

Vocabulary 1

1 Read and match.

1 ascend	a move in a circular motion
2 descend	b drop very fast
3 glide	c go up
4 plummet	d move smoothly on an even course
5 spiral	e making you feel full of energy
6 energizing	f go down

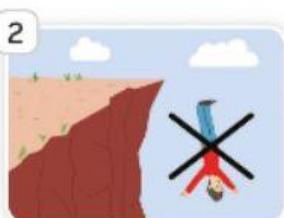
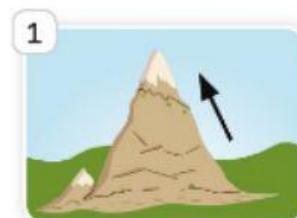
2 Read and write. Use the words from the box.

climbing mountain biking paragliding
scuba diving skydiving triathlon

- 1 Which sports do you do in the air?
- 2 Which sports can you do in the mountains?
- 3 Which sport consists of three different parts?
- 4 Which sport do you do under water?

3 Look, read, and complete. Which sport is it?

ascend descend glide plummet spiral



- 1 You need a high place to jump off, so first you have to a mountain or a cliff.
- 2 Now it's time to Don't worry! You don't head first!
- 3 The wind allows you to like an eagle.
- 4 You can try a descent – it's fun.