

A photograph of a woman freediving underwater. She is in a vertical position, arms raised above her head, with her legs bent. The water is a clear blue, and her body is partially illuminated by light from above.

**Take a deep breath!**

**Watch the video**

**Choose the correct sentences**

1. Freediving is one of the least dangerous sports.
2. Freedivers have no air tank.
3. Sara Campbell holds a world record and has four world championship gold medals.
4. On the way down, the diver's lungs double in size.
5. Shrink means getting smaller.
6. Sara doesn't practise her lungs, this comes naturally.
7. Sara's lungs are more than 20 per cent larger than of other women.
8. There are a lot of distractions underwater.
9. There is complete quietness below the waves.
10. Sara isn't going to finish her diving career.

Match the words and the pictures.

Wetsuit    flipper    air tank    goggles    surface    lungs    Mermaid    barking

