

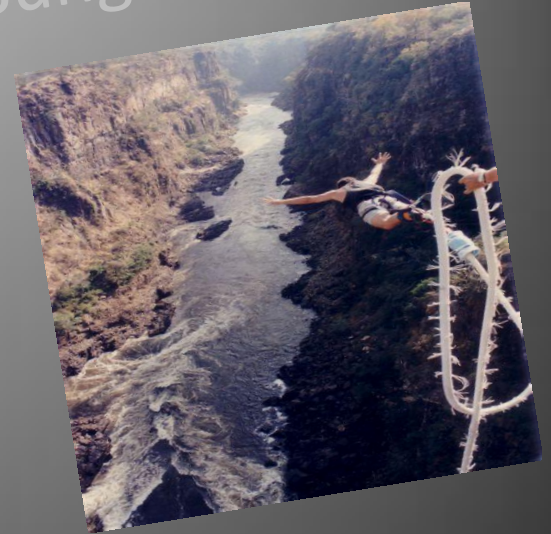
Extreme sports

Model Experimental Senior High School of Patras
English Course, 2013-2014

Scuba diving



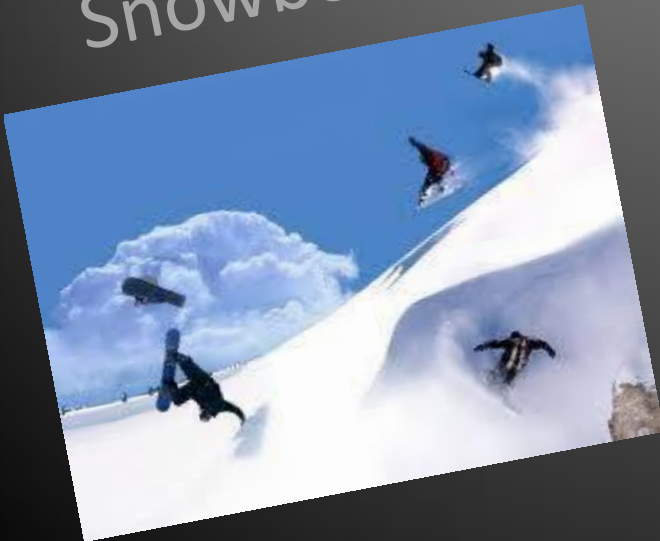
Bungee jumping



Sky surfing



Snowboard



Motocross



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Bungee jumping



Bungee jumping is an extreme sport in which people jump from higher ground, such as a bridge, and have a rope tied around them to stop them from hitting the ground.

When people jump, they strap themselves with safety equipment like harness, while the rope is designed to stretch, not break.

Snowboard



The snowboard has now rightfully gained its position as one of the most spectacular and fun extreme sports of winter, while after the official recognition by the International Olympic Committee , has become an Olympic sport . It is divided into classes, free style (which includes many aerial stunts) and alpine .

Scuba diving



Scuba diving is a form of underwater diving in which a diver uses a self-contained, underwater, breathing apparatus (scuba) to breath under water.

Sky surfing



Sky surfing is a type of skydiving in which the skydiver wears a board attached to his or her feet and performs surfing-style aerobatics during freefall.

Motocross



Motocross is a form of motorcycle racing held on enclosed off-road circuits. The sport evolved from motorcycle trials competitions held in the United Kingdom.

Motocross is a physically demanding sport held in all-weather conditions.