

Wonderful WORLD

Workbook

A Choose and write the correct words for the meanings.

	Word	Meaning
1	_____	: to take part in an activity or event
	participate / motivate	
2	_____	: to go down a cliff or rock by sliding down a rope
	repair / rappel	
3	_____	: someone who teaches a sport or skill
	instructor / competitor	
4	_____	: to fall or lose your balance
	slip / flip	
5	_____	: things used for a particular activity
	experiment / equipment	
6	_____	: to learn how to do something
	hang out / get the hang of	
7	_____	: a set of bands used to connect someone to something
	process / harness	
8	_____	: to move or bend your body in a particular direction
	lean / leap	
9	_____	: a gas that has no color or smell and is necessary for life
	oxygen / legend	
10	_____	: the possibility of something bad or dangerous happening
	task / risk	

B Choose and write the correct words for the blanks.

participate	rappelling	instructor	get the hang of	equipment
harness	oxygen	risks	lean	slip

- 1 The rafting _____ with years of experience is professional and friendly.
- 2 Don't _____ back on your chair. You may fall over.
- 3 This work is difficult at first, but you'll soon _____ it.
- 4 For climbing, you need a(n) _____, gloves, a rope, climbing shoes, and a helmet.
- 5 What extreme sports do you _____ in?
- 6 You need to wear very good shoes or you'll _____ on the rocks.
- 7 I began climbing and _____ at the age of eight.
- 8 People think extreme sports athletes simply take _____ without thinking.
- 9 You can't go diving unless you have _____ for breathing.
- 10 If you don't have the right _____, there's a higher chance of getting hurt.

C Circle the correct words.

- 1 If I (slip / am slipping) on something, I can really get hurt.
- 2 I love being either in the air (and / or) in the water.
- 3 You can't go diving (if / unless) you have oxygen for breathing.
- 4 I became (interested / interesting) in water sports later on.
- 5 When I go climbing, I have to plan ahead and (careful / carefully) make each move.

D Unscramble the sentences.

1 When / start / extreme / doing / you / did / sports / ?

2 doing / you / these sports / do / safe / stay / How / ?

3 high-quality / and flippers / you / For scuba diving, / a / need / wet suit / .

4 athletes / extreme sports / thinking / risks without / People think / simply take / .

5 work / should always / instructor / You / an / with / .

E Read and write the correct sentences.

Getting off the Ground

1 _____

2 _____

He quickly got the hang of it and then began skydiving.

3 _____

To stay safe, Maxim says you need the right equipment for each sport.

4 _____

You have to be careful all the time because you can really get hurt.

He advises future extreme sports athletes to always work with an instructor.

- a. Maxim Avilov likes to participate in extreme sports.
- b. He started by learning climbing and rappelling.
- c. You also need to plan ahead to avoid taking risks.
- d. Then he became interested in water sports, such as kayaking and scuba diving.

B Choose and write the correct words.

- 1 The divers don't just dive off the _____: timing must be right.
fear / cliff
- 2 In our family, it's a _____ to wake people up early on their birthday.
local / tradition
- 3 Please don't stand so close to the _____ of that high cliff.
edge / tide
- 4 There are four or five dives each day—even in the dark, when divers hold _____ of fire.
torches / edges
- 5 In 1934, a hotel owner _____ some of the rocks to create a bigger space for the divers.
blasted / allowed
- 6 By 1949, they formed the _____ organization of the La Quebrada Cliff Divers.
official / emotional
- 7 Depending on the _____, the water can be 2–5 m deep.
tradition / tide
- 8 Not only must divers be well trained, they must also be able to deal with _____.
edge / fear
- 9 For years, the _____ had been diving from these cliffs for fun.
errands / locals
- 10 Boys who want to be divers start by diving from the lower cliffs or even just by doing _____ for the team members.
errands / torches

C Correct and rewrite the underlined parts.

1 If you went to Acapulco, Mexico, you would wanting to visit La Quebrada.

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2 It takes physical and emotional strength make it into the group.

→

3 Over the years, the La Quebrada Cliff Divers became famous, bring tourists from around the world.

→

4 By the 1970s, there were enough people cliff diving that it was considering one of the first extreme sports.

→

5 Here, you can see the famous La Quebrada Cliff Divers, one of Acapulco's bigger tourist attractions.

→

D Unscramble the sentences.

1 before / diving / below / the waves / They / into / pause / .

2 had been / the locals / these cliffs / diving from / for fun / For years, / .

3 the first / here / International Cliff Diving Championship / took place / In 1968, / .

4 they are / What is / about the La Quebrada Cliff Divers / how skilled / is / extraordinary / .

5 tourists / This / allowed / the divers from / to watch / the hotel / .

E Read and write the correct sentences.**Living on the Edge**

1 _____

Divers jump from the edge of cliffs into the water daily.

2 _____

Cliff diving became one of the first extreme sports in the 1970s.

Depending on the tide, the water can be 2–5 m deep.

3 _____

It takes strength and skill to dive.

4 _____

Young boys learn from divers and do errands for them as they hope to continue this important tradition.

- a. The cliff divers of La Quebrada attract many tourists.
- b. Divers must also overcome fear.
- c. They even jump at night with torches.
- d. The divers jump from a height of 24–40 m from the cliff.

A Choose and write the correct words for the meanings.

Word	Meaning
1 _____ reason / record	: why someone does something
2 _____ attach / reach	: to arrive at a place
3 _____ inspire / require	: to need something
4 _____ change / chase	: to follow and try to catch someone or something
5 _____ wrinkle / whistle	: a small line or fold in cloth
6 _____ bottle / bottom	: the lowest part of something
7 _____ resident / participant	: someone who takes part in an activity or event
8 _____ pile / pirate	: a group of things that are put one on top of another
9 _____ ironing / kayaking	: the activity of making clothes smooth with an iron
10 _____ instructor / competitor	: someone who is trying to win, especially in sports or business