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Level 5 – 5th May, 2019

Game of Thrones star smashes weightlifting record

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<https://breakingnewsenglish.com/2005/200505-weightlifting-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2005/200505-weightlifting-5.html>

A man has set a world weightlifting record by lifting 501kg. Hafthor Bjornsson, 31, set the deadlifting* record. This is pulling weights up to the chest and then raising them above the head with the arms extended. Mr Bjornsson broke the record at his gym in his native Iceland. He lifted the barbell for two seconds. He dropped the weights and roared in delight. His feat of strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. 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 played Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05m tall and weighs 195kg. People call him a "man mountain". He explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud....There's nothing better than proving people wrong. So many people didn't believe in me....People said, '501kg is never going to go up.'" He added: "I'm just absolutely speechless....I'm excited, super excited. This is huge for me."

* **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-5.html>

PARAGRAPH ONE:

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

PARAGRAPH TWO:

- | | |
|--|----------------------|
| 1. an actor | a. "man mountain" |
| 2. in the hit series | b. speechless |
| 3. People call him a | c. Game of Thrones |
| 4. he was after breaking the | d. and a powerlifter |
| 5. There's nothing better than proving | e. me |
| 6. never going to | f. deadlift record |
| 7. I'm just absolutely | g. go up |
| 8. This is huge for | h. people wrong |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2005/200505-weightlifting-5.html>

A man has (1) _____ weightlifting record by lifting 501kg. Hafthor Bjornsson, 31, set the deadlifting record. This (2) _____ up to the chest and then raising them above the head with (3) _____. Mr Bjornsson broke the record at his gym in his native Iceland. He lifted the barbell for two seconds. He dropped the weights and (4) _____. His feat of strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The (5) _____ held by a British man, who was the first person (6) _____ 500kg.

Hafthor Bjornsson is an actor (7) _____. In 2018, he won the World's Strongest Man competition. He also played Ser Gregor "The Mountain" Clegane in (8) _____ Game of Thrones. He is 2.05m tall and weighs 195kg. People call him (9) _____. He explained how happy he was after (10) _____ record. He said: "I'm extremely proud....There's nothing better than (11) _____. So many people didn't believe in me....People said, '501kg is never going to go up.'" He added: "I'm (12) _____....I'm excited, super excited. This is huge for me."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2005/200505-weightlifting-5.html>

Aman has set a world weightlifting record by lifting 501 kg. Hafthor Bjornsson, 31, set the deadlifting record. This is pulling weights up to the chest and then raising them above the head with the arm extended. Mr Bjornsson broke the record at this gym in his native Iceland. He lifted the barbell for two seconds. He dropped the weights and roared in delight. His feat of strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a Britishman, who was the first person ever to lift 500 kg. Hafthor Bjornsson is an actor and a powerlifter. In 2018, he won the World's Strongest Man competition. He also played Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05 m tall and weighs 195 kg. People call him a "man mountain". He explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud.... There's nothing better than proving people wrong. So many people didn't believe in me.... People said, '501 kg is never going to go up.'" He added: "I'm just absolutely speechless.... I'm excited, super excited. This is huge for me."

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) _____

