

1 I always knew I wanted to try sailing. When I was young, we used to go on holiday to the sea every year and I was forever in the water. My parents paid for me to have proper lessons as a present for my tenth birthday and I've been sailing ever since. Now, I go to classes every weekend. The teachers are great. When I leave school, I hope I can spend more time on the water. Who knows, perhaps one day I'll be able to teach it myself!

2 Have you ever thought about going skydiving? It's an incredible experience. I never really thought that extreme sports were for me, but the feeling you get when you first jump out of the plane and fall through the air is amazing. And then your parachute opens and you slowly glide down towards the earth. You get such a good view of everything as well before you reach the ground. Of course, it's not something that everyone will enjoy, but if you've ever considered it, I'd definitely recommend trying it at least once.

3

If sitting by the swimming pool or on the beach all day isn't your idea of having a good time and you fancy something more active, why not try a skiing holiday? There are lots of different trips you can book online from just a few days to a couple of weeks. You can learn with a group of people of the same age as you, or you can pay a bit more for lessons on your own. If you're the outdoor type and love visiting countries with beautiful scenery, why not think about it for your next holiday?

4

I took up riding a few years ago. I've always loved horses, so when my parents moved from the city to the countryside, they agreed to buy me one. I go out for an hour every day before school and in the evenings I get together with my friends for a longer ride. I'm not a big fan of competitive sports, so this is perfect for me. I'm so happy when I'm out with my horse enjoying nature. It's extremely relaxing. I could never go back to living in the city again now!

5 I'm not that keen on sports, but I do love being outside, so my favourite outdoor activity is camping. I go away every summer with my family on long trips, but I often go on trips at the weekends with my friends as well. We do a lot of hiking when we're away, so we try not to take too much with us – just our tents of course and some food and drink. I always have my camera with me too. I absolutely love taking photos of the places we visit. There are so many wonderful things to see out there!

- A** I couldn't do this where I used to live.
- B** You can do this activity without spending any money.
- C** I have been doing this activity for ten years.
- D** I wasn't certain I would like this activity.
- E** I'm still learning how to do this activity.
- F** I carry some equipment with me to do this activity.
- G** You can choose to learn this alone or with others.
- H** I sometimes stay up late to do this activity.