Hot ideas, cool sports!

Volcano surfing

This is like snowboarding, but without the snow. You climb to the top of a volcano and then slide down it on a surfboard! Some people stand, but I found it easier to sit on the board. I'm glad I was wearing goggles because it was very dusty. It was amazing, but it was also scary because I went so fast – some people travel at 80 km an hour! Don't do what I did, though. While I was surfing, I shouted to my friend, and I got a mouthful of dust and stones!

Ice swimming

In Russia, this is a popular winter sport. They say it's a great way to stay healthy. To find out, in December I went swimming with the Swimming Club on Brighton Beach. The sea wasn't frozen, but it felt icy! It was so cold, I screamed when I got into the water! I only stayed in the sea for about five minutes. But afterwards, while we were drinking hot chocolate in a café, I felt amazing – and I didn't get a cold for the rest of the winter!

Reading

1 **Read and listen. Which activity sounds more dangerous?**

_____

2 **Match the words with the definitions.**

1 slide — **a)** glasses to protect the eyes
2 goggles — **b)** when there are a lot of very fine, dry particles of dirt
3 dusty — **c)** when water gets very cold and becomes solid
4 mouthful — **d)** to move continuously across a flat surface
5 frozen — **e)** a lot of food, or any material, in your mouth

3 **Read the text again. Write VS (volcano surfing) or IS (ice swimming).**

1 You need special equipment to do this sport. ____
2 You feel good after doing this sport. ____
3 It's better to keep your mouth closed while doing this sport. ____
4 This sport is similar to another sport. ____
5 You don't feel very good while doing this sport. ____
6 This sport makes you feel afraid. ____

4 **Answer the questions. Write complete sentences.**

1 How do volcano surfers get to the top of the volcano?

_____

2 In what two different ways can you surf down a volcano?

_____

3 What's the highest speed volcano surfers can travel at?

_____

4 In what country is ice swimming common?

_____

5 Who did the writer go swimming with?

_____

6 How long did the writer swim for?

_____

LIVEWORKSHEETS