

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 and 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
15 because skilled 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
20 body weight to control where they're going. Paragliding doesn't require a lot of physical strength but be prepared to hike up steep slopes before take-off.



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4 Parkour

25 Parkour (park-uhr), also known as free running, began in France. If you search for parkour videos online, you'll see

30 youngsters jumping over fences, darting down alleys, leaping across rooftops and making flips over all sorts of objects

35 without using any assistive equipment. The aim is to reach a destination in the quickest and most efficient way possible.

40 Parkour is a test of agility and stamina, so for newbies, it's important to do strength and cardio training before taking part in the sport.

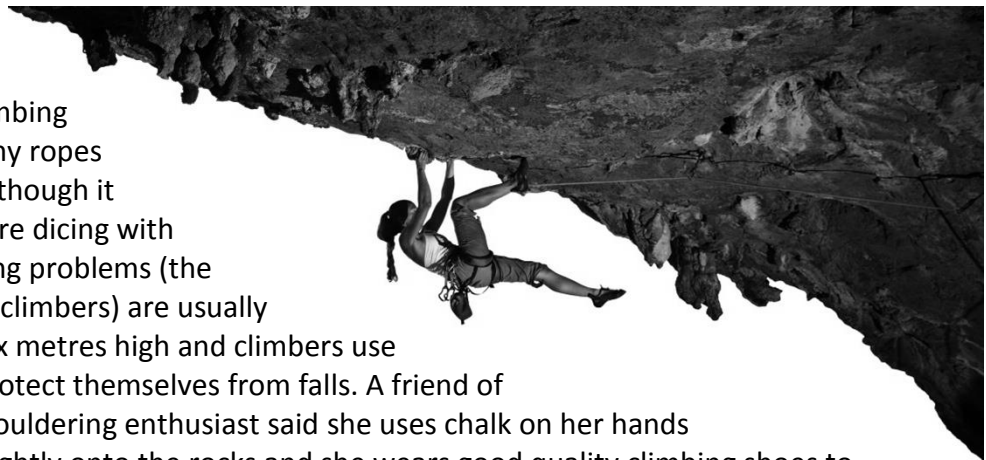


5 Bouldering

Bouldering is a form of rock climbing

45 without using any ropes or harnesses. Although it sounds like you're dicing with death, bouldering problems (the routes taken by climbers) are usually

50 no more than six metres high and climbers use crash pads to protect themselves from falls. A friend of mine who is a bouldering enthusiast said she uses chalk on her hands to grasp more tightly onto the rocks and she wears good quality climbing shoes to secure a foothold. Once you get the hang of bouldering at indoor rock climbing gyms,
55 move outdoors and put your skills to the test!



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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 Why do you think parkour is also called 'free running' (line 26)?

- 7 i) What types of training do parkour athletes need to do?

- ii) Why do you think they need to do these types of training? Use your own words to explain.

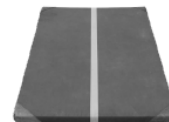
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8 Who does 'she' (line 52) refer to?

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) _____ experience.



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



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



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

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

i) to learn how to do or to use something _____

ii) risking your life by doing something that you know is dangerous _____