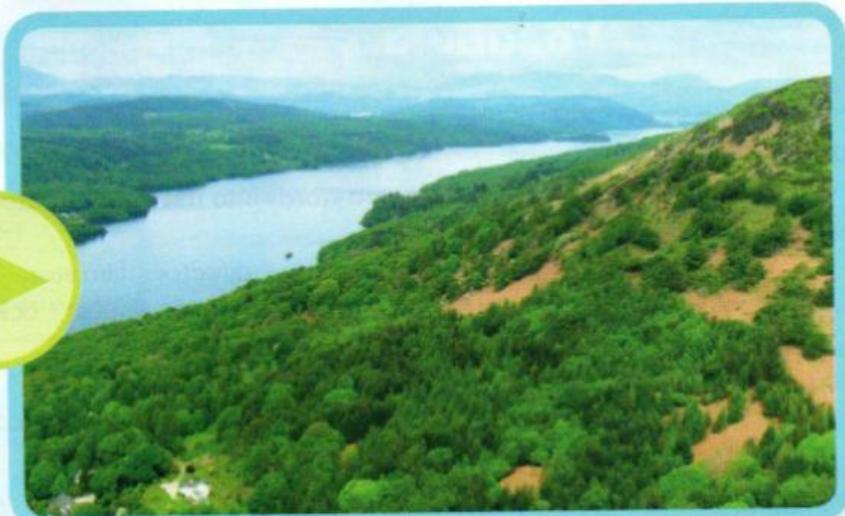


Sports in the Lake District



A  18 Watch the video and answer the presenter's question. Can you name four sports you can do in the Lake District?

B  18 Watch the video again. Complete the sentences.

- 1 The Lake District is in the _____ of England.
- 2 There are lots of hills and quiet roads for _____.
- 3 The mountain, Scafell Pike, is _____ metres high.
- 4 You should never go _____ on your own.
- 5 People wear wetsuits to keep _____.
- 6 The most extreme sport you can do is _____.

C Have you ever been on an extreme sports holiday? Which extreme sports would you like to try? Discuss your ideas as a class.