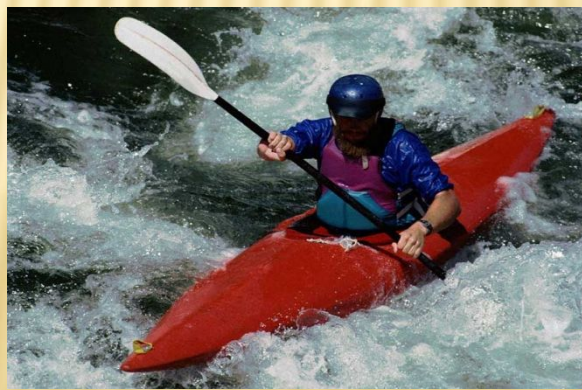


EXTREME KINDS OF SPORT



EXTREME SPORT

Succeed or fail, it's about getting outside of your comfort zone. The only way to go forward is to be willing to take that next step.

Danny Harf, an extreme rider

EXTREME SPORT

- ❑ **Builds the character**
- ❑ **Develops the body**
- ❑ **Makes life more exciting**
- ❑ **Proves how fearless you are**
- ❑ **Makes people organized and better disciplined**
- ❑ **Helps impress people around you**
- ❑ **Makes people worry about you**
- ❑ **There is a very high possibility of injuries even with the safety precautions**
- ❑ **Entertains people, brings pleasure and joy**
- ❑ **Provides a certain kind of moral education**
- ❑ **Gives the opportunity to show off**
- ❑ **Equipment or gears needed may be very expensive.**
- ❑ **Helps people find reliable friends**
- ❑ **Kills time**
- ❑ **They are very dangerous.**

Zorbing



Zorbing is the latest extreme sport from New Zealand. It involves rolling around in a ball or zorb three meters in diameter. It requires no more skill than a hamster running in its wheel as centrifugal force keeps the zorbonaut pinned inside the zorb. Although zorbonauts roll downhill at speed of 50 km per hour, the air cushioning inside means they do not risk hurting themselves too seriously.

WHITE-WATER RAFTING



White water rafting is an extreme sport where an inflatable raft or a canoe is used to travel across very rough, fast flowing water. The word “white” refers to the color of the water when it is turbulent. It is a physically demanding kind of sport.

SNOW RAFTING



The most dangerous of all the new winter sports is snow rafting. You sit in a rubber boat and sail down a mountain at great speed - and you can't control the boat!

BASE JUMPING



Base Jumping, sometimes written as B.A.S.E. jumping, is an extreme sport where participants jump from fixed objects and use a parachute to break their fall.

The acronym “B.A.S.E.” stands for: Building, Antenna, Stan, Earth – four categories from which base jumpers can jump.



BUNGEE JUMPING

Bungee jumping /'bʌndʒi:/ is a very extreme sport that involves jumping from a tall structure while connected to a large elastic cord. The tall structure is usually a fixed object, such as a building, bridge or crane; but it is also possible to jump from a movable object, such as a hot-air-balloon or helicopter, that has the ability to hover above the ground. When the person jumps, the cord stretches and the jumper flies upwards again until all the energy is dissipated.

ICE CLIMBING



Ice climbing. As the name suggests, practitioners of this sport climb glaciers with the aid of an ice axe and a great deal of other specialist equipment. As well as all the equipment, incredible physical and mental strength are essential, together with the ability to work closely with other team members in the most dangerous situations.

SKYDIVING



Skydiving consists of jumping with a parachute out of an airplane for recreation or in competitions. Competitive events include jumping for style, landing with accuracy, and making free-fall formations. Modern skydivers typically free-fall from 3657 m above the ground until 762 m, where they open their parachutes.

TASK: GROUP EXTREME SPORTS ACCORDING TO THEIR LOCATION

Air	Snow and ice	Earth/ land	Water
		Zorbing	

Example: The location of zorbing is earth or land.



READING: READ THE TEXT. COMPLETE THE PASSAGES USING THE WORDS. THERE IS ONE EXTRA WORD YOU DO NOT NEED.

Skateboarding

Use: *balance, be, becomes, board, body, feet, foot, practice, sometimes, sport.*

Skateboarding has become a very popular 1) _____. All a person needs to enjoy this sport is a skateboard, good 2) _____, and some 3) _____. It is a good idea to use safety helmets and kneepads because even the best skateboarders fall 4) _____. To begin skateboarding, put one foot on the skateboard and push forward with the other 5) _____. When you get moving fast enough put both 6) _____ on the 7) _____. You keep your balance by moving your arms and 8) _____. The more you practice the easier it 9) _____.



TASK: MARK THE SENTENCES 1 – 7 T (TRUE), F (FALSE). CORRECT THE FALSE SENTENCES.

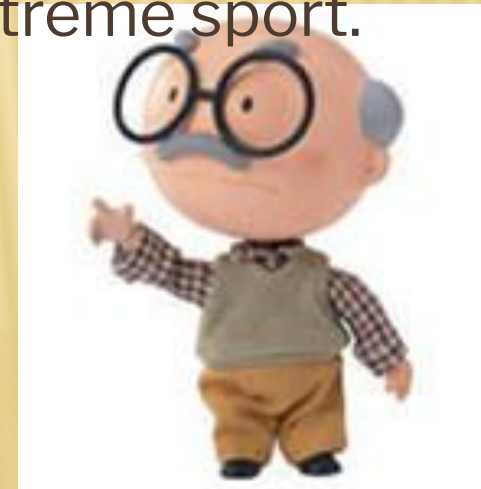
1. Young people in different countries like skateboarding.
2. You do not need to have any special equipment for skateboarding.
3. There are international competitions in skateboarding.
4. It is very important to keep balance on a board while skateboarding.
5. You should use protection for your head and legs.
6. You can practice jumps at skate parks and meet other skateboarders.
7. Skating is not popular nowadays.



LISTENING: MATCH EACH SPEAKER TO THE STATEMENTS BELOW.

speaker	1	2	3	4	5	6
statement						

- A. The speaker can't wait to take up a new extreme sport.
- B. The speaker isn't sure about extreme sport.
- C. The speaker wouldn't dream of trying extreme sports.
- D. The speaker finds extreme sports too dangerous.
- E. The speaker is crazy about winter sports.
- F. The speaker would consider trying an extreme sport.
- G. The speaker recommends a new sport.





EXTREME



SPORTS



Quiz

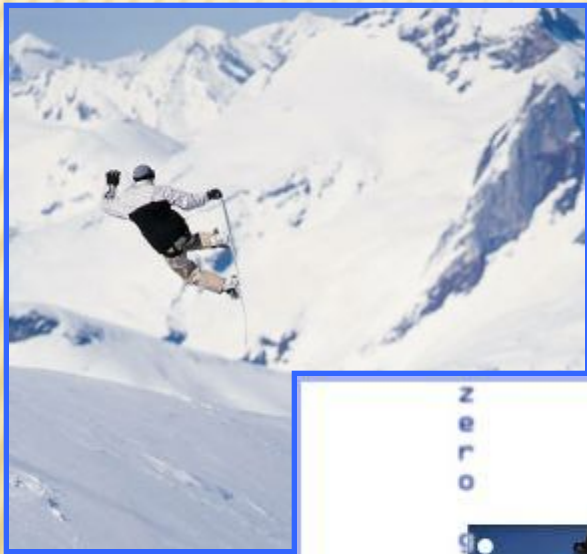
SKI-JUMPING



A sport or activity of skiing down a very long sloping platform and jumping off at the end to see how far you can travel through the air



SNOWBOARDING



An activity or sport of standing on a short wide board and moving very fast down a hill covered with snow

BUNGEE JUMPING

An activity of jumping off
a high bridge,
tied to a long rope



SNOWRAFTING



*An activity or sport
of moving very fast
down a hill
covered with snow
Sitting in a rubber boat*



ICE DIVING

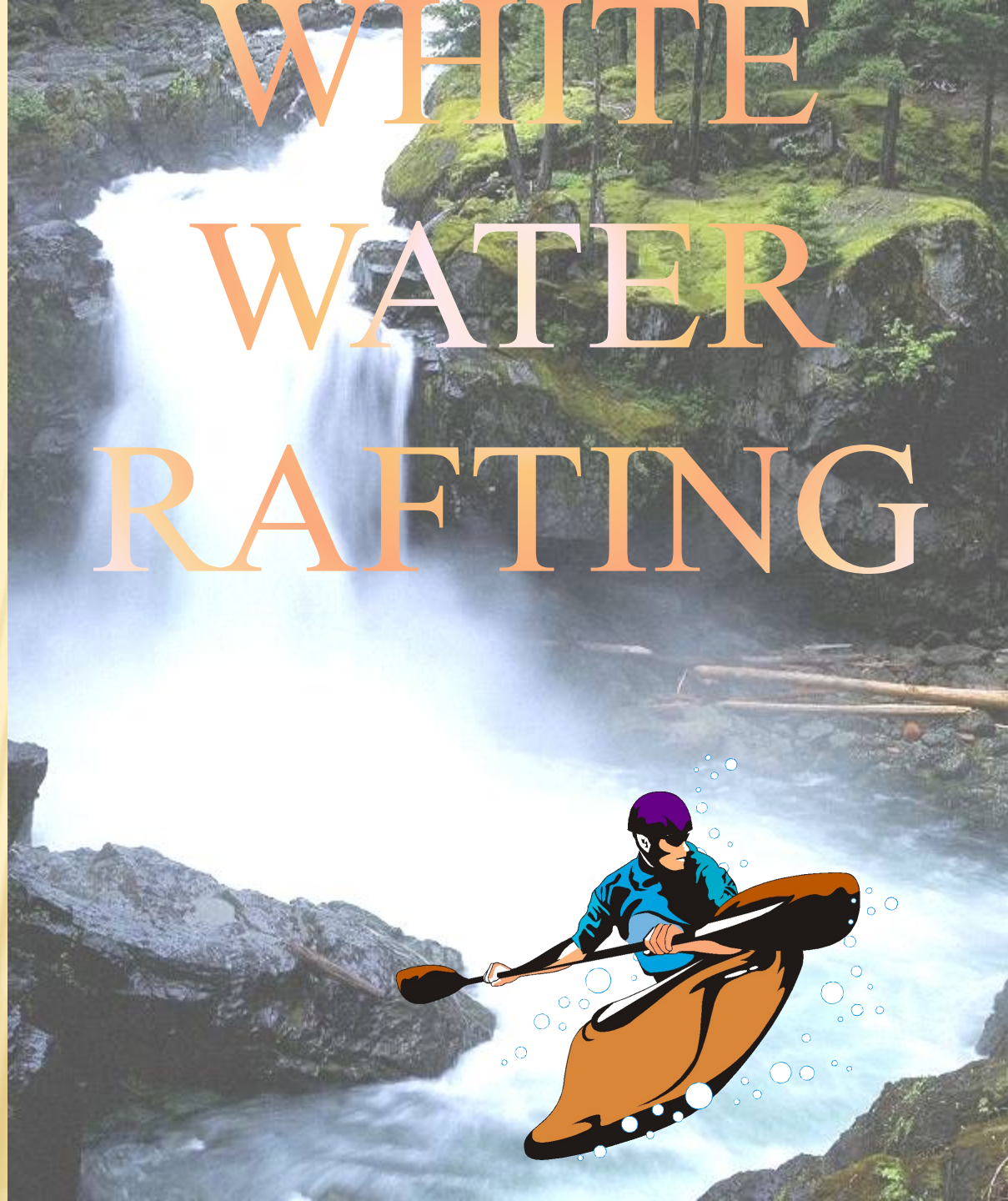


An
extreme
sport
in which
you dive
through a
hole
into a very
cold sea



WHITE WATER RAFTING

**A SPORT OR
ACTIVITY
OF MOVING A
RUBBER
BOAT
THROUGH**



SCUBA-DIVING



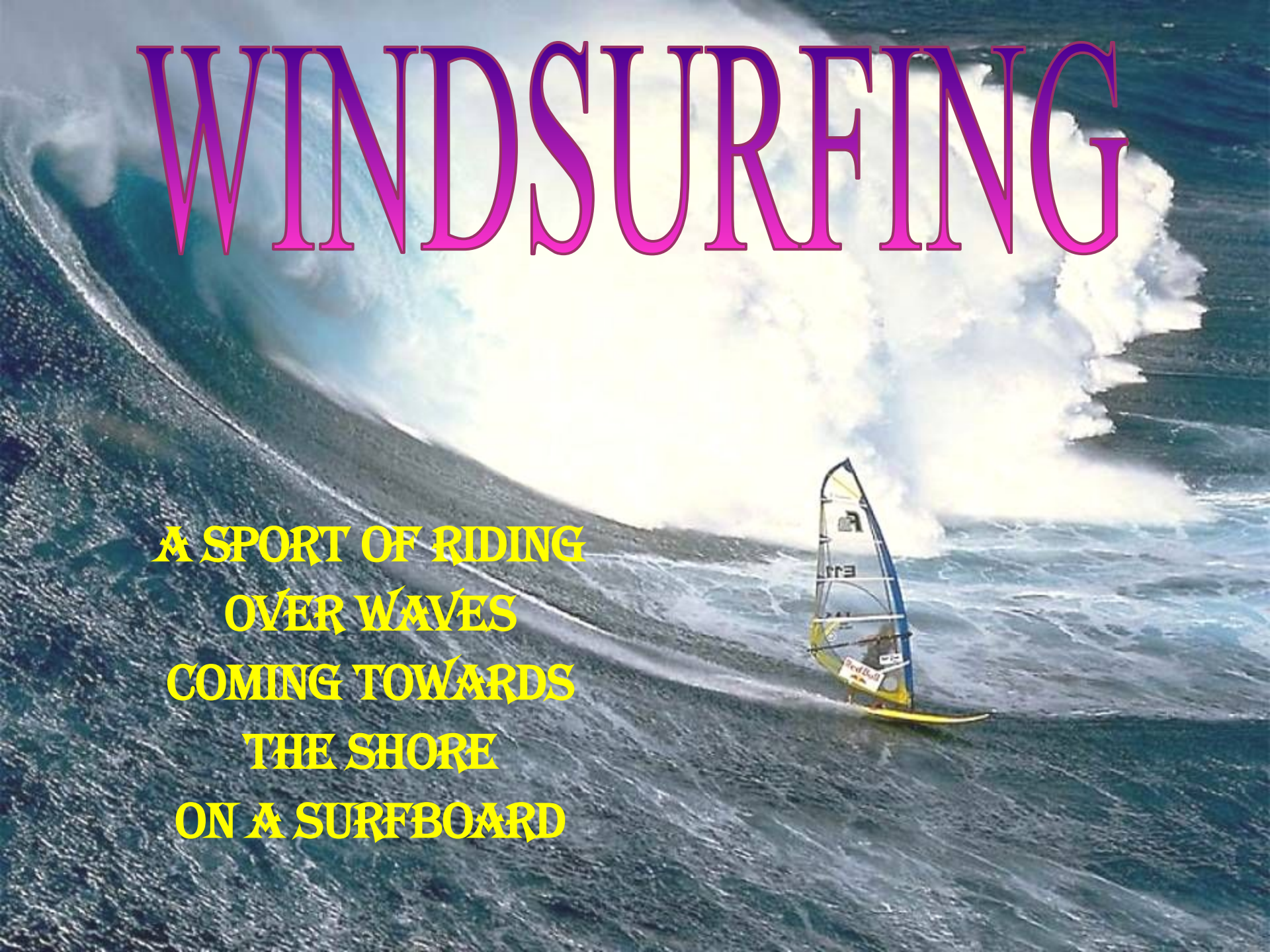
A sport or activity
of swimming underwater
with a scuba

Surfing

A SPORT OR ACTIVITY
OF STANDING
ON A LONG FLAT BOARD
AND MOVING ACROSS
WAVES IN THE SEA



WINDSURFING

A windsurfer is shown riding a large, curling wave. The windsurfer is positioned in the lower right quadrant of the frame, leaning into the wave. The wave is a deep blue-green color, and the crest is white with a lot of spray. The sky is a pale, hazy blue. The overall scene is dynamic and captures the power of the sport.

**A SPORT OF RIDING
OVER WAVES
COMING TOWARDS
THE SHORE
ON A SURFBOARD**

SKYDIVING



An extreme sport or activity of jumping out of a plane with a wide board on your feet, twisting through the air and opening your parachute very late



Thank you!
Well done!

