

Extreme Sports



Warm up:

- What's your favourite sport or type of exercise?
- Can you remember a time you were physically exhausted? What happened?
- Have you ever run a marathon? Do you know anyone who has?
- What are some of the most dangerous sports? Would you ever consider doing them?



1. Match the sports in the box to the pictures below

skydiving	motocross	bungee jumping	wakeboarding
triathlon	rock climbing	scuba diving	kayaking

1)



2)



3)



4)



5)



6)



7)



8)



2. With a partner discuss which of these sports you have tried, which you would like to try, and which you would never try.

Second Conditional

If a situation in the future is very unlikely to happen, the second conditional is used.

The structure of second conditional is (If + past simple)....(would + infinitive).

Eg. *"If I went scuba diving, I would be scared of sharks!"*

The two halves of the structure ("if half" and "would half") can be reversed so "if" is in the middle of the sentence.

Eg. *"I would be scared of sharks if I went scuba diving!"*


This can also be a useful way of expressing that you would never do something.

Eg. *"I wouldn't go bungee jumping if you paid me a million bucks!"*



3. Complete the second conditional sentences by matching the two halves together.

- | | |
|--|---|
| a) If I ever ran a marathon,... | 1. I'd be scared of falling. |
| b) If I went rock climbing,... | 2. I'd jump out of a plane tomorrow |
| c) If I went paintballing with my family,... | 3. if I had to do part of a triathlon. |
| d) I would never do motocross... | 4. I would probably try bungee jumping. |
| e) If I knew how to skydive,... | 5. I would probably cry at the finish line. |
| f) I'd prefer to do the cycling... | 6. if I was a stronger swimmer. |
| g) If I wasn't afraid of heights,... | 7. if I didn't have a helmet. |
| h) I'd try wakeboarding... | 8. we'd probably end up killing each other! |

 **4. Complete the second conditional sentences with answers that are true for you. Try to be creative with your answers.**

- a) If I ever ran a marathon,
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- b) I would try bungee jumping if
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- c) If my best friend did a triathlon
-
- d) I would go kayaking if.....
-
- e) If I did paintballing with my colleagues/classmates,
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- f) If I could try any sport,
-
- g) I would be really scared if
-
- h) If someone gave me a million dollars,
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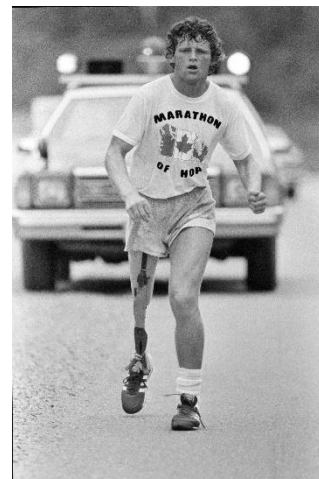
 **5. Read about achievements in extreme sports and describe them to your partner in your own words,**

Student A

A standard triathlon is an impressive feat, participants must swim 1.5 kms, ride 40 km, and then run 10km. But an Iron Man triathlon is on a whole other level. The athletes swim 4 km, ride 180 km, then run 42 km. That means the running leg is a full marathon. Kristian Blummenfelt set the world record for Iron Man triathlons at 7 hours and 21 minutes, beating the previous record by 6 minutes.

In 2014 Alan Eustace, a high-ranking executive at Google, travelled 41 kilometres into the air inside a helium balloon until he reached the edge of space. Then he jumped. While he was falling, he reached speeds of up to 1350 kilometres, making him the first person to ever break the sound barrier (1,239km/h) in freefall. To this day this is the world record for highest ever skydive.

At age 18 Terry Fox was diagnosed with bone cancer, and had his right leg amputated in 1977. While recovering in hospital he saw the suffering of his fellow patients, and decided to raise money for cancer research by running his “marathon of hope” across Canada. But Terry didn’t just run one Marathon. He ran for 143 days with only one leg, and averaged a marathon a day. Sadly, Terry passed away in 1981, but he had already raised more than 24 million for cancer research.



Student B

Alex Honnold trained relentlessly for almost 8 years to achieve a goal nobody else had even thought of: climb the 2300-meter cliff known as “El Capitan” without any ropes or safety equipment. Honnold climbed alone, relying only on his strength and skill, and after 4 hours he reached the summit as his friends and girlfriend watched on breathlessly.



In 2012 Kim Allan set the world record for the longest time spent continuously running. She ran continuously for an astounding 85 hours, and covered 500 kilometres. She lost all of her toenails, and eventually had to stop due to hallucinations caused by sleep deprivation. Allan did this to raise money for charities dedicated to helping people with spinal injuries.

Uli Emanuele was an Italian wingsuit pilot known for pulling off one of the most insane and precise stunts ever recorded. He flew through a 2-meter-wide gap in a rock formation in the Swiss Alps, wearing only a wingsuit, “flying” at 200km/hr. The stunt left absolutely no room for error, and is considered to be one of the most daring and technically impressive wingsuit stunts to date.





6. You are going to watch a video about people who run a very unusual race. The video contains the vocabulary in the box. Complete the sentences using the vocabulary.

sore	trail	nausea	
basement	laps	temporary	fame

- The flat comes with a, which makes storing things a lot easier.
- My whole body was for weeks after climbing Mount Everest.
- How many do you run around the field?
- If you eat a chocolate bar while running, it will give you a boost in energy.
- He was so nervous before skydiving that he had a huge wave of
- Despite his and fortune, he remained humble and generous.
- She sprinted down the forest, her footsteps echoing through the woods.



7. Watch the video¹ and answer the questions.

- Where does the race take place?
- How many hours can you run for in this race?
- Why doesn't Ida Steiro want to eat anything while she is running?
- Why is Franke Løke doing this race? What is he training for?
- How far did Bjørn Taranger run in this race?
- How many times has Ida Slorafoss run this race?
- In your own words, what is this race? How is it different from most races?

¹ <https://www.youtube.com/watch?v=T7SSe2F9104>



8. Write an in-depth text saying why you think people run this race, and mention what you think would happen if you tried to run it.

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