

Task - Choose one of the activities to have a go at.

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 resource 1 to help you.

Read and research a mountain of your choice from anywhere in the world! You could organise the information in a fact file, a poster or a leaflet.



Mountain maths! Look at the table on resource 2 and answer the questions.

Create a picture of a mountain or a mountain range. Will it be steep? Is there a covering of snow? Will it cast any shadows? What will be at the bottom?

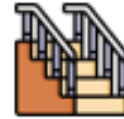
Find out where the following mountains are and locate them on a world map: Mount Fuji, Mount Kilimanjaro, K2, Mount St Helen, Mount Everest, Sugarloaf Mountain, Matterhorn, Ben Nevis, Table Mountain, Mount Cook, Krakatoa, Mount Vesuvius.

There are mountains all over the world! Can you find out how they are formed?

Resource 1



Climbing



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?



Describe your climb. You could use pictures, words and/or sentences.



Challenge yourself to include some interesting vocabulary.

summit
approach
exhausted

peak
enlivened
hauled

breathless
steep
explore



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

1. Can you explain what the table shows?
2. Which is the highest mountain?
3. Which is the lowest mountain?
4. Can you record each of the heights in words?
5. Which mountains are lower than 4000m?
6. Order the mountains lowest to highest.
7. What is the difference between the highest and lowest mountains?
8. How much taller is Mount Everest than Ben Nevis?
9. Look at the mountain heights.
 - Which are odd numbers?
 - Which are even numbers?
 - Are any of them multiples of 5?
10. How high is Lion's Head in cm?



Challenge - what is the average height of the mountains?

