



# Cambridge Primary Checkpoint

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**ENGLISH**

**0844/01**

Paper 1 Non-fiction

**April 2020**

INSERT

**1 hour**

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**INFORMATION**

- This insert contains the reading passages.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



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This document has **4** pages. Blank pages are indicated.

## Text A

### Extreme sports

#### Definition

Extreme sports involve a high level of danger – whether it's jumping from an aircraft, performing daring mid-air flips on a skateboard, or climbing up a vertical rock face. Great speed, height or depth is what makes the sport extreme. To do any extreme sport, a person needs to be strong and skilful; extreme sports push people to their physical and mental limits.

#### History

Most extreme sports are new sports, but some have been around for a very long time. Rock climbing as a sport dates from the 1880s, but, of course, climbing rocks has been a necessity throughout history for people who live in mountainous areas. Bungee jumping\* developed from land diving, which has been done for thousands of years. Tribesmen in Vanuatu use land diving to test the courage of young men.

#### Equipment

Many extreme sports use specialised equipment designed to keep the people doing them safe. Such equipment may include ropes, helmets, pads and lifejackets. Wearing the right protective gear can prevent serious injuries. The kit needs to be strong enough to withstand the extreme conditions and specific to the needs of each sport.

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The 'X Games' is an extreme sports competition that happens twice a year. Athletes from around the world compete for medals, money and prizes. The events can vary, but usually include skiing, snowboarding, BMX biking and skateboarding.

#### Popularity

Extreme sports are becoming very popular. In fact, activities such as mountain biking and snowboarding are attracting larger numbers every year, whereas fewer people are doing traditional sports like basketball, because taking part in extreme sport gives a person an amazing rush of excitement, and challenges their fears. Moreover, new research shows that people who do extreme sports have better physical and mental health. They become more confident and motivated in their daily lives.

#### Glossary

bungee jumping: jumping from a great height while attached to a rope

## Text B

**Mountain biking news roundup!**

Here are the big stories leading the way this month ...

**Silverstar Bike Park**

New MTB\* trails coming soon!

Not far from the beautiful Scottish fishing port of Inverlay, exciting things are happening for bike fanatics. Hidden in the gently rolling countryside is Silverstar Bike Park – a new playground of perfect curving bends and a mind-blowing number of jumps.

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Motocross rider and superstar biker Ed Stanway is the guy responsible for bringing the trails to life. He hopes to open the park this summer and has spent the last six months preparing and digging, trying to get the trails into shape. Ed's team have moved huge amounts of earth and created amazing hill features and rugged trails on this spectacular site overlooking the countryside and nearby sea.

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'With trail grades from easy blue through to double black, there should be something for everyone here,' says Ed.

For more information head to our website.

**2017 Mountain Bike World Cup**

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The Cross-country and Downhill World Cup kicked off earlier this month in Lourdes, France. This was the first of six rounds of competitions taking place across the globe. This season's programme looks excellent, with some amazing courses and the usual high level of biking talent.

Mountain Bike Monthly is running a one-off competition this month to win flights and tickets to the final round in Cairns, Australia. This is a fantastic chance to get out there and see the thrilling finale to the season. See page 60 for entry rules and details. Good luck!

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Glossary

MTB: mountain bike

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