Do you remember the boy in the photo? Yes, he is Carlos, the Spanish student at CEOLS who went to Malta to work as a kitchen assistant in St. Julian’s. Now that he has finished working there he has decided to go to Canada to visit his sister Silvia who got married with a Canadian boy and now she is working at Banff National Park.

Banff National Park is Canada’s first national park and it is one of the world’s great destinations for outdoor activities. It offers a wide range of sightseeing and leisure activities.
Think about the following questions:

- Have you ever heard of Banff National Park?
- Do you know where it is located?
- Can you imagine the type of outdoor activities that can be practiced there?
- What would you say about its climate?

This map will let you know where the national park is exactly located.

Carlos was as lost as you can be now. To know a bit more about the place where his sister works, he started to search on the net and he read several texts. One of them was the text you can find here about the Banff National Park of Canada. So, now it's your turn! Read the text and say if the following sentences are True or False according to the information provided.

1. Alberta is the state where Banff National Park is located

   False

   It is located in southwestern Alberta on the British Columbia border.

2. Banff is the only national park in the region of the Rocky Mountains

   False

   It is perhaps the most well-known of the five national parks (also includes Yoho, Kootenay, Jasper, and Waterton Lakes), that represent the Rocky Mountain Natural Region

3. The area where Banff is located is really hot in summer

   False
The Canadian Rockies are divided into three main sets of ranges of which the Front and Main Ranges are represented in Banff National Park.

5. Firs and pines can be found everywhere in the Rocky Mountains

6. At Banff, birds are more easily found than reptiles and amphibians

7. Fishing is forbidden at Banff National Park

---

**Working with words**

Read the paragraphs of vegetation and wildlife again and say if the following words are animals or plants. In the table below write 1 next to a word if it is an animal and write 2 if it is a plant.

<table>
<thead>
<tr>
<th>Word</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moose</td>
<td></td>
</tr>
<tr>
<td>Spruce</td>
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<tr>
<td>Grizzly bear</td>
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<tr>
<td>Cougar</td>
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<td>Lichen</td>
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<td>Eagle</td>
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<td>Trout</td>
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<td>Toad</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Word</strong></th>
<th><strong>Number</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moose</td>
<td>1</td>
</tr>
<tr>
<td>Spruce</td>
<td>2</td>
</tr>
<tr>
<td>Grizzly bear</td>
<td>1</td>
</tr>
<tr>
<td>Cougar</td>
<td>1</td>
</tr>
<tr>
<td>Elk</td>
<td>1</td>
</tr>
<tr>
<td>Aspen</td>
<td>2</td>
</tr>
<tr>
<td>Lichen</td>
<td>2</td>
</tr>
<tr>
<td>Eagle</td>
<td>1</td>
</tr>
<tr>
<td>Trout</td>
<td>1</td>
</tr>
<tr>
<td>Toad</td>
<td>1</td>
</tr>
</tbody>
</table>
As Carlos is an adrenaline junkie, he is looking for extreme sports to do in Canada.

Canada is said to be a vast wonderland for adventure. Spanning from Atlantic to the Pacific and reaching as far North as the Arctic, there is always something to do winter, spring, summer and fall. Adventure seekers love Canada because of the great array of outdoor activities it can offer: hang-gliding, skydiving, fishing, canoeing/kayaking, rafting, rock climbing, mountain biking, horseback riding, snowboarding, skiing and much, much more.

Read the following definitions of extreme sports and choose the correct option.

1. You jump out of an airplane and hope your parachute opens
   - Skydiving
   - Hang-gliding
   - Diving

   Well-done!

   Incorrect!

   Incorrect!

   Solution
   1. Opción correcta
   2. Incorrecto
   3. Incorrecto

2. You leap off a bridge with a cord tied around your ankles
   - Scuba diving
   - Bungee jumping
   - Parachuting

   Oops, you're wrong!
3. It is like being a giant bird. You hold onto a pair of wings, run off a cliff and start flying

- Parachuting
- Rock climbing
- Hang-gliding

Incorrect!

Sorry, it's incorrect!

Correct!

Solution

1. Incorrecto
2. Incorrecto
3. Incorrecto

4. You ride a boat down a very fast-moving river

- Rafting
- Water skiing
- Surfing

Good job!

Incorrect!

You're wrong!

Solution

1. Opción correcta
2. Incorrecto
3. Incorrecto

5. Swimming underwater

- Scuba-diving
- Waterskiing
- Kayaking

Very-good!

Incorrect!

Incorrect!

Solution
As we already know Canada offers an exceptional variety of outdoor activities, that is the reason why it is the perfect destination for thrill seekers like Carlos.

In the text below you will read the different options Canada has to offer. Match the following headings with the correct paragraph. Write the number in the space provided.

<table>
<thead>
<tr>
<th>Number</th>
<th>Heading</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Dipping into the Atlantic</td>
</tr>
<tr>
<td>02</td>
<td>Go wild embracing nature</td>
</tr>
<tr>
<td>03</td>
<td>Sky’s the limit in British Columbia</td>
</tr>
<tr>
<td>04</td>
<td>Foaming along the river, Quebec</td>
</tr>
<tr>
<td>05</td>
<td>Slide down a canyon, Quebec</td>
</tr>
<tr>
<td>06</td>
<td>Push the limits of your own courage and go up</td>
</tr>
<tr>
<td>07</td>
<td>On your bike in Whistler, British Columbia</td>
</tr>
<tr>
<td>08</td>
<td>Paddling along in Quebec</td>
</tr>
<tr>
<td>09</td>
<td>Jump off a cliff in Quebec</td>
</tr>
<tr>
<td>10</td>
<td>Out and about in Yukon</td>
</tr>
</tbody>
</table>

**Canadian holidays: extreme sports for adrenaline junkies**

From cliff jumping in Quebec to paragliding in British Columbia, Canada is an adrenaline junkie’s dream come true.

We’ve rounded up the top ten ways to be entertained on holiday in Canada, from festivals to feasts of indulgence:

Most people know this place because it’s continually voted the best ski resort in the world. When the snow has gone, it becomes a mountain biker’s heaven with more than 4,900 vertical feet of adrenalin-fuelled trails. They’re all serviced by lifts and there’s something to suit both hardened pros and tentative beginners.

For more information, visit www.whistlerbike.com
rapids, you'll be able to look out for wildlife such as black bears, river otters, deer and bald eagles.
For more information, visit www.eauviverafting.ca or www.noahsrafting.com

- Newfoundland and Labrador have more than 5,500 miles of rugged coastline and exploring it by sea kayak is the most fabulous way to discover where the land meets the sea. Find remote inlets, delve into rocky harbours, paddle across open bays and poke about in sea caves. Many companies offer everything from half-day excursions to multi-day tours.
For more information, visit www.coastaladventures.com or www.wildnfld.ca

- Opened in 1925, the Lachine Canal runs for nine miles through the heart of Montreal. Once an important commercial route, it fell into disrepair but has now been restored to its former glory and is lined with smart apartments and green parks. Traversing its length by paddleboard (like a windsurf board you stand on and paddle) is a novel way to see the city. Expect a lot of interested banter from passers-by as they walk down the towpath.
For more information, visit www.imaginesurf.com

- Many of Ontario's parks have established backcountry trails with several more than 60 miles long. Immerse yourself in ever-changing landscapes of high ridges, deep valleys, towering cliffs, rugged coastlines and picturesque peninsulas. With numerous campsites along the way, you'll be able to split your hike over several glorious days.
For more information, visit www.ontariotrails.on.ca

- Don't let the name put you off because Tombstone Park has some of the most magnificent scenery anywhere. Black granite peaks spearing the sky and vast freshwater lakes are all set against a panorama of shifting light and colour. There's no better way to explore this wilderness than by hiking with a knowledgeable guide, who will bring the landscape to life.
For more information, visit www.yukonwild.com or www.cabinfeveradventures.com

- A tandem paraglide is a great way to become acquainted with a sport that will literally have your head in the clouds. From the coast to the mountains, there are companies that run introductory courses right up to advanced lessons. Soar with the birds in one of the most beautiful places on the planet.
For more information, visit www.flybc.org and www.bluethermal.com

- A 200ft bungee jump past limestone walls into a blue lagoon may not be everyone's ideal way to wile away an afternoon, but if you like a big buzz, then Goliath just outside Ottawa will certainly do the trick. By far the biggest bungee jump in Canada and the USA, its name is most appropriate.
For more information, visit www.bungee.ca

- This is possibly the most enjoyable way to explore a gorge - a combination of scrambling, climbing, swimming, floating and jumping off ledges into pools. A standout area is along the Jean-Larose Falls at the foot of the Mont-Saint-Anne, not far from Quebec City.
For more information, visit www.canyoning-quebec.com

- Whether you're a complete novice or a seasoned Chris Bonington, the Canadian Rockies have something for everyone when it comes to rock climbing. Banff, Canmore and Lake Louise all have climbing centres with guides and all the gear. If you get the bug then you might want to pit your wits against the highest peak in the Rockies in neighbouring British Columbia, the mighty Mount Robson at a colossal 12,972ft.
For more information, visit www.yamnuska.com or www.cdnalpine.com

Adapted from: http://www.telegraph.co.uk/sponsored/travel/summer-holidays-canada/9111733/Canada-holidays-extreme-sports-adrenaline-junkies.html#
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For more information, visit www.whistlerbike.com

04
The Rouge River is one of the top white-water rivers in Canada, draining from the Laurentian Mountains. It flows through spectacular countryside not far from Montreal and Ottawa that is completely unspoilt. On the quiet runs between the rampant rapids, you'll be able to look out for wildlife such as black bears, river otters, deer and bald eagles.

For more information, visit www.eauviverafting.ca or www.noahsrafting.com

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Newfoundland and Labrador have more than 5,500 miles of rugged coastline and exploring it by sea kayak is the most fabulous way to discover where the land meets the sea. Find remote inlets, delve into rocky harbours, paddle across open bays and poke about in sea caves. Many companies offer everything from half-day excursions to multi-day tours.

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For more information, visit www.canyoning-quebec.com

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Adapted from: http://www.telegraph.co.uk/sponsored/travel/summer-holidays-canada/9111733/Canada-holidays-extreme-sports-adrenaline-junkies.html#
What sport do these photos show? Is it cricket? No, it isn't. It is a game that blends rugby physicality with cricket team play - it is the perfect sport to unite cultures across Canada and the wider world. It's called lacrosse.

Read the following text about Lacrosse and fill in the gaps using the words below. Write the corresponding number in the space provided.

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

The sport of lacrosse is a 16.  of basketball, soccer and hockey. Anyone can play lacrosse -- the big or the small. The game requires and rewards coordination and
Lacrosse is one of the fastest growing team sports in the United States. Participation in the sport has grown over 138% since 2001 to nearly 300,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 228,000 high school players. Lacrosse is also the sport over the last six years at the NCAA level with 557 college teams in 2009, and that's just the tip of the iceberg. There are more than 500 college club programs, including nearly 200 women's teams that compete at the US Lacrosse Intercollegiate Associates level.

**Brief History**
With a history that spans centuries, lacrosse is the oldest sport in North America. In Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men. To Native Americans, lacrosse is still referred to as "The Creator's Game."

Ironically, lacrosse also served as a preparation for war. Legend tells of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent battle. Contestants played on a field from one to 15 miles in length, and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, documented a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by at least 48 Native American tribes throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field limits to the number of players per team and other basic rules.

The first women's lacrosse game was played in 1890 at the St. Leonard's School in Scotland. An attempt was made to start women's lacrosse at Sweet Briar College in Virginia in 1914, it was not until 1926 that Miss Rosabelle Sinclair established the first women's lacrosse team in the United States at the Bryn Mawr School in Baltimore, Maryland.

Men's and women's lacrosse were played under virtually the same rules, with no protective gear, until the mid-1930s. At that time, men's lacrosse began evolving dramatically, while women's lacrosse continued to remain true to the game's original rules. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed.

Field lacrosse is sometimes perceived to be a violent and dangerous game, however, statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety, and the rate of injury is comparatively low. Ensuring the safety of participants is a major focus for US Lacrosse and its Sports Science and Safety Committee, which makes recommendations to make the game as safe as practicable.

Adapted from: http://www.onslowyouthlacrosse.uslaxteams.com/Page.asp?n=49359=onslowyouthlacrosse
Now that you are familiar with how lacrosse is played and you know a bit of the history of this game, watch this video and you will understand its rules much better. Once you have watched the video say if the following statements are True or False:

1. Lacrosse is a combination of rugby and baseball
   - Verdadero
   - Falso
   **Falso**
   It’s a combination of soccer and basketball.

2. Lacrosse like many other team sports has a rich history of many centuries
   - Verdadero
   - Falso
   **Falso**
   There are few sports that have such a rich history.

3. Men’s lacrosse field is much bigger than a football pitch
   - Verdadero
   - Falso
   **Falso**
   It’s roughly the size of a football pitch.

4. The stick used to play is only made of plastic and wood
   - Verdadero
   - Falso
   **Falso**
   It's made of plastic, metal and wood.

5. Women's lacrosse is a non-contact sport played by 12 players per team
   - Verdadero
   - Falso
   **Verdadero**
   Contact is not allowed for women.

6. Gloves are compulsory for any player of lacrosse
   - Verdadero
   - Falso
   **Falso**
   For women they are optional.

7. It is required a specific weight and height to play lacrosse
   - Verdadero
   - Falso
This is Lacrosse
Carlos is also really interested in going hiking to the Valley of the Ten Peaks in Banff National Park. As it is late September, it is the start of autumn in Banff and that is the reason why all the outdoor activities are said to be weather permitting.

The best day to go hiking is Sunday because the rain should taper off by early Sunday morning.
Working with words

Read the following descriptions that travellers have written and think which of them is your favourite weather condition to go on holiday.

Description A

It's beautiful weather here! We have had unbroken sunshine ever since we arrived. In the middle of the day the only activity we can do is sunbathing since it's too scorching hot to do anything else.

Description B

Oh, it's foul weather today! It's been pouring with rain all day. In fact, I've never seen such torrential rain! We can't leave the hotel since we'll get soaked to the skin. Every now and then we look out of the window hoping for a break in the clouds. In vain since it's wild out there! Nice weather for ducks!

Description C

It was raining cats and dogs yesterday, but it's dry at the moment although thick clouds haven't moved out yet. There was a gentle breeze this morning, but right now a strong wind is blowing. Daytime temperatures remain mild, but unfortunately in the evenings it gets quite cold!

Do it yourself

Match the following words related to the weather with their definitions. Write the correct number in the space provided.

<table>
<thead>
<tr>
<th>Weather conditions</th>
<th>Number</th>
<th>Definition</th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th>Weather conditions</th>
<th>Number</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scorching hot</td>
<td>04</td>
<td>01. To rain very heavily.</td>
</tr>
<tr>
<td>Foul weather</td>
<td>08</td>
<td>02. A thin white coat of ice on a surface when the temperature falls below freezing.</td>
</tr>
<tr>
<td>Mild</td>
<td>06</td>
<td>03. A very hot and dry period.</td>
</tr>
<tr>
<td>To rain cats and dogs</td>
<td>01</td>
<td>04. Extremely hot.</td>
</tr>
<tr>
<td>Chilly</td>
<td>09</td>
<td>05. A large amount of water over dry land.</td>
</tr>
<tr>
<td>Frost</td>
<td>02</td>
<td>06. Moderately warm.</td>
</tr>
<tr>
<td>Freezing</td>
<td>10</td>
<td>07. Light fall of rain.</td>
</tr>
<tr>
<td>Heatwave</td>
<td>03</td>
<td>08. If it's windy and raining.</td>
</tr>
<tr>
<td>Flood</td>
<td>05</td>
<td>09. Unpleasantly cold.</td>
</tr>
<tr>
<td>Drought</td>
<td>11</td>
<td>10. When temperatures are below 0º centigrade.</td>
</tr>
<tr>
<td>Shower</td>
<td>03</td>
<td>11. Very cloudy.</td>
</tr>
<tr>
<td>Overcast</td>
<td>12</td>
<td>12. A long period of low rainfall leading to a shortage of water.</td>
</tr>
<tr>
<td>Smog</td>
<td>13</td>
<td>13. Light rain falling in very fine drops.</td>
</tr>
<tr>
<td>Thunder</td>
<td>14</td>
<td>14. The loud noise that you hear after a flash of lightning during a storm.</td>
</tr>
<tr>
<td>Drizzle</td>
<td>15</td>
<td>15. Mixture of fog and pollution (smoke + fog).</td>
</tr>
<tr>
<td>Weather</td>
<td>Score</td>
<td></td>
</tr>
<tr>
<td>---------</td>
<td>-------</td>
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</tr>
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12. A long period of low rainfall leading to a shortage of water.
13. Light rain falling in very fine drops.
14. The loud noise that you hear after a flash of lightning during a storm.
15. Mixture of fog and pollution (smoke + fog).

For more practice on weather vocabulary click on the following links:
- Weather forecast practice.
- Weather vocabulary.

What's the weather like in Canada? Read the following text and you will discover that Canada has four distinct seasons that vary depending on where you are.

Canada's Four Seasons

Canada has winter, spring, summer and fall. However, the climate and intensity of these seasons varies across the country.

The west coast of British Columbia, including Vancouver, has a moderate climate year round and thus the seasons are less distinct from one another. Overall, the west coast has summers that aren't as warm nor winters that are as bitterly cold as say, Toronto or Montreal.

Winter in Canada

The height of winter is freezing cold in most places except for the BC coast, where winters are moderate with little snow. Nearby Whistler, on the other hand gets loads of snow and is a major ski destination through May. In the Rockies, winter is long. However, snow stays around only in the higher altitudes. Calgary, does not get much snow, but Banff and Canmore may get two feet in April. In addition, southern Alberta gets winter relief from warm Chinook winds. Eastern Canada, including Toronto and Montreal, has a short, fierce winter, below zero temperatures most of the time, and -20°C (-4°F) not uncommon. At least one or two snowfalls of eight inches or more will likely hit in January and February.

Spring in Canada

Spring comes early on Canada's west coast, with February seeing the arrival of tulips and temperatures on average staying above 0°C (32°F). Elsewhere in the country, spring shows up to stay in April and extends through to June. April usually sees the last of the winter's snow, except in higher altitudes like Banff or Whistler, both popular ski destinations where the season doesn't end until May.

Summer in Canada
Fall in Canada.

Fall, or Autumn, in Canada is my favorite time of the year. In central and eastern Canada, cooler temperatures in September provide relief from the heat and humidity of August and leaves on the trees begin their transformation to stunning shades of orange, red and yellow. Many people travel to take in this spectacular fall foliage in Canada. Vancouver’s rain slows down to make September one of the city’s least rainy months. Temperatures continue to dip and bring the first snow flurries usually in November and more substantial snowfalls in December.

Source: http://gocanada.about.com/od/weatherincanada/tp/canada_seasons.htm

Read the text again and say if the following statements are True or False.

1. Depending on where you are in the country you can experience some extreme weather
   - **Verdadero**  **Falso**
   
   **Verdadero**
   Winters can be bitterly cold in Toronto and Montreal.

2. Inhabitants of the BC coast do not have to endure freezing cold winters
   - **Verdadero**  **Falso**
   
   **Verdadero**
   The height of winter is freezing cold in most places except for the BC coast, where winters are moderate with little snow.

3. In Southern Alberta Chinook winds are typical in winter
   - **Verdadero**  **Falso**
   
   **Falso**
   When the winter comes in Southern Alberta, it gets relief from warm Chinook winds.

4. In winter the Eastern coast has a milder climate than the South-Western coast
   - **Verdadero**  **Falso**
   
   **Falso**
   Eastern Canada has a short, fierce winter, below zero temperatures most of the time.

5. In some parts of Canada the winter’s snow lasts until May
   - **Verdadero**  **Falso**
6. High levels of humidity are often experienced in some parts of Canada during the summer months

- Verdadero
- Falso

**Verdadero**
Especially in the Southern provinces high levels of humidity are experienced during the summer months.

7. Every autumn, the leaves show their rich and vibrant hues

- Verdadero
- Falso

**Verdadero**
In autumn, the leaves on the trees begin their transformation to stunning shades of orange, red and yellow.

To know more about the different features of each season, listen to *The Four Seasons* and then do the exercises.

---

**Top tips**

As you will remember, in unit 2 we studied idioms related to the family. Now, we are going to concentrate on idioms related to the weather:

<table>
<thead>
<tr>
<th>Weather Idioms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To feel under the weather</td>
</tr>
<tr>
<td>2. To see a cloud on the horizon</td>
</tr>
<tr>
<td>3. To be on cloud nine</td>
</tr>
<tr>
<td>4. Come rain or shine</td>
</tr>
<tr>
<td>5. To be a fair-weather friend</td>
</tr>
<tr>
<td>6. A lull before the storm</td>
</tr>
<tr>
<td>7. To chase rainbows</td>
</tr>
</tbody>
</table>

Watch the video below to understand the meaning of some of these expressions.
To know how to use idioms in context, click here and you will read sentences where idioms have been used. Then, you will be ready to do the Weather Idioms Quiz.
Every country has its traditional weather forecasting proverbs and rhymes, many of them coming from sailors and pioneers. Forecasting rain is the mainstay of most weather proverbs and rhymes.

People have been forecasting the weather for centuries. They once looked to plants and animals for hints about what the weather would do. For example, before it rained, some people often observed that ants moved to higher ground, cows lay down, pine cones opened up, frogs croaked more frequently, and sheep's wool uncurled. Over the years, people began to notice other natural clues to upcoming weather, and several weather "sayings" grew up over the years.

Read the following list of the most common English weather proverbs and rhymes:

<table>
<thead>
<tr>
<th>Weather Proverbs and Rhymes</th>
</tr>
</thead>
<tbody>
<tr>
<td>01. Rain, rain, go away little Johnny wants to play.</td>
</tr>
<tr>
<td>02. A sunshiny shower won't last half an hour.</td>
</tr>
<tr>
<td>03. Red sky at night, shepherd's delight; red sky in the morning, shepherd's warning.</td>
</tr>
<tr>
<td>04. When the wind is out of the east, this is neither good for man nor beast.</td>
</tr>
<tr>
<td>05. In the morning mountains, in the afternoon fountains.</td>
</tr>
<tr>
<td>06. If a circle forms around the moon, it will rain or snow soon.</td>
</tr>
<tr>
<td>07. Cold night stars bright.</td>
</tr>
<tr>
<td>08. April showers bring May flowers.</td>
</tr>
<tr>
<td>09. A year of snow, a year of plenty.</td>
</tr>
<tr>
<td>10. Rain before seven, quits before eleven.</td>
</tr>
</tbody>
</table>
Match the following explanations with the proverbs on the list above. Write the number corresponding to the proverb in the space provided. There are some extra proverbs that you do not need to use.

**Proverb number:** 03
Deep red sunsets are often associated with dry, settled weather and high pressure. A deep red sunset may indicate a prolonged spell of good weather. Red sky in the morning indicates that rain is on its way and due to arrive later in the day, hence the "shepherd’s warning".

**Proverb number:** 06
Weather fronts come in all shapes and sizes and travel at different speeds. In the night the cloud layer that makes the top of the weather front can create an optical phenomenon called a lunar corona - a circle of colours surrounding the moon. Hence, the idea that a weather front is approaching and rain is on the way.

**Proverb number:** 05
Clouds building through the morning are often followed by thunderstorms in the afternoon.

**Proverb number:** 07
Clear night skies usually bring a chill to the air. As clouds act as blankets, without them heat stored in the earth's surface during the day escapes into the atmosphere.

Adapted from: [http://www.bbc.co.uk/news/magazine-14087734](http://www.bbc.co.uk/news/magazine-14087734)
Proverb number: 04
It simply implies that our harsh winter weather usually comes in from eastern Europe and Russia. A strengthening icy wind blowing from the east would indicate to a farmer hundreds of years ago that snow and frigid conditions were on the way.
Adapted from: http://www.bbc.co.uk/news/magazine-14087734

Properly speaking

In the weather rhymes studied above there is a sound at the ending of words which is repeated in each proverb. Say them aloud and discover which one it is.

Solution
1. Incorrecto
2. Opción correcta
3. Incorrecto

Choose the sound which rhymes in the words in bold of the weather proverbs below:
1. Rain, rain, go away little Johnny wants to play
   - /aɪ/
   - /eɪ/
   - /iː/
   Sorry, it's incorrect!
   Very good!
   It's wrong!

   Solution
   1. Incorrecto
   2. Opción correcta
   3. Incorrecto

2. A sunshiny shower won't last half an hour
3. When the wind is out of the **east**, this is neither good for man nor **beast**
   - /iː/
   - /ɪ/
   - /e/

   **Well-done!**

   **Incorrect!**

   **Oops, it's incorrect!**

   **Solution**
   
   1. Opción correcta
   2. Incorrecto
   3. Incorrecto

4. In the morning **mountains**, in the afternoon **fountains**
   - /ɑɪ/
   - /eɪ/
   - /ɪ/

   **It's incorrect!**

   **Try it again!**

   **Good job!**

   **Solution**
   
   1. Incorrecto
   2. Incorrecto
   3. Opción correcta

5. In the morning **mountains**, in the afternoon **fountains**
   - /aʊ/
   - /aʊ/
6. If a circle forms around the moon, it will rain or snow soon

- /u/
- /u/
- /ua/

Brilliant!

Try again!

Oops, it's incorrect!

Solution

1. Opción correcta
2. Incorrecto
3. Incorrecto

For more examples of rhyming words listen to the rap in the video below:

For further practice you can also play this game on rhyming words. Every time you get a correct answer, click on the house icon to get a new set of words.
3. Passive Voice

Carlos and his sister Silvia, the girl on the left, decided to go bungee jumping. It was all about pushing themselves to the limit.

Unlike Silvia's husband who is not an adventurous type, Carlos and Silvia are thrill seekers and they were looking for a big adrenaline rush!

In fact, they were hooked on the buzz of the extreme.

Read about Carlos telling his experience with bungee jumping:

It was a warm sunny day. The day was ours to enjoy! My sister and I wanted to do something really exciting so we decided to go bungee jumping. When you bungee jump, you jump off a cliff, or another high place, once an elastic rope has been tied around you. You go into free fall for a few seconds before coming to the end of the rope and bouncing back up.

The jumping ledge was at the top of a mountain. From up there the entire town could be seen below us. It was really beautiful.

We were tied into harnesses. My sister was very nervous and the people working at the ledge could tell. Some music was turned on to help her calm down. After she calmed down, they hooked her onto the main jumping rope. They counted 3..2..1..Jump! And she jumped! They pulled her back up and it was my turn.

I was pretty nervous before being attached to the jumping line. When they counted 3...2...1...JUMP! I ran right off the ledge and dove into the air. I felt my stomach tie itself into knots and my whole body was frozen in fear. After less than five seconds, I felt the tension of the rope pull me and I knew that the scariest part was over. They let me swing for about a minute before they pulled me back up to the ledge. I took a deep breath and enjoyed the scenery. The whole experience was amazing and I can't wait to do it again.
Look at the phrases in bold in the text:

- Can you recognize the use of the passive voice in these structures?
- Remember that to make the passive we use:

  **Verb to be + Past participle**

- Remember that the agent of a passive sentence is introduced by the preposition **by**. The agent is not necessary in a passive sentence since we are more interested in what happens to somebody or something than in who or what does the action. Sometimes we don't even know who the agent is.

Let's review the passive verb forms in the following table:

<table>
<thead>
<tr>
<th>Passive verb forms</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Present simple passive</td>
<td>is tied</td>
</tr>
<tr>
<td>Present continuous passive</td>
<td>is being tied</td>
</tr>
<tr>
<td>Past simple passive</td>
<td>was tied</td>
</tr>
<tr>
<td>Past continuous passive</td>
<td>was being tied</td>
</tr>
<tr>
<td>Present perfect simple passive</td>
<td>has been tied</td>
</tr>
<tr>
<td>Past perfect simple passive</td>
<td>had been tied</td>
</tr>
<tr>
<td>Future passive</td>
<td>will be tied</td>
</tr>
<tr>
<td>Conditional passive</td>
<td>would be tied</td>
</tr>
<tr>
<td>Passive form of be going to</td>
<td>is going to be tied</td>
</tr>
<tr>
<td>Passive form of modal verbs</td>
<td>must be tied</td>
</tr>
</tbody>
</table>

For a better understanding of how passive voice is formed, watch the following presentation:
In section 1.1 we read a text about lacrosse. Do you remember? Read the text again and find examples of passive voice.

Possible answers:

1. Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians.

2. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

3. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball.

4. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men.

5. Balls were made out of wood, deerskin, baked clay or stone.

6. At that time, some type of lacrosse was played by at least 48 Native American tribes scattered throughout what is now southern Canada and all parts of the United States.

7. The first women's lacrosse game was played in 1890 at the St. Leonard's School in Scotland.

8. Although an attempt was made to start women's lacrosse at Sweet Briar College in Virginia in 1914, it was not until 1926 that Miss Rosabelle Sinclair
9. Men's and women's lacrosse were played under virtually the same rules, with no protective equipment, until the mid-1930s.

10. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules.

11. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed.

12. Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injure statistics prove otherwise.

You can also read this text called A look at the Intriguing History of Snowboarding where you will see examples of passive voice in context.

Top tips

- Sometimes in the passive construction the verb to be is omitted. Consequently, the sentence begins with a past participle. These structures are called participle phrases. Compare these two sentences:
  a) Lacrosse was adapted and raised by the Canadians and nowadays it's considered to be America's first sport.
  b) Adapted and raised by the Canadians, Lacrosse is considered to be America's first sport.

- After prepositions and verbs like enjoy, like, hate, miss, avoid... the passive structure is formed using being + past participle:
  For example: You can't jump without being tied.
  Carlos loves being photographed.

- There is a group of verbs which cannot be used in the passive. For example: fit, have, resemble, suit, occur, rise, happen, fall, exist, consist (of), depend (on), lack ...

Now you're ready to do activities on passive voice:

Passive voice - grammar exercises.
As you can imagine, bungee jumping is not the only sport Carlos and his sister practised in Canada. After this, they have caught the outdoor adventuring bug.

After reading this advertisement they decided to spend a day doing whitewater rafting on the Kicking Horse River near Banff.

As it was the first time they did this sport, they searched for instructions on the Internet on how to do rafting.

### How to do whitewater rafting - Instructions

If you are interested in knowing how to properly navigate your boat down the river, take a few minutes to read the following instructions:

- **The first thing** you **should** do is to decide the type of trip you are interested in.
- **After this, choose** the length of the trip you would like to try. Usually a full river.
- **Next, select** your boat size and style based on the size of your group.
- **Then, you are** ready to go, right? Not yet anyway.
- **Once you get** your boat, there are a few things to consider. The most important is how to balance your boat. All riders should be strategically placed so that those of similar weight and paddling power are opposite each other.
- **The next step** is to station the guide at the back of the boat so that this person can use his paddle like the rudder of a sailboat and move it back and forth to help steer the boat.
- **To finish, stay** safe if you fall out of the raft. If you can, swim back to the raft. In the event you can not get back to the raft, float on your back with your feet pointed down river until you get to a shallow
This site will be helpful to know how to use these sequencing words when writing the instructions of any process. Once you have watched the video, test your understanding by answering the questions of the quiz.

Now that you are familiar with the language used to give instructions, choose any topic and write instructions in the forum to explain to your partners how to carry out the process.

Be sure to use sequence markers in your instructions and to use complete sentences.

For more examples of texts where the language of instructions has been used, click here for a model to follow.
This unit has allowed you to know a bit more about Canada, its climate, scenery, outdoor activities, extreme sports and even about a traditional Canadian sport called lacrosse.

What else have you learnt?

- As far as **vocabulary** is concerned we have studied extreme sports, outdoor activities as well as words related to the weather. Don’t forget the list of weather idioms or the list of proverbs we have also studied in this unit.

- From a **grammatical** point of view, we have reviewed your knowledge of passive voice.

- If we consider **the language functions** of this unit, you are ready to describe and sequence how to carry out any process.

- With regards to **pronunciation**, we have reviewed vowel sounds, diphthongs and triphthongs through rhyming words.
Su conexión no es segura

El propietario de adistancia.ced.junta-andalucia.es ha configurado su sitio web de manera incorrecta. Para evitar que su información sea robada, Firefox no ha conectado con este sitio web.

Más información...

☐ Informar de errores como esto ayuda a Mozilla a identificar y bloquear sitios maliciosos

Ir atrás  Avanzado