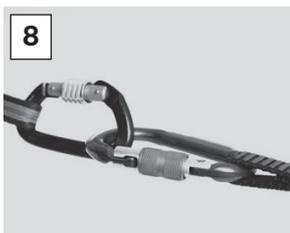
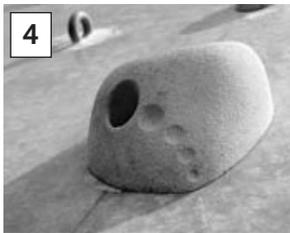


Before you watch

1a Match the words to the photos.

- rock harness foothold
 helmet rock face rope
 climbing shoes climbing wall



1b Work with a partner. Answer the questions.

- 1 Where do people go climbing?
- 2 Is climbing a dangerous activity?
- 3 What safety equipment do climbers use?

While you watch

2a Watch the video. Number the sentences in the order you hear them.



- a People come rock climbing because it gives them a massive adrenaline rush.
- b Any hand on anything! There's a big blue one. Go for that.
- c And it's quite a sense of achievement when you do get up to the top of the wall.
- d I'm a bit scared of heights.
- e When you're ready you can start climbing.
- f Rock climbing is the best thing ever.

2b Work with a partner. Draw lines to match the expressions to their definitions.

- | | |
|------------------------|---|
| 1 scared of heights | a skilful ways to get up a rock face |
| 2 adrenaline rush | b when you are afraid of standing on top of something tall, like a mountain |
| 3 sense of achievement | c the energy you get when you do something scary or dangerous |
| 4 climbing techniques | d the feeling you get when you do something difficult successfully |

3a Watch the first part of the video again. Complete Sophie's notes while you watch.

Rock climbing

Serious fun, exciting sport, can be
1....., too.

Climbing wall

Great places to learn climbing techniques.

Walls at 'The Climb' centre are 2..... metres high, walls have all the features of real 3.....

How to keep safe

You must be careful
You mustn't make mistakes.
You need to take into consideration other 4..... climbing around the centre.
You must have the right 5.....
You must have a helmet, a harness, a rope and rock-climbing 6.....

3b Watch the second part of the video again and answer the questions.

- 1 Is rock climbing difficult?
- 2 Does Sophia like rock climbing?
- 3 Do you think she's good at it?

After you watch

4a Work in groups. Choose a sport or a physical activity. Write a list of all the equipment you need to do that sport. Write safety rules. You can use words and expressions from the video.

Skiing Equipment

- Skis
- Goggles
- Ski jacket
- Ski boots

You need to take lessons first.
You must start skiing on easy slopes....

4b Use the information from Exercise 4a to prepare a poster. Present your poster to the class.