

Miss Sharmila talks about the various adventure sports. Listen and match them with the correct pictures.



An extreme sport is a popular term for activities that have a high level of risk to the participants. The activities usually involve danger or speed.

Some of the most popular extreme sports are white water rafting, paragliding, rock climbing, extreme skiing, sky diving, paintball, and BMX cycling. They are exciting and challenging.

- Participants cycle on rough tracks with obstacles.
- Participants climb and hold a T-bar which rolls over a wire.
- Participants use a skateboard to ride on and perform tricks.
- Participants climb rock faces using ropes and other equipment.
- Participants use air guns to shoot capsules of paint at each other.
- Participants jump from an aircraft and perform acrobatic moves during the fall before landing using parachutes.

