

Name: _____ () Class: _____ Date: _____

You have found a magazine article about extreme sports. Read the magazine article.

Text 1 Magazine article



Sports for thrill seekers



1 For those who are looking for an adventure, extreme sports are an exhilarating way to stay in shape. Which one of the following do you dare to try? The choice is yours!

2 BMX

5 Bored of cycling on the flat, paved tracks in the city? Why not take your bike to the dirt tracks? BMX has gained popularity since the early 1970s. It first appeared at the Beijing Olympics in 2008. In this fast-paced sport, it's all about time and speed. Contestants fly up and down jagged 10 slopes and twisting bends on a 300- to 400-metre track towards the finishing line.

3 Paragliding

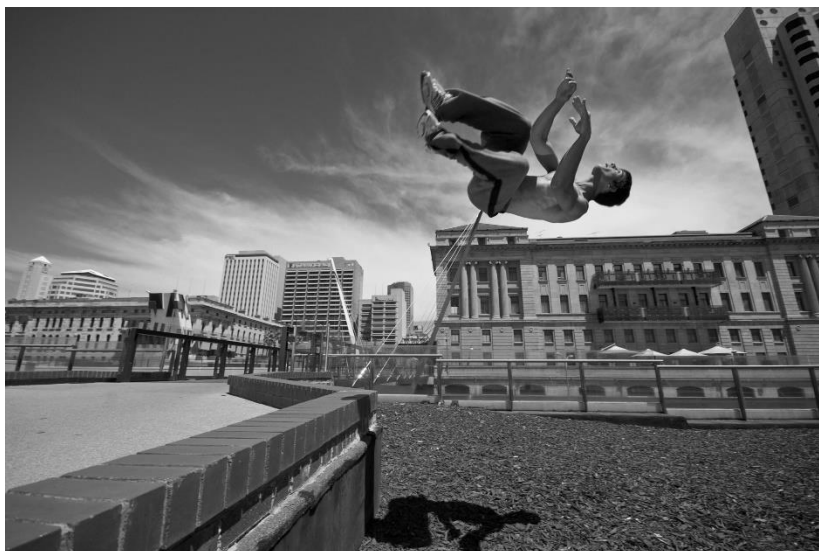
Does soaring above the mountains sound like fun? If so, paragliding might be the sport for you. Skilled 15 paragliders can fly thousands of metres high! They need to have a good understanding of how weather conditions affect their flying because they rely on air currents to move. They also need to know how to shift their body weight to control 20 where they're going. Paragliding doesn't require a lot of physical strength. Be prepared to hike up steep slopes before take-off though!



Name: _____ () Class: _____ Date: _____

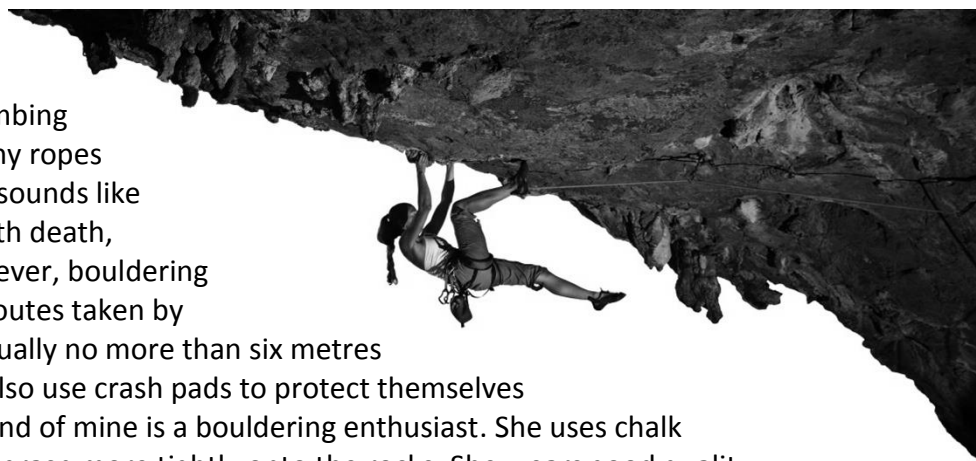
④ Parkour

Parkour (park-uhr), also
25 known as free running,
began in France. If you
search for parkour videos
online, you'll see
youngsters jumping over
30 fences, darting down
alleys, leaping across
rooftops and making flips
over all sorts of objects.
They do so without using
35 any assistive equipment.
The aim is to reach a
destination in the quickest
and most efficient way
possible. Parkour is a test of agility and stamina. For newbies, it's important to do strength
40 and cardio training before taking part in the sport.



⑤ Bouldering

Bouldering is a
form of rock climbing
without using any ropes
45 or harnesses. It sounds like
you're dicing with death,
doesn't it? However, bouldering
problems (the routes taken by
climbers) are usually no more than six metres
50 high. Climbers also use crash pads to protect themselves
from falls. A friend of mine is a bouldering enthusiast. She uses chalk
on her hands to grasp more tightly onto the rocks. She wears good quality
climbing shoes to secure a foothold. Train at indoor rock climbing gyms to get the hang of
bouldering. Then move outdoors and put your skills to the test!



Name: _____ () Class: _____ Date: _____

Comprehension 1 Your friend wants to know more about extreme sports. Answer his questions using information from the magazine article. For multiple-choice questions, choose the best answer and blacken ONE circle only.

- 1 Which of the following are given as reasons for doing extreme sports? Tick (✓) TWO statements only.

- | | | | |
|-----------------------------|--------------------------|--------------------------------|--------------------------|
| i) They are good workouts. | <input type="checkbox"/> | iii) They are not dangerous. | <input type="checkbox"/> |
| ii) They are easy to learn. | <input type="checkbox"/> | iv) They are fun and exciting. | <input type="checkbox"/> |

- 2 Why was 2008 an important year for BMX?

- 3 Which word from paragraph 2 means 'uneven'?

- | | | |
|----------|------------|---------|
| A flat | C paved | A B C D |
| B jagged | D twisting | ○ ○ ○ ○ |

- 4 How do paragliders control their direction of flight? Give TWO ways that are mentioned in paragraph 3.

- i) _____
- ii) _____

- 5 According to paragraph 4, who enjoys parkour?

- | | | |
|-------------|---------------|---------|
| A teenagers | C adults | A B C D |
| B children | D the elderly | ○ ○ ○ ○ |

- 6 Complete the sentence.

Parkour is also called 'free running' because parkour athletes do not _____.

- 7 What are TWO types of training that parkour athletes need?

- i) _____
- ii) _____

- 8 Who does 'She' (line 51) refer to?

Oxford English (Second Edition) 1B

Further simplified reading and comprehension

4 of 4

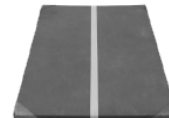
Unit 7

Name: _____ () Class: _____ Date: _____

9 Which of the following is NOT mentioned in paragraph 5? Put a tick (✓) in the box.


☐

☐

☐

☐

10 Complete the following advert about extreme sports classes using words from the magazine article. Make sure the words are grammatically correct.

Looking for something fun to do? Come and learn (i) _____ sports with us! Race on rugged (ii) _____ tracks in BMX. If you're more into heights, try paragliding and (iii) _____ above the clouds. Want to be a ninja? Learn how to do (iv) _____ and jump over fences in parkour. Sign up today!

11 Find words in paragraphs 1–4 to complete the photo captions.



My first bungee jump is a/an
(i) _____ (para. 1) experience.



Be careful and slow down when going
down (ii) _____ (para. 3) hills.



With her speed and (iii) _____
(para. 4), she won the hurdle race.



Cross-country runners need great
(iv) _____ (para. 4) to run a long
distance.

12 Find idioms in paragraph 5 that match the definitions below.

- i) risking your life by doing something that you know is dangerous _____
- ii) to learn how to do or to use something _____