8 UNIT Living Dangerously



WARM-UP

A. What are extreme sports? How are they different from other ones? Why do you think people like extreme sports?

B. Write three extreme sports you know. Have you tried any of them?

READING

A. Skim-read the article without paying attention to the gaps. What is its purpose? Choose a, b, c or d.

a. to suggest why extreme sports have grown in popularity
b. to explain why people enjoy doing extreme sports
c. to encourage people to be more adventurous
d. to emphasise the dangers of many extreme sports



Addicted to the Thrill

Extreme sports are on the rise all over the world. Thrill seekers are finding more imaginative ways (1) to go faster and higher than ever before, but what attracts people to these sports? Is it adventure or danger that gets (2) ..... heart pumping, or both?

Most people (3) ..... tried traditional sports like football or basketball. But can you imagine falling through space (4) ..... twenty-five miles above Earth? Felix Baumgartner, who was an expert parachutist, fell through the sky (5) ..... four and a half minutes, reaching speeds of up to 822mph, before safely coming in to land. These may sound (6) ..... daredevil stunts for adrenaline addicts, but there is a science behind pushing ourselves, our minds and bodies, to the limit.