

Important! Always copy correctly for endurance.

ON YOUR MARKS

- Why is Wim Hof called the 'iceman'?
- How does running 'barefoot across freezing snow' show that Wim is different to most people?
- How do the sub-headings in the web page help the reader?
- How would you 'feel' if you saw Wim sitting in a tank of ice?

GET SET

- How does Wim train his body to cope with the extreme cold?
- Why do you think scientists were baffled by Wim's abilities?
- Why are 'The Iceman's other chilly achievements' in a bolded font in the web page?
- Wim Hof is unique in what he can do. Why would you not expect others to copy him?

GO FOR GOLD!

- Why is it dangerous for most people to experience extreme cold?
- What does 'meditation' mean?
- Why do you think Wim performs feats when he is doing the endurance tests?
- Do you agree with Wim's view that people can control their body temperature through meditation? Give reasons for your answer.

BEYOND THE RECORD

Imagine that Wim Hof is planning to visit your school to talk about his life as an iceman. Write a list of eight questions you would like to ask him.

1) Find the following fractions:

$\frac{3}{7}$ of 3255 $\frac{5}{13}$ of 4797

$\frac{3}{4}$ of 1828 $\frac{4}{3}$ of 834

2) Solve the following problems:

$2456 - 12.45 =$ $837454 + 99572 =$

$3 + 9 \times (14 \times 4) =$ $1234 \times 56 =$

3) Write down 5 fractions that are equivalent to $\frac{2}{5}$. How do you know they are equivalent? Explain:

$4) 3762 + 11 =$ $9523 \times 34 =$ $17808 + 24 =$

5) Continue the sequences below:

A) 19, 8, _____, _____, _____, _____

B) _____, _____, 146, 209, _____, _____


6) Write 4 word problems using all 4 operations (+, -, x, ÷) that have an answer of 358.74

Challenge: Make the word problem have 2 or 3 different steps.

RECORD-BREAKING COMPREHENSION

LONGEST FULL-BODY-CONTACT ICE ENDURANCE

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Ice man

Wim Hof was born on 27 April, 1959 in the Netherlands. He is famous for his ability to be able to withstand extreme cold without the need for special equipment to remain unaffected by the extreme cold.

From an early age, Wim loved the cold. He often runs barefoot across freezing snow. Over the years, he has rigorously trained his body, using meditation and exercise to prepare for ice-endurance world record attempts.

How does he do it?

Until recently, Wim's remarkable abilities had left many scientists baffled. However, while testing how his body would react in a tank of ice, the scientists made an amazing discovery. During deep meditation, Wim's brain sent messages to other parts of his body, telling them to stay warm. Experts believe that Wim would drop dangerously low, resulting in possible death. Despite this, Wim believes that most people can control their body temperature just by concentrating hard.

Breaking records

Wim has set five different Guinness World Records and broken them several times. One of his most memorable attempts was on 17 November 2011, when he broke the record for the longest time spent in direct, full-body contact with ice. He achieved this by sitting in a tank up to the neck in ice for 1 hour, 52 minutes, 42 seconds. The record attempt was filmed and broadcast on the TV programme *Top Gear* in New York, USA.

The Iceman's other chilly achievements

- × Running a 44 marathon (26 miles) in temperatures of -20°C in a pair of shorts.
- × Swimming for an hour in under ice, wearing just shorts and goggles.
- × Climbing high, 57 mountains, in just a pair of shorts.

Semi-Colons and Colons

What are they?

- A **semi colon** can be used to replace a conjunction or full stop to connect two sentences that are closely related to one another. This allows a connection to be seen between the two sentences, whether they are similar or contrasting. They can also be used in separated extended lists. For example:
 - "They love football; I can't stand it."
 - "She asked if I was free; I was at another friend's house sadly."
 - "For the oaks, I need: eggs, but only free range; milk, preferably semi-skimmed; a new whisk (after I trod on mine) and sunflower oil."
- A **colon** can be used to introduce an itemised list, or to isolate words or phrases to create emphasis. In both situations, it allows us to see that something will follow of importance. They can also introduce quotations. For example:
 - "Ingredients: eggs, flour, sugar, butter, milk, baking powder."
 - "David Williams has written a number of wonderful novels: 'Grandpa's Great Escape', 'Demon Dentist' and 'Ratburger' to name a few."
 - "She knew what she was feeling: fear."
 - "I refer you to paragraph four: "we must show vigilance at all times"."

Task One:

The following sentences are either missing punctuation, or only use full stops and commas. Can you add colons or semi-colons where needed?

- The teachers were in favour of extra homework. The pupils, however, were not.
- England played their last four matches abroad against the following Argentina, USA, Russia and Italy.
- I nominate the following people for parts Anne, Bill and Fred.
- The recipe needed bacon, smoked not unsmoked, risotto rice, which is also labelled as arborio rice, stock cubes, preferably chicken but vegetable will do, and spinach to serve.
- It was intense, and all his stomach could feel was one thing butterflies.
- Dickens has written many classics 'Great Expectations', 'Oliver Twist' and 'Nicholas Nickleby'.

Task Two:

Can you rewrite and correct the punctuation in the following paragraph?

I am here before you today as a human being, not as a lecturer or authority figure. I need three things from you to be successful in this field of study, caring, respect, trust and communication. As a great woman once said "we can only do this if we are a united front". Therefore I ask you to think, what can we do for one another? I can support your education, you can push yourself to your limits. Together, we can dream big, together, we can make it big. All it takes is the following, blood, sweat, tears and love of your subject. I want you to do you best, can you meet the challenge?

