

NAME _____ SURNAMES _____

COURSE _____ CENTRE _____

YOUR TEACHER'S NAME _____



LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 1)

1. Match the extreme sports equipment to the correct definition.



helmet



life jacket



rope



crash pads



climbing harness



raft



saddle



board

1. Something you put on your head to protect it. _____
2. You put these on your knees when you're climbing to protect them. _____
3. You wear this in case you fall in the water when you're kayaking or in a canoe. _____
4. You sit on this when you go biking. _____
5. Something you stand on when you go surfing. _____
6. These are ropes and metal clips to help you get up a mountain or a big rock. _____
7. You travel in this when you go white water rafting, it's a boat made of rubber. _____
8. You tie this round you when you go bungee jumping or climb a mountain. _____

Points __/8

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LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 2)

2. Read the text then answer the questions.

Skateboarding

1. Extreme sports are about exhilaration, skill and danger. They do not normally involve teams and there are very few rules. People who take part use their skills and experience to control the risks. That control is what makes them sports and not just dangerous behaviour. There are lots of extreme sports like white water rafting, skydiving, bungee jumping and even skate boarding can go in the category of an extreme sport.

2. Rosie Adams has been skateboarding for 18 months. She was the youngest rider to enter this year's King of Street competition in England. When most 11 year olds are watching the TV, Rosie is down at the skatepark. "I skate from 7.30 until 9 most evenings. I started when I went swimming at a pool next to the skatepark. I decided to have a go, so I went straight onto riding ramps", says Rosie.

3. Rosie skates with her older sister Lucy who is a sponsored rider and has won loads of competitions. She says that although skateboarding is mostly a male sport any girls who are interested in learning should just go for it.



Vertical running

4. Some people don't want to take so many risks so they do sports where there is less chance of getting injured. Vertical running isn't an extreme sport because there are not a lot of risks. But in another way it could be called extreme because of the difficulty in running up a really high building when it's hot.

5. A few weeks ago 600 athletes from 20 different countries gathered to participate in the annual vertical running competition in Beijing. The race to the top of the Chinese capital's tallest building, the China World Summit Wing hotel, takes athletes up 82 floors and 2,041 steps to a height of 330m. You need lots of stamina, lots of hours in the gym for preparation and a strong heart to do this sport! The winner of the men's race this year was a Polish athlete called Piotr Łobodziński, who crossed the line in 10 minutes and 1.4 seconds while Australian Suzy Walsham took first place in the women's race with a time of 11 minutes 50.3 seconds.

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LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 3)

1. How does having experience in extreme sports help?

2. How did Rosie get interested in skateboarding?

3. What advice does she give to other girls who might want to do it?

4. Why do some people choose not to do extreme sports?

5. Why is vertical running a difficult sport to do?



Points __/10

3. Find these words or expressions in the text.

a) Paragraph 1 - The way you act _____

b) Paragraph 2 - A word which means do a competition or take part in something _____

c) Paragraph 3 - Another word for lots _____

d) Paragraph 4 - To hurt yourself _____

e) Paragraph 5 - Grouped together _____

Points __/5

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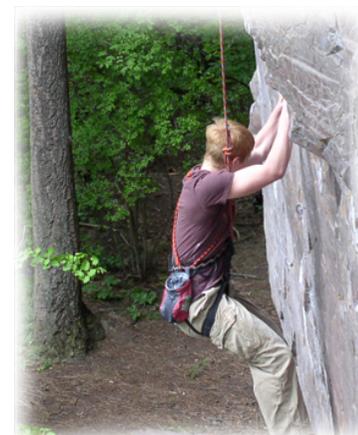
LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 4)

4. Complete the text about adventure sports with the appropriate word.

trip best out morning with along wear more need long

Climbing

If you want to go rock climbing one of the (1) _____ places is Scotland. The most famous mountain is Ben Nevis; it's the highest in the UK. You need very strong boots, a tent because it's a (2) _____ climb to the top and most climbers have a rest or sleep the night before and then climb again the next (3) _____.



Kayaking

For this adventure sport you (4) _____ a small boat with a hole in the middle where you sit; your legs are always dry but you need a good anorak and a helmet in case you fall (5) _____. Sometimes when school finishes for the holidays in the UK many children go kayaking with their classmates and teachers for the end of school (6) _____.



White water rafting

This sport is in water too but it's a bit (7) _____ dangerous. You use raft (a small rubber boat) and travel down rapids (8) _____ a river. It's very popular too with families because big groups can all go in the raft but you always need to go white water rafting (9) _____ an adult because it can be dangerous and (10) _____ a helmet and a life jacket!

Points __/10

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LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 4)

5. Complete with the correct form of SAY, ASK or TELL.

Example:

My mum _____ I could go hiking with my friends at the weekend.

My mum said I could go hiking with my friends at the weekend.

1. They _____ us the trip wasn't until later that day.
2. They _____ the climb would be delayed for hours because of bad weather.
3. Please _____ them they have to check their parachutes
4. He _____ me if we were nearly there, because we had been walking for hours.
5. She _____ she would show me how to surf tomorrow.
6. We _____ them they could go to the skatepark with us at the weekend.
7. She _____ me to if I could help her to learn how to swim.



Points__/7

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LOCAL: 2ND CYCLE OF SECONDARY ESO 3 (PAGE 5)

6. Choose ONE option. Write about 100 words.

A. Do you think extreme sports are too dangerous for young children? Why, why not?

OR

**B. Imagine you have a blog where you write about your weekend activities or interesting stories for your readers.
Invent an extreme sports weekend story for your blog.**



Points __/10
