

## THEME 8 SPORTS LISTENING SKILL (SPICE UP)

### **A. Listen to the podcast about two extreme sports and tick (✓) the equipments you hear. (Tapescript 8.1)**

altimeter      cycling gloves      fins      jumpsuit      knee pads      life jacket      goggles      surfboard

### **B. Listen to the podcast again and write true (T), false (F) or not stated (NS). (Tapescript 8.1)**

1. The podcaster says that only young people can do mountain biking.
2. Andy Richardson has a skydiving school in Texas.
3. Andy states that mountain biking is for people who are full of energy.
4. Andy warns the mountain bikers to be careful while doing jumps and spins.
5. Andy tells the podcaster that he loves to be in nature.
6. Lisa Brown believes good training is important in reducing the risk of accidents.
7. Lisa says that beginners jump alone.
8. The podcaster says to his guests that they are very courageous.

### **C. Listen again and answer the questions with one word. (Tapescript 8.1)**

1. What is a brain bucket? \_\_\_\_\_
2. How does Lisa feel with each jump? \_\_\_\_\_
3. What kind of sport is skydiving? \_\_\_\_\_

### **Tapescript 8.1**

**Podcaster:** A big hello to all my listeners. Today, I have two guests here with me. Andy Richardson, the mountain biking champion of this year, and Lisa Brown, who runs her own skydiving school in Texas. Right, Andy, first things first. Let's start with you. Can you tell us a bit about mountain biking?

**Andy:** Mountain biking is a way of life, and in my opinion, it's for people who are young at heart. You need to be active and energetic.

**Podcaster:** What kind of equipment do you need to do this sport?

**Andy:** First of all, you need a well-maintained mountain bike. A brain bucket, also known as a helmet, knee pads and cycling gloves.

**Podcaster:** So, can we call it an expensive sport?

**Andy:** Once you own the equipment, it becomes cheap.

**Podcaster:** Why mountain biking, Andy?

**Andy:** Mountain biking makes me feel more connected to nature. The more time I spend in undeveloped nature, the happier and healthier I become. The only problem is that you can hurt yourself if you aren't careful enough.

**Podcaster:** I agree with you, and I suppose you need a good sense of balance.

**Andy:** Yes, for sure, and also you have to be fit, especially if you intend on doing jumps and spins.

**Podcaster:** Alright. Thank you, Andy. Time to speak with Lisa now. What in heaven's name attracted you to skydiving? Inform us, please.

**Lisa:** It's difficult for me to explain exactly what attracted me, but I can say with each jump I've experienced the most thrilling times of my life. Skydiving is, in fact, a risky sport. Good training is absolutely essential to reduce the possibility of accidents.

**Podcaster:** Can you please talk about the training you offer in your school?

**Lisa:** AFF, or accelerated freefall, is the program we use to teach new skydivers. You learn everything about flying your body, deploying your parachute and flying to earth. Then, you jump accompanied by two highly experienced AFF instructors who hold you tight at the beginning. As you progress through the jumps, they become less active, and you're able to fly independently.

**Podcaster:** Sounds awesome! We're running out of time. Please tell us about the equipment needed briefly.

**Lisa:** AAD (Automatic activation device), helmet, goggles, jumpsuit, altimeter and harness.

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