Check here

Task 1  List the advantages of bungee jumping mentioned in Speak up.

1. 
2. 
3. 
4. 
Task 2  Describe a very popular sporting activity.
Cómo prepararte para tu primer salto en bungee

1. Busca en línea foros de discusión o blogs sobre bungee jumping para entender exactamente qué se siente en el salto.
2. Ve un video sobre bungee jumping. Esto te permitirá ver cómo es realmente.
3. Localiza una empresa de bungee jumping de confianza.
4. Presta mucha atención al instructor y pregunta si te sientes inseguro.
5. Examine de manera completa tu equipo.
6. Relájate tanto como sea posible. Si estás tensa, tu salto no será tanto divertido.

Elige uno de los puntos mencionados anteriormente y describa por qué crees que es importante.
Sum up

Key words:
- harness
- elastic
- cord
- exhilarating
- marry
- mood
- negative
- attached to

Useful expressions:
1. I heard that bungee jumping is the most popular one.
2. The only thing that a jumper needs to wear is a harness attached to the end of a thick elastic cord.
3. Bungee jumping can improve a person's mood by helping to remove negative feelings.
Extra practice for between lessons 1.

Watch a bungee jumping clip from the 1997 movie Selena
http://film.qq.com/cover/2/2h7y7rv6njcx3br.html
Extra practice for between lessons 2.

Listen to the song "Elastic Heart" by Sia feat. The Weekend & Diplo

http://v.yinyuetai.com/video/867641

And another one bites the dust
Oh why can I not conquer love?
And I might have thought that we were one
Wanted to fight this war without weapons
And I wanted it, I wanted it bad
But there were so many red flags
Now another one bites the dust
Yeah, let's be clear, I'll trust no one
You did not break me
I'm still fighting for peace
Well, I've got thick skin and an elastic heart,
But your blade—it might be too sharp
I'm like a rubber band until you pull too hard,
Yeah, I may snap and I move fast
But you won't see me fall apart
'Cause I've got an elastic heart
I've got an elastic heart
Yeah, I've got an elastic heart
And I will stay up through the night
Let's be clear, won't close my eyes
And I know that I can survive
I'll walk through fire to save my life
And I want it, I want my life so bad
I'm doing everything I can
Then another one bites the dust
It's hard to lose a chosen one

Continue...
Continued...
You did not break me
(you did not break me, no)
I'm still fighting for peace

[3x]
Well, I've got thick skin and an elastic heart.
But your blade—it might be too sharp
I'm like a rubber band until you pull too hard,
Yeah, I may snap and I move fast
But you won't see me fall apart
'Cause I've got an elastic heart
I've got an elastic heart
Extra practice for between lessons 3.

Listen to the song "Although We Are All Lost" by The Leisure Society
http://music.baidu.com/song/s/3207121b6fb0854c8e25e

Although we all are lost, our progress has been mapped
And damage that was done, will shape us to a man
Inscrutably led, we're doing it for love
Yes after all is said, we're doing it for love

We stalk into the arms
Into the arms of hope
It's saving us the trouble of
Surviving on our own
We make every mistake
Finding the long way around
But having tasted diffidence
We know we're happy now
We know we're happy now

Words, worn
Cliffs in the storm
Down to the shark they fall
He sidles up and savages
Each savored syllable

We try, oh how we try
Searching the night for sleep
It barely seems to matter now
Our lives they are complete
Our lives they are complete
Extra practice for between lessons 4.

Listen to the song "Inner Strength" by Hilary Duff
http://music.baidu.com/song/s/7106dd57db0854cdf914?pst=sug

Gotta find your inner strength
If you can’t then just throw life away
Gotta learn to rely on you

Beauty, strength, and wisdom, too
You’re beautiful inside and out
Lead a great life without a doubt
Don’t need a man to make things fair
’Cuz more than likely he won’t be there
Listen girl, gotta know it’s true
In the end all you’ve got is you