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Level 6 – 5th May, 2020

Game of Thrones star smashes weightlifting record

FREE online quizzes, mp3 listening and more for this lesson here:

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting record by lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is pulling weights from the floor to the chest, and then raising the weights above the head with the arms fully extended. The actor broke the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then dropped the weights. He roared in delight at his achievement. His feat of power and strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg.

Besides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He shot to fame when he portrayed Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have dubbed him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud, you know. I'm extremely happy....There's nothing better than proving people wrong. So many people didn't believe in me. So many 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."

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/>

WARM-UPS

1. WEIGHTLIFTING: Students walk around the class and talk to other students about weightlifting. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

game / weights / floor / chest / personal / achievement / power / strength / 500kg / actor / fame / mountain / proud / happy / wrong / believe / speechless / excited

Have a chat about the topics you liked. Change topics and partners frequently.

3. WEIGHT TRAINING: Students A **strongly** believe everybody should do weight training to stay strong; Students B **strongly** believe they shouldn't. Change partners again and talk about your conversations.

4. RECORDS: What training would you do to break these records? How difficult would it be? Complete this table with your partner(s). Change partners often and share what you wrote.

	Training	Difficulty
Hot dog eating		
Spelling bee		
Distance walked		
T-shirts put on in a minute		
Typing		
Dancing		

5. WEIGHTS: Spend one minute writing down all of the different words you associate with the word "weights". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. THE GYM: Rank these with your partner. Put the best things to do in a gym at the top. Change partners often and share your rankings.

- bike
- running machine
- free weights
- rowing machine
- yoga
- sauna
- skipping
- aerobics

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. set | a. Created or established something (like a record, personal best, example, etc.). |
| 2. chest | b. An achievement that requires great courage, skill, or strength. |
| 3. extended | c. The front part of a person's or animal's body between the bottom neck and the top of the stomach. |
| 4. native | d. A very loud and deep sound made by a person or animal. |
| 5. roared | e. Made larger or longer. |
| 6. feat | f. Associated with the country, region, or situation of a person's birth. |
| 7. broadcaster | g. An organization that transmits a program or information by radio, television or Internet. |

Paragraph 2

- | | |
|----------------|---|
| 8. shot | h. Feeling deep happiness because of your own achievements, qualities, or possessions or those of someone you like. |
| 9. portrayed | i. Given an unofficial name or nickname to someone or something. |
| 10. hit | j. Moved suddenly and rapidly in a particular direction. |
| 11. dubbed | k. Showing your own abilities to other people. |
| 12. proud | l. Played the part of someone in a movie, TV series or on stage. |
| 13. proving | m. Unable to speak because of sudden shock or some strong emotion. |
| 14. speechless | n. Very, very popular and successful, especially a film, TV series, game, app, pop record, or song. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A man lifted over 500kg above his head. **T / F**
- b. The arms have to be fully extended to get a deadlifting record. **T / F**
- c. The man lifted the weights above his head for over 20 seconds. **T / F**
- d. The man is the first person ever to lift 500kg or more above his head. **T / F**
- e. The man is also a World's Strongest Man winner. **T / F**
- f. The man played a character called the Iceberg in Game of Thrones. **T / F**
- g. Everyone knew the man could break the world record. **T / F**
- h. The man was lost for words after his record-breaking feat. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|---------------------|
| 1. set | a. lost for words |
| 2. raising | b. achievement |
| 3. extended | c. nicknamed |
| 4. feat | d. up till now |
| 5. ever | e. straightened out |
| 6. portrayed | f. showing |
| 7. dubbed | g. established |
| 8. extremely | h. played |
| 9. proving | i. immensely |
| 10. speechless | j. lifting |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|----------------------------|
| 1. raising the weights above the head with | a. proud |
| 2. in his native | b. the sports broadcaster |
| 3. He roared in delight | c. speechless |
| 4. streamed by | d. the arms fully extended |
| 5. The record was previously | e. a "man mountain" |
| 6. He shot | f. at his achievement |
| 7. people have dubbed him | g. people wrong |
| 8. I'm extremely | h. held by a British man |
| 9. There's nothing better than proving | i. to fame |
| 10. absolutely | j. Iceland |

GAP FILL

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

The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting record by (1) _____ 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is pulling weights from the floor to the (2) _____, and then raising the weights above the head with the arms fully (3) _____. The actor (4) _____ the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then dropped the weights. He (5) _____ in delight at his achievement. His feat of power and (6) _____ was streamed by the sports broadcaster ESPN and (7) _____ on Bjornsson's YouTube channel. The record was (8) _____ held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg.

broke
previously
roared
chest
posted
lifting
extended
strength

Besides being an (9) _____, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He shot to (10) _____ when he portrayed Ser Gregor "The Mountain" Clegane in the (11) _____ series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have (12) _____ him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely (13) _____, you know. I'm extremely happy....There's nothing better than (14) _____ people wrong. So many people didn't believe in me. So many people said, '501kg is never going to go up.'" He added: "I'm just (15) _____ speechless....I'm excited, super excited. This is (16) _____ for me."

hit
proud
actor
huge
dubbed
absolutely
fame
proving

LISTENING – Guess the answers. Listen to check.

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

- 1) actor Hafthor Bjornsson has set a world weightlifting record _____
 - a. by lifting 501kg
 - b. by lift in 501kg
 - c. at lifting 501kg
 - d. to lift in 501kg
- 2) This is pulling weights from the floor to the chest, and then _____
 - a. rising the weights
 - b. arising the weights
 - c. arisen the weights
 - d. raising the weights
- 3) The actor broke the record at his personal gym in _____
 - a. this native Iceland
 - b. his natives Iceland
 - c. his native Iceland
 - d. his nativity Iceland
- 4) He lifted the barbell for two seconds and then dropped the weights. He _____
 - a. roar in delight
 - b. roar din delight
 - c. roared din delight
 - d. roared in delight
- 5) In 2016, Mr Hall became the first man _____ 500kg
 - a. ever to lift
 - b. even to lift
 - c. every to lift
 - d. never to lift
- 6) he won the World's Strongest Man competition. He _____
 - a. shoot to fame
 - b. short to fame
 - c. shot to fame
 - d. shots to fame
- 7) 2.05m tall and weighs 195kg, so people have _____ "man mountain"
 - a. daubed him a
 - b. dubbed him a
 - c. dabbed him a
 - d. dibbed him a
- 8) There's nothing better than _____
 - a. proving people wronged
 - b. proving people wrongly
 - c. proving people wrong
 - d. proving people wrongs
- 9) '501kg is never going to go up.'" He added: "I'm _____
 - a. justly absolutely speechless
 - b. just absolute speechless
 - c. just absolutely speechless
 - d. just absolutely speech lessen
- 10) I'm excited, super excited. This is _____
 - a. hug for me
 - b. luge for me
 - c. huge for me
 - d. fugue for me

LISTENING – Listen and fill in the gaps

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

The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting (1) _____ 501kg. Mr Bjornsson, 31, set the record for deadlifting. This (2) _____ from the floor to the chest, and then raising the weights above the head with the (3) _____. The actor broke the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then (4) _____. He roared in delight at his achievement. His feat of power and strength was (5) _____ sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a British man called Eddie Hall. In 2016, Mr Hall became the first man (6) _____ 500kg.

Besides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He (7) _____ when he portrayed Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05m (8) _____ 195kg, so people have dubbed him a "man mountain". Bjornsson explained how happy he was after (9) _____ record. He said: "I'm extremely proud, you know. I'm extremely happy....There's nothing better than (10) _____. So many people didn't believe in me. So many people said, '501kg is never going to go up.'" He added: "I'm (11) _____....I'm excited, super excited. This is (12) _____."

COMPREHENSION QUESTIONS

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

1. How much did the man lift?
2. What did the man have to do to his arms to get the record?
3. Where did the man break the record?
4. For how long did the man keep the weights above his head?
5. What is the nationality of the first man to lift 500kg?
6. When did the man win the World's Strongest Man competition?
7. What is the man's nickname?
8. How did the man feel about his achievement?
9. What did the man say there was nothing better than?
10. Why didn't the man talk a lot after breaking the record?

MULTIPLE CHOICE - QUIZ

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

- 1) How much did the man lift?
 - a) 510kg
 - b) 500kg
 - c) 501kg
 - d) 499kg
- 2) What did the man have to do to his arms to get the record?
 - a) fully extend them
 - b) put oil on them
 - c) wash them
 - d) show them
- 3) Where did the man break the record?
 - a) England
 - b) Iceland
 - c) Ireland
 - d) Greenland
- 4) For how long did the man keep the weights above his head?
 - a) 5.5 seconds
 - b) 12 seconds
 - c) 20 seconds
 - d) 2 seconds
- 5) What is the nationality of the first man to lift 500kg?
 - a) Greek
 - b) Danish
 - c) British
 - d) Icelandic
- 6) When did the man win the World's Strongest Man competition?
 - a) 2109
 - b) 2018
 - c) 2017
 - d) 2012
- 7) What is the man's nickname?
 - a) Mr Muscle
 - b) Godzilla
 - c) the Iceberg
 - d) Man Mountain
- 8) How did the man feel about his achievement?
 - a) exhilarated
 - b) proud
 - c) exhausted
 - d) good
- 9) What did the man say there was nothing better than?
 - a) chocolate cheesecake
 - b) proving people wrong
 - c) gyms
 - d) weight training
- 10) Why didn't the man talk a lot after breaking the record?
 - a) he was speechless
 - b) he was eating donuts
 - c) he had no time
 - d) he's shy

ROLE PLAY

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

Role A – Bike

You think the bike is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, sauna or aerobics.

Role B – Free Weights

You think free weights are the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): bike, sauna or aerobics.

Role C – Sauna

You think the sauna is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, bike or aerobics.

Role D – Aerobics

You think aerobics is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, sauna or bike.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'weightlifting' and 'record'.

weightlifting	record
----------------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• pulling• personal• two• delight• sports• ever	<ul style="list-style-type: none">• 2018• shot• hit• mountain• wrong• never
--	--

WEIGHTLIFTING SURVEY

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

WEIGHTLIFTING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'weightlifting'?
3. What do you know about the show Game of Thrones?
4. What do you think of weightlifting?
5. How much weight do you think you can lift?
6. Why do you think people like weightlifting?
7. Should everybody do weight training to stay strong?
8. What world record would you like to break?
9. Is weightlifting a sport?
10. When was the last time you roared with delight?

Game of Thrones star smashes weightlifting record – 5th May, 2020
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WEIGHTLIFTING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'record'?
13. What do you think about what you read?
14. Would you like to watch the World's Strongest Man competition?
15. What are the good and bad things about being a "man mountain"?
16. What are you extremely proud of?
17. When was the last time you proved someone wrong?
18. When was the last time you were speechless?
19. What three adjectives best describe this story?
20. What questions would you like to ask Mr Bjornsson?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

LANGUAGE - CLOZE

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

The Game of Thrones actor Hafthor Bjornsson has (1) _____ a world weightlifting record by lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is pulling weights from the floor to the (2) _____, and then raising the weights above the head with the arms (3) _____ extended. The actor broke the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then dropped the weights. He (4) _____ in delight at his achievement. His (5) _____ of power and strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a British man called Eddie Hall. In 2016, Mr Hall became the first man (6) _____ to lift 500kg.

Besides (7) _____ an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He (8) _____ to fame when he portrayed Ser Gregor "The Mountain" Clegane in the (9) _____ series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have (10) _____ him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud, you know. I'm extremely happy....There's nothing better than (11) _____ people wrong. So many people didn't believe in me. So many people said, '501kg is never going to go up.'" He added: "I'm (12) _____ absolutely speechless....I'm excited, super excited. This is huge for me."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|------------|------------------|----------------|
| 1. | (a) let | (b) set | (c) bet | (d) met |
| 2. | (a) chaste | (b) chest | (c) chasten | (d) chastens |
| 3. | (a) reasonably | (b) surly | (c) periodically | (d) fully |
| 4. | (a) whispered | (b) roared | (c) voiced | (d) enunciated |
| 5. | (a) feet | (b) float | (c) fleet | (d) feat |
| 6. | (a) whole | (b) all | (c) ever | (d) power |
| 7. | (a) being | (b) was | (c) been | (d) be |
| 8. | (a) triggered | (b) banged | (c) shot | (d) fired |
| 9. | (a) hit | (b) whack | (c) punch | (d) slap |
| 10. | (a) dubbed | (b) dibbed | (c) daubed | (d) dabbled |
| 11. | (a) proving | (b) proven | (c) proof | (d) improve |
| 12. | (a) just | (b) such | (c) though | (d) tad |

SPELLING

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

Paragraph 1

1. set the record for ilidaendtgf
2. nsiargi the weights above the head
3. with the arms fully tdnedxee
4. in his venati Iceland
5. He roared in dlgtehi
6. rliyoesup held by a British man

Paragraph 2

7. the World's Strongest Man oiitpontcem
8. he doyratepr Ser Gregor
9. people have duebdb him a "man mountain"
10. I'm mlrytxeee proud
11. npiogvr people wrong
12. I'm just aosbtlluey speechless

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is pulling weights from the floor to the
- () go up." He added: "I'm just absolutely speechless....I'm excited, super excited. This is huge for me."
- () competition. He shot to fame when he portrayed Ser Gregor "The Mountain" Clegane in the hit
- () Iceland. He lifted the barbell for two seconds and then dropped the weights. He roared in
- () Besides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man
- () chest, and then raising the weights above the head with the arms fully extended. The actor broke the record at his personal gym in his native
- () mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely
- () delight at his achievement. His feat of power and strength was streamed by the sports
- () held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg.
- () wrong. So many people didn't believe in me. So many people said, '501kg is never going to
- (**1**) The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting record by
- () series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have dubbed him a "man
- () proud, you know. I'm extremely happy....There's nothing better than proving people
- () broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously

PUT THE WORDS IN THE RIGHT ORDER

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

1. world a weightlifting 501kg . lifting record by Set
2. the floor from chest . weights to Pulling the
3. broke actor record at gym . the his The
4. lifted two the for barbell seconds . He
5. to first lift became the 500kg . man Hall
6. the he In Man . Strongest 2018, won World's
7. "man Many dubbed mountain" . him have people a
8. record . He happy breaking deadlift after was the
9. wrong . nothing than proving better There's people
10. many didn't people believe So in me .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

The Game of Thrones actor Hafthor Bjornsson has *let / set* a world weightlifting record *by / at* lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is *pulling / pushing* weights from the floor to the chest, and then *raising / rising* the weights above the head with the arms *full / fully* extended. The actor broke the record at his personal gym in his *nativity / native* Iceland. He lifted the barbell for two seconds and then dropped the weights. He roared in *delightful / delight* at his achievement. His *feet / feat* of power and strength was *streamed / streamline* by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was *previously / previous* held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg.

Besides / Insides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man *competing / competition*. He *shot / fired* to fame when he portrayed Ser Gregor "The Mountain" Clegane in the hit *series / serial* Game of Thrones. He is 2.05m tall and weighs 195kg, so people have *dubbed / daubed* him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely *pride / proud*, you know. I'm *extremely / extreme* happy....There's nothing better than *proven / proving* people wrong. So many people didn't believe in me. So many people said, '501kg is never going to go up.'" He added: "I'm just absolutely *speech / speechless*....I'm excited, super excited. This is *huge / hugs* for me."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

Th_ G_m_ _f Th r_n_s _c t_r H_f t h_r B j_r n s s_n
h_s s_t _ w_r l d w__ g h t l f t_n g r_c_r d b y l_f
t_n g 5 0 1 k g . M r B j_r n s s_n , 3 1 , s_t t h_
r_c_r d f_r d__ d l f t_n g . Th_s _s p_l l_n g w__ g
h t s f_r_m t h_ f l__ r t_ t h_ c h_s t , _n d t h_n
r__ s_n g t h_ w__ g h t s _b_v_ t h_ h__ d w_t h t
h_ _r m s f_l l y _x t_n d_d . Th_ _c t_r b r_k_ t h_
r_c_r d _t h_s p_r s_n_l g y m _n h_s n_t_v_ I
c_l_n d . H_ l_f t_d t h_ b_r b_l l f_r t w_ s_c_n d s
_n d t h_n d r_p_p_d t h_ w__ g h t s . H_ r__ r_d
_n d_l_g h t _t h_s _c h__ v_m_n t . H_s f__ t _f
p_w_r _n d s t r_n g t h w_s s t r__ m_d b y t h_s
p_r t s b r__ d c_s t_r E S P N _n d p_s t_d _n B j_r
n s s_n 's Y__ T_b_ c h_n n_l . Th_ r_c_r d w_s p
r_v__s l y h_l d b y _ B r_t_s h m_n c_l l_d E d
d__ H_l l . I n 2 0 1 6 , M r H_l l b_c_m_ t h_ f_r
s t m_n _v_r t_ l_f t 5 0 0 k g .

B_s_d_s b__ n g _n _c t_r , H_f t h_r B j_r n s s_n _s
_ p_w_r l f t_r . I n 2 0 1 8 , h_ w_n t h_ W_r l d 's
S t r_n g_s t M_n c_m p_t_t__ n . H_ s h_t t_ f_m_
w_h_n h_ p_r t r_y_d S_r G_r_g_r " Th_ M__ n t__ n
" C l_g_n_ _n t h_ h_t s_r__ s G_m_ _f Th r_n_s .
H_ _s 2 . 0 5 m t_l l _n d w__ g h s 1 9 5 k g , s_
p__ p_l_ h_v_ d_b b_d h_m _ " m_n m__ n t__ n " . B
j_r n s s_n _x p_l__ n_d h_w h_p p y h_ w_s _f t_r b
r__ k_n g t h_ d__ d l f t r_c_r d . H_ s__ d : " I ' m
_x t r_m_l y p_r__ d , y__ k n_w . I ' m _x t r_m_l y
h_p p y . . . Th_r_ 's n_t h_n g b_t t_r t h_n p_r_v_n
g p__ p_l_ w_r_n g . S_ m_n y p__ p_l_ d_d n ' t
b_l__ v__ n m_ . S_ m_n y p__ p_l_ s__ d , ' 5 0 1 k g
_s n_v_r g__ n g t_ g_ _p . ' " H_ _d d_d : " I ' m
j_s t _b s_l_t_l y s_p__ c h l_s s . . . I ' m _x c_t_d ,
s_p_r _x c_t_d . Th_s _s h_g_ f_r m_ . "

PUNCTUATE THE TEXT AND ADD CAPITALS

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

the game of thrones actor hafthor bjornsson has set a world weightlifting record by lifting 501kg mr bjornsson 31 set the record for deadlifting this is pulling weights from the floor to the chest and then raising the weights above the head with the arms fully extended the actor broke the record at his personal gym in his native iceland he lifted the barbell for two seconds and then dropped the weights he roared in delight at his achievement his feat of power and strength was streamed by the sports broadcaster espn and posted on bjornssons youtube channel the record was previously held by a british man called eddie hall in 2016 mr hall became the first man ever to lift 500kg

besides being an actor hafthor bjornsson is a powerlifter in 2018 he won the worlds strongest man competition he shot to fame when he portrayed ser gregor the mountain clegane in the hit series game of thrones he is 205m tall and weighs 195kg so people have dubbed him a man mountain bjornsson explained how happy he was after breaking the deadlift record he said im extremely proud you know im extremely happy theres nothing better than proving people wrong so many people didnt believe in me so many people said 501kg is never going to go up he added im just absolutely speechless im excited super excited this is huge for me

PUT A SLASH (/) WHERE THE SPACES ARE

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

The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting record by lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting. This is pulling weights from the floor to the chest, and then raising the weights above the head with the arms fully extended. The actor broke the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then dropped the weights. He roared in delight at this achievement. His feat of power and strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg. Besides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He shot to fame when he portrayed Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have dubbed him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud, you know. I'm extremely happy.... There's nothing better than proving people wrong. So many people didn't believe in me. So many 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."

ACADEMIC WRITING

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

Weightlifting is a great sport to take up. Discuss.

HOMWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. WEIGHTLIFTING: Make a poster about weightlifting. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WEIGHT TRAINING: Write a magazine article about introducing weight training at school. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on weightlifting. Ask him/her three questions about it. Give him/her three of your ideas on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. a 2. c 3. e 4. f 5. d 6. b 7. g
8. j 9. l 10. n 11. i 12. h 13. k 14. m

TRUE / FALSE (p.5)

- a T b T c F d F e T f F g F h T

SYNONYM MATCH (p.5)

1. g	2. j	3. e	4. b	5. d
6. h	7. c	8. i	9. f	10. a

COMPREHENSION QUESTIONS (p.9)

- 501kg
- Fully extend them
- In his gym in Iceland
- Two seconds
- British
- 2018
- Man mountain
- Proud
- Proving people wrong
- He was speechless

WORDS IN THE RIGHT ORDER (p.20)

- Set a world weightlifting record by lifting 501kg.
- Pulling weights from the floor to the chest.
- The actor broke the record at his gym.
- He lifted the barbell for two seconds.
- Hall became the first man to lift 500kg.
- In 2018, he won the World's Strongest Man.
- Many people have dubbed him a "man mountain".
- He was happy after breaking the deadlift record.
- There's nothing better than proving people wrong.
- So many people didn't believe in me.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)