

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**“1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS”**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freесlmaterials.com/sean_banville_lessons.html

Level 4 – 9th February 2026

Hero boy swims for four hours to save his family

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

<https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

X (Twitter)



[X.com/SeanBanville](https://twitter.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

A boy is a hero after an epic swim to save his family. Austin Appelbee, 13, and his family were kayaking and paddleboarding in Australia. They were in shallow water, but the wind pushed them four kilometres away from land. It was getting dark. Austin tried to kayak to shore, but the waves flipped his boat over. He knew he was in trouble. He said he had no choice but to swim to land to raise the alarm. He swam through shark-frequented waters.

Austin got to the beach and phoned for help. Coastguards found and rescued the boy's mother and two younger sisters. The boy said: "I hit the bottom of the beach and I just collapsed....I had to sprint two kilometres to get to the phone." Rescuers called him "superhuman". One rescuer could not praise him highly enough. He said Austin's determination and courage saved the lives of his family. Austin's mother called the experience a "nightmare".

Sources: <https://www.nzherald.co.nz/world/teen-13-makes-harrowing-swim-through-shark-frequented-waters-to-save-family-swept-out-to-sea/YS5HBJ2Y2BFP3G44WGQ7Z67BPM/>
<https://www.nbcnews.com/world/australia/australia-perth-family-stranded-sea-teenager-swims-rcna257203>
<https://www.bbc.com/news/articles/cly3ezj3rg3o>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

PARAGRAPH ONE:

1. A boy is a hero after an a. to raise the alarm
2. They were in shallow b. four kilometres away
3. the wind pushed them c. water
4. It was getting d. frequented waters
5. the waves flipped e. dark
6. He said he had no f. his boat over
7. swim to land g. choice
8. He swam through shark- h. epic swim

PARAGRAPH TWO:

1. Austin got to the beach and a. courage
2. Coastguards found and rescued b. of the beach
3. I hit the bottom c. a "nightmare"
4. Rescuers called him d. of his family
5. One rescuer could not praise him e. phoned for help
6. Austin's determination and f. "superhuman"
7. saved the lives g. the boy's mother
8. Austin's mother called the experience h. highly enough

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

A boy is a hero after (1) _____ to save his family.

Austin Appelbee, 13, and his family were kayaking and paddleboarding in Australia. They were (2) _____, but the wind pushed them four kilometres away from land. It was getting dark. Austin tried to kayak to shore, but the (3) _____ boat over. He knew he (4) _____. He said he had (5) _____ to swim to land to raise the alarm. He swam through (6) _____.

Austin got to the beach and phoned for help.

(7) _____ rescued the boy's mother and two younger sisters. The boy said: "I (8) _____ of the beach and I just collapsed....I had (9) _____ kilometres to get to the phone." Rescuers (10) _____. One rescuer could not (11) _____. enough. He said Austin's determination and (12) _____ lives of his family. Austin's mother called the experience a "nightmare".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

A boy is a hero after an epic swim to save his family. Austin Appelbee, 13, and his family were kayaking and paddleboarding in Australia. They were in shallow water, but the wind pushed them four kilometres away from land. It was getting dark. Austin tried to kayak to shore, but the waves flipped his boat over. He knew he was in trouble. He said he had no choice but to swim to land and raise the alarm. He swam through shark-frequented water to the beach and phoned for help. Coastguards found and rescued the boy's mother and two younger sisters. The boy said: "I hit the bottom of the beach and I just collapsed.... I had to sprint two kilometres to get to the phone." Rescuers called him "superhuman". One rescuer could not praise him highly enough. He said Austin's determination and courage saved the lives of his family. Austin's mother called the experience a "nightmare".

HEROES SURVEY

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

Write five GOOD questions about heroes 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) _____

Hero boy swims for four hours to save his family – 9th February 2026

More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2602/260209-hero-swimmer-4.html>

Write about **heroes** for 10 minutes. Read and talk about your partner's paper.