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Level 4 – 5th May, 2020

Game of Thrones star smashes weightlifting record

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<https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

A man set a world record by lifting 501kg. Hafthor Bjornsson, 31, set the deadlifting* record. This is raising weights above the head with the arms extended. Bjornsson broke the record at his gym in Iceland. He lifted the weights for two seconds and roared in delight. His feat of strength was streamed by the sports broadcaster ESPN. The record was previously held by a British man, who was the first person ever to lift 500kg.

Hafthor Bjornsson is an actor and a powerlifter. In 2018, he won the World's Strongest Man competition. He also appeared in the hit series Game of Thrones. He is 2.05m tall and weighs 195kg. People call him a "man mountain". He was very happy and "speechless" at breaking the record. He said: "I'm extremely proud....There's nothing better than proving people wrong....People didn't believe in me....People said, '501kg is never going to go up.'"

* **ERROR:** A deadlift is from the floor to the level of the hips, not above the head.

Sources: <https://www.bbc.com/news/world-europe-52512211>
<https://www.dailymail.co.uk/news/article-8280951/He-really-Mountain-Game-Thrones-star-Haf-rBj-rnsson-breaks-world-deadlifting-record.html>
<https://www.thesun.co.uk/sport/11534178/hafthor-julius-bjornsson-world-deadlift-record/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------|-----------------------|
| 1. raising weights | a. delight |
| 2. with the arms | b. sports broadcaster |
| 3. He lifted the weights | c. above the head |
| 4. roared in | d. to lift 500kg |
| 5. His feat of | e. for two seconds |
| 6. streamed by the | f. by a British man |
| 7. previously held | g. extended |
| 8. the first person ever | h. strength |

PARAGRAPH TWO:

- | | |
|------------------------------|------------------------|
| 1. an actor | a. competition |
| 2. the World's Strongest Man | b. to go up |
| 3. He also appeared in | c. "man mountain" |
| 4. People call him a | d. wrong |
| 5. speechless at | e. the hit series |
| 6. proving people | f. and a powerlifter |
| 7. People didn't believe | g. in me |
| 8. never going | h. breaking the record |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

A man set a world (1) _____ 501kg. Hafthor Bjornsson, 31, set the deadlifting record. This is raising weights (2) _____ with the arms extended. Bjornsson (3) _____ at his gym in Iceland. He lifted the weights for two seconds and (4) _____. His feat of strength was streamed by the sports broadcaster ESPN. The record (5) _____ by a British man, who was the (6) _____ to lift 500kg.

Hafthor Bjornsson is an actor (7) _____. In 2018, he won the World's Strongest Man competition. He (8) _____ the hit series Game of Thrones. He is 2.05m (9) _____ 195kg. People call him (10) _____. He was very happy and "speechless" at (11) _____. He said: "I'm extremely proud....There's nothing better than (12) _____....People didn't believe in me....People said, '501kg is never going to go up.'"

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

Amansetaworldrecordbylifting501kg.HafthorBjornsson,31,settled
eadliftingrecord.Thisisraisingweightsabovetheheadwiththearms
ended.Bjornssonbroke therecordathisgyminIceland.Heliftedthe
weightsfortwosecondsandroaredindelight.Hisfeatofstrengthwas
streamedbythesportsbroadcasterESPN.Therewaspreviouslyheld
byaBritishman,whowasthefirstpersonvertolift500kg.HafthorBjornsson
isactorandpowerlifter.In2018,hewontheWorld'sStrongestMan
competition.HealsoappearedinthehitseriesGameofThrones.Heis
2.05mtallandweighs195kg.Peoplecallhima"manmountain".Hewas
veryhappyand"speechless"atbreakingtherecord.Hesaid:"I'm
extremelyproud....There'snothingbetterthanprovingpeople
wrong....Peopledidn'tbelieveinme....Peoplesaid,'501kgis
nevergoingtogoout.'" "

WEIGHTLIFTING SURVEY

From <https://breakingnewsenglish.com/2005/200505-weightlifting-4.html>

Write five GOOD questions about weightlifting in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

