

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?

