

# ADVENTURE CLIMBING



Draw in the faces below to show how you felt...

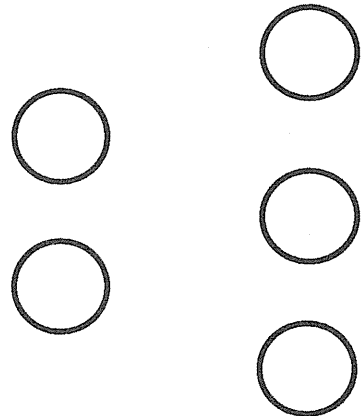
1) When you first saw the tower?

2) When you started to climb?

3) When you got to your high point?

4) When you were being lowered down?

5) When you got safely to the ground?



## WARM-UPS

Why do sports people "warm-up" before taking part in an activity?

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**BALANCE, STRENGTH, AGILITY, FLEXIBILITY, LONG REACH, HEIGHT, POWER, SELF BELIEF, BRAVERY, CONFIDENCE, COOLNESS UNDER PRESSURE.**

Using some of the above words write a few sentences about what you think makes a good climber.

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## CLIMBING CALLS

Using arrows rearrange the following climbing calls in the correct order.

- |   |                  |
|---|------------------|
| 1 | Climb when ready |
| 2 | OK               |
| 3 | Take in          |
| 3 | Climbing         |
| 5 | That is me       |

**Did you know?**  
 ... Early climbers wore boots with nails in them for extra grip and tied the rope directly to their waists because harnesses had not been invented.

## ANAGRAMS

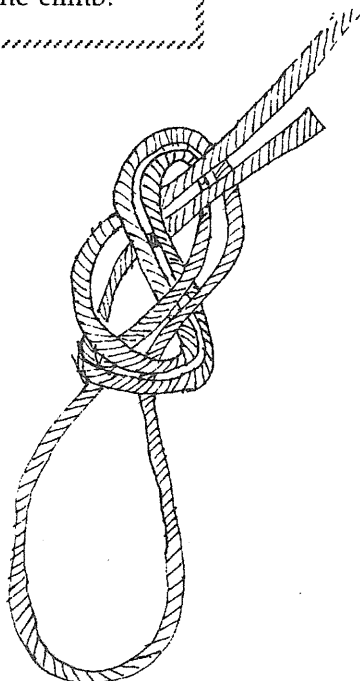
Unscramble the following climbing words.

- |                 |       |
|-----------------|-------|
| EEMTLH          | ----- |
| IUEFGR FO TGEIH | ----- |
| TOSKN           | ----- |
| RESNSHA         | ----- |
| PEOR            | ----- |
| ARABKRENI       | ----- |
| YLEBA           | ----- |
| KRCO MOOR       | ----- |
| IMINCGBL AWLL   | ----- |

**Did you know?**  
 Some climbs are so long and hard that the climbers have to live half way up the cliff, cooking and sleeping in a hanging tent tied to the cliff for days on end.

**Did you know?**  
 The first ever recorded rock climb in the 19th century was on Napes Needle in the Lake District of England

**Did you know?**  
 That a Frenchman has climbed up the outside of the Empire State Building without ropes. He was arrested when he finished the climb!



This is a figure of 8 knot. Get a piece of rope or string and see if you can tie one correctly.

**Did you know?** You can go climbing in London at a Climbing Wall near you. The Castle in Stamford Hill is a good place to start, you can hire equipment and get some instruction. They also have Indoor Climbing competitions, why not go along and see if it's the sport for you?