

Secondary Plus

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# Extreme sports overview

We'd like to give you some more information about the language and skills Upper Secondary Plus students will be developing with the magazine **Extreme sports**.

### LEARNING AIMS

In this unit you will...

- Learn and talk about why people do extreme sports
- Learn and practise vocabulary for equipment used in extreme sports
- Share views about personal experiences and emotions
- Identify and use language to talk about dangers and risks

### LANGUAGE FOCUS

You will learn ...

- Vocabulary for equipment and facilities for extreme sports, e.g. *goggles, helmet, sled; life jacket, paddle, wet suit*
- Adjectives and nouns to describe people: *cautious, determined, a risktaker*
- Verbs and nouns about parkour, e.g. *fingerless gloves, technique, urban spaces*
- Vocabulary for extreme sports: *kayaking, motocross, rock climbing*
- Modals of necessity and possibility: *could, might, have to, need to*

### LANGUAGE SKILLS

You will develop your language skills by...

- Reading a magazine article about extreme sports and a fact file about an extreme sport to identify the sport and its dangers
- Listening to a radio interview describing parkour and giving advice about the risks it involves
- Describing the emotions you have felt doing different experiences
- Sharing views about the dangers of extreme sports
- Discussing what kind of person you are and a sport you would like to try and why
- Writing a fact file about an extreme sport

## EXAM SKILLS

You will learn...

- To listen to understand a speaker's general idea
- To ask for and give opinions in a discussion and a presentation

## LIFE SKILLS

You will develop...

- Critical thinking and problem-solving skills
- Collaboration and communication skills

## FINAL PROJECT

At the end of the module, you will research and plan an extreme sports weekend

## THINGS TO DO AT HOME

- Do the activities on the learning hub as instructed by your teacher.
- Do one of the 'Next steps' page 8 of the magazine.
- Visit the British Council's Learn English teens website;
  - to watch daredevil Felix Baumgartner's record-breaking skydive from space.  
<https://learnenglishteens.britishcouncil.org/study-break/video-zone/record-breaking-skydive>
  - to read about one person's first experience bungee jumping.  
<https://learnenglishteens.britishcouncil.org/magazine/sport/extreme-sports-do-you-dare>
  - to review Olympic sports vocabulary.  
<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/sporting-events>
  - for activities to improve speaking skills at B1 level  
<https://learnenglishteens.britishcouncil.org/skills/speaking/intermediate-b1-speaking/different-opinions>