



**1st-7th February**

**Why do people choose  
to climb mountains?**



# Vocabulary

**Ascent** – an upward journey, especially when walking or climbing.

**Perseverance** – continuing with something even though it is difficult.

**Recent** – having happened, begun or being done only a short while ago.

**Sub-zero** – lower than 0, below freezing.

**Summit** – the highest point of a hill or mountain.

**Tackle** – making determined efforts to deal with a problem or difficult task.

# What's going on this week?

## Look at this week's poster on the first page.

A team of climbers from Nepal have become **the first ever** to summit the world's second highest mountain, K2, **in winter**.

The 10 climbers reached the summit of Pakistan's K2, more than 20 years after the first winter attempt to reach the 8611m summit.

K2 is considered incredibly difficult to climb due to the high winds and sub-zero temperatures.



# Main Question: Why do people chose to climb mountains?

Watch this virtual assembly video from Picture News. Click on “Watch our Virtual Assembly” when you get to the website.

<http://www.picture-news.co.uk/discuss>



**Have you ever climbed a mountain or completed a similar physical challenge?**

Why did you want to take part?

How did you feel before, during and after the challenge?

**Can you think of a time when you have faced a different type of challenge, what skills did you need to tackle the challenge?**

E.g. perseverance, confidence, knowledge etc.

Do you know what the **highest mountain in the UK** is called?

It is a mountain in Scotland called **Ben Nevis**. It is 1345m high.

What other mountains you have heard of?

Do you know what the **highest mountain** (above sea level) is called?

**Mount Everest** is the **highest mountain in the world** and is about 8848m!

It is part of the Himalayan mountain range.



There are many people who have climbed some of the world's highest mountains but it is not an easy task.

It requires training, skill and preparation, as it can be dangerous.

What type of person do you think chooses to climb the world's highest mountains?

Do you know the names of anyone who has climbed any of the world's largest mountains?

Look at the next page which shares information about four people who have.

What skills do you think they would need to succeed?

### Arunima Sinha



Source: Dr. Arunima Sinha Twitter page

Arunima Sinha from India conquered Mount Everest, the highest mountain in the world above sea level, on 21<sup>st</sup> May 2013. She did so with a prosthetic leg after her left leg was amputated two years earlier.

### Wanda Rutkiewicz



Source: @PolishHistory Twitter page

Wanda Rutkiewicz was a Polish mountain climber, who became the first woman to reach the summit of K2 in 1986. She was also the third female to reach the summit of

Everest in 1978. Sadly, she died in 1992, attempting to climb Kangchenjunga.

### Joe Simpson



Source: summonedbyfells

Joe Simpson is a British mountaineer. In 1985, he climbed Siula Grande, via the hitherto unclimbed west face. On the decent, he fell through a crevice and suffered severe injuries. He was thought to be lost but he managed to crawl back down.

### Jordan Romero



Source: @SportKidsWear1 Twitter page

Jordan Romero currently holds the title for the youngest person to reach the summit of Mount Everest. The American was 13 years and 10 months old when he made it to the top on 22<sup>nd</sup> May 2010.

# **KS1 Follow up activities**

**Think about a time when you climbed up something e.g. a mountain, a hill, a tree, a climbing frame.**

How did you feel at the bottom, looking up?

How did you feel as you climbed?

How did you feel when you reached the top? What could you see? What could you hear?

What was it like coming back down?

Did you feel tired and breathless?

Did you enjoy the climb? Why?

**Use pictures, words and/or sentences to describe your climbing experience and how it made you feel.**

**Challenge** – can you include the words summit or peak in your work?

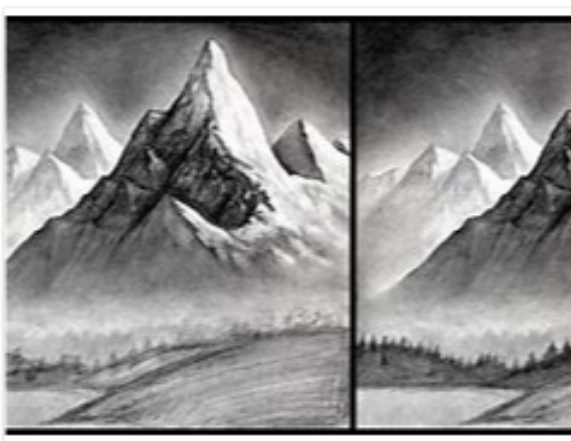
# KS1 Follow-up activities

If possible, look at some examples of mountain sketches and paintings.  
Use them to inspire **your own picture of a mountain** or a mountain range.

Think about:

- Will it be steep?
- Is there a covering of snow?
- Will it cast any shadows?
- What will be at the bottom?

Decide what you will use to create your picture e.g. pencil, crayon, pastel, paints, materials, or use a combination!



# KS2 Follow-up activities

Read and research a mountain of your choice from anywhere in the world!  
You could include:

- Its name.
- Where it is located.
- Its height.
- Its average temperature.
- What its climate is like.
- Information about any plants and animals that live there.



**You could organise the information in a fact file, a poster or a leaflet.**

**If you really want a challenge, create a non-chronological report about your mountain!**

# KS2 Follow-up activities

Mountain maths! Look at the information in the table below.

Mountain	Country	Height (m)
Mont Blanc	France	4808
Mount Wellington	Australia	1271
Mount Everest	Nepal/Tibet (China)	8848
Ben Nevis	Scotland	1345
Galdhøpiggen	Norway	2469
Lion's Head	South Africa	669
Mount Kilimanjaro	Tanzania (Africa)	5895

Can you explain what the table shows?

Which is the highest/lowest mountain?

Can you record each of the heights in words?

Which mountains are lower than 4000m?

Order the mountains lowest to highest.

What is the difference between the highest and lowest mountains?

How much taller is Mount Everest than Ben Nevis?

**Challenge** - what is the average height of the mountains?

# Reflection

Climbing any of the world's highest mountains can be tough and dangerous but for some people, it is their goal or dream.

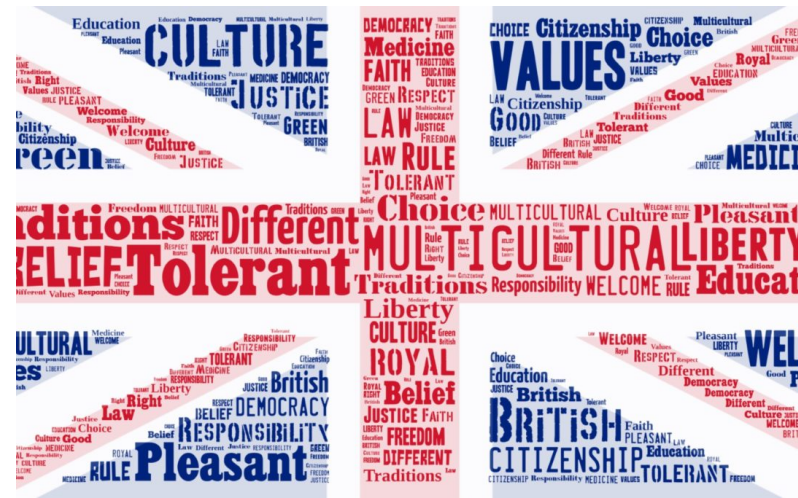
Over the course of our lives, we will face many mountains that we will need to overcome. Some we may choose, others not but we must always remember to try our best and keep going until we get to the top!



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# British Values – Which British Value do you think this week's story is linked to?

- democracy
- the rule of law
- individual liberty
- mutual respect
- tolerance of those with different faiths and beliefs



# British Values

1<sup>st</sup> – 7<sup>th</sup> February 2021

## Individual Liberty

At different times in our lives, we can choose to challenge ourselves. When we do, we need to manage the risks and understand the consequences of our actions.

## Extra - This Week's Useful Websites/Videos:

This week's news story

[www.bbc.co.uk/news/world-asia-55684149](http://www.bbc.co.uk/news/world-asia-55684149)

Conquering K2 in winter

[www.bbc.co.uk/news/av/world-asia55710125](http://www.bbc.co.uk/news/av/world-asia55710125)