



BMX world champion

Do you like riding a bike? Watch this video to find out about Freia – she's a BMX world champion!

1. Match them up!

Match the words with the definitions.

BMX	I'm thinking about something
a champion	to show that you are good at something
a start gate	to have the ability to become really good at something in the future
something is going through my mind	a sport called 'bicycle motocross', where riders race and jump on special bikes
to prove something	a type of path or road that's made for sports, especially racing
a track	the place where you start a race
to have potential	someone who is top in a competition
the Olympics	a high-level competition to decide who is best, especially in a sport
a championship	to help or encourage someone to do well
to support someone	a set of international sports competitions that happen once every four years

2. True or false?

Watch the video. Circle true or false for these sentences.





Kurs Q2.4 Year 7 Listening/ Speaking

English 7

a. Freia is one of the best BMX riders in the world.	True	False
b. When Freia is at the start of a race, she's thinking about how scared she feels.	True	False
c. Freia first tried BMXing with her younger sister.	True	False
d. Freia only races in girls' competitions.	True	False
e. Freia's mum thinks that Freia will race her BMX in the Olympics one day.	True	False
f. Freia thinks she can win because her family support her	True	False

3. Fill it in!

Watch the video. Complete the sentences.

prove	support	champion	life	track	BMXing
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- a. I'm a BMX world _____ .
- b. I want to _____ that I can actually win.
- c. I really enjoyed it, so I started _____ .
- d. The first time I rode on a BMX _____, it was amazing.
- e. It's what I wanted to do for the rest of my _____ .
- f. It's so important that my family is there to _____ me.

Discussion

Would you like to try BMXing? Where do you go on your bike? Tell us about it!

