Ready to Run video series: B1+. Open Water

<https://vimeo.com/showcase/lifechallenges>

1. Pre- video tasks:
2. Vocabulary: We’re going to see some ordinary people who like sailing; some of them have a specific disability. Look at the groups of words below and decide what word categorises them
* A square, a triangle and a circle are s - - - - s
* Small, medium and large are s - - - s
1. General knowledge: The video starts “The river Thames is the busiest waterway in the U.K”. Which city do you think it runs through? Watch the opening sequence (0-20 seconds) for the answer. Do you recognise any buildings? Can you think of any famous tourist sights in this city?
2. Reflection/discussion: Do you think disabled people can participate in sports and other outdoor activities with non-disabled people? What are the challenges? And the benefits? Are there advantages for both groups of people? If so, what are they? If not, why not?
3. While watching: watch the Open Water video and answer these questions:
	1. a) The Ahoy water sports centre teaches people 3 main skills – what are they?
	2. b) What disability does Philippa have? What is she training for?
	3. c) After being on the river, the interviewer asks her “How was it?” What does she reply?
	4. Community and friendship are as important as sailing. So, what does everyone do at the end of the day? And why is this particular day special?
	5. What is the final sentence of the video? Write it in your notebook. “Activities like sailing are……”
4. Post- video tasks: Pair/ groupwork
* Have you ever been out in a boat? Tell your partner about it. If not, would you like to go? Why/ why not?
* A day sailing gives you “plenty of fresh air & exercise, the chance to practise skills and of course, lots of fun”. Do you agree? What else can you do to get these things? What’s your favourite?

Sailing Vocabulary:

To row/ to sail/ to drive a motorboat/ to rig a sailing boat/ to tie a knot

A boat/ a boatyard/ a lifejacket/ the crew/ a crew member/ a sail/ an oar

(24/3/21 FP)