

Subheadings

Match each paragraph to the correct subheading.



Extreme sports are sports that seem especially dangerous. Sometimes they are called action sports or adventure sports. There are lots of different types of extreme sports. These are mostly practised by young people, never played in schools and often do not need a team. Examples include BMX riding, extreme ironing, mountain biking, skydiving and rock climbing.

This is a form of diving that used to be called 'breath hold diving'. It relies on divers being able to hold their breath underwater, rather than using breathing equipment. Competitors try to hold their breath for great distances, times and depths in order to win a competition. Although it is considered a sport today, in the past it was developed for harvesting food, sponges and sunken items from below the waters.

This was developed as transport down the icy parts of a North American river. Now, in teams, athletes push their canoe across ice and row in freezing waters.

This is a sport that uses stilts loaded with springs. Athletes run and jump whilst wearing the stilts, to show displays of daring jumping or movements that look like dances. Powerbockers need to put very little pressure on their stilts to jump to enormous heights. The sport is named after its inventor, Alexander Böck, from Germany.