

challenge (*noun*):

a difficult task that tests someone's ability

TEENAGER COMPLETES ROUND THE WORLD CYCLE TRIP.

1 Warmer

Which of these challenges would you like to try:

- visiting all continents
- swimming in all of the oceans of the world
- climbing Everest
- running a marathon/triathlon
- learning a new language
- taking up a new sport
- try a profession in a different field
- achieve your ideal weight

Can you think of some more interesting challenges that a person can do?

What kind of challenge would you like to try?

Do you have any heroes that have done something amazing?

Some people think that facing challenges improves a person. Do you agree or disagree?

2 Pre-reading

You are going to read the article about Tom Davies, 19, the youngest person to cycle around the world.

Here are some words from the article you might find challenging. Match the words with their definitions.



Words

1. to accomplish (v)
2. sheer (adj)
3. to take its toll (v)
4. rewarding (adj)
5. to chase (v)
6. to outweigh (v)
7. to overwhelm (v)

Definitions

- a) to have a bad effect on someone
- b) to achieve
- c) worth doing, that makes you happy because you think it is useful or important
- d) to be greater or more important than something
- e) absolute, total ; used to emphasize the size, degree
- f) to have a strong emotional effect on someone
- g) to run, drive ect after someone in order to catch them