

Extreme Sports

Pre-Reading

A. Warm-Up Questions

1. What are the X Games? If you don't know, guess!
2. What do you think is the most dangerous sport?
3. In sports, is too much money spent on advertising?
4. What's the difference between skateboarding, wakeboarding, and snowboarding?

B. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- | | |
|------------------------|-------------------------------------------------------------|
| ___ 1. cliff | a) a type of jump in which you go all the way over yourself |
| ___ 2. flip | b) an alternative or different type of the original |
| ___ 3. version | c) hurt |
| ___ 4. Generation Y | d) traditional |
| ___ 5. conventional | e) to remove some of the value |
| ___ 6. injured | f) a group of people born in the '80s and '90s |
| ___ 7. root for | g) a dangerous or risky trick |
| ___ 8. adrenaline rush | h) a sport in which you ride the waves behind a boat |
| ___ 9. stunt | i) to cheer for, to encourage to do well |
| ___ 10. marketing | j) convincing people to buy products and services |
| ___ 11. wakeboarding | k) the feeling you get when you try something dangerous |
| ___ 12. take away from | l) an edge that is very high off the ground |



Reading

EXTREME SPORTS

What a rush!

1. Have you jumped from an airplane or ridden your bike off a **cliff**? Could you do a **flip** on skis? Extreme sports are growing more popular by the day. This is partly due to the X Games. The X Games is an extreme **version** of the Olympics. **Generation Y** loves to play and watch alternative sports.
2. These types of competitions are considered more dangerous than **conventional** ones. This may not be true. Hockey is not an extreme sport, but many athletes get **injured** on the ice.
3. Extreme sports are typically individual sports. Despite being in competition, athletes often **root for** their own competitors. These athletes enjoy the feeling of an **adrenaline rush**. You will hear them say, "That was a rush!" after they successfully complete a **stunt** or landing.
4. A lot of money is spent **marketing** alternative sports like snowboarding, skateboarding, and **wakeboarding**. Some athletes feel the extreme advertising **takes away from** the actual sport.

Comprehension

Discuss these questions in pairs, and write the answers below. Use your notebook if you need more room.

- | | |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <p>1. What are the X Games?</p> <hr/> <hr/> <hr/> | <p>4. What feeling do extreme athletes have after completing a stunt?</p> <hr/> <hr/> <hr/> |
| <p>2. Which group of people popularized extreme sports?</p> <hr/> <hr/> <hr/> | <p>5. Why do some athletes dislike all of the marketing surrounding extreme sports?</p> <hr/> <hr/> <hr/> |
| <p>3. What does the reading say about hockey?</p> <hr/> <hr/> <hr/> | |

Vocabulary Review

A. Complete the Sentences

Complete each sentence with the correct word from the vocabulary list on page 1.

1. Pressure from parents _____ organized children's sports.
2. _____ feels a bit like skateboarding on the water.
3. Riding down a mountain on a bicycle with no hands is a difficult _____ .
4. It is common to _____ the athlete from your hometown.
5. The skateboarder was _____ after trying to _____ his board.
6. _____ is younger than Generation X.

Discussion

1. Do you like watching videos of dangerous stunts, or would you rather try them yourself?
2. Do you believe the human body was designed for extreme sports? Why or why not?
3. Do you push yourself to the "extreme" in any type of activity? Which one?
4. Do the most dangerous sports take place in the air, water, dirt, or snow? Explain your choice.

B. Word Placement

Where does the word *in italics* belong in the sentence? Circle the correct letter.

1. *adrenaline rush*
Some athletes ___ **a** ___ enjoy the ___ **b** ___ of flying through the ___ **c** ___ air on a ___ **d** ___ bicycle.
2. *conventional*
Though boxing ___ **a** ___ is a ___ **b** ___ sport, it is ___ **c** ___ still dangerous for the athletes.
3. *marketing*
Sporting ___ **a** ___ goods companies spend ___ **b** ___ a lot of money ___ **c** ___ clothing and footwear related to extreme sports ___ **d** ___ .
4. *cliff*
___ **a** ___ diving is an ___ **b** ___ example of an extreme ___ **c** ___ sport that can result in serious ___ **d** ___ injuries.
5. *versions*
Extreme ___ **a** ___ sports are often ___ **b** ___ dangerous ___ **c** ___ of a conventional sport such as ___ **d** ___ skiing.

Class Opinion

Make a chart out of the following questions. Survey your classmates and record their answers.

1. Name a conventional sport that is as dangerous as an extreme sport.
2. Do you think more and more extreme sports will be added as Olympic events?
3. Does marketing take away from some sports?