

# Racing



## Questions

- Natural ability
- Sydney to Hobart Yacht Race
- Melbourne cup
- Australian Formula 1 Grand Prix
- Cockroach racing
- Superbike Championship
- Swimming race
- Ironman (swim, bike, run)
- Surf lifesaving race
- Flags



# Art and culture



## Questions

- Which event do you think would be the most exciting? Why?
- What races are popular in Taiwan?
- Describe a race that you have participated in



# Beach sprint

- <https://youtu.be/z9Tzd4ZeWGo>

# Flags

- <https://youtu.be/Dteq3zdy86k>

## Word Bank

Conditions

Nervous tension

Anticipation

Atmosphere

Dig deep

How it was going to pan out

Flat out



# Finish the sentences

Word list

- Discuss in groups of 2-3

1. Digging deep I...
2. Fighting back nerves I...
3. With anticipation....
4. Staring down.....
5. Bear in mind ...
6. Unexpectedly ...

## Race tips

- Run your own race
- Fuel up
- Prepare
- Block out distractions
- ...

## Expressions

1. Flat out like a lizard drinking
  2. It is not a giant step but a lot of little steps
  3. She will be right
  4. Slow and steady wins the race
  5. Life isn't a race
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Thought for the day

<https://youtu.be/fJPkxDje5p8>

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