

Before you watch

Work with a partner. Answer the questions.



- 1 Have you ever done any water sports? Which sports have you done?
- 2 If you could canoe along any river in the world, which river would you choose?
- 3 What type of person do you think makes a good canoeist?

While you watch**1 Welcome to the club**

Order the sentences. Then listen to Elsie and Josh introduce the programme and check your answers.

- a ☐ To tell us all about it, we're going to meet Trevor Wetherall, a former British international kayaker and Olympic coach.
- b ☐ It can be a very solitary sport.
- c ☐ We've come to Richmond Canoe Club beside the River Thames in London.
- d ☐ It's not just that it's hard work paddling a canoe, it's also that you can spend hours out on the water on your own.
- e ☐ This is one of the leading canoe clubs in the UK, and we're here to find out what attracts people to this sport.

2 Talking to Trevor

- a Fill in the gaps with nouns from the box. Then watch and check your answers.

canoes competition races members canoeing

- 1 What's so great about
- 2 How many do you have?
- 3 What does the club organise?
- 4 Is it all about or can you just paddle about?
- 5 What kind of do we have here?

- b Listen again. Write Trevor's answers to the questions from Exercise 2a.

- 1
- 2
- 3
- 4
- 5

3 Trevor's achievements

Listen to Trevor telling Elsie and Josh about his career. Tick (✓) the achievements that Trevor mentions.

- 1 ☐ went to three world championships
- 2 ☐ won three gold medals in the world championships
- 3 ☐ coached the Olympic team at the 1984 Olympics
- 4 ☐ set up his own canoe club for junior canoeists

4 On the water

Watch Elsie and Josh try out canoeing at the club.

- 1 Who looks more comfortable in the canoe: Elsie or Josh?
- 2 Do you think Josh would be a good canoeist? Why? / Why not?
- 3 Do you think Trevor is a good coach? Why? / Why not?

After you watch

What makes a good coach? Trevor Wetherall used to be an Olympic coach. Work with a partner and discuss the different ways you would try to motivate an athlete who was training for the Olympic Games.

I would encourage them to believe in themselves.

I would tell them to put 100% effort into their training.

2

Canoe Club

Programme overview

SUMMARY

In this programme the presenters visit the Richmond Canoe Club to find out what attracts people to canoeing. They talk to former British international kayaker and Olympic coach Trevor Wetherall.

Background information

Kayaks and canoes are often confused. A canoe is an open topped craft which is propelled by a single-bladed paddle, while a kayak is often enclosed rather than open topped and is propelled by a double-bladed paddle.

LANGUAGE

This programme corresponds to Unit 8 of *English in Mind* Second edition Level 5.

Grammar: Mixed conditionals review

Alternatives to *if*

Vocabulary: More *time* expressions

Before you watch

Ask students to discuss the questions with a partner. At the end of the task, ask a few pairs to feedback to the class.

While you watch**1 Welcome to the club**

Scene 1 introduces the theme of the programme, which is the sport of canoeing. This task is designed to check students understand the theme of the programme. Give students time to read and order the sentences. Before watching Scene 1, you may want to pre-teach the meaning of *leading* and *solitary*. Draw students' attention to the distinction between a kayak and a canoe (see the Background information note above.) Then watch Scene 1 for students to check their answers.

Answers 1c 2e 3d 4b 5a

2 Talking to Trevor

a In Scene 2 Trevor Wetherall tells Elsie and Josh about the sport of canoeing and the club in Richmond. Before watching Scene 2, you may want to pre-teach the meaning of *paddle about* (to paddle for fun, in a relaxed manner, with no particular competitive aim or direction in mind). Play the scene. Students complete the sentences.

Answers

1 canoeing 2 members 3 races 4 competition
5 canoes

b Before watching Scene 2 again, you could ask students how much they remember of what Trevor said. Play Scene 2 again and ask students to answer the questions. Encourage students to write in complete sentences.

Answers

- 1 Being out on the river is really good fun; it captures the imagination.
- 2 There are about 400 members at the club.
- 3 There is a 6-mile race on a Wednesday evening.
- 4 No, it's not. You can also do some touring or just play about in the water.
- 5 There are kayaks and canoes.

3 Trevor's achievements

Watch Scene 2 from minute 2:20 and get students to tick the achievements that Trevor mentions.

Answers 1, 3

4 On the water

Watch the last part of the programme from minute 3:24 when Elsie and Josh try out some canoeing. You may want to pre-teach *good grief*, e.g. *Good grief! Is that the time? I'm late!*

Answers Students' own answers

After you watch

Put students in pairs. Encourage students to use their imagination to think of ways to motivate an Olympic athlete. To extend this task, ask students to write down their ideas and then present them to the class.