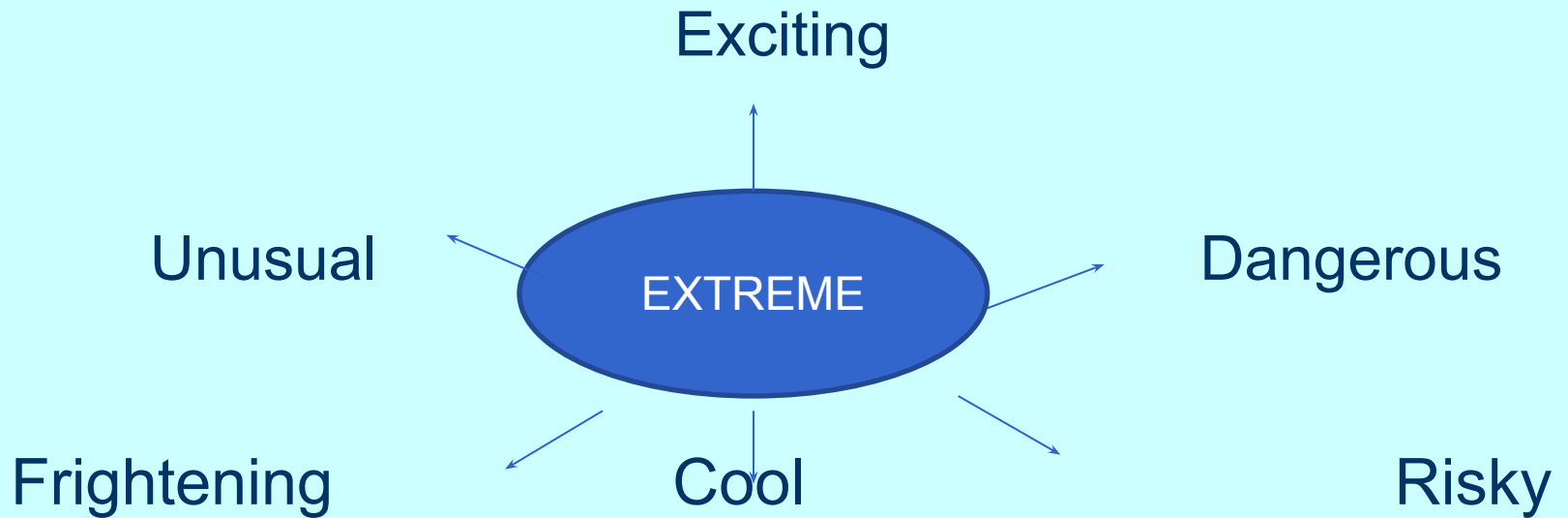


What are your associations with the word 'Extreme'?



EXTREME SKIING



It is the most dangerous and exciting of all skiing events. It consists of skiing from the top to the bottom of a prescribed course by the shortest and fastest route possible

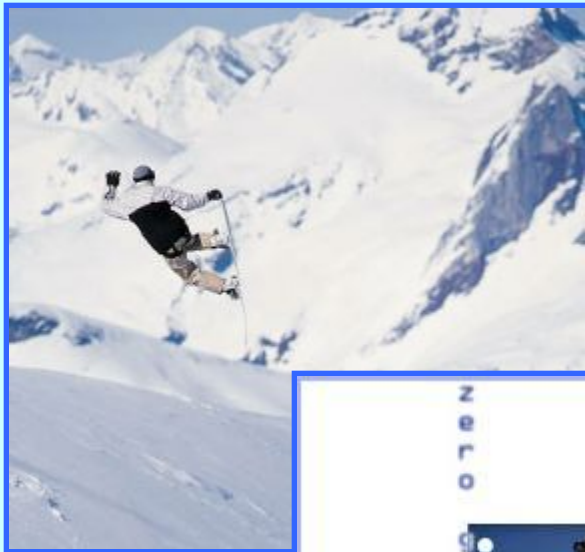
SKI-JUMPING



A sport or activity of skiing down a very long sloping platform and jumping off at the end to see how far you can travel through the air



SNOWBOARDING



An activity or sport of standing on a short wide board and moving very fast down a hill covered with snow

SNOWRAFTING



An activity or sport
of moving very fast
down a hill
covered with snow
Sitting in a rubber boat



ICE-CANYONING

A very dangerous sport in which you climb down deep and difficult canyons in the ground covered with ice



ICE DIVING



An extreme sport in which you dive through a hole into a very cold sea that has ice on the top

Rock climbing

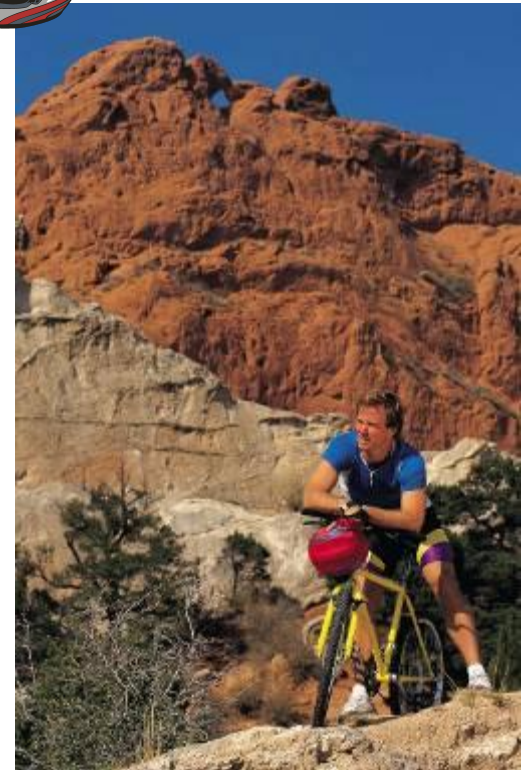
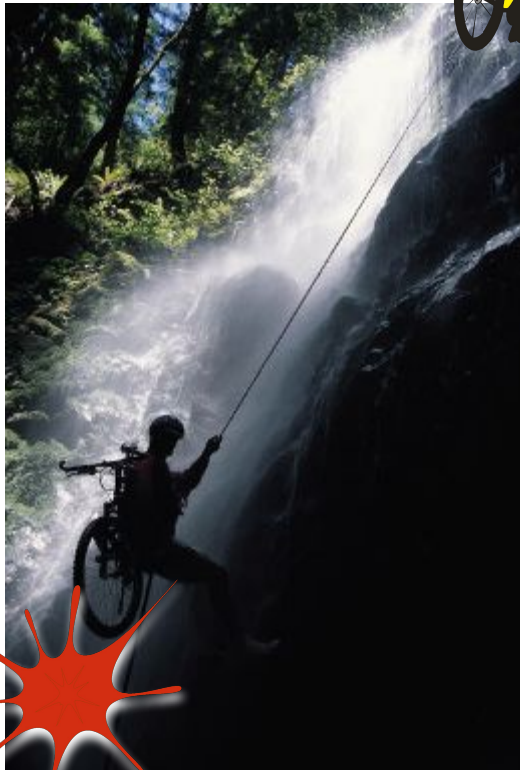


**An activity or sport
of climbing up a mountain
with or without ropes**

EXTREME MOUNTAIN BIKING



The sport in which you need a mountain bike. A mountain bike is a strong bicycle with many gears, large wheels, wide tyres, and powerful brakes. This sport became very fashionable in the late 1980s.



BLINGEE JUMPING

An activity of jumping off
a high bridge,
tied to a long rope





**A sport or activity
of moving a
rubber boat
through water and
round rocks in a
river
that is flowing
very fast**

WHITE WATER RAFTING



SCUBA-DIVING



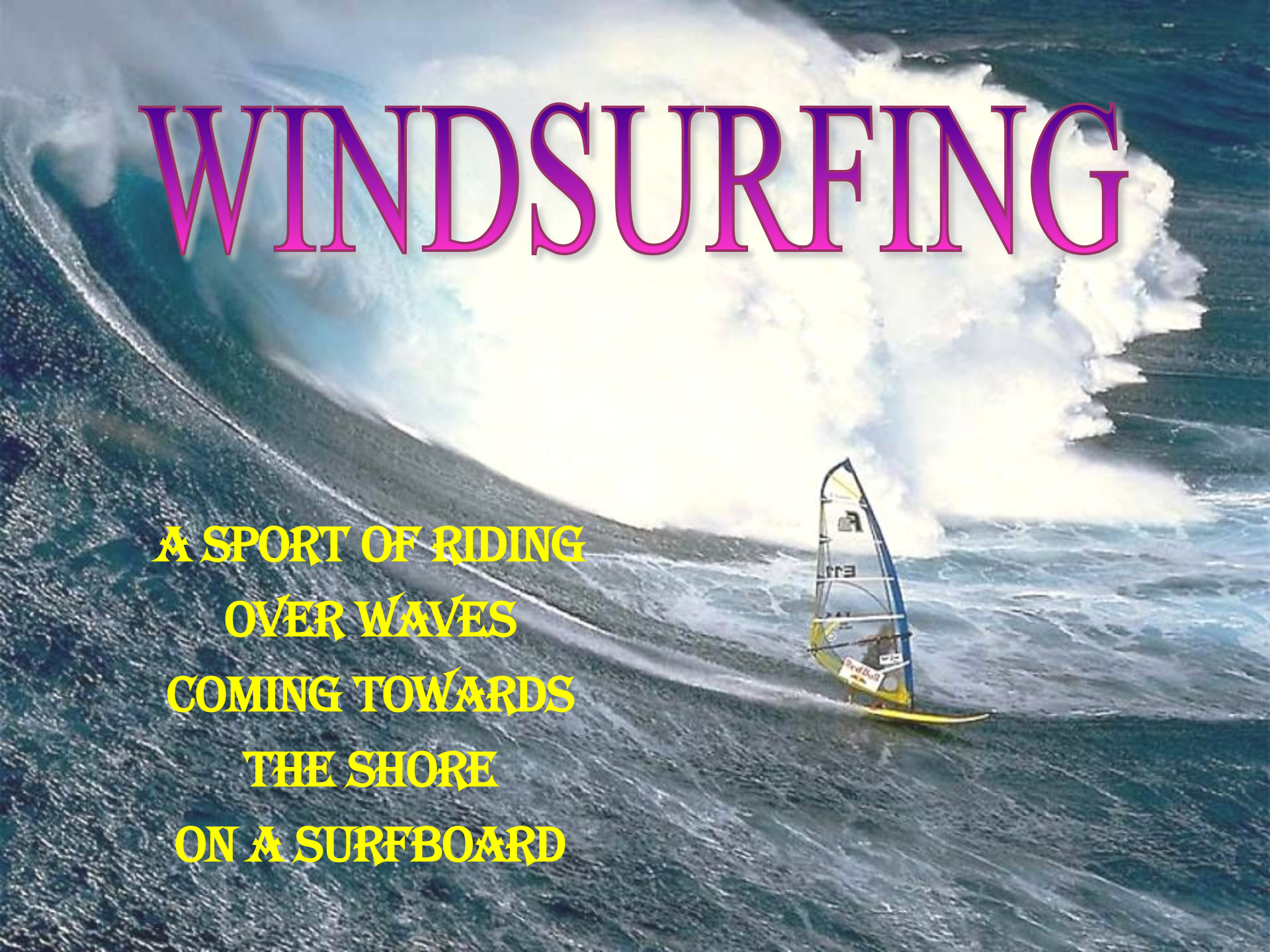
A sport or activity
of swimming underwater
with a scuba

Surfing

**A sport or activity
Of standing
on a long flat board
And moving across
Waves in the sea**



WINDSURFING

A windsurfer is riding a large, curling wave. The surfer is on a yellow board with a blue and white sail. The wave is breaking into white foam. The water is a deep blue-green color.

A SPORT OF RIDING
OVER WAVES
COMING TOWARDS
THE SHORE
ON A SURFBOARD

SKYSURFING



An extreme sport or activity of jumping out of a plane with a wide board on your feet, twisting through the air and opening your parachute very late



What extreme sports
can you see in this slide?



What have you learnt at the lesson today?



- I knew that ...
- I have learnt that ...
- It surprised me because ...

Home task

Choose any Extreme sport and make a Power Point presentation using a plan.

History

Equipment

Rules

How risky it is

