

RUN FOR YOUR LIFE – EXTRA ACTIVITIES

Chapter One

Read the chapter, put aside your book and try to put the following sentences in the correct chronological order – the order in which the actions happened.

- 1-Today, as usual, she stopped in at the little corner store on her way home from school.
- 2-Little old Mrs. Blackhouse had seen everything from her window.
- 3-As she hurried along the street on her way home, she was singing a song to herself and trying to think of what was on television that afternoon.
- 4-But running wasn't something she did very often.
- 5-It was Thor, the Pit Bull Terrier belonging to old Sam Trujillo.
- 6-Her legs had begun to shake.
- 7-When she saw Cassie come in, she hardly looked up from her magazine to nod at her.
- 8-Half way to the house, she took a quick look over her shoulder.
- 9-She dived through and heard the door slam behind her.
- 10-When she finally calmed down, she thanked Mrs. Blackhouse for rescuing her.

Chapter Two

True or false? Mark the following sentences true or false and correct the false ones.

- 1-Cassie quickly forgot about her confrontation with Thor.
- 2-When Cassie looked at the girl who had won the race, her first thought was that she wanted to look like her.
- 3-Cassie looked in the mirror and saw Thor coming after her.
- 4-When her brother came home, he went directly to the kitchen and opened the refrigerator.
- 5-Cassie told her brother that she wanted to become a long distance runner.
- 6-Dennis told her that she was overweight.
- 7-Cassie was afraid that she would have to go to prison.
- 8-The woman from Wings of America had talked about running.
- 9-The woman told Cassie that she should take part in one of the programs sponsored by Wings of America.
- 10-Cassie promised her that she would take part in the program.

Chapter Three

Give short answers to the following questions:

Doctor Dalton gave Cassie advice about running.

What did he say about making a plan?

About drinking?

About safety?

About equipment?

About her weight problem?

About willpower?

About his motto?

What did she promise Doctor Dalton?

Chapter Four

Imagine that you were in the trailer with Cassie and her mother, and you saw everything that happened, including the race between Cassie and her brother. Describe what you saw. You can begin like this:

Cassie told her mother that she was going to be a long distance runner and needed some good running shoes. Her mother was skeptical at first, but then decided to give her the money she needed.

Chapter Five

Complete the following sentences:

The first few weeks of her running program...

When the kids at school found out about her running program...

But Cassie stuck to her running program, and little by little...

And she had begun to notice the way some of the boys...

Cassie worried about wild dogs because...

Finally, she decided that there was only one way to deal with the problem. She would buy....

Chapter Six

Write down what happened from the mother's point of view. You can begin like this:

Returning from town, I was approaching the trailer when I heard some loud noises. When I opened the door, I saw

Chapter Seven

What did Cassie realize when she looked in the mirror?

After a while, she smiled at herself in the mirror. Why?

Chapter Eight

Study the scene on page 31, lines 13 to 23, focusing on the different verb forms*. When you're ready, put aside your book and fill in the missing verbs. Repeat until you have got all the correct forms.

***Main verbs in English have five different forms:
the base form, also known as the infinitive, e.g. work, take;
the past form, e.g. worked, took;
the past participle, e.g. worked, taken;
the -ing form, e.g. working, taking;
the third person singular present simple, or -s form, e.g. works, takes**

After dinner, Uncle Joe and Cassie (continue) _____ (talk) _____ in the yard outside. He (tell) _____ her about races he (be) _____ in and (give) _____ her some advice. In the end, he (look) _____ her in the eye and said, 'The most important thing I (can) _____ (tell) _____ you about (run) _____ is to (listen) _____ to the sound of the motor. That (help) _____ you (find) _____ the right speed for a long race.' As he (talk) _____, Cassie (think) _____ she (notice) _____ someone in the window of the trailer (watch) _____ them. (Turn) _____ to (see) _____ who it (be) _____, she (get) _____ a brief look at Dennis's angry eyes before he (duck) _____ away.

Chapter Nine

Imagine that you are the television commentator. You report on the race from start to finish. You can begin like this: The race is off to a good start. Tanja Banks, the favorite, is one of the front runners. Tanja continues to hold her lead with only a few others close to her.

Chapter Ten

Keywords are the most important words in a text. Read the chapter carefully, put aside your book and use the following keywords to reconstruct the text. Read the chapter again, put your book away and complete your reconstruction.

1-at school

2-at home

3-couch potatoes

4-mother worried

5-friendly smile

6-full of questions

7-suddenly turned

Chapter Eleven

Summarize Dennis's plan.

What went wrong?

Chapter Twelve

Hanging onto the tree, Dennis hoped that Cassie would come along soon. There were three problems.

Problem one:

Problem two:

Problem three:

Who was Bara and what did Cassie feel about her?

What did Dennis think about his chances to escape?

Why was Cassie disappointed when she realized that Dennis wasn't at home?

What made Dennis shake all over?

What had happened to his leg?

What was Cassie's favorite part of her route?

What did Dennis notice about the dogs?

What did Cassie hear?

Why did Cassie run out of the woods?

Chapter Thirteen

Write a rap about the showdown between Cassie and the dogs. You can begin like this:

Dennis saw it all.

Cassie was Sista Cool,

Just standing there, waiting for the dogs

to make their move.

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Why must Dennis go to the hospital?

Why is Dennis surprised that Cassie can drive his ATV?

Why did Cassie drive Dennis to the hospital?

Chapter Fourteen

Read through the chapter carefully, put aside your book and imagine that you are Dennis.

Using your own words, you confess to Cassie what you were doing when the dogs chased you and explain to her how your thinking about running has changed.

Epilogue

Read the epilogue, put aside your book and imagine you are Cassie. As a Wings of America representative, you have been invited to speak at a large Native American school. Your goal is to inspire the students to join the Wings of America running program. What do you say?

