

**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.



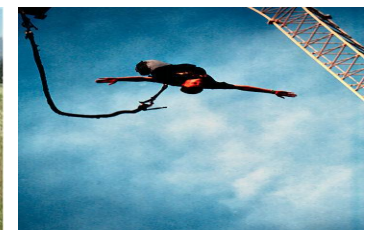
sports and equipment



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