

**Objective:** To learn some useful words and expressions.

**Think about it!**

What sports do you do? How often do you do any form of exercise? What sports do you like to watch on the TV? What other activities do you do?

**READ & LISTEN I**

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# FIVE UNUSUAL SPORTS

**W**hat sports are you into? Football? Tennis? Swimming? If you're looking for a change, you might like to try one of these.

## 1 Octopush

Octopush (or underwater hockey as it's also known) is a form of hockey that's played in a swimming pool. Participants wear a **mask** and **snorkel** and try to move a **puck** across the bottom of a pool. The sport has become popular in countries such as the UK, Australia, Canada, New Zealand and South Africa. An ability to hold your breath for long periods of time is a definite **plus**.



## 2 Zoobombing

Zoobombing involves riding a children's bike down a steep **hill**. The sport originated in the US city of Portland in Oregon in 2002. Participants carry their bikes on the MAX Light Rail and go to the Washington Park station next to Oregon Zoo (which is why it's called "zoobombing"). From there, they take a **lift** to the surface, and then ride the mini-bikes down the hills in the area.



**3 Office Chair Racing**  
Office Chair Racing consists

of racing down a hill in office chairs that can reach speeds of up to 30kph. Strict rules are in place for competitors: they're allowed to fit **in-line skate wheels** and **handles** to their chairs, but no motors. "We check each chair carefully in advance," one of the organisers explained. The participants race in pairs wearing protective **padding** as they launch themselves from a **ramp**. Prizes are given to the fastest competitors and also for the best-designed chairs.



## 4 Fit 4 Drums

Fit 4 Drums is a new form of **cardio-rhythmic exercise**. Led by an instructor, the class involves **beating** a specially-designed drum with two sticks while dancing at the same time. It's the first group fitness activity where you get to play a drum while getting an intense **workout**. A sense of rhythm is a definite advantage!



## 5 Horse Boarding

Horse Boarding involves being **towed** behind a horse at 35mph on an **off-road** skateboard. Professional stuntman Daniel Fowler-Prime invented the sport

after he **strung** a rope between his off-road "mountain board" and a horse. Participants stand on a board while holding onto a rope, attempting to **maintain their balance** as the horse **gallops** ahead. "The horse rider and boarder have to work together because if they don't the boarder **goes flying**," Daniel explained.



So, which sport would you like to try? ✪

## GLOSSARY

- a mask** *n*: a piece of glass you wear over your eyes so you can see underwater
- a snorkel** *n*: a tube for breathing underwater
- a puck** *n*: a small disc (round object) used in hockey. You hit the puck with a stick
- a plus** *n*: a benefit / an advantage
- a hill** *n*: a small mountain
- a lift** *n*: a device/machine that carries people up and down inside tall buildings.
- in-line skates** *n*: roller skates with wheels in a straight line
- wheels** *n*: the round objects on a car, etc.
- handles** *n*: the part of a bicycle that you hold onto with your hands
- padding** *n*: soft material which is put on something to make it less hard or to protect it
- a ramp** *n*: a flat object (a wooden board, etc.) between two things that are at different levels / heights
- cardio-rhythmic exercise** *exp*: exercise that increases your heart rate and that involves continuous movement
- to beat** *vb*: to hit (often in a rhythm)
- a workout** *n*: an exercise routine
- to tow** *vb*: to pull with a rope
- off-road** *adj*: if you go "off-road", you ride on tracks in the country or on grass (not on a road)
- to string** *vb*: to put a piece of string (a long cord for tying things) between two objects
- to maintain your balance** *exp*: to try to stay in a vertical position and not to fall
- to gallop** *vb*: when a horse "gallops", it runs very fast
- to go flying** *exp*: to fall or move through the air suddenly and by accident

Answers on page 44

## 1 Pre-reading

Look at the names of the sports and the pictures. What do you think each sport consists of?

## 2 Reading I

Read the article once to compare your ideas from the Pre-reading task.

## 3 Reading II

Read the article again. Then, answer the questions.

1. In which countries is Octopush popular?
2. Where was zoobombing invented?
3. What speeds can the office chairs reach in Office Chair Racing?
4. What do participants beat during a Fit 4 Drums workout?
5. Who was Horse Boarding invented by?