

Live Free, Run Wild

Text Type: Online discussion
Suggested finishing time: 15 mins

Let's Think!

1. Do you like extreme sports?
2. How can people prevent accidents when playing extreme sports?

Marc (#73901) 21/5/20XX

Re: Why do people risk their lives for this nonsense ?

According to *HK Daily*, a young freerunner aged 24 fell to his death after trying to jump across roofs. Extreme sports have taken one more precious life. I really can't understand why people would be interested in this so-called 'sport'. In the blink of an eye, their lives would be on the line. They could have opted for safer hobbies...

Woody (#13238) 21/5/20XX

Not only parkour. There are many other sports that I'll never try, like mountain biking, highlining, cliff diving, skydiving, bungee jumping...except wakeboarding. That seems really fun and I'd say a life without an attempt at it is a life wasted.

Connie (#47210) 17 hours ago

I can't agree more with Marc. Those people have never thought about safety before engaging in these dangerous sports. It is very selfish. They just don't seem to realise the threat of serious injuries like fractured bones or paralysis, let alone bruises and soreness. Parkour is prevalent in my housing estate. Whenever I run into people speeding through buildings, I feel we, the innocent residents, are on the verge of death.

Kyle (#03185) 15 hours ago

I think you have some misconceptions about them on account of one or two accidents. In fact, many people do parkour in safe settings and practise repeatedly. It actually has many advantages, such as managing fear, building confidence and training the muscles of different body parts!

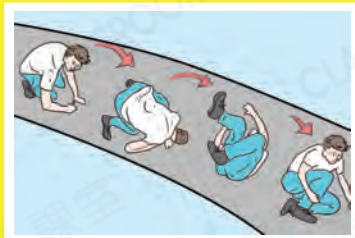
Olivia (#26299) 9 hours ago

Ohh... I've already booked myself a flight to Queensland for a local sky adventure tour, as I've always wanted to experience the excitement of free-falling. But having considered the circumstances you guys have described, I guess I had better...

Marc (#73901) 57 minutes ago

If you want to train yourself physically and mentally, there are many other kinds of sports you can do. I still can't see why some would risk their own safety for only a moment of fleeting excitement.

STEAM CLASSROOM



Do you know why stuntmen are often seen rolling when they land on the ground? When we are falling, we experience a force called 'impulse'. The longer time we take to land, the smaller the impulse is, thus the more safely we can land.

Looking into Grammar

'Across' is used to talk about the movement of crossing something from one side to the other. 'Through' is used to talk about the movement of entering something from one side and then going out from the other.

✓ The rabbit sprinted **through** (✗ **across**) the woods.

? Circle an example each of 'through' and 'across' in the online discussion.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the online discussion. Choose the best answer by blackening the appropriate circle.



1. Which of the following extreme sports would Woody try?
- A. parkour
 - B. bungee jumping
 - C. skydiving
 - D. wakeboarding
2. In line 15, what does the word 'It' refer to?
- A. taking part in an extreme sport
 - B. not opting for safer sports
 - C. engaging in extreme sports even though knowing that it is dangerous
 - D. engaging in extreme sports without taking safety into consideration

2 Pay attention to the keywords of each option.

3. In what sense does Connie agree with Marc?
- A. Many freerunners are selfish.
 - B. It is silly for people to neglect their own safety.
 - C. Parkour is nonsense.
 - D. There are so many safer sports that people may go for.
4. According to Kyle, _____.
- A. people may benefit from taking part in extreme sports
 - B. the advantages of extreme sports far outweigh their harm
 - C. only fine athletes should play extreme sports
 - D. accidents happen only because some people do not practise

5. Marc believes that _____.

- A. engaging in extreme sports is a selfish and unwise decision
- B. parkour has led to a great number of deaths
- C. people can do safer sports for better physical and mental health
- D. extreme sports cannot train people physically and mentally



6. Kyle is going to reply to Marc's latest post. He would probably mention _____.

- A. recent parkour-related death cases
- B. the most popular kinds of extreme sports in town
- C. data about the relationship between sports and mental health
- D. extreme sports' unique benefits

6 Understand Kyle's stance based on his previous comment.

More to Take Away



Extreme sports are perceived as highly risky as they usually involve dangerous acts and require a high level of physical fitness. However, some may find them enjoyable as they induce an adrenaline rush in the brain.

Self-evaluation Checklist (✓/x)


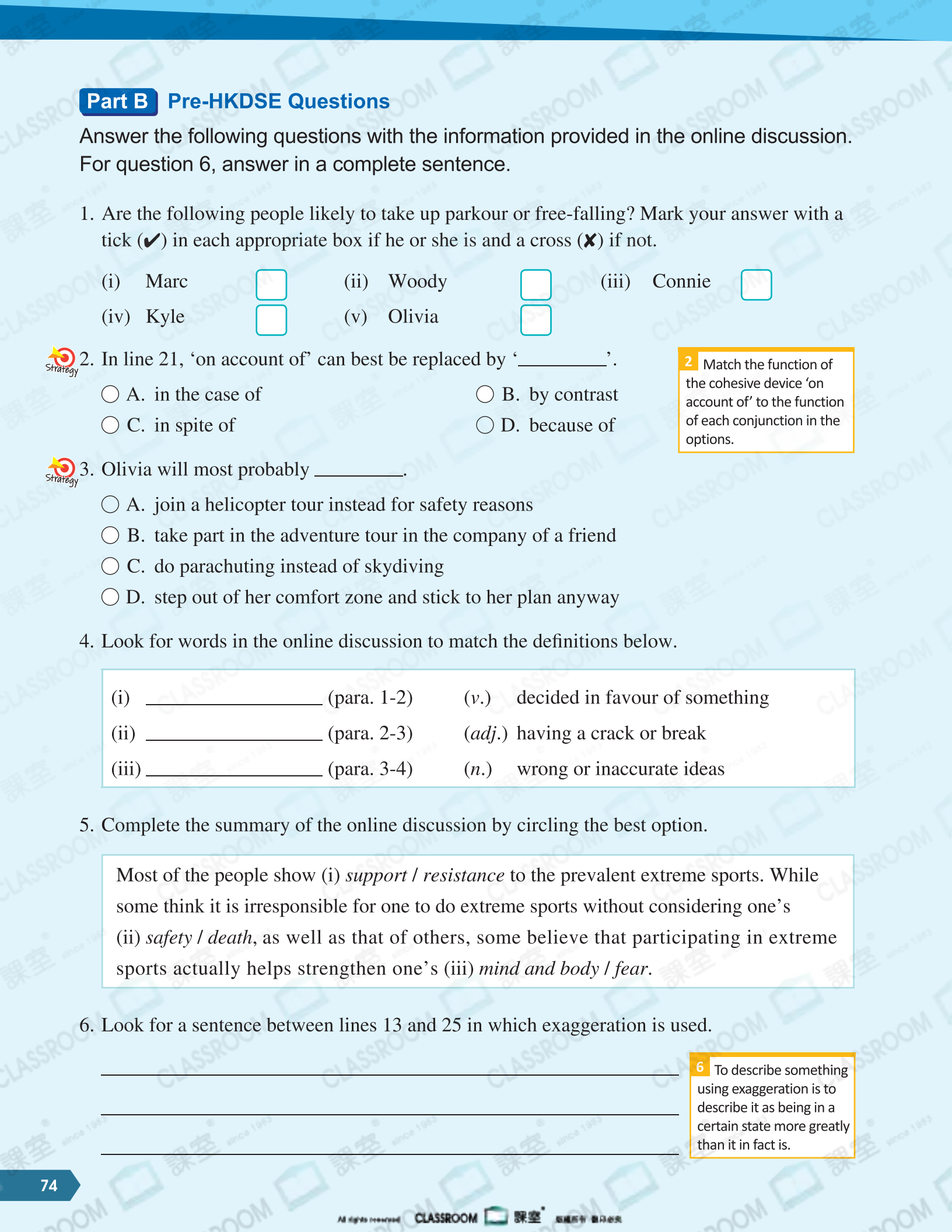
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|--|--------------------------|
| 1. I understood most of the information provided in the passage. | <input type="checkbox"/> |
| 2. I guessed the meaning of unknown words or phrases correctly. | <input type="checkbox"/> |
| 3. I managed to answer questions by drawing inferences. | <input type="checkbox"/> |
| 4. I identified and understood the writer's / characters' feelings. | <input type="checkbox"/> |
| 5. I could identify and summarise the main idea of the passage. | <input type="checkbox"/> |
| 6. The two reading strategies taught in this module enabled me to read more effectively. | <input type="checkbox"/> |

Part B Pre-HKDSE Questions

Answer the following questions with the information provided in the online discussion. For question 6, answer in a complete sentence.


1. Are the following people likely to take up parkour or free-falling? Mark your answer with a tick (✓) in each appropriate box if he or she is and a cross (✗) if not.

- (i) Marc (ii) Woody (iii) Connie
(iv) Kyle (v) Olivia

 2. In line 21, 'on account of' can best be replaced by '_____'.


- A. in the case of B. by contrast
 C. in spite of D. because of

2 Match the function of the cohesive device 'on account of' to the function of each conjunction in the options.

 3. Olivia will most probably _____.

- A. join a helicopter tour instead for safety reasons
 B. take part in the adventure tour in the company of a friend
 C. do parachuting instead of skydiving
 D. step out of her comfort zone and stick to her plan anyway

4. Look for words in the online discussion to match the definitions below.

- | | |
|-------------------------|-------------------------------------|
| (i) _____ (para. 1-2) | (v.) decided in favour of something |
| (ii) _____ (para. 2-3) | (adj.) having a crack or break |
| (iii) _____ (para. 3-4) | (n.) wrong or inaccurate ideas |

5. Complete the summary of the online discussion by circling the best option.

Most of the people show (i) *support / resistance* to the prevalent extreme sports. While some think it is irresponsible for one to do extreme sports without considering one's (ii) *safety / death*, as well as that of others, some believe that participating in extreme sports actually helps strengthen one's (iii) *mind and body / fear*.

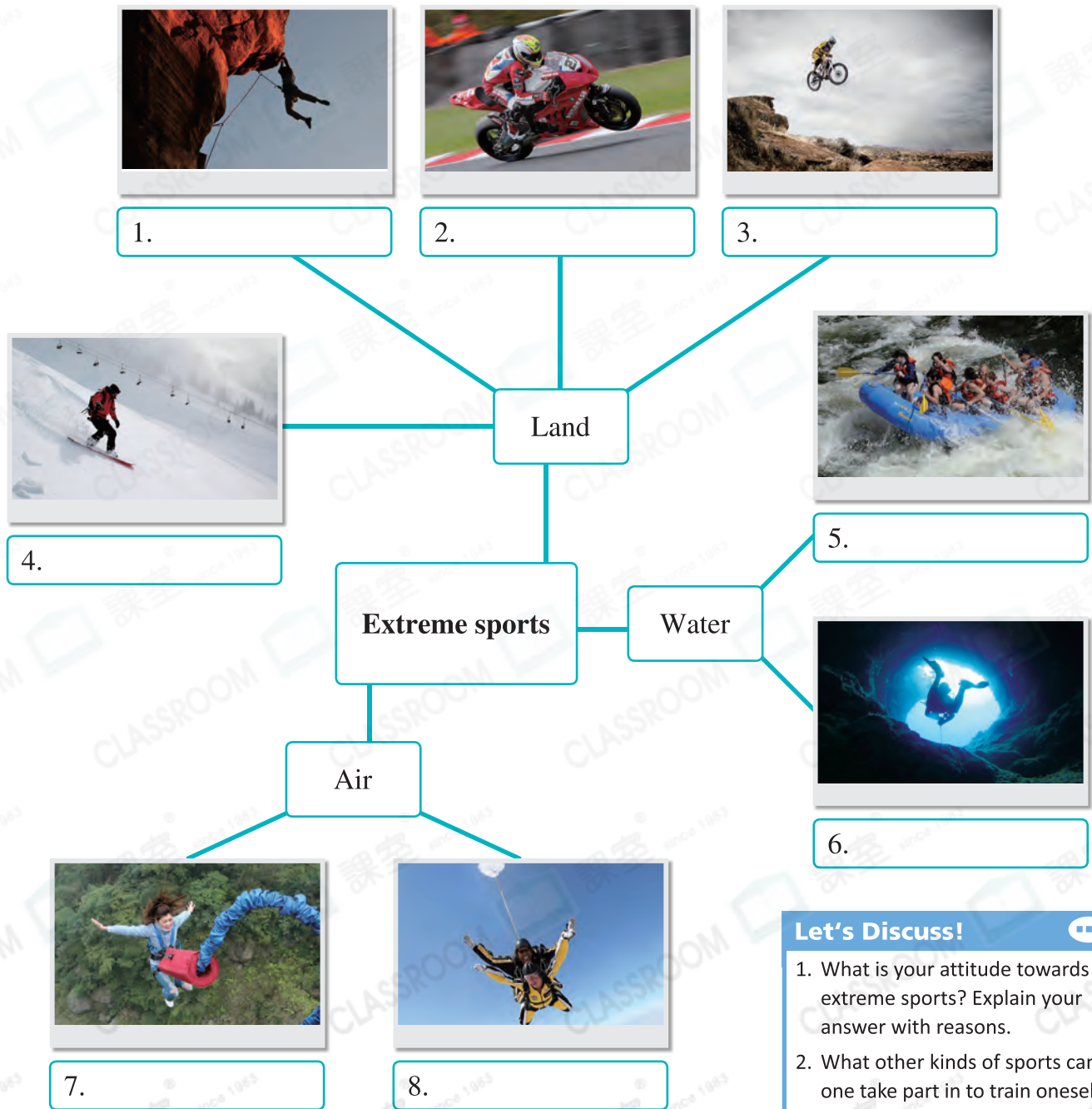
6. Look for a sentence between lines 13 and 25 in which exaggeration is used.

6 To describe something using exaggeration is to describe it as being in a certain state more greatly than it in fact is.

Part C Vocabulary Bank

Label the photos in the mind map below with the names of extreme sports from the word box.

skydiving snowboarding whitewater rafting
 bungee jumping rock climbing motorcycle racing
 cave diving mountain biking



Let's Discuss!

1. What is your attitude towards extreme sports? Explain your answer with reasons.
2. What other kinds of sports can one take part in to train oneself physically and mentally?