

HIGHLANDS INTERMEDIATE SPORTS BADGE - EXTREME SPORTS



Your challenge is to complete 15 '  '.

Once completed hand in to be marked and earn 2 points for your "Sports Badge"

No.	Extreme Sports	LEARNING ACTIVITIES
1		Choose an Extreme Sport - Calculate how much it would cost to purchase the equipment you would need to 'get started' in an extreme sport. Make a list of the equipment and costs, include a picture/diagram of each piece of equipment
2	 	Research how 3 items of equipment used in your chosen extreme sport are made. Find out the materials used to create them and why these materials are used.
3		Research and complete a profile on an athlete involved in your chosen extreme sport.
4	  	Create a scale model of a piece of equipment used in your chosen extreme sport.
5		Create a poster advertising the sport you have chosen.
6	 	Research the history of the sport you have chosen. Find out when it started, who 'invented' or 'pioneered' the sport.

7		Create a list of safety instructions that would need to be followed or used by someone involved in your chosen sport.
8		Create a profile of an area/place that your chosen sport happens.
9	 	Create a recount of a favourite experience associated with your chosen sport.
10		Find out what adrenalin is and what action it has on the body.
11	  	<p>Plan an extreme sports holiday. You will need to research modes of transport to the location, organise accommodation and what equipment needs to be bought or hired.</p> <p>Write out the details of costs with two options: (A) a luxury holiday, (B) doing it as cheaply as possible.</p>
12	 	Design a cover for a school exercise book using a collage of many different pictures of extreme sports.
13	 	Research sports drinks that extreme athletes may use (e.g. Powerade, Mizone, Red Bull). Find out what ingredients are in them. Design your own including the ingredients you would use and explain why you would use them.
14		Design the cover page for an extreme sports magazine.