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

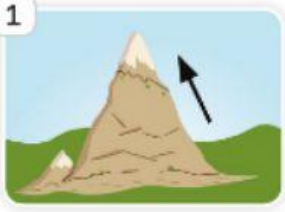
2 Read and write. Use the words from the box.

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 

2 

3 

4 

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.

LIVEWORKSHEETS