

2 ★ **Fill in:** *surface, tank, mermaid, record, distractions, campaign, silent, minute, meditation, goggles.*

- 1 A free diver doesn't use an air
- 2 It is totally underwater.
- 3 Freedivers dive as deep as they can and return to the all in one breath.
- 4 Sara practises to help her with her breathing.
- 5 James holds a world in skiing.
- 6 A has one large flipper.
- 7 Sara volunteers for an environmental
- 8 Shelly loves every of paragliding.
- 9 Speed skiers wear to protect their eyes.
- 10 Carol likes paragliding because it's so peaceful with no

3 ★ **Choose the correct word.**

- 1 Sara **takes/holds** a deep breath before she dives into the water.
- 2 Freedivers' lungs **shrink/reduce** as they dive deeper in the water.
- 3 Rock climbing **comes/appears** naturally to Sandra.
- 4 Our neighbours are always **making/doing** noise.
- 5 Terry really wants to win the **world/universe** championship in motocross.
- 6 Kelly **holds/keeps** a record in street luge.