to the present, the past perfect continuous indicates something that began in the past, continued in the past, and also ended at a defined point in the past.

Examples:

- I had been writing articles on various topics for three hours.
- He had been playing football since morning.
- I had been working at the company for five years when I got the promotion.
- She had been walking three miles a day before she broke her leg.

d: Fill in the blanks with the past perfect continuous tense.

- You _____ (eat) your meal when she arrived.
- She _____ (watch) a movie for two hours.
- They _____ (work) tirelessly since the last month.
- Saba _____ (read) her favorite book since evening.
- I _____ (cook) a meal for the guests when they called.

e. Direct and Indirect Speech

What is Direct & Indirect Speech?

Direct speech - reporting the message of the speaker in the exact words as spoken by him.

Direct speech example: Maya said, 'I am busy now'.

Indirect speech: reporting the message of the speaker in our own words

Indirect speech example: Maya said that she was busy then.

Q1. Choose the correct narration (Direct to Indirect Speech/ Present Tense)

"I work in an IT company," she said.

- She said that she worked in an IT company.
- She says that she works in an IT company.
- She said that she has worked in an IT company.
- She said that she will work in an IT company.

"I understand the problem," he tells us.

- He told us that he understands the problem.
- He tells us that he understands the problem.
- He told us that he understood the problem.
- He tells us that he understood the problem.

"I live in Paris," she says.

- She said that she lives in Paris.
- She says that she lives in Paris.
- She says that she lived in Paris.
- She said that she lived in Paris.

"We visit our grandparents every weekend," they tell me.

- They told me that they visit their grandparents every weekend.
- They tell me that they visit their grandparents every weekend.
- They told me that they visited their grandparents every weekend.
- They tell me that they visited their grandparents every weekend.

"I play the piano," she says.

- She says that she played the piano.
- She says that she plays the piano.
- She said that she plays the piano.
- She said that she played the piano.

Q 2. Choose the correct narration (Direct to Indirect Speech/ Past Tense)

"We went to the beach yesterday," they said.

- They said that they had gone to the beach the previous day.
- They said that they go to the beach yesterday.

- They say that they went to the beach yesterday.
- They say that they had gone to the beach the previous day.

"I visited my aunt last week," he told us.

- He told us that he visited his aunt last week.
- He told us that he had visited his aunt last week.
- He tells us that he visited his aunt last week.
- He tells us that he had visited his aunt last week.

"She ate sushi for dinner," he said.

- He said that she ate sushi for dinner.
- He said that she had eaten sushi for dinner.
- He says that she ate sushi for dinner.
- He says that she had eaten sushi for dinner.

"We saw a movie last night," they told me.

- They told me that they had seen a movie the previous night.
- They told me that they see a movie last night.
- They tell me that they saw a movie last night.
- They tell me that they had seen a movie the previous night.

"I read that book yesterday," she said.

- She said that she reads that book yesterday.
- She said that she read that book yesterday.
- She says that she read that book yesterday.
- She says that she had read that book yesterday.

Q 3. Choose the correct narration (Direct to Indirect Speech/ Perfect Tense)

"I have finished my homework," he said.

- He said that he finished his homework.
- He said that he had finished his homework.
- He says that he has finished his homework.
- He says that he had finished his homework.

"She has cooked dinner," he tells us.

- He tells us that she has cooked dinner.
- He tells us that she had cooked dinner.
- He told us that she has cooked dinner.
- He told us that she had cooked dinner.

"They have already left," she said.

- She said that they have already left.
- She said that they had already left.
- She says that they had already left.
- She says that they have already left.

"He has won the race," they told us.

- They told us that he had won the race.
- They told us that he has won the race.
- They tell us that he has won the race.
- They tell us that he had won the race.

"She has seen that movie," he said.

- He said that she had seen that movie.
- He said that she has seen that movie.
- He says that she has seen that movie.
- He says that she had seen that movie.

Q 4. Choose the narration (Direct to Indirect Speech/ Future Tense).

"We will call you tomorrow," she promises.

- She promises that they would call us the following day.
- She promises that they will call us the next day.
- She promises that they call us tomorrow.
- She promises that they would call us tomorrow.

"I will finish this by Friday," he assures us.

- He assures us that he will finish it by Friday.
- He assures us that he would finish it by Friday.
- He assures us that he finishes it by Friday.
- He assures us that he would finish it the next Friday.

"They will arrive at noon," she predicts.

- She predicts that they arrive at noon.
- She predicts that they will arrive at noon.
- She predicts that they would arrive at noon.
- She predicts that they arrived at noon.

"I will visit my parents next weekend," he says.

- He says that he will visit his parents next weekend.
- He says that he visits his parents next weekend.

- He says that he visited his parents next weekend.
- He says that he will visited his parents next weekend.

"We will help you with the project," they promise.

- They promise that they will help us with the project.
- They promise that they would help us with the project.
- They promise that they help us with the project.
- They promise that they would help us with the project.

Q 5. Choose the correct narration (Direct to Indirect Speech/ Modals)

"You should exercise regularly," she advises.

- She advises to exercise regularly.
- She advises exercising regularly.
- She advises that I should exercise regularly.
- She advises that I exercised regularly.

Q 6. Choose the correct narration (Direct to Indirect Speech/ Time and Questions)

"When does the meeting start?" he asks.

- He asks when the meeting starts.
- He asks when did the meeting start.
- He asked when the meeting started.
- He asked when does the meeting start.

Q 7. Change the narration (Direct to Indirect Speech/ Time and Questions Orders)

"Please finish your homework," his teacher tells him.

- His teacher tells him to finish his homework.
- His teacher tells him finishing his homework.
- His teacher tells him that finish your homework.
- His teacher tells him to finishing his homework.

Q 8. Change the narration (Direct to Indirect Speech/Request)

"Could you help me with this?" she asks.

- She asks if I could help her with that.
- She asks if I can help her with that.
- She asks if I could help her with this.

She asks if I can help her

- i. The teacher said to Ali, "You are an intelligent boy".
- ii. He said to his friend, "Where are you going?"
- iii. The manager said, "Finish your task by tomorrow".
- iv. His father said, "Do not waste time".

- v. My grandfather said, "Give me a glass of water".

f. Active and Passive Voice

Change the following into active voice.

- i. The gate was closed by ten o'clock.
- ii. The novel was written by my favorite author.
- iii. The thief was caught by the police.
- iv. She was attacked by a dog.
- v. The money was stolen by the servant.

- g. Read the given passage and answer questions given below. Apply knowledge of parts of speech, tenses, sentence structure and other features of grammar and vocabulary

Sara saw a tiny, hurt bird on the pavement as she was making her way home from school. She carried it to her home after gently picking it up. With her mother's animal skills, she cleaned the bird's wound. The bird started to heal after receiving care for a few days, and eventually it took off. Sara learned the value of kindness and compassion from this encounter.

- Determine which nouns are present in the passage's first sentence.
- Locate and enumerate the verbs in the passage's second and third sentences.
- Which tense does the passage mostly use? Provide a textual example.
- Reword the opening phrase in the past perfect tense.
- Identify one affirmative sentence in the passage.
- Point out a complex sentence in the text and highlight the part that depends on it.
- Put "Her mother helped her clean the bird's wound" in the passive form.
- Find one instance of direct speech in the text and describe its importance.
- Look for a term in the passage that denotes "considerate and caring."
- What made the author decide to use the word "noticed" in the first line rather than "saw"?
- Rework the passage's final sentence to give it a more formal tone.

4. Oral Communication skills

- a. Work in groups and make a presentation on *"the importance of games in an individual's life"*.

5. Writing Skills

- a. Write a review of any story that you have read recently with the help of the following guidelines.

Name of Book: _____

Author's name: _____

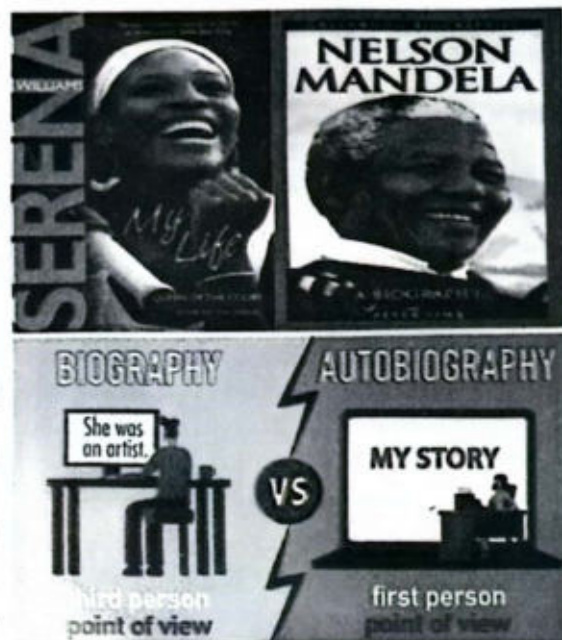
Major characters and their brief description:

Setting:

Summary of the story (200 to 250 words):

B. Write the character sketch of your favorite character from any story that you have read in the past. Consider the following points while writing the character sketch.

- Physical appearance
- Personality traits
- Challenge/problem
- Role
- Accomplishment
- **Print Autobiographies /Biographies:** They place an emphasis on historical events, important accomplishments, and factual information. They frequently include a thorough biography of the topic, emphasising their career achievements and the influence of their work on the industry.
- **Multimedia Biographies /Autobiographies:** These use a variety of media formats to offer a more lively and intimate look into the lives of the subjects. They frequently feature anecdotes from the subject's own life, as well as emotional events and thoughts on their profession. Personal narratives combined with visual and audio components provide a more participatory and captivating representation of the individual in this format.



C. Read and analyze various types of biographies and autobiographies connected to different fields and professions. (e.g., a person's life story in print and multimedia), determining which details are emphasized in each type. Write a review report.