

Instituto Universitario de Caldas

"Extreme sports"

1) Listen to the audio and complete the text by using the extreme sports. Use the following vocabulary

bungee jumping - skydiving - skateboarding

parasailing - hang gliding - snowboarding

Audio



I'm going to talk about extreme sports. Let's talk first of all of the most common ones.

The first sport that comes to my mind is which is something that I did when I was younger I didn't actually get that good at it. But I learned some simple tricks that I could probably still even do now if I tried.

Another extreme sport that I've done several times is . My first snowboarding experience was downright miserable because I didn't start out on the beginner slopes or the "bunny slopes" as we call them. No my friends took me to the top of the mountain on my first go and wished me luck getting down. I eventually did

get down, but not before falling and eating snow time after time.

One another activity that I have done that might not really qualify as an extreme sport –but is still cool – is , this is where you are attached to the back of a boat with a seat and a kite above you and when that boat goes forward, you go flying in the air behind it.

Some of the other extreme sports that I haven't done include , and which are probably the scariest of all the extreme sports.

Taken from: Conner Ingles (Youtube channel)

2) Listen to the audio and select the extreme sports that have been mentioned.

Audio



Taken from: 7ESL Learning English (Youtube channel)