1. **What is the title of the article you have read?**

2. **In the table below, above each paragraph write a suitable subheading. In the second column, write down the topic sentence from each paragraph.**

Subheading	**Topic sentences**
Throwing yourself out of a perfectly good plane may sound like a crazy plan but skydiving in North Ireland is a must try for adventurists. Jump out of an aircraft and freefall before returning to Earth with the aid of a parachute. As you fall through the sky, you will be rewarded with breathtaking views - if you can keep your eyes open that is.	
Subheading	
A good way to get started is to contact a center that specializes in skydiving and parachuting. This is a cost-effective way to see if the sport is for you. It is advisable to find one that operates under the regulations of the British Parachute Association. Also, centers generally have restrictions or safety reasons, for example, you need to be 16 years old to jump.	
Subheading	
The most popular jump for beginners is a tandem skydive where you are attached to an instructor. You only need a short briefing for this one and the freefall lasts for about a minute. If you enjoy the tandem skydive and want to take it further, the next step is to do a static-line course: a one-day course where you learn about equipment, steering and how to land. There is a progression training system which will take you from static line through to free flow until you are classed as an experienced jumper.	
Subheading	
A tandem skydives cost approximately £260. A static line course cost approximately £210 and each subsequent jump costs £35. Once people become very experienced and dedicated to the sport, they consider the option of buying their own parachute, but until then the center will provide you with all the equipment you need. Please note a compulsory insurance payment to the British Parachute Association of £35 is also required.	

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