

Extreme Sports



- Sky surfing
- Skydiving
- Ice diving
- Ice climbing
- Skiboarding
- Snowboarding
- Bungee jumping
- Base jumping
- Snow rafting
- White-water rafting
- Street luge
- Zorbing



Express your ideas why people take up doing x-treme sports.

- to go to extreme
- to take things to the edge
- to take risks/to do risky things
- a risk taker
- to be addicted to
- to satisfy one's curiosity
- thrill/excitement
- to have a desire
- to acquire self-confidence
- to acquire sense of individuality
- to overcome difficulties
- to protest against something



Answer the questions

1. People do extreme sports in order to feel
 - a) excited b) nervous c) happy
2. Extreme sports have become popular in the last
 - a) 5 years b) 10 years c) 20 years
3. People usually bungee jump from
 - a) airplanes b) high buildings c) bridges
4. In sky surfing people do mid-air
 - a) gymnastics b) dancing c) swimming
5. Snowboarding has similarities with
 - a) skiing b) surfing c) canoeing
6. Snowrafting is
 - a) quite dangerous b) very dangerous
7. For white-water rafting you need
 - a) a big river b) a warm river c) a mountain river
8. Ice divers
 - a) swim under the ice
 - b) walk on the bottom of lakes
 - c) walk upside down under the ice



key:

1a,

2b,

3c,

4a,

5b,

6b,

7c,

8c.

What is your attitude towards extreme sports?
Discuss it in pairs and then report your ideas
to the class.

Taking risk is ...

- dangerous
- exciting
- useless because
- silly
- People take risks/do risky things because ...
- Risky activities can lead people to ...
- Some people like being put at risk because ...

Work in small groups. Comment on the quotation.
Share your ideas with the rest of the class.

*«To win without risk is
to triumph without glory»*

(Pierre Corneille)



X-treme sports are nontraditional sports characterized by high speed, high risk, danger, excitement . Think twice before you do something very dangerous.

Choose any x-treme sport and make a

1. History
2. Equipment
3. Rules
4. How risky it is
5. Tips for practitioners: special skills, qualities, protection from injury

- *You may use the following web sites:*

- <http://www.allextremesports.com>

- <http://www.xtsports.com>

- <http://sportspedia.com>

- http://dir.yahoo.com/recreation/sports/extreme_sports

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