

QUESTIONS:

- How do you feel about extreme sports? Would you like to try any of them? Why/ why not?
- Are you a member of any sports team? If not, have you ever been?
- Do you think playing sports helps people work better as a team at work?
- What sport do you think is the most dangerous? Why?
- What do you think is the most popular sport in the world/ in your country/ region?
- Which sport would you not let your child do?
- Do you think everybody should practice sports? Why?
- Who do you think is the best athlete in the world? In your country?
- What do you think the top five most watched sports are in the world?
- Have you ever been to watch a professional sporting event?
- How are sports beneficial to you?

VOCABULARY:

- thrill seeking** - looking for excitement
- an adrenalin rush** - a strong feeling of excitement mixed with fear
- bomb down** - go down with great speed
- clamber** - climb with difficulty, using both the feet and hands
- hooked on the buzz of the extreme** - addicted to the excitement of doing extreme sports
- surf** - the foam formed by waves on the sea when they come in towards a shore
- get their kicks** - get a strong feeling of excitement or pleasure

- Extreme sports** (also called action, adventure or lifestyle sports) is a general term for sports that **involve** speed, height, danger, highly specialized **gear** or **spectacular stunts**. Some people say that they **cause** an **adrenaline-rush** in **participants**.