

Extreme Sports Worksheet

Reading, Vocabulary & Comprehension Practice

Name: _____ Date: _____

Part 1: Reading Passage

Extreme sports are physical activities that involve high risk and a lot of excitement. Unlike normal sports, they do not always have strict rules or safe, controlled spaces. Instead, they focus on personal challenge, thrill, and testing human limits. People who do these sports need courage, quick thinking, and strong endurance, because conditions can be dangerous and unpredictable.

Many extreme sports grew out of traditional activities. Skateboarding, for example, started as a land version of surfing. Mountain biking came from road cycling but moved onto rough, natural trails. Over time, these sports have grown into many different styles and forms.

Main idea :

Supporting idea(s):

Closing sentence:

Popular extreme sports include skydiving, rock climbing, snowboarding, BMX biking, and white-water rafting. Each one needs special skills and equipment. Rock climbers need strength and balance, while snowboarders need speed control and creativity.

Main idea:

Supporting ideas/examples:

Because these sports are risky, safety is very important. Athletes train hard, wear protective gear, and learn from experienced mentors. Better equipment, like lighter helmets and stronger harnesses, has made these sports safer over the years.

Main Idea:

Supporting Idea:

Extreme sports also affect the mind in powerful ways. Many participants describe a feeling called "flow," where they feel fully focused and alive. This experience can build confidence, reduce fear, and create a strong sense of achievement. In other words, people do extreme sports because they want to experience the adrenaline and psychological thrill.

Main idea:

Supporting ideas:

Media coverage and events like the X Games have made extreme sports more popular worldwide. However, some people worry that too much commercialization takes away from the original spirit of adventure. Overall, extreme sports combine physical skill, mental strength, and a love of nature and challenge.

Main idea:

Supporting ideas:

Part 2: Vocabulary Worksheet

Match each word (1–10) with its correct definition (a–j). Write the letter in the answer column.

#	Word	Your Answer (a–j)
1	Adrenaline	
2	Endurance	
3	Terrain	
4	Hazardous	
5	Proficiency	
6	Stewardship	
7	Mainstream	
8	Resilience	
9	Ethos	i
10	Immersion	j

- b) the ability to keep doing something difficult for a long time
- c) the natural surroundings and land where an activity happens
- d) dangerous; likely to cause harm
- e) skill in a particular activity, gained through practice
- f) careful and responsible management of something, especially the environment
- g) the ordinary or widely accepted way of thinking or behaving
- h) the ability to recover quickly from difficulty
- i) the ideas and attitudes that belong to a particular group or activity
- j) a feeling of being completely absorbed and comfortable in a group or culture

Sentence Practice: Complete the sentence for each. You may use the words above.

1. People do extreme sports because.....
2. Extreme sports like Skateboarding come from
3. Better equipment and technology have made extreme sports
4. Traditional sports may behowever extreme sports are
5. I will try doing an extreme sports likebecause.....

Part 3: Comprehension Quiz

Circle or write the letter of the best answer for each question.

1. What is one main feature that separates extreme sports from traditional sports?

- a) They always take place indoors
- b) They involve high risk and less strict rules
- c) They require no physical training
- d) They are always team-based

Answer: _____

2. Which traditional sport is skateboarding said to have developed from?

- a) Skiing
- b) Cycling
- c) Surfing
- d) Running

Answer: _____

3. What is the mental state called "flow" that many extreme sports athletes describe?

- a) A state of boredom and distraction
- b) A state of complete focus and immersion in the activity
- c) A feeling of extreme fear that stops performance
- d) A period of rest after competition

Answer: _____

4. Which of these has helped make extreme sports safer over time?

- a) Avoiding all training
- b) Ignoring protective gear
- c) Better equipment like lighter helmets and stronger harnesses
- d) Removing all rules

Answer: _____

5. What concern do some people have about the growing popularity of extreme sports through media and events?

- a) That commercialization may take away from the original spirit of adventure
- b) That too few people are interested
- c) That the sports are becoming too safe
- d) That the sports no longer require skill

Answer: _____

Part 4: Reflection

In 4–6 sentences, describe an extreme sport you would like to try (whitewater rafting, bungee jumping, mountain biking, rock climbing, or surfing) and **explain why**; use connectors like **but, and, because, however, Clearly, Although, Yet, so**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____