

# Listening: Extreme sports

**Watch the video and complete with the missing words.**

How (1)\_\_\_\_\_ are you? What do you know about “extreme,” or “adventure,” sports? Extreme sports are extremely (2)\_\_\_\_\_, extremely wild, and are loved by extremely adventurous people. They can give you the same (3)\_\_\_\_\_ that you get when you watch a (4)\_\_\_\_\_ movie or take a ride on a roller coaster. Some of us like that feeling, and some don’t. Do you? Extreme sports used to be called “outlaw sports”—and they were prohibited in many places because people thought they were too (5)\_\_\_\_\_. But now many of these sports have rules that make them less dangerous. Today, extreme sports are done by extremely adventurous people. Let’s look at some extreme sports. One of the most famous—and wildest—extreme sports is bungee-jumping. A lot of people wonder what kind of (6)\_\_\_\_\_ person would want to (7)\_\_\_\_\_ off a cliff or a bridge. But people who bungee-jump say it’s a major thrill. There’s nothing else that feels quite like taking that first plunge. Have you ever (8)\_\_\_\_\_ bungee-jumping? Would you like to try? Another really awesome extreme sport is whitewater rafting. Imagine yourself with a few friends on a raft, (9)\_\_\_\_\_ in the waves down a river. You have to work (10)\_\_\_\_\_ to keep the raft from flipping over! It’s a real team activity and it’s very exciting! If you love bikes, BMX could be the extreme sport for you. BMX riders do unbelievable stunts indoors and out, using half-pipes and ramps. This guy has some pretty (11)\_\_\_\_\_ moves, doesn’t he? It may not look like it, but he’s being careful, too! And here’s another super-exciting extreme sport—skydiving. Lots of people think it’s a thousand times more thrilling than bungee-jumping. Just think about it: skydivers jump out of planes miles and miles above the ground, they float through the air, and then they land! Amazing! (12)\_\_\_\_\_ you want to (13)\_\_\_\_\_ one of these extreme sports? If so, which one?