**27.004.2020 г., группа 63 П**

**Урок 75-76**

**Тема урока: Экстремальные виды спорта.**

**Задание 1. Переписать в тетради, перевести и выучить названия экстремальных видов спорта.**

**Задание 2. Прочитать и понять содержание текста устно.**

**Задание 3. Отправить на электронный адрес** [**achmiz2015bachmiz@mail.ru**](mailto:achmiz2015bachmiz@mail.ru) **письменные задания, а именно новые слова с переводом и упражнение 1 после текста, выполненное по его условию.**

**Отправляя задание, на забывайте писать свою фамилию, группу, № урока и дату, указанную в задании.**

**Записать в тетради, перевести и выучить следующие слова по теме урока:**

1. Sky surfing
2. Skydiving
3. Ice diving
4. Ice climbing
5. Skiboarding
6. Snowboarding
7. Bungee jumping
8. Base jumping
9. Snow rafting
10. White-water rafting
11. Street luge
12. Zorbing

**EXTREME SPORTS**

**A Skydiving**consists of jumping with a parachute out of an airplane for recreation or in competitions. Competitive events include jumping for style, landing with accuracy, and making free-fall formations. Modern skydivers typically free-fall from 3657 m above the ground until 762 m, where they open their parachutes.

**B Skiboarding**is the art of descending a hill on skiboards. Skiboards are basically a cross between skis and a snowboard. They are about half the length of regular skis (between 80 and 100 cm long), and about twice as wide. The design allows the rider to do everything that skiers and snowboarders do plus go backwards, turn 360’s on the ground, execute one foot turns and perform more tricks than was ever thought possible on normal skis.

**C Bungee jumping** consists of jumping from a great height while attached to a long piece of elastic that is just short enough to prevent the jumper from hitting the ground.

**D Base jumping**consists of jumping with a parachute from high places such as buildings or mountains.

**E Street luge** is the pavement version of ice luge. Both involve lying flat on your back and steering a luge not much bigger than a skateboard with your head just inches off the ground. Complete fearlessness is essential for this sport, as well as a thick piece of rubber, preferably from a car tyre, as footwear. Top lugers can reach speed of 145 km per hour, yet their only way of braking is to use their feet, which often causes painful injuries.

**F Ice-climbing** As the name suggests, practitioners of this activity climb glaciers with the aid of an ice axe and a great deal of other specialist equipment. As well as all the equipment, incredible physical and mental strength are essential, together with the ability to work closely with other team members in the most dangerous situations.

**G Zorbing** is the latest adventure experience from New Zealand. It involves rolling around in a ball or zorb three meters in diameter. It requires no more skill than a hamster running in its wheel as centrifugal force keeps the zorbonaut pinned inside the zorb. Although zorbonauts have hurtled downhill at speed of 50 km per hour, the air cushioning inside means they do not risk hurting themselves too seriously.

**Упражнение 1. Написать сочинение о экстремальных видах спорта, используя следующие словосочетания:**

1. to go to extreme
2. to take things to the edge
3. to take risks/to do risky things
4. a risk taker
5. to be addicted to
6. to satisfy one’s curiosity
7. thrill/excitement
8. to have a desire
9. to acquire self-confidence
10. to acquire sense of individuality
11. to overcome difficulties
12. to protest against something