

Name _____ Class _____ Date _____

THINK ABOUT

1 Work in groups and answer the questions.

- 1 What do you think of when you hear the word 'old'?
- 2 Are elderly people respected in your culture?

BEFORE YOU WATCH

2 Look at the picture. Would you like to skydive?



OVERVIEW

3 Watch the video. Tick (✓) the things you see.

an old building cars cheese families goats hiking
people being active someone on a phone

COMPREHENSION

4 Mark the sentences T (true) or F (false). Watch the video again and check.

- 1 Elderly people are respected in all cultures. ☐
- 2 'Over the hill' means not useful any more. ☐
- 3 'Ageism' is a negative word. ☐
- 4 Fauja Singh runs long distances. ☐
- 5 Yuichiro Miura has climbed tall mountains. ☐
- 6 Johanna Quaas doesn't like exercise. ☐

AFTER YOU WATCH

5 Complete the text with the words in the list.

achievement | airlifted | climbed | reached | record | top

In 2003, at the age of 70, Yuichiro Miura became the oldest person to reach the ¹ _____ of Mount Everest. He then broke his own ² _____. In 2006 and 2007, he had two heart operations, but in 2013, he once again ³ _____ Mount Everest. He was 80 years old. His achievement is listed in the Guinness World Records. Once he ⁴ _____ the summit he wasn't able to walk back down again and was ⁵ _____ from the mountain. But this does not take away from an amazing ⁶ _____!

OVER TO YOU

6 At the end of the video, the speaker asks, 'Who is the oldest person you know?' Prepare eight interview questions for this person.

	Questions
1	What is your greatest achievement?
2	
3	
4	
5	
6	
7	
8	

7 Interview this person and write a short article about their life. Focus on their achievements.

8 Share your articles with the class. Discuss the most interesting achievements.