

**MATCH  
RELACIONA**

|         |             |
|---------|-------------|
| Jump    | a medal     |
| take    | over a wall |
| win     | underwater  |
| swim    | a record    |
| break   | oxygen      |
| breathe | a class     |

**READ THE TEXT AND ANSWER THE QUESTIONS  
LEE EL TEXTO Y CONTESTA LAS PREGUNTAS**

**FREE DIVING**

As a child, Tanya Streeter always loved swimming in the sea — she grew up in the Cayman Islands in the Caribbean. She could always dive the deepest for seashells. But she didn't know then that she could dive deeper than anyone else in the world.

Tanya discovered her diving abilities in 1997, when she took a class in free diving. Free diving is a new sport. It's very dangerous, because you dive with no oxygen. There were only men in the class and no one wanted to dive with her because she was a girl. But her class was surprised when they saw how long she could swim underwater. Her teachers immediately wanted to train her. A few months later, Tanya started breaking records. She can swim underwater for nearly six minutes with just one breath! Last year she broke the world free diving record. She dove 121 meters with one breath.

She says: 'At the bottom of the sea I'm calm. I love the peace and quiet down there. Coming up again is very difficult. You can't think about the pain!

I'm not planning to break any more records for a while. I'm going to wait and see if anyone breaks my last record! In the future I'm going to teach free diving and work for sea-life conservation.

**BUCEO LIBRE**

Cuando era niña, a Tanya Streeter siempre le encantó nadar en el mar; creció en las Islas Caimán en el Caribe. Siempre podía bucear lo más profundo en busca de conchas marinas. Pero entonces no sabía que podía sumergirse más profundamente que nadie en el mundo.

Tanya descubrió sus habilidades para el buceo en 1997, cuando tomó una clase de buceo libre. El buceo libre es un deporte nuevo. Es muy peligroso porque buceas sin oxígeno. En la clase sólo había hombres y nadie quería bucear con ella porque era una niña. Pero su clase se sorprendió cuando vieron cuánto tiempo podía nadar bajo el agua. Sus profesores inmediatamente quisieron capacitarla. Unos meses más tarde, Tanya empezó a batir récords. ¡Puede nadar bajo el agua durante casi seis minutos con solo una respiración! El año pasado batió el récord mundial de buceo en apnea. Se zambulló 121 metros de un solo aliento.

Ella dice: 'En el fondo del mar estoy tranquila. Me encanta la paz y la tranquilidad que hay allí. Volver a subir es muy difícil. ¡No puedes pensar en el dolor!

No planeo batir más récords por un tiempo. ¡Voy a esperar y ver si alguien rompe mi último récord! En el futuro enseñaré buceo libre y trabajaré para la conservación de la vida marina.

### **Answer the questions about your person**

#### **TANYA STREETER**

1. Where did she/he grow up?

She \_\_\_\_\_ in the Cayman Islands

2. What did she/he like doing as a child?

She \_\_\_\_\_ diving

3. How did she/he become interested in the sport?

She \_\_\_\_\_ a free diving class 1n \_\_\_\_\_

4. How does she/he feel when he/she does the sport?

She \_\_\_\_\_ calm, but coming up again is painful

5. How dangerous is the sport?

\_\_\_\_\_ very dangerous

6. Does she/he teach the sport?

no, she \_\_\_\_\_ at the moment

7. What did she/he do last year?

She \_\_\_\_\_ the world free free diving record



8. What are her/his future plans?

She \_\_\_\_\_ teach free diving

### FREE RUNNING

David Belle grew up in the countryside, and he always loved the feeling of freedom there. He liked running, jumping, and climbing trees in the woods when he was a child. At the age of nine, he and his family went to live in Lisses, a town outside Paris. But he continued to jump and climb there. He loved doing gymnastics at school.

As a teenager in 1989, David invented the sport of Le Parkour or "free running." The idea of Le Parkour is to find new and often dangerous ways to travel across the town. The runners or "traceurs" work in groups. They run and jump over walls, roofs, and buildings—everything! They try to move like cats. David and his friend Sebastian spent ten years in Lisses practicing their moves and jumps, and teaching other people. Last year they were on television for the first time. David says that Le Parkour is an art and a philosophy, not a sport. They are not trying to win medals. They just want to learn new moves and do them well. They like to feel free.

David says: "We do it because we need to move. We are going to take our art to the world and show people how to move. And we are going to go where no human ever went before."

### CARRERA LIBRE

David Belle creció en el campo y siempre le encantó la sensación de libertad allí. Cuando era niño, le gustaba correr, saltar y trepar a los árboles en el bosque. A los nueve años, él y su familia se fueron a vivir a Lisses, un pueblo en las afueras de París. Pero él siguió saltando y trepando hasta allí. Le encantaba hacer gimnasia en la escuela.

Cuando era adolescente en 1989, David inventó el deporte Le Parkour o "carrera libre". La idea de Le Parkour es encontrar formas nuevas y a menudo peligrosas de viajar por la ciudad. Los corredores o "trazadores" trabajan en grupos. Corren y saltan paredes, tejados y edificios... ¡todo! Intentan moverse como gatos. David y su amigo Sebastián pasaron diez años en Lisses practicando sus movimientos y saltos, y enseñando a otras personas. El año pasado aparecieron por primera vez en televisión. David dice que Le Parkour es un arte y una filosofía, no un deporte. No lo son. Intentan ganar medallas. Sólo quieren aprender nuevos movimientos y hacerlos bien. Les gusta sentirse libres.

David dice: "Lo hacemos porque necesitamos movernos. Vamos a llevar nuestro arte al mundo y mostrarle a la gente cómo moverse. Y vamos a llegar a donde ningún zumbido ha llegado antes".

### Answer the questions about your person

#### DAVID BELLE

1. Where did she/he grow up?  
he \_\_\_\_\_ in the countryside
2. What did she/he like doing as a child?  
he \_\_\_\_\_ running, jumping and \_\_\_\_\_ trees in the woods
3. How did she/he become interested in the sport?  
he \_\_\_\_\_ the sport in \_\_\_\_\_
4. How does she/he feel when he/she does the sport?  
he \_\_\_\_\_ free
5. How dangerous is the sport?  
\_\_\_\_\_ often dangerous
6. Does she/he teach the sport?  
no, he \_\_\_\_\_ at the moment
7. What did she/he do last year?  
he \_\_\_\_\_ on tv for the fist \_\_\_\_\_
8. What are her/his future plans?  
he \_\_\_\_\_ take his art the \_\_\_\_\_ and show people how to move