

Teaching notes

In this episode, the presenter, Sophia visits the Mile End Climbing Wall in East London. This is a place where people can learn safe climbing techniques on an artificial rock climbing wall. She meets a climbing instructor, Andy who tells her about the important safety rules that climbers must follow and the safety equipment they must wear. Then Andy gives Sophia a climbing lesson on the wall.

Background information

Rock climbing is an extreme or adventure sport. It can be practised outdoors on natural rock formations or indoors on artificial rock walls. Climbers use their hands and feet and sometimes climbing equipment to ascend a route often with the objective of reaching the top. It is a physically and mentally demanding sport. It tests a climber's strength, endurance, agility and balance as well as his/her mental control. It can be dangerous so the use of adequate climbing equipment is essential. Climbers can also do courses to learn safe climbing techniques at specialised centres such as the Mile End Climbing Wall in East London.

Before you watch

1a Warm up Ask students if they know what an extreme sport is and elicit some examples. Tell them that they are going to see a video about rock climbing. Elicit the verb *to climb* and the noun *climber*. Tell them to look at the photos and read the words to them. It may help to talk them through the vocabulary, for example *A climber wears a harness, attached to a rope for safety*. Explain that the walls have the features of a mountain, such as *natural footholds*. Ask them to do Exercise 1a.

1b Read these questions aloud and discuss as a class.

While you watch

2a Ask students to read the sentences. Tell them that they may not understand all of the vocabulary but that you will look at that together later. Ask them to listen carefully for the sentences and do the exercise. Play the video. Ask the students questions about what they saw. Play the video a second time if students need more time.

2b Ask students to match the expressions with the definitions. Then ask them to look at the sentences from Exercise 2a where they can see some of these expressions in context.

3a Tell students they will see the first part of the video again and that they have to complete Sophia's notes with the correct words. Explain that the notes are not the exact words that Sophia says but a shorter version. Play the first part of the video (0:12:07–0:13:45).

3b Play the second part (0:13:46–0:14:34) of the video again. Read the questions aloud and discuss as a class.

After you watch

4a and b Divide the class into groups of three or four. Tell students to choose a sport or activity they know a lot about. Let them use dictionaries and ask you for language support. If possible, provide them with other sources of information, e.g. encyclopedias and the internet. This activity can also be given as homework.

Key

Before you watch

1a harness **8** foot hold **4** helmet **6** rock face **1** rope **7** climbing shoes **5** rock **2**

1b Possible answers: People go climbing in the mountains / at climbing centres. Yes, climbing can be dangerous but not if you use the correct safety equipment. Climbers use helmets, climbing shoes, harnesses and ropes.

While you watch

2a 1 b 2 c 3 d 4 a

2b 1 b 2 c 3 a 4 d 5 f 6 g 7 e 8 h

3a 1 dangerous 2 five 3 rocks 4 people 5 equipment 6 shoes

3b Student's own answers.

After you watch

4a and b Student's own answers.



Video script

1 The climbing wall 0:12:07–0:13:45

Sophia Rock climbing is serious fun. It's an exciting sport – but it can be dangerous, too. You must be careful. And you mustn't make mistakes. But this isn't a real mountain. In fact, it isn't even real rock.

Climbing walls are great places to learn climbing techniques – and how to keep safe. So that's why I'm here at The Climb, a state-of-the-art climbing centre. These walls are five metres high and they have all the features of real rocks. When you practise here, it's like climbing a real rock face.

There's only one problem. I'm a bit scared of heights.

Sophia Andy is one of the climbing instructors.

Andy Obviously, safety is really important in here.

You need to take into consideration other people climbing around the centre. On the larger walls you need to make sure that you have the correct equipment. Helmet... harnesses make it much safer for you, so you can attach the rope onto the harness, and rock-climbing shoes, which make it much easier for the person climbing to be able to get up or using smaller footholds. People come rock climbing because it gives them a massive adrenaline rush. It's completely different to any other sport that you've done before. And it's quite a sense of achievement when you do get to the top of the wall.

2 Sophia's climbing lesson 0:13:46–0:14:34

Sophia Andy is going to give me a climbing lesson. I must get my equipment.

Andy Are you ready?

Sophia Yes!

Andy Around... and it now looks like a fatter figure-of-eight. There you go! When you're ready you can start climbing.

Sophia Oh... And I can put any hand on anything?

Andy Any hand on anything! There's a big blue one. Go for that.

Sophia Where? This one?

Andy Left hand. Fantastic! Right foot up! Then you've got a big pink one as well. Right. Up to the disc hold, just above you again.

Sophia Rock climbing is the best thing ever. Next stop – Mount Everest!