TEACHER MARLON HERNÁNDEZ SALAS

# UNIT #1 / extreme sports:

Here's a list of **18 very well-known adventure and extreme sports**:

Pronunciation

1. Skydiving
2. Bungee jumping
3. Rock climbing
4. Surfing
5. Snowboarding
6. Skateboarding
7. Mountain biking
8. White-water rafting
9. Paragliding
10. Scuba diving
11. BASE jumping
12. Motocross
13. Wingsuit flying
14. Ice climbing
15. Sandboarding
16. Cliff diving
17. Kitesurfing
18. Parkour

•Vocabulary

WATCH VIDEO

WATCH VIDEO

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LIVEWORKSHEETS

# Discussion Groups

**Part 3: Group Discussion (Groups of 2–3 – 20 min)**

Students discuss these questions:

1. Why do people like extreme sports?
2. Are extreme sports too dangerous?
3. Should beginners try extreme sports? Why?
4. Which sport is the safest? Which is the most dangerous?
5. Is it better to do extreme sports alone or with others?
6. Do extreme sports help people feel happier or more stressed?
7. Have you ever felt scared while doing a sport? What happened?
8. Do you think extreme sports are more popular today than before? Why?
9. Which extreme sport is best for beginners? Why?
10. Do you need to be very fit to do adventure sports? Why / Why not?
11. Would you prefer to watch or try an extreme sport? Why?
12. Do you think extreme sports are expensive? Why?
13. Should schools include adventure sports in their programs? Why / Why not?
14. Which is more important: safety or excitement? Why?
15. Do you think social media makes extreme sports more popular? How?
16. Would you travel to another country to try an extreme sport? Why?
17. What personality do you need to enjoy extreme sports?
18. Do extreme sports help people forget stress? Why / Why no

LIVEWORKSHEETS

# EXTREME SPORTS

1 - Describe the two pictures. Which activity would you rather do?
2 - What do you think extreme sports are? What makes them extreme?
3 - What kinds of extreme sports are popular in your country?
4 - Have you tried any dangerous or extreme sports? What did you do?
5 - Would you ever jump out of a plane to go skydiving?
6 - Have you ever had an adrenaline rush? What caused it? Did you enjoy it?
7 - What do you think are the 3 most dangerous extreme sports?
8 - What extreme sport are you most interested in trying?
9 - Can you think of an extreme sport that doesn't require any equipment?
10- Is there anywhere near your home to go white water rafting?
11- Have you or anyone you know had an accident doing dangerous sports?
12- Which extreme sports scares you the most?
13- Would you scuba dive with sharks for $50 000 USD?
14- Are you afraid of heights? Do you think you could free climb?
15- What kinds of safety gear should you wear for mountain biking?
16- Have you seen or heard of any crazy extreme sports? What are they?
17- Would you rather go snowboarding or surfing? Explain why.
18- Would you like to go caving? Would you crawl through tight spaces?
19- What things can go wrong when people do parkour?
20- What extreme sport do you think is the most expensive to do?
21- Many people have died climbing Mount Everest, why do people still do it?
22- Do you think that people who do base jumping are brave or stupid?
23- How would you feel if your mother wanted to go bungee jumping?
24- Would you try cliff diving? What is the highest you think you could jump from?
25- How would you prepare yourself to do an extreme sport?

LIVEWORKSHEETS

# SPEECH

**Prepare a short talk (6–8 minutes). Include:**

- ✓ Name of the sport (Choose 1 from the pronunciation section.)
- ✓ What the sport is? When was it created? Who created the sport?
- ✓ Where it is practiced (place: ocean, mountains, air, etc.)
- ✓ Equipment needed (2–3 items)
- ✓ Talk about a famous athlete
- ✓ Is it dangerous? Why?
- ✓ Your opinion (Do you like it? Would you try it? Why or why not?)

- REMEMBER: Speak clearly and look at your audience. Do not read your notes—try to speak naturally.

In case you need a PDF format of the EXTREME SPORTS SPEAKING ACTIVITY, please.....

CLICK HERE

In case you need to do a listening ACTIVITY, please.....

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LIVEWORKSHEETS