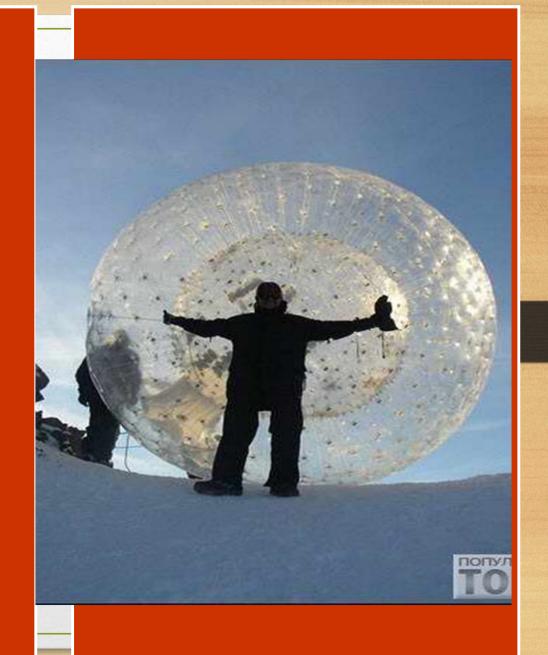
## Extreme Sports



- 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

5b

7c

# 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