In 30 seconds, answer the questions:

- Have you ever tried rock climbing?
- Do you think it's dangerous?
Speak Up

Watch the video and answer the given questions in 60 seconds.

1. How do you think the people in the video are feeling?
2. Do you think climbing will become more popular in your country? Why?

Source: https://www.youtube.com/watch?v=MQ2lMx70NW8
Wear Your Words

Listen and repeat. Then, choose a word to define.

1. Ascend (v) /əˈsend/
2. Cliff (n) /klɪf/
3. Exhilarating (adj) /ɪɡˈzɪlərətɪŋ/
4. Edge (n) /edʒ/
5. Exposure (n) /ɪkˈspouər/ 
6. Descend (v) /dɪˈsend/

Make a sentence using that word.

Example: He stood on the edge of the cliff.
Wear Your Words

Explanation of useful phrasal verb and idiom.

Climb down to change your opinion or admit that you were wrong

Be climbing the walls to suffer unpleasant feelings, such as worry, in an extreme way

Examples:

✓ The government has been forced to **climb down** over the issue of increased taxes.
✓ When Joely went missing, we were practically **climbing the walls**.

Make a sentence using the given phrasal verb or idiom.
Essential Structures

Make a sentence using the given structures.

Structures:

\[ S + \text{be} + \text{fond} + \text{of} + \text{sth} = S + \text{be} + \text{into} + \text{sth}. \]

Examples:

- She is **fond of** indoor bouldering.
- I am **really into** extreme sports.
Pair Work: In **180** seconds discuss with your partner the benefits of rock climbing.

**Suggestions**
- Skills like patience, planning and analysis, concentration, determination and problem-solving skills
- Health benefits (healthier, less depressed)
- Etc.
Assessment Form

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gained

✓ Vocabulary related to rock climbing
✓ A phrasal verb and an idiom:
  Climb down
  Be climbing the walls
✓ Structures:
  \[ S + \text{be} + \text{fond} + \text{of} + \text{sth} = S + \text{be} + \text{into} + \text{sth}. \]
✓ Discussion about the benefits of rock climbing

Please do your homework in the downloadable outline from the website!
### Homework

Complete your mission and find more in related lessons

<table>
<thead>
<tr>
<th>Your mission</th>
<th>Recommendation</th>
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</thead>
<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
<td>✓ 24-sports vocabulary- word search. (#0034)</td>
</tr>
<tr>
<td>✓ Search for related lessons in the course browser</td>
<td>✓ 24-sports vocabulary (#0033)</td>
</tr>
</tbody>
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