LIVING ON THE EDGE: THE THRILL AND RISK OF EXTREME SPORTS

Have you ever dreamed of jumping out of a plane, surfing a giant wave, or snowboarding down a steep mountain slope? For some teens, extreme sports are the ultimate thrill—an exciting way of living on the edge. These sports offer a rush of adrenaline that makes people feel truly alive. But behind the excitement, there is always real danger. These activities can be hazardous and even life-threatening if not approached with caution.

Extreme sports often involve situations that push both the body and mind to their limits. It's not unusual for someone to shake with fear before leaping off a cliff with a parachute or racing down rocky trails on a mountain bike. These feelings of fear and uncertainty are natural, even for athletes with years of experience. Strangely enough, it's that exact fear that many people chase—it reminds them they're doing something bold, something not everyone dares to try.

Still, the risks are very real. Every year, people are seriously injured while doing these sports, and some even lose their lives. Helmets, harnesses, and training can reduce the danger, but they can't remove it entirely. When faced with something that looks threatening, even the most confident athletes hesitate. And sometimes, that hesitation is a smart choice—it gives them time to think and make better decisions, which could save their life.

Taking risks can be a powerful and exciting part of growing up, but there's a difference between bravery and carelessness. Extreme sports require responsibility, proper training, the right equipment, and a strong respect for your own limits. It's not just about looking cool or impressing others. In the end, extreme sports aren't just about being brave—they're about being smart, too

TRUE OR FALSE

1. It is normal to feel fear when practising extreme sports. **True / False**

2. Extreme sports are always safe. **True /False**

3. You don't to train to practise extreme sports. **True /False**

4. Intelligent people tend to hurt less in extreme sports. **True /False**

ANSWER THE QUESTIONS

1. Why is it so important to feel fear?

LIVEWORKSHEETS

1. Why is it good to hesitate?

LOOK SYNONYMS IN THE TEXT

1. young people (I)

2. Rarely (II)

3. doubt (III)

4. appropiate/right (IV)

LIVEWORKSHEETS