



### Segment 8 (Units 13–16)

#### *Most outrageous sports!*

Genre: Sports network show

Viewing Time: 2:30

#### Background Information

Cable television offers viewers many different specialized networks. All-sports networks are very popular and provide viewers with sports events and sports-related programming all day long. This video segment is an example of a type of program that would be on an all-sports network, in this case focusing on "extreme sports." The program presents snippets of a few extreme sports: bungee-jumping, rock climbing, BMX riding, and skydiving.

#### Language Notes

*What's up?* is an expression used to mean "What's going on?" or "What's new?"

#### Vocabulary for Comprehension

*Preview the vocabulary with your students.*

athlete: *someone who is good at sports*

awesome: (slang) *extremely good*

banned: *prohibited from being done*

bare: *not covered by clothes (in this case, gloves)*

BMX: *an abbreviation for bicycle motocross, which was originally a motorcycle race over rough terrain*

bungee: *an elastic cord used to hold something down or to absorb shock*

cliff: *a high rock or piece of land with a steep side*

corporate: *belonging to or relating to a large business organization*

extreme: *related to an activity involving an unusually high degree of physical risk*

formation: *a group of people or things that is formed into a particular shape or in a special order*

half-pipe: *a V- or U-shaped high-sided ramp used in snowboarding, skateboarding, in-line skating, or BMX riding*

mainstream: *the most usual way of thinking about or doing something*

outlaw: *to say officially that something is illegal*

outrageous: *very shocking and offensive*

plunge: *a sudden fall, especially into water*

ramp: *a slope that has been built to connect two places that are at different levels*

skydiving: *the sport of jumping from an aircraft and falling through the sky before opening a parachute and landing*

slip: *to accidentally slide a short distance quickly*

sponsorship: *the act of giving money to a television show, sports event, etc. in exchange for the right to advertise your products at the event*

stunt: *a dangerous action that is done to entertain people*

tandem: *doing something together with someone else*

thrill: *a strong feeling of excitement and pleasure*



### Answer Key

*Previewing* (Answers may vary—as long as they are appropriate guesses, accept them for now.)

1. The activities are rock climbing, surfing, bungee-jumping, BMX, skydiving, and others.
2. There are many different places: on a bridge, on a cliff, mountain, in an airplane, in the air, on the water.
3. It's about extreme sports. / It's about people doing different kinds of extreme sports.

### *In-Depth Viewing*

1. F—They are no longer banned.
2. F—Bungee-jumping is done off a bridge or cliff.
3. T
4. T
5. T

### Video Script

**Narrator:** Hey, what's up? It's time for *Most Outrageous Sports*, the show about extreme sports! If you've never tried an extreme sport, you're probably wondering—what exactly *are* they?! Well, they're sports that are *extreme*, of course—extremely fast, extremely wild, and extremely fun!

Extreme sports used to be called “outlaw sports”—and they were banned in many places because people thought they were too dangerous. Athletes from other sports used to do them in their free time, competing with each other for fun and thrills.

Today, extreme sports have gone mainstream. Many of them have official international competitions and corporate sponsorship. That means that extreme athletes can make a lot of money!

One of the most famous—and wildest—extreme sports is bungee-jumping. A lot of people wonder what kind of crazy person would want to jump off a cliff or bridge. Well, let me tell you that it's a major thrill—there's nothing else that feels quite like taking that first plunge!

Rock climbing is another really awesome extreme sport. Imagine yourself, high in the air, climbing the face of a rock with your bare hands!

Rock climbers always have someone to belay—or lower—they back to earth. But it can still be kind of scary if you slip.

If you love bikes, BMX could be the extreme sport for you. BMX riders do unbelievable stunts indoors and out, using half-pipes and ramps. This guy has some pretty cool moves, doesn't he?

And here's *my* favorite extreme sport—skydiving. If you ask me, it's a thousand times as thrilling as bungee-jumping! Just think about it: *Skydivers jump out of planes miles above the ground.* Look at these awesome formations. Wow! If you're a beginner, you won't jump alone—you'll go on a tandem jump with an instructor.

Phew! Looks like these guys had a good jump!