

It's All About Me: Horse riding

Before you watch

Look at the photos. What do you think Emma's life is like? Share your ideas with a partner.



While you watch

1 Introducing Emma Kent

Listen to Emma introducing herself. Mark the statements *T* (true) or *F* (false). Correct the false statements.

- 1 Emma is 19 years old and lives in Dartford. ☐
- 2 Holt Oram syndrome causes problems with the liver. ☐
- 3 Emma can't do many things herself. ☐
- 4 Emma needs help opening cans and bottles of drink. ☐
- 5 Emma is a very good horse rider. ☐
- 6 Emma's been riding horses since she was three. ☐

2 The physiotherapist

a Unscramble the letters to make verbs.

lovedep
 phle
 elry
 axerl
 primveo

b Now listen to Anita talking about the benefits of horse riding. Complete the text with the verbs.

Riding can ¹ people with physical problems in a very special way. It can help with head and spine control. And also it helps to ² muscles. It will ³ hand and eye co-ordination. It'll ⁴ the circulation of the blood.

Above all, riding gives people a real feeling of achievement. And it helps them not to ⁵ on other people too much.

3 At the stables

a Listen to Emma and answer the questions.

- 1 How does Emma feel when she's on a horse?
- 2 What does Emma say it's important to be?
- 3 How long has Emma had Gentle?
- 4 Which country does Emma want to ride for?

b Complete these sentences with either *yet*, *already* or *just*.

- 1 Emma hasn't got a place in the British team
- 2 Gentle has learnt lots of things.
- 3 We've watched a programme about Emma Kent.

4 Pronunciation

Sentence stress: rhythm in questions

Look at the questions in Exercise 3a. Underline the stressed words. Work with a partner. Take it in turns to ask each other the questions with the correct stress.

After you watch

Emma wants to ride in the Paralympics, the Olympic Games for people with disabilities.

Have you ever seen these games on TV?

How can sport help people with disabilities? Discuss your answers with a partner.

1

It's All About Me: Horse riding

Programme overview

SUMMARY

This programme follows a day in the life of Emma Kent, a keen horse rider. Emma has a rare genetic disease called Holt Oram syndrome. She has problems with her heart and she has severely shortened arms. The name for the syndrome comes from the names of the two doctors who discovered the syndrome in the 1960s.

Emma rides at a centre that is especially equipped for disabled riders. There is an association in the UK called Riding for the Disabled Association. To find out more about their work, have a look at their website: <http://www.rda.org.uk/>

LANGUAGE

This programme corresponds to Unit 1 of *English in Mind* Second edition Level 3.

Grammar: Present perfect simple (Unit 1)

Pronunciation: Sentence stress – rhythm in questions (Unit 1.9)

Before you watch

Put students in pairs and ask them to look at the photos. Ask students to guess as much as they can about Emma's life.

While you watch

1 Introducing Emma Kent

Section 1 introduces Emma Kent, the horse rider, and explains how Holt Oram syndrome affects her life. Ask students to listen to Emma introducing herself and mark the sentences true or false. To extend the task, ask students to correct the false sentences.

Answers

- 1 T
- 2 F (Holt Oram syndrome causes problems with the heart.)
- 3 F (Emma can do a lot of things herself.)
- 4 T
- 5 T
- 6 F (Emma's been riding horses since she was eighteen months old.)

2 The physiotherapist

- a** Ask students to unscramble the letters to make five verbs. Then check students understand the verbs.

Answers develop help rely relax improve

- b** This task practises listening for specific detail. Allow students time to read the text before watching Section 2. With a strong class, you might want to make it more challenging by asking students to predict where the verbs go in the text before listening.

Answers 1 help 2 relax 3 develop 4 improve 5 rely

3 At the stables

- a** Play Section 3 and ask students to answer the questions. Encourage students to write in complete sentences.

Answers

- 1 Emma feels free and creative when she's on a horse.
- 2 Emma says it's important to be calm (at all times).
- 3 Emma's had Gentle for three months.
- 4 Emma wants to ride for Great Britain.

- b** For further practice of present perfect with *just*, *yet* and *already*, ask students to complete the sentences.

Answers 1 yet 2 already 3 just

4 Pronunciation

This task revises sentence stress rhythm in questions as practised in Unit 1 of *English in Mind* Second edition. Ask students to underline the stressed words. Then put students in pairs to practise saying the questions with the correct stress.

Answers

- 1 How does Emma feel when she's on a horse?
- 2 What does Emma say it's important to be?
- 3 How long has Emma had Gentle?
- 4 Which country does Emma want to ride for?

After you watch

This activity encourages students to practise their speaking skills. If possible, bring in photos of other Paralympic sports (e.g. basketball, swimming). Put students in pairs to discuss how sport can help people with disabilities.

At the end of the task, ask a few students to feedback.