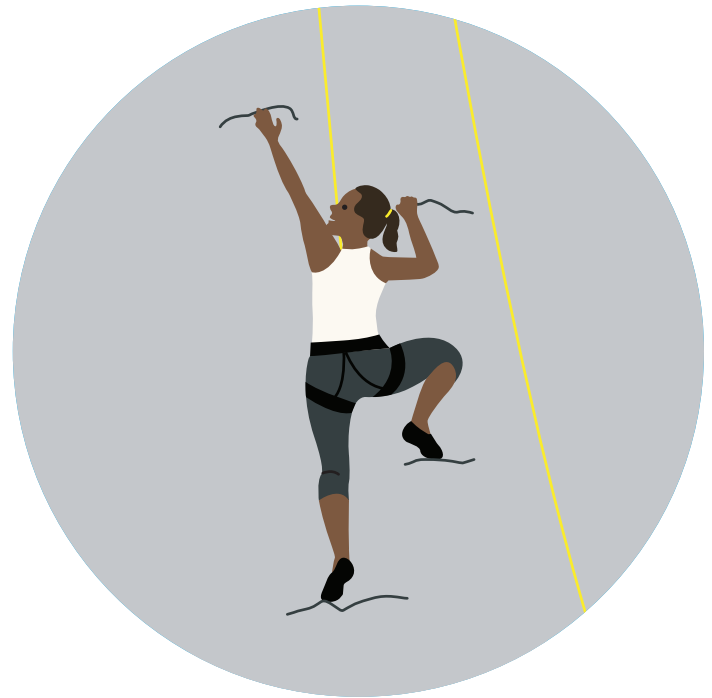


Extreme Sports



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 up as many words and meanings as you can.

Check this exercise again after seeing the words in context on page 2.

- | | |
|------------------------|---|
| ___ 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 in your notebook.

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

Vocabulary Review

A. Complete the Sentences

Complete each sentence with the correct word from the vocabulary list on page 1. You may need to change the form.

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 do a _____ on his board.
6. _____ is younger than Generation X.

Vocabulary Review cont.

B. Word Placement

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

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

Discussion

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

Class Opinion

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

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

Listening

Fill in the blanks as you listen to the recording.

EXTREME SPORTS

What a rush!

1. Have you ever jumped from an airplane or ridden your bike off a _____? 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. _____ Y loves to play and watch alternative sports.
2. These types of competitions are considered more dangerous than _____ ones. This may not be true. Hockey is not an extreme sport, but many athletes get _____ on the ice.
3. Extreme sports are typically individual sports. Despite being in competition, athletes often _____ their own competitors. These athletes enjoy the feeling of an adrenaline _____. You will hear them say, "That was a rush!" after they successfully complete a stunt or landing.
4. A lot of money is spent _____ alternative sports like snowboarding, skateboarding, and wakeboarding. Some athletes feel the extreme advertising takes _____ from the actual sport.

Answer Key

LESSON DESCRIPTION:

Students read a few short paragraphs about extreme sports and the X Games. They discuss the dangers and risks associated with these activities, and they compare conventional sports to extreme sports.

LEVEL: Int

TIME: 1.5–2 hours

TAGS: sports, athletics, X Games, extreme sports, danger, risk, athletes, competition, discussion, opinion, marketing

Pre-Reading

A. WARM-UP QUESTIONS

1. The X Games are a version of the Olympics in which athletes compete in alternative sports.
2. Individual answers.
3. Individual answers.
4. All three activities involve riding a board. Skateboarding is done on land. Wakeboarding is done on the water. Snowboarding is done on the snow.

B. VOCABULARY PREVIEW

- | | | | | | |
|------|------|------|------|-------|-------|
| 1. l | 3. b | 5. d | 7. i | 9. g | 11. h |
| 2. a | 4. f | 6. c | 8. k | 10. j | 12. e |

Reading (and/or Listening)

Read individually, in small groups, or as a class. Discuss the quote. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 5. Help your students with vocabulary and expressions that they are unfamiliar with.

Comprehension

1. The X Games are a version of the Olympics in which athletes compete in alternative sports.
2. Generation Y popularized extreme sports.
3. The reading says that hockey is classified as a conventional sport even though it is dangerous like extreme sports.

4. Athletes experience an adrenaline rush after completing a stunt.
5. Some athletes feel that there is too much emphasis on advertising when the focus should be on the sport itself.

Vocabulary Review

A. COMPLETE THE SENTENCES

- | | |
|--------------------|------------------|
| 1. takes away from | 4. root for |
| 2. Wakeboarding | 5. injured, flip |
| 3. stunt | 6. Generation Y |

B. WORD PLACEMENT

- | | | | | |
|------|------|------|------|------|
| 1. b | 2. b | 3. c | 4. a | 5. c |
|------|------|------|------|------|

Discussion

Answers will vary.

Class Opinion

Optional task. Individual answers.

Listening

1. cliff, Generation
2. conventional, injured
3. root for, rush
4. marketing, away