

ON TOP OF THE WORLD 9

Activity 9.1

Act out

Pasindu is a student of Kajulanda M.V. He has **always** done well in his studies and various extra-curricular activities of the school-especially in sports. Recently, he got through the GCE (A/L) examination with three A passes. So, the school organized a felicitation ceremony for him. The following is the interview that Charith, a member of the school's media unit, had with Pasindu just after the ceremony.

Charith: Good morning, Pasindu! Today is a special day for you. Tell me, What are your thoughts at the moment?

Pasindu: I feel really happy and honoured. In fact, this is one of the happiest days of my life.



Charith: You're a role model to all of us. You have been a senior prefect, the captain of the school volleyball team and a school cadet. With all that, you managed to get through your A/L's with flying colours. How did you do all this?



Pasindu: Well, one reason is that I **always** try to manage my time as best I can.

Charith: Yes, as we all know, Pasindu, you **always** come to school early. And you **rarely** get absent. Do you **usually** plan your day? Can you tell me what time you get up in the morning?

Pasindu: I **always** get up at 5 a.m., six on weekends. I **never** stay in bed later than 6.30. It helps me to go through the day cheerfully and confidently.

Charith: Could you tell us how you prepared for your exam?

Pasindu: Well, at the end of each day, I **always** revised what I had learnt during that particular day. Twice a week I answered past question papers and got them checked by my teachers.

Charith: I think that's good advice for anyone getting ready for an exam. By the way, Pasindu, what do you do in your free time?

Pasindu: Well, I **often** listen to music. About once a week, I watch a movie. I **usually** watch English movies as it helps me to improve my knowledge of English. I **sometimes** watch good Hindi movies too.

Charith: Finally, what message would you like to give your fellow students?

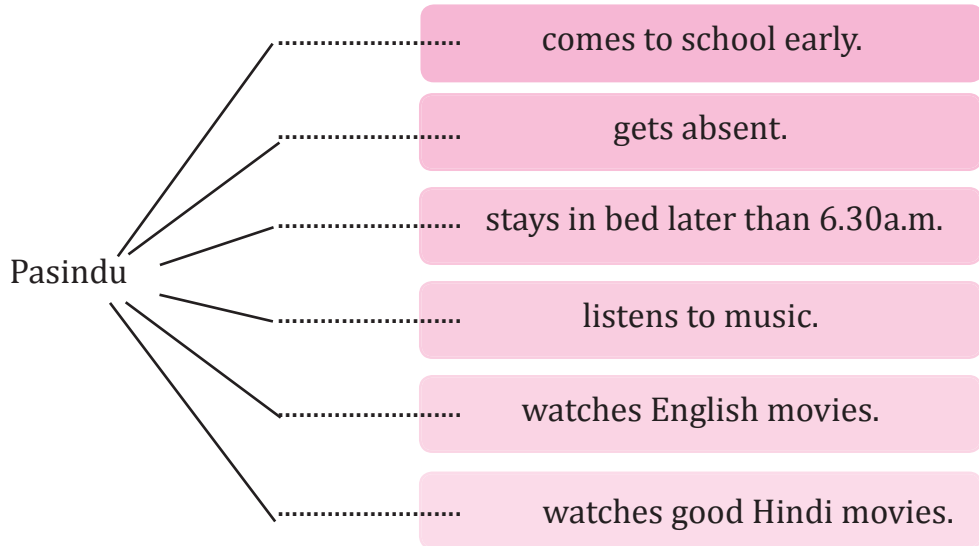
Pasindu: Time is precious. So make the best possible use of it. And **always** look on to bright side of things.

Charith: Thank you very much Pasindu for joining us today. On behalf of the school media unit, I wish you all the best in every step of your way!

Pasindu: Thank you.

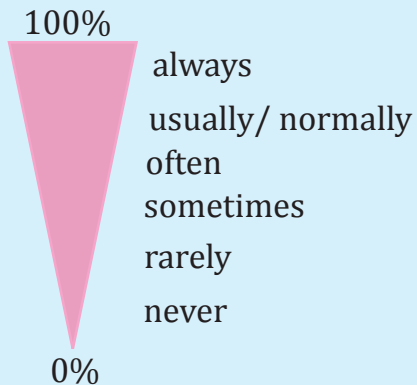
Activity 9.2

Read the conversation and fill in the blanks with **always**, **usually**, **often**, **sometimes**, **rarely** and **never**.



LEARNING POINT

We use adverbs of frequency when we say how often something happens. These adverbs are usually placed in front of the main verb in the sentence.



Adverbs such as once and twice usually go at the end of the sentence.

More examples

- Mr. Perera usually goes to work by bus.
- Chathura always gets up before 5.30 a.m.
- I never lie to my parents.
- Nethmi often stays after school for badminton practice.
- Do you sometimes feel lonely?
- The garbage truck comes once a week.

Activity 9.3

The following pictures show certain things that Suresh does. Look at the pictures and write sentences using the adverbs given. The first one is done for you.



1. always



2. usually



3. often



4. never



5. sometimes



6. rarely

1) Suresh always helps his mother.

2) He

Activity 9.4

Speaking

Get into groups of five. Each member should construct a sentence about himself/herself using one of the adverbs given below. The leader of each group should report the sentences to the class.

e.g. :- Dinith usually gets up at 5.30 in the morning.
usually/normally/sometimes/rarely/often/always/never

Activity 9.5

Write a paragraph about yourself or one of your family members using as many adverbs of frequency as you can.

Activity 9.6

Given below is an introduction about a great Sri Lankan woman. Read it carefully.

Top of the world



Jayanthi Kuru-Utumpala was the first Sri Lankan to reach the summit of Mount Everest. This great achievement of hers makes Sri Lanka one of the few countries in the world in which a woman has been the first person to reach the highest mountain peak on Earth.

Jayanthi was born in 1979 in Colombo. She studied at Bishop's College and later completed a BA degree in English literature from the Delhi University and a Masters Degree from the University of Sussex, U.K.



In a recent interview, Jayanthi said that conquering the world's highest summit had always been one of her childhood dreams. She began to dream of conquering Mount Everest when she saw a photograph of a friend in the Himalayas in 2002. Following in the footsteps of her friend, she followed a mountaineering course which provided her with the necessary skills. After that she climbed several mountains in the world including Mount Kilimanjaro in Tanzania, Spanish Pyranees and Argentine Andes. On May 21st, 2016, Jayanthi became the first Sri Lankan to reach the summit of the mighty Everest, realizing her ultimate dream.

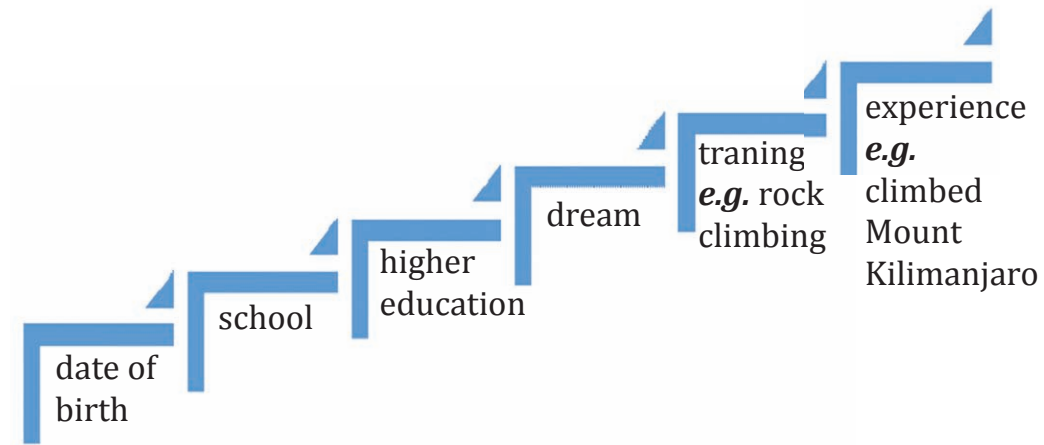
According to Jayanthi's family and friends, she possesses a number of outstanding characteristics that guided her through her path to success. They see her as a fearless, methodical person with sheer will power and undying perseverance. During her school days, her mother recalled, that Jayanthi had balanced well both her academic work and sports activities.



In Jayanthi's view, all the experience she has gained throughout her life helped her in this great achievement. She further says that she had to go through a grueling training including rock climbing, ice-climbing, survival skills and other rigorous physical activities and also the mental strength which helped in increasing the level of endurance. She thanks her mountaineering team, friends and family for their generous support.

Adapted from Daily News August 18,2016

Read the text and complete the following diagram.



Activity 9.7

Write a description about Sir Edmund Hillary, the first man to conquer Mount Everest using the given facts.

- born 20th July 1919, Auckland, New Zealand
- became interested in mountain climbing while in secondary school
- worked in the Royal New Zealand air force as a navigator
- reached South Pole and later North Pole as part of the Commonwealth Trans-Atlantic Expedition
- the first person to reach the Poles and summit Everest
- reached the summit of Mount Everest on 29th May, 1953 with the help of the Nepalese Sherpa Tenzing Norgay – making them the first to summit Mt. Everest
- was awarded a Knighthood and Coronation medal by the Queen Elizabeth II, Padma Vibhushan posthumously by the Indian government in 2008 and many other awards