

Name _____ Class _____ Date _____

GOING TO EXTREMES

Before you watch

1 Complete the sentences with the words in the box.

finish line goal releases terrifying

- When you run, your body releases endorphins to make you feel happy.
- I thought off-piste skiing would be terrifying, but actually I enjoyed it.
- The goal of this activity is to increase your self-confidence.
- When I got to the finish line my family was there to congratulate me.

2 Which of the activities in the photos below do you think are extreme sports? How do you think people feel when they do these activities? Compare your ideas with a partner.



1 open water swimming



2 surfing



3 ski jumping



4 sky diving

Students' own ideas

While you watch

3 Watch the video. Which of the activities in Exercise 2 do they talk about? What other extreme activities do you see?

The video talks about surfing. We also see triathlons, mountain climbing, windsurfing, scuba diving, paragliding, canoeing, etc.

4 Watch the video up to 01:34 and answer the questions.

- Why does the video mention listening to the waves, reading and walking in a forest?
As examples of ways for people to relax.
- How many miles do you swim, cycle and run in a full triathlon?
Swim: 2.4; cycle: 112; run: 26.2
- What does the video say most people get when they finish a difficult race?
Nothing (at all).

5 Watch the video from 01:34 to the end and complete the summary with the correct words.

Psychologists say that getting ¹to the end of an activity is the most important goal when we do extreme activities. People who do them like to know that very ²few people worldwide have done that activity, and it makes them feel special. Only a certain ³kind of person can do these sports, though. They release the chemical adrenaline in our body when we ⁴get scared. Adrenaline makes us feel alive and ⁵see and hear things more clearly.

After you watch

6 Discuss the questions below with a partner. Do you agree or disagree?

- Have you ever done an activity for the reasons the video gives? What was it?
- Are there any activities in the video you would never do? Why not?
- What kind of people do you think do extreme sports?

Students' own answers