

**Государственное бюджетное общеобразовательное учреждение  
средняя общеобразовательная школа № 80  
с углубленным изучением английского языка**

# **EXTREME SPORTS 8 FORM**

**Автор  
Батогова  
Ольга  
Георгиевна**



**©июнь, 2018**



# 10 top extreme sports



Skateboarding

Sky Diving

Sky surfing

White Water Kayaking/Rafting

BMX Urban Tricks



# 10 top extreme sports



Free Running/Parkour

Motocross

Climbing

Big Wave Surfing

Hangliding



# Different kinds of sport



**Guess what kind of sport it is**

a challenging activity using an inflatable raft to navigate a river or other bodies of water. This is usually done on white water or different degrees of rough water.

an air sport in which a pilot flies a light and unmotorized foot-launchable aircraft

an activity in which people jump from higher ground such as a bridge and have a rope tied around them to stop them from hitting the ground.



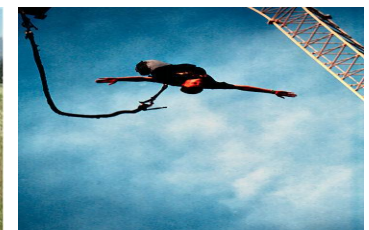
# sports and equipment



What things do you need to do these sports

1. rock-climbing
2. kitesurfing
3. whitewater rafting
4. mountain biking
5. snowboarding
6. horseriding
7. hang-gliding
8. bungee-jumping

board  
pad  
helmet  
trainers  
rope  
googles  
bike  
gloves



# sports and equipment



Read the list of sports and their equipment and cross the odd word out

**wind-surfing:** board, camera, wetsuit, sail

**rafting:** paddles, life-jacket, raft, binoculars

**scuba-diving:** mask, oxygen tank, life-jacket, flippers

**rock-climbing:** ropes, boots, light clothes, bat

**skydiving:** skis, parachute, gloves, goggles

**jet-skiing:** life-jacket, jet ski, flippers, swimming suit

Add as many items of equipment as you can

# The craziest extreme sports



Crocodile Bungee

Slack lining

Airkicking

Cliff diving



# The craziest extreme sports



Volcano boarding

Free Style Powerisers Stilts

Underwater hockey

Zorbing ball





# Let's discuss



what people feel doing extreme sports

## Feelings

1. angry
2. frightened
3. excited
4. stressed
5. nervous

## Physical sensations

- a. butterflies in the stomach
- b. heart pounding
- c. sweaty palms
- d. rush of adrenaline
- e. red face

- 1-e
- 2-b
- 3-d
- 4-c
- 5-a

Make your sentences



# Writing



**Choose any extreme sport and write the composition according to the plan**

What kind of sport is it

2. Write the positive points about this sport.  
Give your reasons

3. Write the negative points about this sport. Give your reasons

4. Conclusion

**Adjectives to use:**  
popular  
thrilling  
dangerous  
enjoyable  
energetic  
tiring  
exhausting  
expensive  
relaxing