

Do you like the excitement of extreme sports? If so, you might be an 'adrenaline junkie'. Find out more about white-water rafting and parkour in this video

Do the preparation task first. Then watch the video about Extreme Sports and do the exercises to check your understanding. If you need help, you can read the transcript at any time.

### 1. Preparation: picture matching

Draw a line to match the pictures with the words below.



steps	mountains	parkour	river
climbing	railings	jumping	white-water rafting

### 2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |    |   |             |              |
|----|---|-------------|--------------|
| 1. | Extreme sports are only popular in the mountains in the UK.   | <i>True</i> | <i>False</i> |
| 2. | People who enjoy fast and dangerous sports, like white-water rafting, are called thrill seekers or adrenalin junkies. | <i>True</i> | <i>False</i> |
| 3. | In white-water rafting you have to try to stay afloat in the river.   | <i>True</i> | <i>False</i> |
| 4. | Parkour is sometimes called free jumping.   | <i>True</i> | <i>False</i> |
| 5. | The idea of parkour is to jump and climb over things like steps, railings and trees.                                  | <i>True</i> | <i>False</i> |
| 6. | You need special clothes and shoes to do parkour classes.   | <i>True</i> | <i>False</i> |

### 3. Check your understanding: grouping

Write the words into the correct group.

foaming water	drops
balance	London
rapids	city
nature	the elements
France	trainers

Parkour	White-water rafting

#### Would you rather try white-water rafting or parkour?

Which extreme sports are popular in your country? Which would you like to try?

Do you know anyone who is an adrenalin junkie?



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