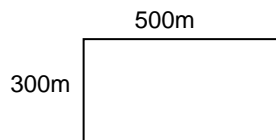


## Mathematics

- Look at some images of skateboarders performing tricks and try and measure the angles between the skateboard and/or the ramp. With a parents' permission you might like to try some tricks of your own and ask them to take photos of you showing different angles.
- Look up the British Motocross Championship Calendar. When is the next event? How many months, days, hours until the event? \*TT: This can be repeated for other extreme sports events, e.g. Formula 1 races.
- Find the difference between the fastest and slowest speed ever recorded in a car race.
- At what height do skydivers typically jump from? Record in kilometres and then convert to metres, then centimetres and then millimetres.
- A BMX track has been built in the following field:



Find the area and perimeter of the field. Can you record it in metres and kilometres?

- Did you know that there is an annual extreme sport event known as the X Games? Find out how many medals Tony Hawke won at the X Games throughout his career and in what events. Plot this information on a bar graph.

## Science

- Many injuries that occur in extreme sports involve the breaking of bones. Follow the link to the video about the human skeleton. Then find an image of a human skeleton and do some research so you can identify and label the bones in the arms and the legs.  
<https://www.bbc.com/bitesize/clips/ztfncvw>
- Watch the following video on The Science of Mountain Climbing, and then summarise what you have watched and learnt.  
<https://www.youtube.com/watch?v=T1QCCsUpTr0>
- <https://www.youtube.com/watch?v=UpWU2Hg1sBs> Watch the link above and then try conducting your own parachuting experiment.

## Learning by Topic Framework

### Extreme Sports



## English

- **Theme/Spelling words: extreme, adrenaline, lifestyle, action, adventure, activities, risk, speed, height, physical exertion**
- List spellings in alphabetical order; write synonyms and antonyms for words (where appropriate); create a crossword puzzle for your theme words; write your theme words in sentences or use all of them in a short story, include some figurative language e.g. similes, metaphors, alliteration and personification.
- List as many extreme sports as you can. Then find a comprehensive list and see how many of them you were able to list.
- 'What Extreme Sport Am I?' This will be the name of a card game you will create on extreme sports. Choose 10 extreme sports and think of 4 clues about each one and write them on a card. See if a family member or friend can guess the sport! Perhaps it could be a two player game and you could be the quiz master! Then whoever has the majority of cards at the end wins.
- You won't often find any extreme sports included on PE curriculums, for one they are mostly solitary sports and teachers and schools would be accountable if anything went wrong! Write a letter to the Minister of Education stating whether or not you believe extreme sports should be part of the PE curriculum. Include at least 3 arguments/reasons to support your view. (Genre of writing: Persuasive)
- Find a Motocross race on You Tube, watch it muted a few times and then watch it again acting as the sports commentator for the race! You can record your commentary on a tablet and then watch the clip again with your commentary. Then listen to the original commentary, how does it compare?
- Write some interview questions you would ask your favourite extreme sportsperson if given the chance to meet them.
- Write a story with the title 'Journey Up the Mountain' (Genre of writing: Narrative)

## History

- While extreme sports may seem like a relatively new concept, some of these sports have existed for decades (for example mountain climbing) producing well known/famous personalities. Research and write a brief biography on Edmund Hillary.
- Look into the history of your favourite extreme sport. Use photographs that you come across in your research to illustrate the changes and advancements to the sport over the years.
- What predictions can you make for the future of extreme sports?



## Art / Design and Technology

- Replicate the X Games logo. Use any medium you wish (e.g. Origami, mosaic, painting, sketching, photography, clay etc).
- Think about your favourite extreme sport and design a uniform for it, what will the colours be and the logo represent? \*TT: This activity can be done more than once if you have a few favourite sports.
- Design and create a 3D model that shows different types of aerial extreme sports. Consider how you will suspend paragliders and skydivers in the air. \*TT: Use as many recyclable materials as you can.

## Learning by Topic Framework

### Extreme Sports

## Geography

- Create a fact file on Mount Everest.
- The X games began in 1995, find out which countries/states/cities have hosted the X games (both summer and winter games) and plot the locations of these places on a world map.
- Many surfers who are Big Wave Riders, surf big waves in Hawaii. Script and film a TV commercial that will encourage people to holiday in Hawaii. Consider what interesting things might entice people to this place; sightseeing, food, activities etc. Think of what props you might include in your commercial, will you include any music?

### Key:

CC: Cross Curricular

\*TT: Top Tip

### Possible Reading List:

- Ultimate Cars, by Clive Gifford
- Skateboard Breakdown, by Eric Fein
- Frankie's Magic Football: Deep Sea Dive, by Frank Lampard

## PSHE /Music

- PSHE: Extreme sports can be controversial. Many people feel that they are an unnecessary risk and it is known that these sports can lead to death, near deaths and other serious injuries. On the other hand extreme sports have the potential to produce mental and physical health benefits. What are your thoughts about the dangers and risks associated with extreme sports? Record a vlog detailing your point of view.
- Music: When watching extreme sports on TV, fast paced songs are often played, why do you think this is? Discuss with a family member or friend. Can you find a song that could be played along to your favourite extreme sport?
- PSHE: Imagine you are a parent and your child wanted to take up an extreme sport. How do you think you might feel? Would you encourage or discourage them?