

Worksheet 1

No Second Chances

Adventure Sports

'Rock climbers had spent the day abseiling down the cliff. Abseiling is where you are attached by a rope to the rock above, and slide down the rock face, controlling the rope as it runs through your gloved hand.'

Abseiling is an exhilarating experience, however it can be a dangerous pastime. Activities like abseiling are called 'Adventure Sports'. Research the following adventure sports and answer the questions for each one.

Bungee Jumping

1. What is it?
2. Would you like to try it?
3. Why/Why not?

Sky Diving

1. What is it?
2. Would you like to try it?
3. Why/Why not?

Whitewater Rafting

1. What is it?
2. Would you like to try it?
3. Why/Why not?

Snowboarding

1. What is it?
2. Would you like to try it?
3. Why/Why not?

