

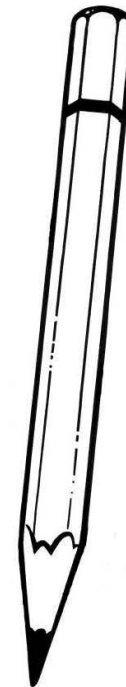
■ Now, read the sentences below. Circle the numbers that best express your opinions.

■ Then, compare your answers with your classmates. Give reasons.

Computer games are fun.	1	2	3	4	5
Everyone should take a two-hour nap in the afternoon.	1	2	3	4	5
People can't really enjoy their free time if they don't have much money.	1	2	3	4	5
Swimming is dangerous.	1	2	3	4	5
Going for a walk is the best kind of exercise.	1	2	3	4	5
Reading is the best way to spend your free time because it can make you smarter.	1	2	3	4	5
Watching TV is a waste of time.	1	2	3	4	5
Everyone should have a hobby.	1	2	3	4	5
Doing exercise or playing sports is the best way to spend your free time because it can make you healthier.	1	2	3	4	5
Surfing the Net makes people more intelligent.	1	2	3	4	5
Going for a drive is boring.	1	2	3	4	5
Most people have a lot of free time.	1	2	3	4	5

POSSIBLE ANSWERS

- 5 I agree completely
- 4 I mostly agree
- 3 I'm not sure
- 2 I mostly disagree
- 1 I disagree completely





What is the difference between paragliding, sky-diving, parachuting and hang-gli



How do you call such people?

- adventurous, risky
- thrill seeker
- Risk-taker
- Sensation-seeking behavior

Why do people do extreme sports?
(bored, adrenaline rush, thrill, spirit of freedom, challenge)

Are extreme sports individual activities or do they involve team effort?

- Men take more risks than women
- In recreational and financial spheres, it's about daring exploits
Women take social risks

- Why Are We Addicted To Extreme Sports?

https://www.youtube.com/watch?v=9qEbjw_I0-o

- What makes us a risk taker?

https://www.youtube.com/watch?time_continue=3&v=GuyWk582Bj8

Daily confrontation with fear

<https://www.youtube.com/watch?v=VsTBCQ2MnRM>

DISCUSSION

Do you agree with the following statements?

Extreme sports (involve speed, height and a good level of physical training)

- bring new experiences
 - add excitement and adventure to your life
 - are challenging because the participants compete against forces of nature and experience the adrenaline rush
 - give the sense of achievement
 - help to build character and form a strong personality
 - give a strong sense of freedom
 - learn how to overcome difficult situations and how to survive in an emergency
 - develop patience and self-control, and help to control your fear
- a great form of exercise that can help you get fit