

1 Look at the photos. Can you do these watersports in your country?



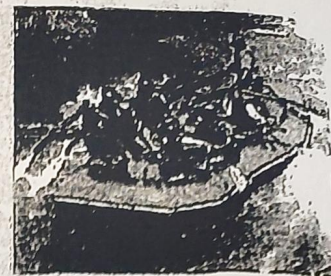
scuba-diving



snorkelling



surfing



white water rafting

2 Read or listen to the text about Ben Kingham. Which watersports has he tried? Which watersports does Ben say he would like to try? 

I love watersports!

Hi! My name's Ben Kingham and I'm thirteen years old. I love watersports! My mum taught me to swim when I was five years old. Soon I could swim faster and further than her! I also

5 learned to swim underwater and to dive. I swim for my school team. Two weeks ago I came second in the 100 metres breaststroke in the area championships, and I've just broken the school record for the 200 metres, too.

10 I learned to swim at our local swimming pool, but I prefer swimming in the sea. The water's usually colder, but you can float more easily in the sea. Snorkelling is great if you want to see fish and other sea creatures

15 underwater. I've had my snorkel, flippers and mask since my tenth birthday. Whenever we go on holiday I take them with me and spend hours swimming around underwater.

I'd like to go scuba-diving, but I haven't
20 tried it yet. You can have lessons at the swimming pool, but the lessons have already started this year. Perhaps I'll try it next year. One of my friends is learning how to water-ski. He asked me if I'd ever done it or wanted
25 to, but I'd prefer to try surfing. I've seen surfing competitions on TV. The top competitors can win 100,000 dollars in some competitions!

Two years ago
30 our family went to the USA for four weeks. While we were there, we went white-water
35 rafting. Although it was a bit scary at first, I loved it. There were eight people in each
40 raft, including two guides. We all had to work – the hardest part was when we went over the rapids, of course! We
45 all got very wet, but we didn't capsize once. It was really exciting!

Why do I enjoy watersports? I love being in or near water and I also enjoy the excitement. I don't think watersports are
50 dangerous if you're careful and wear the right clothing. I've never had an accident. I always wear a life-jacket, even though I swim really well. I'd rather feel safe all the time. And I've always had lessons, either from a professional
55 or from someone in my family. This reduces the risks and increases the fun!

