



EXTREME SPORTS WEBQUEST

Extreme Sports: A Blessing or a Curse?



Almost all of you are fond of sports and do the sports regularly. But one day you feel that you are not satisfied with what you've been enthusiastically doing for some time. Playing volleyball or going skiing seems too usual and boring... You are looking for something more ... exciting and you think of extreme sports. You are fascinated with speed, adrenaline, excitement... You read, watch videos about extremes. You talk to your parents about taking up mountain biking or let's say bungee jumping. And you hear in reply: " No! They take risks without thinking of tragic consequences".

So, you are going to find out if extreme sports are as dangerous as they can seem.

Instructions

- Watch this [video](#)
- Now watch this [video](#)
- Follow the instructions for each question
- Answer your questions in this worksheet

1. What are your first impressions of extreme sports?

2. Pick 5 extreme sports from [this list](#) (at the bottom). Give a brief description for each one.
 - a)
 - b)
 - c)
 - d)
 - e)

3. Why do some people participate in extreme sports? Go to the following [website](#) and find out why. Record your answers below.
 - a)
 - b)
 - c)

4. What are some **benefits** in participating in extreme sports? Go to the following [website](#) and choose what you think are the 3 most important benefits. Briefly describe them below.
 - a)
 - b)
 - c)

5. Go to [this website](#). Who is Sarah Burke? What sport did she pioneer? What ultimately happened to her?

6. Go to [this website](#). What are the X games?

7. Go to [this website](#). What happened to Caleb Moore during the X games?

8. Discussion questions. Get in your Google Classroom groups and take turns discussing the following questions.

- a) Should they ban the X games based on such a tragedy and the potential risk of injury/death? Why or why not?
- b) In your opinion, how can one prevent accidents and injuries while practicing extreme sports?
- c) Have you ever participated in any extreme sports?

Eg. Bungee jumping, skydiving?

- If yes, explain.
- If no, would you if you had the chance? (Explain)