

Name _____

No. _____

Class _____

Date _____

Mark _____

Teacher _____

A**Listen to part 1 and choose the correct option.** Ⓢ Tracks 1 • 2

1. Lutz Eichholz is _____.
a. ☐ Austrian b. ☐ German c. ☐ Belgian
2. He's a professional _____.
a. ☐ motorcyclist b. ☐ tricyclist c. ☐ unicyclist
3. Lutz started this sport when he was _____ years old.
a. ☐ nine b. ☐ nineteen c. ☐ eleven
4. He went down a 5,600-meter mountain on his trip to _____.
a. ☐ Japan b. ☐ India c. ☐ Iran
5. So far, Lutz has visited _____ continents.
a. ☐ four b. ☐ five c. ☐ three

B**Listen to part 2 and write the missing word(s).** Ⓢ Tracks 3 • 4

1. The most difficult part for Lutz is to _____.
2. In order to pedal, his _____ are always moving.
3. His _____ helps him maintain the brake.
4. If Lutz isn't focused, he will surely _____.
5. He enjoys this sport because it's really unique and _____.



A Find 10 extreme sports in the word search below.

W	I	N	G	W	A	L	K	I	N	G	I	N	B	E
I	S	O	F	I	A	F	I	T	L	I	P	A	M	S
N	V	B	E	R	O	M	P	R	Q	H	U	G	X	P
G	M	A	R	I	A	J	O	A	A	T	Y	O	F	R
S	L	A	C	K	L	I	N	I	N	G	O	I	R	O
U	W	X	P	I	D	G	B	L	N	L	S	P	E	S
I	E	F	O	I	L	S	U	R	F	I	N	G	E	C
T	M	A	N	E	L	P	A	U	U	I	G	D	S	O
F	Z	E	O	P	K	N	I	N	A	W	V	C	T	O
L	J	A	E	A	M	O	U	N	R	I	R	B	Y	T
Y	K	V	S	N	O	W	K	I	T	I	N	G	L	E
I	E	J	R	T	I	H	G	N	R	T	L	B	E	R
N	Y	P	S	P	A	R	A	G	L	I	D	I	N	G
G	S	N	O	W	B	O	A	R	D	I	N	G	A	I

B Label the photos with extreme sports from the word search.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

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Read the text.

Volcano boarding in Nicaragua

In May, Thomas and I decided to try volcano boarding for the very first time. Our friend James told us about his experience, and we knew it was something we wanted to do. So, we got on a plane and flew to Nicaragua – a country of 19 active volcanoes. We heard that climbing up a volcano was one thing, but sledding down¹ on a wooden board was another. It's hot, dusty², a little scary and one of the craziest things ever!



The board needed to do volcano boarding is basically a rectangular sled with a rope, and you use your feet to drive and control speed. You should wear comfortable clothes when practising volcano boarding. You also have to put on some overalls to protect your clothes, some face goggles to protect your eyes and some gloves. It's also a good idea to wear a mask to cover your face from all the dust.

James told us to go to *Cerro Negro*, the youngest volcano in Central America. When we arrived, we climbed all the way to the top on a very hot day. After about 45 minutes, we reached the summit, which is the highest point of the volcano. I prepared myself mentally for this exciting event that was about to happen while Thomas was putting on his goggles. Then, I sat on my board, grabbed the rope in the front and started my adventure. The board was hard to control and the faster I went, the more volcanic dust got on my face. My heart was racing the whole way down and I felt the adrenaline rising. I saw Thomas next to me, standing on his board like he was snowboarding. He loves being adventurous. Almost at the end, I tried to make my board go slower, but it was difficult to control. So, I fell off and finally got the board to stop. I had volcano dust everywhere: in my mouth, my ears, my nose, my socks, everywhere... But it was worth every second.

Of course there's always risk involved when you do adventure sports like sandboarding, biking or surfing. However, if you're brave enough to try to board down an active volcano, it's an experience of a lifetime. In fact, Thomas and I are already preparing our next adventure: ice swimming in Finland. Want to join?

Miriam, 33

<https://adventurousmiriam.com> (abridged and adapted)

¹sledding down: descender de trenó

²dusty: poeirento

A Label the photos using words from the text.



1. _____



2. _____



3. _____

B Find sentences in the text that prove that:

1. going up a volcano was much different than coming down.

2. it's important to protect your hands and face from the dust when you're sledding down.

3. they reached the top of the volcano in less than an hour.

4. extreme sports are most times very risky.

C Match the words on the left to their meaning on the right. There are two extra options.

scary (line 8)	1	•	•	a	to keep safe
to protect (line 13)	2	•	•	b	arrived at a destination
reached (line 17)	3	•	•	c	to feel bored
grabbed (line 19)	4	•	•	d	courageous
brave (line 27)	5	•	•	e	frightening
			•	f	going down
			•	g	held with force

D Answer the questions about the text.

1. Why did Thomas and Miriam decide to try volcano boarding?

2. What type of board is needed for volcano boarding?

3. How was Miriam feeling during this experience?

4. What is their next adventure?

1.1 Challenging sports

Grammar – Present simple or present continuous

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A Put the words in the correct column.

every day often this week always now at the moment usually
at present today sometimes right now at the weekend

Present simple	Present continuous

B Choose the correct option.

- Zoe usually _____ a new sport every month.
a. ☐ try b. ☐ is trying c. ☐ tries
- My brother _____ wing walking. He's afraid of heights.
a. ☐ enjoy b. ☐ doesn't enjoy c. ☐ enjoys
- Derek _____ snow kiting this weekend. Would you like to go too?
a. ☐ is going b. ☐ are going c. ☐ goes
- How much _____? It's an expensive sport, I believe.
a. ☐ does motocross cost b. ☐ is motocross costing c. ☐ do motocross costing
- Look! Carol _____ off that bridge! She really loves bungee jumping.
a. ☐ jumps b. ☐ jumping c. ☐ is jumping

C Complete the sentences with the present simple or present continuous of the verbs in brackets.

- The boys _____ (not study) at the moment. They _____ (watch) a YouTube video about abseiling.
- We usually _____ (go) cycling every day, but today we _____ (do) some indoor activities.
- "How often _____ (you / do) extreme sports, Eva?"
"Not very often, I _____ (not like) them. I _____ (think) they're dangerous."
- "_____ (Melissa / compete) in the e-sports tournament this afternoon?"
"Yes, she _____."
- Most athletes _____ (go) to bed early.
- I _____ (try) an extreme sport today: parkour!