**Extreme sports**

The aims of the lesson:

-to revise all the vocabulary;

-to practice listening, reading and speaking skills;

-to encourage to go in for sports

***I Warm-up***

1. Greetings:

- Glad to see you again.

- How are you getting on?

 - Quite well, thank you. And how are you?

 - Very well, indeed, thank you.

 - Pretty good, thank you.

 - Going from bad to worse.

 - As fit as a fiddle.

 - First rate.

 - Never better.

 - Fine.

 - I'm fairly well.

(I hope you are all well.)

2. I offer to start our lesson from the video. “Top 10 most popular extreme sports in the world”

Who can answer what’s this video about?

-This video is about sports. From the video you understood that we continue talking sport again. But it isn’t usual sport. It’s…

 Look at the board and unscramble the world combination.

The topic of our lesson is ‘Extreme sports’

Today we are going to revise all the vocabulary that is connected with the topic ‘Extreme sports’.

While talking about ‘Extreme sports’ we will develop our listening, reading and speaking skills.

***II Main part***

‘Extreme sports’. How can you understand it?

***An extreme sport (also called free sport, action sport or adventure sport) is a popular term for certain activities based on a high level of danger. These activities often involve speed, height and a high level of physical exertion.***

3.-What kinds of extreme sports do you know?

-Why do people do extreme sports?

-Do you find extreme sports enjoyable to do or to watch? Why?

You know that there are many kinds of extreme sports and we can divide all of them into three groups: water, sky and land. Some pupils have prepared their presentations and now listen to them.

4. Presentation.

***Sky extreme sport***

**Bungee jumping** is a jump from a tall structure while connected to a large elastic cord. The tall structure is usually a fixed object, such as a building or a bridge; but it is also possible to jump from a movable object, such as a hot-air-balloon or helicopter. The first modern bungee jumps were made in 1979 in Bristol, by members of the Oxford University Dangerous Sports Club. Commercial bungee jumping began with the New Zealander, A J Hackett, who made his first jump from Auckland's Bridge in 1986.

**Hang gliding**is an air sport in which a pilot flies a light aircraft called a hang glider (also known as Delta plane). Take off is usually achieved by launching into the air from a cliff or hill. The modern hang gliding became popular in Australia but in the 1970s the sport had spread throughout the United States and Europe.

**Skydiving (**also known as parachuting) is exiting an aircraft and returning to the earth with the help of a parachute. It can involve a certain amount of free fall, a time during which the parachute has not been deployed. In 1952 sky diving became an international sport.

***Water extreme sport***

**Windsurfing is**a surface water sport using a windsurf board, which combines elements of surfing and sailing. It consists of a board usually two or four meters long and a single sail. The history of windsurfing began in 1948 in the USA when Newman Darby invented his first sailboard. And it became popular in 1980s and in1984 it became an Olympic sport.

**Modern Surfing** came to the USA in the 20th century and became very popular among the young people, especially on the west coast. It is a surface water sport in which the surfer rides a surfboard and face of a wave which is carrying the surfer towards the shore. It is better to go in for surfing in the oceans and in the seas, but sometimes surfers can be seen in the rivers and in the lakes.

**Rafting (or white water rafting)** is a challenging outdoor activity using an inflatable boats (rafts) for 6 or 12 people to navigate a mountainous river. This sport became popular in the 1970s and it is considered an extreme sport because it can be very dangerous.

**Scuba Diving** is a swimming underwater activity, using necessary diving equipment.

Scuba divers carry their own source of compressed air in the tank. It allows them to stay underwater longer than with breath-holding techniques used in snorkeling and free-diving.

**Free diving** is a form of underwater diving without any equipment. It depends on a diver's ability to hold his breath under water.

***Land extreme sport***

**Skateboarding** is an [action sport](http://infourok.ru/go.html?href=http%3A%2F%2Fen.wikipedia.org%2Fwiki%2FAction_sport) which involves riding and performing tricks using a [skateboard](http://infourok.ru/go.html?href=http%3A%2F%2Fen.wikipedia.org%2Fwiki%2FSkateboard). 85 percent of skateboarders are under the age of 18, and 74 percent are male.

Skateboarding appeared in the late 1940s when surfers in [California](http://infourok.ru/go.html?href=http%3A%2F%2Fen.wikipedia.org%2Fwiki%2FCalifornia) wanted something to surf when the waves were flat. No one knows who made the first board; the first skateboarders started with wooden boxes or boards with roller skate wheels attached to the bottom.

**Parkour** (it is also called free running) is a training method which focuses on rational movement in both the natural and urban environments. The focus is to move around obstacles with speed and efficiency. It appeared in France. Today the people who go in for parkour are called tracers. They train to be able to identify more efficient paths. Parkour can be practiced anywhere and tracers train to be able to identify more efficient paths.

**Mountain biking** is a sport which consists of riding bicycles off-road, often over rough terrain, using mountain bikes. This kind of sport became popular in the 1970s and in 1976 it became an Olympic sport.

What kind of extreme sports would like to try and way?

What is more interesting for you?

5. There is a quotation:

 **‘If you win, you will be happy; if you lose, you will be wise.’** How do you understand it?

6. People are different, so those who do sports use different ways to achieve the success. What do you think about success?

 Now listen to the conversation between two people. They are talking about success in sport. Listen and choose the correct answers. I remind you it’s very important read sentences before listening.

**Listening**

 You are going to hear two people talking about success in sport. Listen and choose the correct answers.

**1** What is going to happen this evening?

 **A** The girl is going to do some tennis training.

 **B** The girl is going to watch an important tennis match.

 **C** The girl is going to play in a competition.

**2** The boy thinks that to succeed in sport

 **A** talent is the most important element.

 **B** you need a lot of confidence.

 **C** you need other people to believe in you.

**3** The boy admits that successful players

 **A** are superstitious and believe in luck.

 **B** earn too much money.

 **C** need to spend money.

**4** How does the girl feel about her next match?

 **A** optimistic

 **B** pessimistic

 **C** excited

**Listening**

A: You know, I’ve been practising and practising, but I’m never going to get

much better at tennis. I just haven’t got the skill! I’m not going to win this

match this evening.

B: That’s rubbish! If you put your mind to it, anyone can do anything!

A: So, you’re saying that skill isn’t important? That’s crazy. Look at Nadal.

He’s not an ordinary tennis player who just practiced a lot – he’s ... he’s ...

special.

B: OK. He’s got a lot of talent, but that’s only half the battle. He’s got the right

attitude. He wants to win. He believes he can win and so he wins.

A: So, if I sit here saying ‘I’m going to win’ I will?

B: You’ve got to believe it, silly! And to get to the very top like Nadal, you

have to spend every minute on the tennis court.

A: I just can’t believe that desire can get you everything. There are thousands of

kids playing tennis all around the world who desperately want to get to the

top, but they won’t because it’s not possible. Only one person can get to the

top, however much all the others want it and however long they practise!

B: OK, OK. There is something else that’s important.

A: And what’s that? Apart from talent?

B: It’s something that’s really important to anyone who becomes successful. It’s

luck. You need to be in the right place at the right time.

A: And to know the right people.

B: That helps too! If you meet the right people they can help with your career. If

you happen to have an amazing coach when you’re at school you get a better

start than a lot of others.

A: And you need to have a lot of money so that you can buy the latest

equipment – like tennis racquets – and pay for the best coaches.

B: True. Top players also need to travel a lot to all the best tournaments to play

against other good players. That takes money.

A: And you need to be good! So, my tennis coach isn’t brilliant, my racquet is

very cheap, I don’t get the time to practise very much and tonight I’m

playing the best player in this part of the country – somehow I don’t think

I’ve got much of a chance, do you?

B: OK. I see your point. Why don’t you borrow my lucky tennis ball – I think

you might need it!

1 C / 2 B / 3 C / 4 B

Now let’s check how well you understood the conversation. Read full sentences. Well done!

What do you think about success?

8. Sometimes some misunderstanding can be between the team and the referee. Especially in football.

 Let’s read the text and find out how they can be solved.

Your task is: choose the correct alternatives to complete the text and explain your choice.

**Reading** (Use of English)

Choose the correct alternatives to complete the text.

The football FIFA World Cup **(1)** \_\_\_ always watched by millions of people all over the world, and there are inevitably both events that excite us and events that shock us. Apart from the World Cup, in every match, whether it’s at international or local level, there are always questions and disagreements about decisions **(2)** \_\_\_ have been made by the referee on the pitch. The last World Cup made these disagreements very public indeed. People around the world saw **(3)** \_\_\_ that clearly went into the net be disallowed because there is currently no technology in place near the goal line to check. In other sports, such as tennis and cricket, special cameras are regularly **(4)** \_\_\_ to detect whether a ball has crossed a line or not, particularly in top competitions, but for many years the use of this type of technology has been refused by those powerful people who control the game of football internationally. There are many companies **(5)** \_\_\_ have invented ways of determining whether a goal has actually been scored. One company has invented **a (6) \_\_\_ to plant inside the football itself, and others focus on technology which is related to filming from different angles.** But one thing is certain – technology will soon be playing its part in top football events.

1 A is B been C are D has

2 A who B – C that D where

3 A rackets B goals C points D players

4 A use B using C useful D used

5 A whose B which C – D what

6 A software B gadget C scientific D mouse

1 A / 2 C / 3 B / 4 D / 5 B / 6 B

-Let’s return to the extreme sports again. I hope you agree with me that all kinds of extreme sports are risky and dangerous. But it doesn`t stop many people especially young who like taking risks. Taking risks-what is it?

**Taking risks –to do something although you know that something dangerous could happen as a result.**What do you think why people take risks?

They take risks because they want to be more confident and independent, to prove and show their courage, to get adrenalin rush, etc.

What qualities are important for extreme sportsmen?

An extreme sportsman should be: courageous, brave, strong, healthy, ambitious, risky, hardworking, persistent, curious, fearless, daring, purposeful, confident, professional.

Yes, of course, I think these characteristics are very important not only for sportsmen but for all people.

9. To sum up everything that we discuss during the lesson let’s define advantages and disadvantages of doing extreme sports.

Work in pairs and think and write down them. You have two minutes.

-Who wants to be the first?

 **Speaking**

**Advantages of extreme sports –**

1. It keeps us extremely fit. It helps to burn calories and keeps the blood flowing.
2. It is a great way of having fun.
3. It provides us with new experiences. It gives an opportunity to live life to the fullest and to escape from everyday routine. It gives some thrill to life and these experiences become great memories to cherish during the routine life.

4. It also gives a sense of achievement.

5. It helps build confidence and motivation.
6. They help get rid of monotonous life as well as frustration, stress, bad emotions, etc.

7. It also helps overcome fear and builds strength - physical and mental, endurance, will-power, responsibility, etc.

8. Added to this, many of the extreme sports are outdoor activities and help us get in touch with nature.

**Disadvantages of extreme sports –**

1. They are very dangerous.

2. It is like putting your life in unnecessary danger.

3. There is a very high possibility of injuries Many even die trying and performing these feats.

4. These sports can be traumatic too.

5. Equipment needed may be very expensive. So safety is costly in such sports.

6. Some might get into trouble with law.
7. Also family, relatives and friends worry about us and our safety.

Like two sides of a coin, extreme sports come with their own set of advantages and disadvantages.

***III Summary***

You heard a lot about the extreme sports during our lesson.

At home you have to write a ‘for and against essay‘ about advantages and disadvantages of extreme sports.

 I hope our lesson was useful for you.

You worked really hard today.

Our time is over.

Thanks.