

Never Give Up



● Warm-up Questions

1. These days, do you have any new goals?

2. What things do you try hard to do?

3. Why are hobbies important for people?

4. Which do you like more, swimming, running, or biking?

VOCABULARY

● WRITE THE CORRECT WORD IN THE SENTENCES BELOW

act like, in fact, tough, athletes, a time limit, crossed the finish line, begged, expect me, retired, triathlon, a legend, be like him, motivates

1. Many _____ will go to Tokyo for the Olympics.
2. Students _____ to give them homework, so I give them homework.
3. My dad was a kind man, so I try to _____.
4. Don't forget that there is _____ when you do the Eiken test.
5. She _____ from her job at the age of 65, and she is happy about that.

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Hiromu Inada is 87 years old, but he doesn't act like an old man. In fact, he is the world's oldest ironman, and he has no plans to quit training.

An ironman race is tough. Many people think it is the hardest race in the world. Athletes have to run 42 kilometers, swim 3 km, and ride a bike for 180 km. There is also a time limit for the race.

"It's a very hard race for an old man like me. But there's a part of me that wants to challenge myself. I want to see how long I can keep doing this," Inada told Kyodo news.

In 2015, Mr Inada went to Hawaii and tried to become the oldest person to finish an ironman race.

In that race, he fell down 2 times in front of the finish line. Finally, he crossed the finish line, but there was a problem: He didn't finish the race in time. He finished the race in 16 hours, 50 minutes, and 5 seconds. He was 5 seconds too slow. But he didn't give up.

Mr Inada was in the newspapers in Hawaii, and he became famous there. People from around the world wrote to him and told him, "You are my hero." He got thousands of messages from his new fans. They begged

him not to quit.

"Those people expect me to race. They are cheering for me, so I feel I have to train harder and harder," he said. The next year, he did the race again, and he finished it. He entered Guinness as the world's oldest ironman.

Mr Inada trains six days a week near his home in Chiba. He wakes up at 4:30, and begins swimming at 6am. He stays at his gym for 14 hours a day.

In the past, Mr Inada was a reporter for NHK. He retired at the age of 60 to take care of his wife. With more free time, he started swimming and biking. Soon, he was swimming, biking and running for longer and longer every day.

When he was 70, he ran a triathlon race. He liked it, and a few years later, he ran his first ironman race.

"When I was 80, I suddenly felt very weak. I thought I might die. But I knew that I had to train more. If I stopped training, I knew that my life would be over fast."

People at his gym in Chiba call him a legend. Satoshi Namekata, only 52 years old, trains with Inada. "Everybody wants to be like him. Well, I don't think I can be like him," he said with a laugh. "But he motivates us, and he is an amazing man."

1. When was the last time you entered a contest?
2. How long have you practiced English?
3. What things do you do fast, and what things do you do slowly?
4. What hobbies do you want to have when you are older?
5. What do you think about homework?
6. What do you do 6 days a week?
7. Why do you think so many Japanese people have Guinness records?
8. What are you good at now, but in the past, you weren't good at it?

Grammar Practice

Fix the sentences below. All of them have around 3 mistakes.

1. I have ever take a travel to Hawaii twice time in my life.

2. He is hero for many the people in Hawaii and along the world.

3. If I am Mr Inada, I will try to play an ironman race in the age of 100.

VERB PRACTICE

Write the right verb tense for the sentences below:

1. I have never _____ (swim) in an Olympic pool.
2. I have never _____ (take) a Japanese test.
3. A: Where is Hana? B: She has _____ (go) home.
4. We _____ (study) since 11:00am.
5. I've already _____ breakfast, so I'm not hungry now.
6. They haven't _____ (do) their homework yet.
7. A: Where do you want to go on your holiday? B Well, how about Turkey. I've _____ (be) crazy about Turkish food for many years.
8. Have you _____ (speak) to your boss about the New Year party yet?
9. I've _____ (drive) a Porsche once in my life.
10. If I were you, I would have _____ (wear) the orange shirt.
11. I think I should have _____ (build) the castle with stone and not sand.
12. Since I was a child, I have _____ (dream) of flying in a hot air balloon.
13. A: What would you do with a pet dragon? B: I've never _____ (think) about that.

WRITING SENTENCES

1. plan: _____
2. finish: _____
3. hero: _____
4. stay: _____
5. enter: _____
6. amazing: _____