

Extreme sports

WORKSHEET A

James

I've been really into surfing for more than fifteen years. I started learning in England, then I began going on surfing holidays abroad with my mates – we went to Bali in Indonesia, and also South Africa.

After that I started wanting bigger challenges, so five years ago I decided to try the really big waves in Hawaii. Of course they can be dangerous and you have to concentrate one hundred percent, but it's worth it for the thrill you get when you're riding them. It's a magical feeling, like flying above the ocean, and for those few seconds you totally forget everything else in your life.

Susan

Part of me had always wanted to try skydiving, but I was really scared the first time. The worst bit was just before I jumped out of the plane – I wanted to be back on the ground, not 4,000 metres up in the air. Of course, as a beginner you don't do it on your own – you're attached to the instructor who opens the parachute for you. Falling through the air at 180 kilometres per hour is a massive adrenaline rush. That first time was five years ago, and since then I've done more than twenty solo jumps.

Mike

Mountains offer a challenge I find impossible to ignore. I started climbing about twenty years ago, and I've now climbed three of the highest five peaks in Europe. Of course it can be dangerous, and I've had some scary moments, but the sense of achievement when you reach the top is amazing. When you're pulling yourself up that wall of rock it feels like you're in a battle against nature – it's not a feeling you can get from anything in everyday life.

Teresa

I became hooked on snowboarding the very first time I tried it. I soon realized I had a natural talent for it, and it wasn't long before I was winning competitions and getting a bit of prize money. My dream is to be able to make my living just from boarding, so I now take three months off work every winter and concentrate on improving my technique.

I'd recommend boarding to anyone. The exhilaration of going down the mountain, plus the beauty of the scenery – it's just fantastic.

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WORKSHEET B

A

Answer the questions.

1. How long has Mike been climbing mountains?
2. Why did James decide to go surfing in Hawaii?
3. How has Teresa already earned money from snowboarding?
4. Who opened the parachute during Susan's first skydive?

Now decide whether the following statements are true (T), false (F), or if the text doesn't say (D).

5. Teresa doesn't have a job.
6. Susan has done more than ten skydives without an instructor.
7. Mike has climbed more than twenty mountains in Europe.
8. Teresa gives snowboarding lessons.
9. Mike has climbed the highest mountain in Europe.
10. James surfed in Bali before he went to Hawaii.
11. Susan has always felt relaxed before jumping out of the plane.
12. James doesn't think about anything else when he's riding big waves in Hawaii.
13. Mike has sometimes been frightened while mountain climbing.
14. Teresa is trying to get even better at snowboarding.
15. Susan did about ten skydives with an instructor.

Now can you find the words in the text that mean *the opposite* of the following?

16. tiny 17. ugliness 18. failure 19. in your own country 20. learner

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WORKSHEET C

B

Decide whether or not the following statements have been written in correct English. Then bet a minimum of 10 points up to a maximum of 50 on your choice.

		Yes/No	Points bet	Points lost	Points won
1	For the last five years I've been really into snowboarding.				
2	The adrenaline rush you get from surfing is amazing.				
3	Climbing a mountain gives you a fantastic sense of achieve.				
4	My mates love snowboarding, but I've never really enjoyed it.				
5	I could never go skydiving – I'd be too scary.				
6	Have you ever tried surf?				
7	When you're climbing a mountain you have to concentrate one hundred percent on what you're doing.				
8	Surfing can be dangerous, but when you're riding the wave it's a magical feeling.				
9	I know someone who has climbed the highest three peaks in Europe.				
10	My dream is to be able to make my life from surf.				
11	My brother is a skydiving instructor.				
12	He has a natural talent for snowboarding.				
	Total points lost and won				
	Final total (subtract total points lost from total points won)				