

**Learning Objective**

We are learning how to write using effective expanded noun phrases.

**Challenge**

**The video clip shows us humans behaving like Langur monkeys. You need to write an article for the Extreme Sports magazine. You need to include the benefits of Free Running and a description of this exciting sport by including lots of effective expanded noun phrases. Part of your article will include an interview with experiences free runners. You can use the free runners in the video to help you with your questions and answers.**

**Remember to expand your noun phrases with a mixture of adjectives, prepositional phrases and relative clauses.**