

Vocabulary Enrichment – Extreme Activities

Part 1- Word Formation – Please complete the table

NOUN	VERB	ADJECTIVE	ADVERB
1. _____	define	defined	Definitely
Competition/compete	2. _____	competitor	Competitive
3. _____	assist	assistant	-
4. _____	free	free	Freely
follower	5. _____	following	-
6. _____	concentrate	concentrated	-
depth	deepen	7. _____	Deeply
8. _____	supervise	supervised	-
danger	9. _____	dangerous	Dangerously
-	-	proper	10. _____

Free-diving : the big blue

The 1._____ (DEFINE) of free –diving is any underwater activity which people do by holding their breath for a long time. People 2._____ (COMPETITION) to dive down as far as possible on one single breath, without the 3._____ (ASSIST) of air tanks.

Many divers say the experience of free-diving gives them a feeling of 4._____ (FREE) while they are underwater. Also, many of the sports 5._____ (FOLLOW) regularly use yoga to help them 6._____ (CONCENTRATE) and hold their breath for longer so they can dive to a much greater 7._____ (DEEP) than normal.

Before you decide to try free-diving, you must go through a lot of training first under the 8._____ (SUPERVISE) of a professional. This is because it can be a very 9._____ (DANGER) sport if it is not done 10._____ (PROPER).