

## Warm-up questions

# What are these sports? Are these sports dangerous?







#### Read and learn

## **Popular Extreme Sports**

Nowadays, extreme sports are popular all over the world. People like to experience

excitement and enjoy the challenge. Here are some of them:

## White water rafting

It is an exciting water sport. People, in groups of about eight, ride rough water in boats. It is a fun sport which needs teamwork. You

can practice it with family and friends.

#### extreme

very difficult and exciting

#### challenge

something new and difficult

#### rough

having big waves

#### Read and learn

## Free running

It is popular with young people. The sport involves running, jumping, climbing, rolling, and many other movements. You don't need any equipment. All you need is your own body and the environment where you live. You can practice by yourself or with other trained people.

#### involve

to include something in an activity

#### equipment

things made, or used, for a particular activity.

#### train

to teach skills or actions.

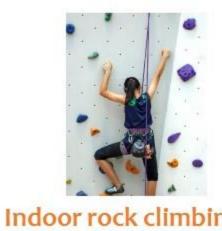


#### Read and learn

## **Rock climbing**

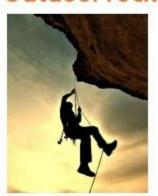
It is a sport loved by children. In fact, people of all ages learn to do it. Children climb with ropes for safety. Some adults like to climb free. You can do it indoors or outdoors.

Would you like to try one of them?



Indoor rock climbing

#### Outdoor rock climbing



Match the word to its correct Synonym.

rough match train include

challenge not smooth involve material

#### Grammar

## Which/Where clause ... ~

To give additional information to the noun besides it.



It is a fun sport.
This sport needs teamwork.



It is a fun sport which needs teamwork.

I like our old house. We grew up in this house.



I like the old house where we grew up.

- Combine the two sentences using "Which/Where clause"
- 1. The city is beautiful. + I live in the city. =
- 2. She likes the book. + The book is expensive. =

## • Complete the chart.

	Rock climbing	Free running	Water rafting
a. What kind of sport?			water sport
b. How many players?		one or more	
c. What are the equipment	rope		