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# CAE Speaking Practice

21.04.21

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# Part 1

I am toying with the idea of .....

vigorous exercise

I've been considering .....

To my regret ...

When it comes to ..... I am convinced

..... is really my cup of tea

.....

I've always been an ardent fan of ....

1. What's your name?

2. Where are you from?

3. How long have you been studying English?

a vital part of .....

More often than  
not .....

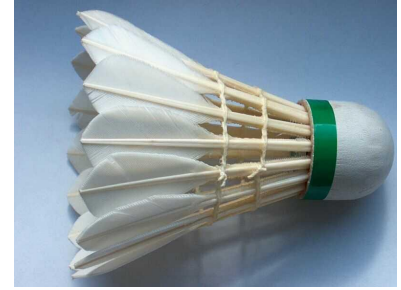
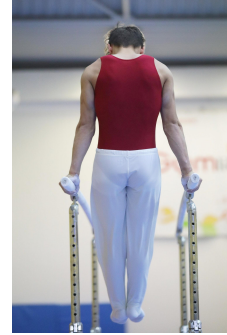
4. What do you do to keep fit?

I am heavily into .....

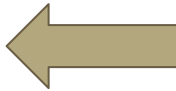
5. If you had the opportunity to learn a new sport,  
what would it be? Why?

6. How important are sport and exercise in your life?

Name the objects. If don't remember the word, try to explain. Then click on the image to check yourself.



I can't quite remember  
What's it called?  
Sorry, It's gone  
I can't remember the exact word  
It's on the tip of my tongue  
I'll kick myself later.



**If you don't remember the word  
IT'S OK TO USE THESE PHRASES**

# Why have these sports become popular? What motivates people to take them up? (1 min)



**Which sport do you think, requires the most skill? (30 sec)**

explore your own limits  
get away from the routine  
push yourself to the limits and beyond  
high levels of perceived risks  
adrenaline junkie  
recklessly tempt fate  
see a record growth

What kind of training do these sports require?

What are the advantages and disadvantages of taking part in a team sport as opposed to an individual sport? (1 min)



to be inclined to do  
want to excel in ...

aim

archer

archery

bow and arrow

powerful physique

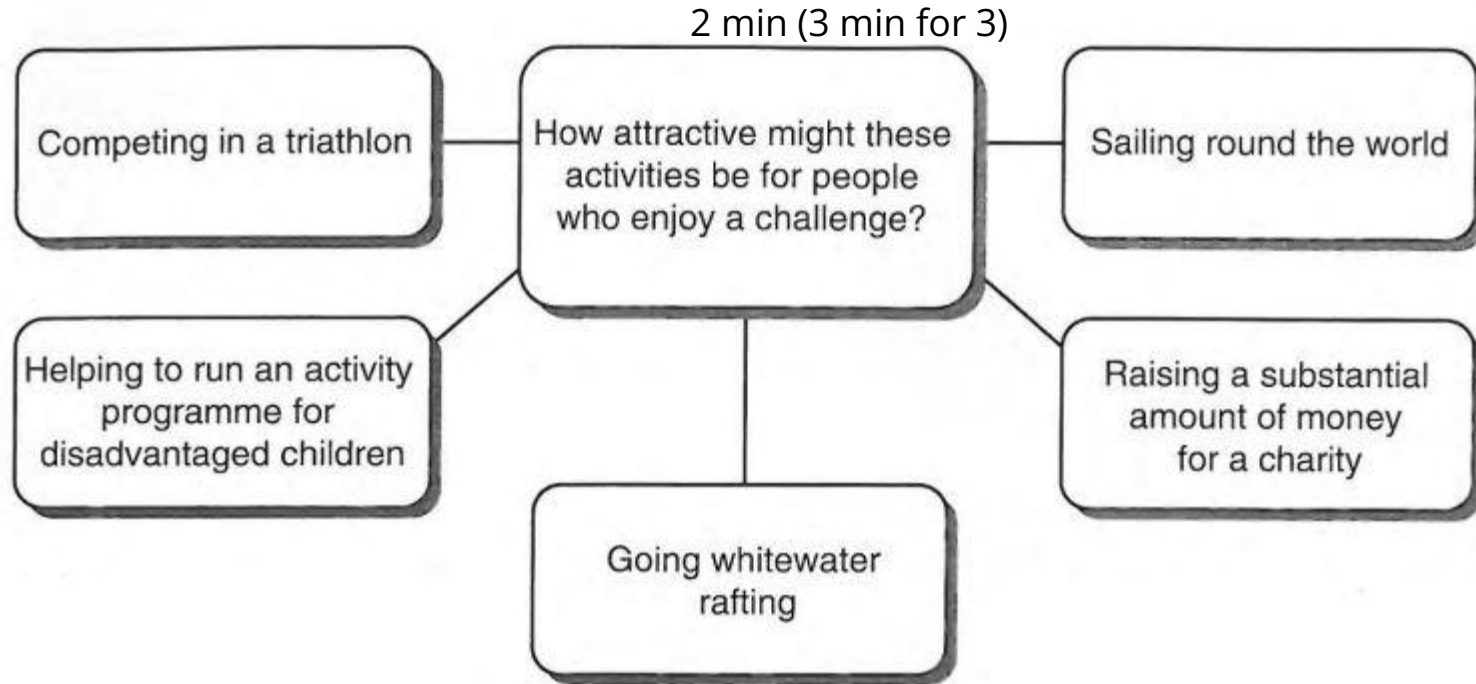
weightlifting

pump iron

it teaches tenacity

explosive power and stamina

**Which of these sports would you find the most enjoyable? (Why?) - 30 sec**



Which activity would be the most challenging? (1 min)

**try to minimise the risk/ seek out high risk activities/to be a goal-driven person/ an awareness raising tool /mental strain dopamine rush/ thrill of risk/ spare no effort/ make a contribution**