

Video zone: An amazing wheelchair jump – exercises

You've heard of extreme sports, but how about WCMX? This is a sport where people ride wheelchairs and do jumps and tricks. Listen to teenager Lily explain how she did an amazing jump.

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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|---|---|
| 1..... a skatepark | a. a small board with four wheels; you stand on it and move fast |
| 2..... a skateboard | b. a place with special equipment for people to use skateboards and other types of skates |
| 3..... a backflip | c. a platform from a low place to a high place, like an artificial hill |
| 4..... a helmet | d. a 360° backwards jump, moving your feet over your head |
| 5..... a front flip | e. a short height, about 60 centimetres |
| 6..... a ramp | f. to come down to the ground after a jump |
| 7..... to land | g. a hard hat to protect your head |
| 8..... two feet (or colloquially, two foot) | h. a 360° forwards jump, moving your feet over your head |

1. Check your understanding: reordering

Write a number (1–5) to put these sentences in order.

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|-------|---|
| | People's reaction to her in the skatepark |
| | Her plans for the future |
| | What WCMX is |
| | How she started WCMX |
| | How she did the backflip for the first time |

