

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 |

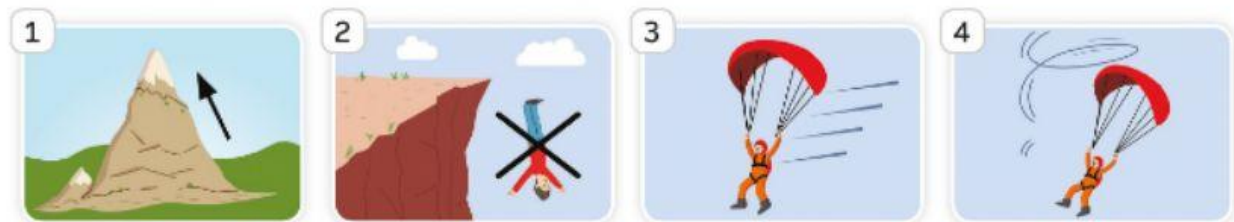
2 Read and write. Use the words from the box.

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 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.