



# Super English

Level 5 - Unit 18  
Extreme Sports -  
Lesson 3



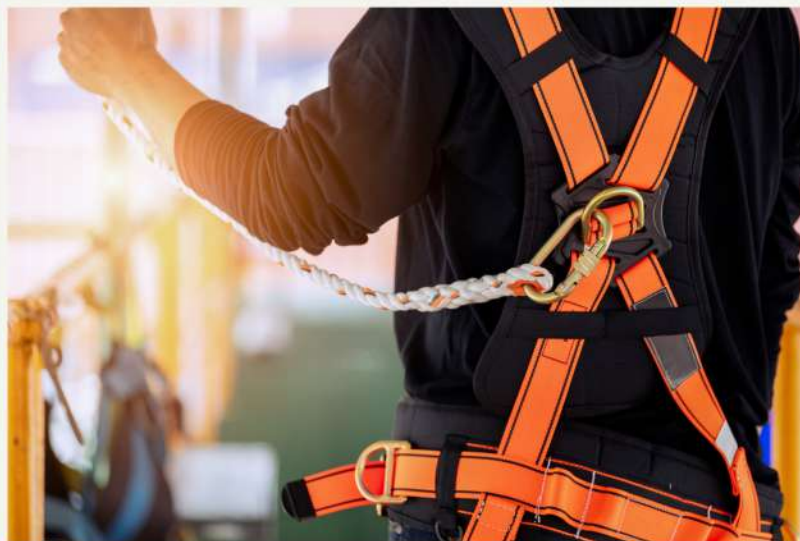


Vocabulary

# Extreme Sports - Vocabulary



**harness:** a piece of equipment with straps and belts, used to control or hold in place a person, animal, or object (n)



Matt attached a leash to the dog's **harness** so it couldn't run away.



# Extreme Sports - Vocabulary



**hammer:** a tool used for hitting things (n); to hit or kick something with a lot of force (v)



The carpenter **hammered** the nail in with his **hammer**.

# Extreme Sports - Vocabulary



**artificial:** made by people, often as a copy of something natural (adj)



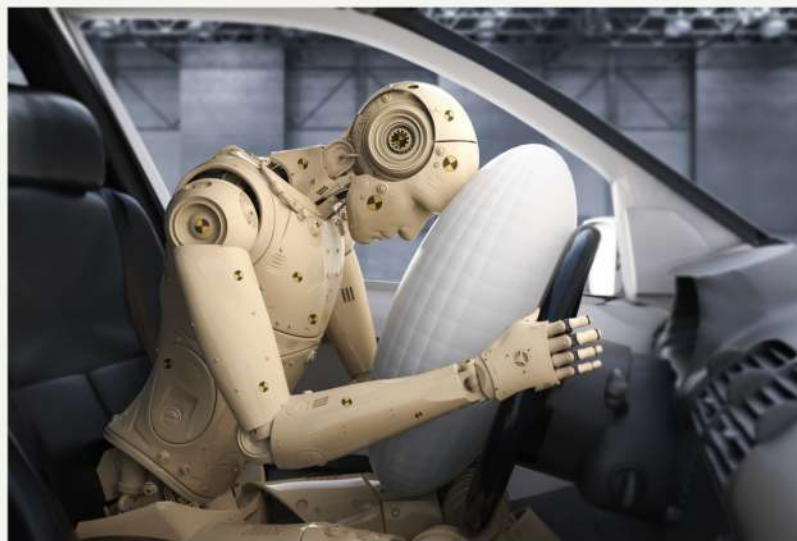
The players feel they can run faster on **artificial** grass.



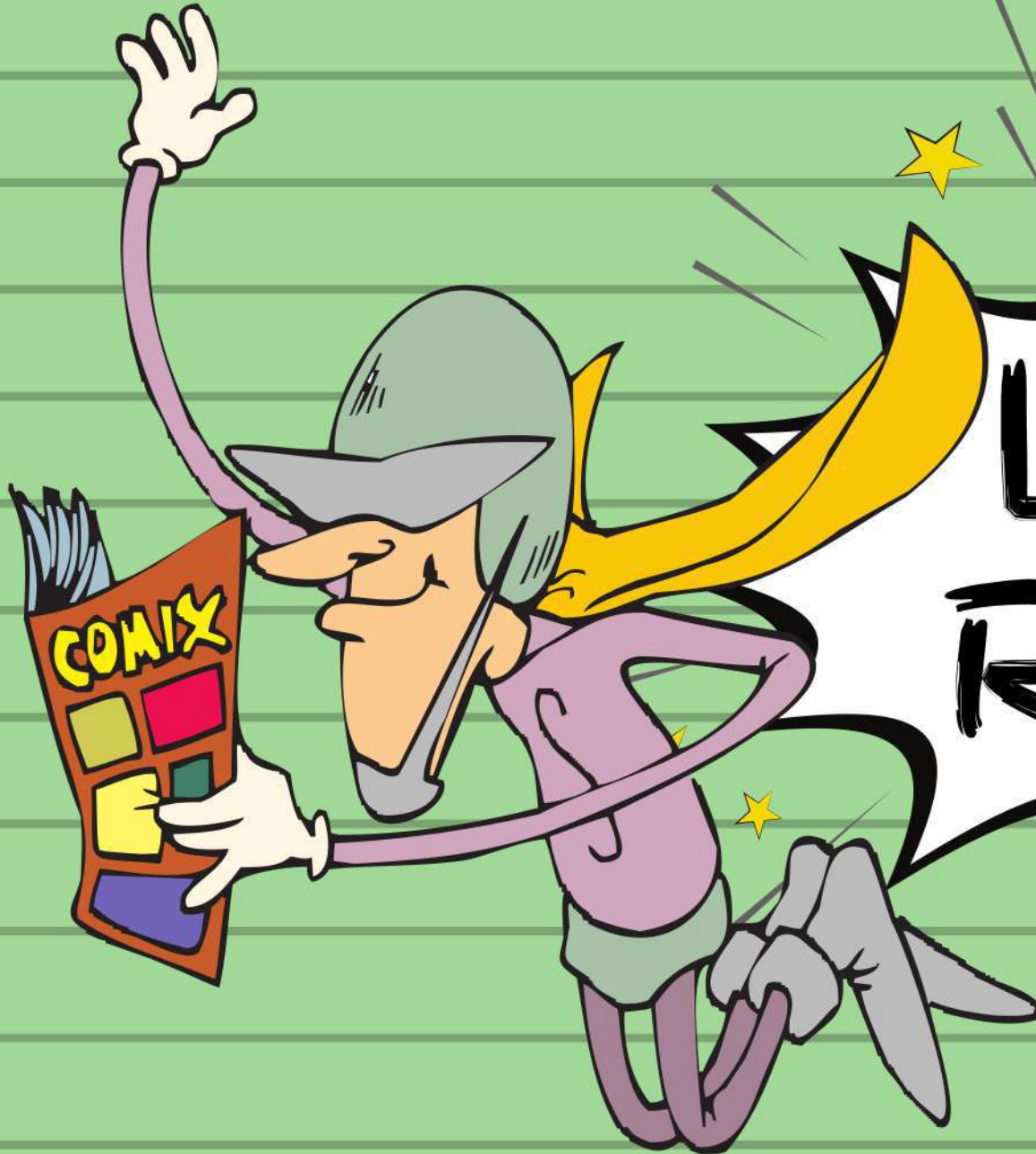
# Extreme Sports - Vocabulary



**cushion:** to make the effect of something softer( v);  
something soft, esp. used for sitting on (n)



The airbags in a car will help **cushion** the impact of hitting your head in an accident.



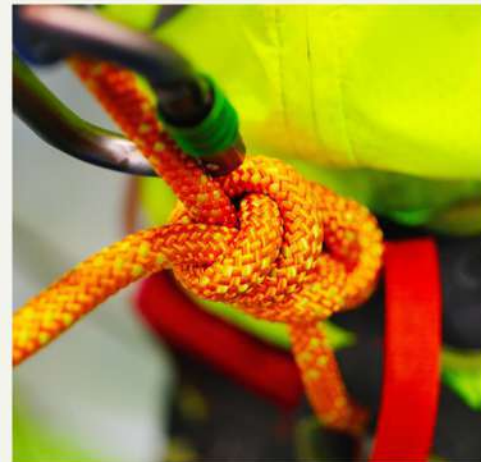
Let's  
Read!



# Extreme Sports - Rock Climbing



A rock climber stands at the bottom of a cliff. She steps into her **harness** and buckles it. Then she ties a rope to it using a double figure 8 not and checks it to make sure it is tight and lies flat. She checks to make sure her climbing partner is ready; he is. All safety checks have been made, and she is ready to start climbing.





# Extreme Sports - Rock Climbing



She begins to climb, carefully choosing where to place her hands and feet. Down on the ground, her partner belays. He pulls the rope tight. That way, the rope will catch her if she falls. Finally, the climber reaches the top of the cliff. She pauses to enjoy the view. Then it's time to come down. She sits back in her harness and straightens her legs. Her partner lowers her slowly as she walks down the rock.

# Extreme Sports - Rock Climbing



Rock climbing got its start in the late 1800s. W.P. Haskett Smith was one of the first rock climbers. In 1886, he climbed Napes Needle in England without help from any equipment. However, many early climbers used ladders and pitons. A piton is a metal spike. A climber can hammer it into rock and use it to hold the rope.

During World War II (1939 to 1945), soldiers climbed using aluminum carabiners and strong nylon ropes. After the war, people bought the leftover climbing equipment, making the sport safer and easier.





# Extreme Sports - Rock Climbing



By the 1980s, climbing gyms began opening. These gyms have **artificial** rock walls. Some climbers use them to practice for outdoor climbing, but others only climb indoors.

Today, people enjoy many different types of climbing. Top-rope climbing has the rope anchored to the top of the climb. One end is tied to the climber's harness. The other end threads through a belay device on a partner's harness.

# Extreme Sports - Rock Climbing



Traditional climbers also use partners. The first climber places protection devices in the rock's cracks. This climber is called the leader. The leader also clips carabiners and the rope to the devices. That way, the rope will keep both climbers from falling too far. The second climber removes the protection devices. The climbers will use them again on the next pitch.





# Extreme Sports - Rock Climbing



Boulderers do not use ropes or harnesses. Instead, they climb on low rocks. Crashpads go on the ground beneath the climbers and help **cushion** any falls.

Free Solo climbers don't use any ropes or safety devices. They often climb very high, so a fall can be deadly.

# Extreme Sports - Rock Climbing



Rock climbing can be dangerous, but gear helps climbers stay safe. Helmets protect climbers' heads during falls and from falling rocks or equipment. Climbers also wear safety harnesses and use ropes that can stretch a bit. These ropes help lessen the shock of falls. Climbers check the ropes and harnesses often for signs of wear. Climbing shoes fit snugly and help climbers feel the rock beneath their feet. And the shoes' sticky rubber soles grip the rock.







Let's do  
Grammar!



# wish

When we **"wish"** something in the past had happened differently, we use past perfect. (pos or neg)

1. I **wish** I **had studied** harder for my test.
2. I **wish** I **had remembered** to bring a beach towel.
3. I **wish** I **hadn't worn** such warm clothes.



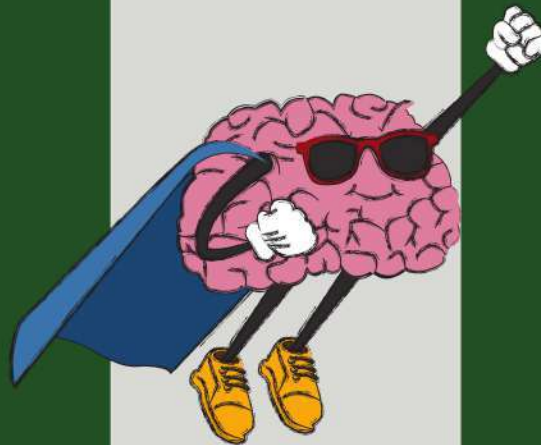




# Phonics

The suffices **"cial"** and **"tial"** = /shul/  
The suffices **"cious"** and **"tious"** = /shus/

atrocious  
beneficial  
conscious  
official  
vicious  
social  
ferocious



confidential  
cautious  
impartial  
infectious  
initial  
repetitious  
torrential



# Super English

See you  
Next time!

