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Focused Reading Booster Pack— Level 4

This sample includes the following:

Management Guide Cover (1 page)

Table of Contents (1 page)

How to Use This Product (4 pages)

Resources (5 pages)

Booster Card (3 pages)

Reader (25 pages)

To Create a World ⁱⁿ which
Children **Love** to Learn!

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Level 4

Focused
Reading

Booster Pack

Management Guide

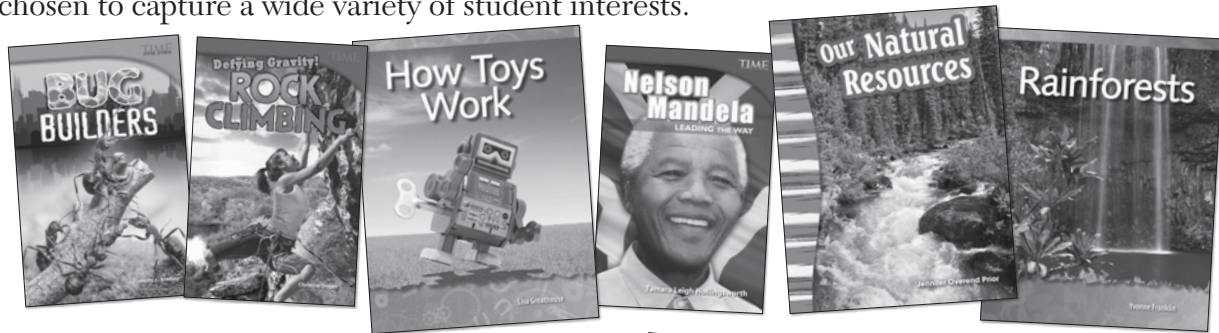
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Kit Components

High-Interest Books (six copies of six titles)

The books include various, high-interest topics at grade level across content areas. Titles were chosen to capture a wide variety of student interests.



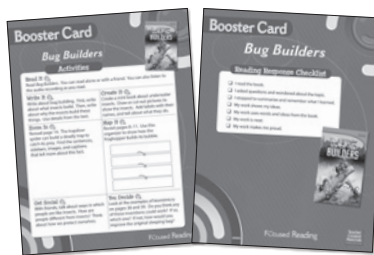
Overview Cards

Overview cards include a book summary, objectives, reading levels, academic vocabulary, and cross-content connections.



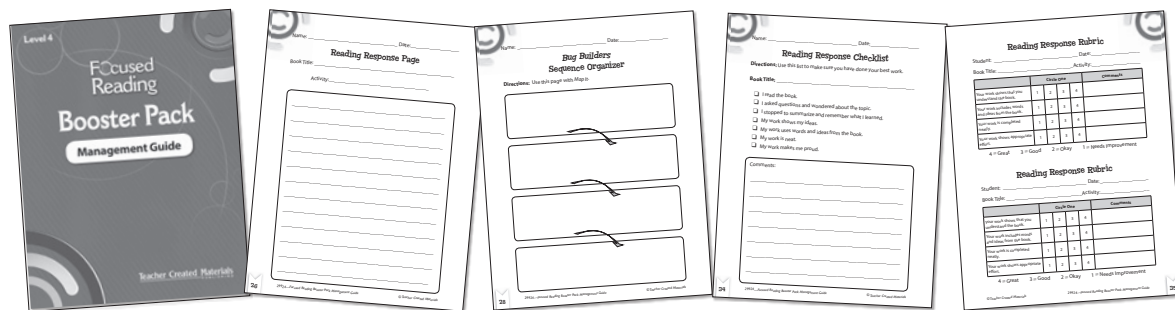
Booster Cards

Booster Cards include six engaging activities for students and a Reading Response Checklist.



Management Guide

This useful resource includes a brief overview of research, standards correlations, and grouping and scheduling options.



Digital and Audio Resources

PDFs of the books, Booster Cards, and Response Pages, as well as a professional audio recording of each book are included. A complete list of available resources is listed on page 39.

Pacing and Instructional Setting Options

The following pacing and instructional setting options show suggestions for how to use this product. The *Focused Reading: Booster Pack* series is designed to be flexible and can be used in tandem with a core curriculum and a teacher’s preferred instructional framework, such as Guided Reading.

Pacing

Teachers should customize pacing according to student need. Each Booster Card includes approximately 100 minutes of activities for a total of 600 minutes per level. Students may complete one activity or complete several activities to match the time available and the instructional needs of the students. Teachers may assign specific activities to meet instructional objectives or allow students to choose activities.

Activity	Approximate Time
Read It	20 min.
Write It	20 min.
Zoom In	10 min.
Get Social	10 min.
Create It	20 min.
Map It	10 min.
You Decide	10 min.

Instructional Setting Options

Whole-Class Instruction

Whole-class instruction is best suited for introducing each text to students or for teaching specific strategies or content-area concepts as they apply to instructional standards and objectives. In this setting, every student engages with the same text at the same time. The *Focused Reading: Booster Pack* Digital and Audio Resources can be used to share the texts with a large group.

Small-Group Instruction

Small-group instruction is effective for addressing varying needs of students in a class. During small-group instruction, the teacher works with a select group of students with similar instructional needs. Students may sit with teacher, either at a table or on the carpet. This setting promotes a sense of teamwork and collaboration, and encourages participation in text discussions. Working with students in small groups is also a great opportunity for teachers to informally assess student progress and make anecdotal notes.

Workstations or Centers

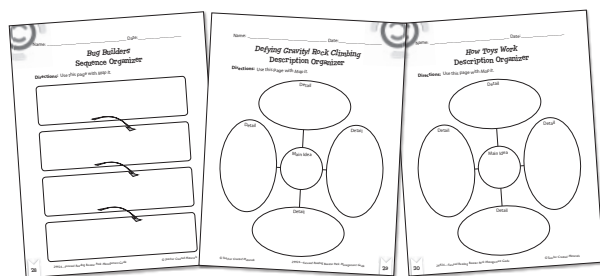
Students may engage independently or with partners at workstations or centers to build fluency, comprehension, and vocabulary. When working within this instructional setting, it is important that procedures and expectations are clear and students are provided with activities that require little to no teacher guidance so that teachers can spend time with small groups.

Strategies for Differentiating Booster Card Activities

Below-Level Learners

You may choose to support below-level learners with some or all of these suggestions:

- **Guided Preview:** Preview each book with select students. Use the table of contents, headings, and bold vocabulary to orient students to the structure and topic before they read.
- **Graphic Support:** Provide a copy of the graphic organizer from the Resources section (pages 28–33) to support students as they complete the Map It activity.



English Language Learners

You may choose to support English language learners with some or all of these suggestions:

- **Build Background Knowledge:** Build students' background knowledge about unfamiliar topics using visuals, realia, and other concrete objects. Students can also listen to the audio recording of the book before completing activities. See page 10 for details about audio recordings.
- **Sentence Frames:** Support language development and acquisition with sentence frames, such as the following:
After reading the timeline, I know that
_____.

Above-Level Learners

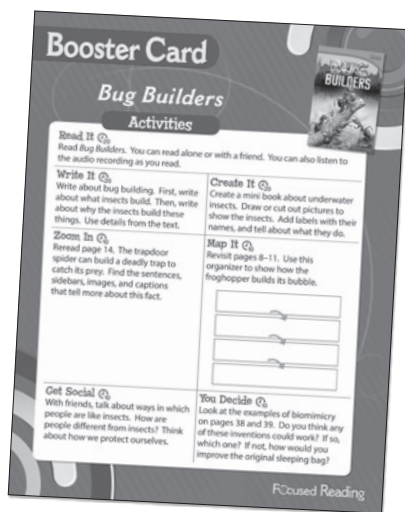
You may choose to support above-level learners with some or all of these suggestions:

- **New Booster Cards:** Have students create Booster Cards for books in your classroom library.
- **Multimedia Presentation:** Challenge students to create multimedia presentations to demonstrate what they learned from the *Focused Reading: Booster Pack*.

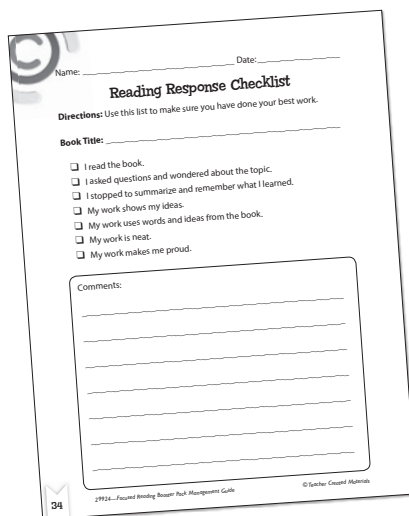
Assessing Responses

Each *Focused Reading: Booster Pack* offers multiple informal assessment opportunities. Teachers can gain insight into student learning through small-group observations and analysis of student responses to the Booster Card activities. These formal and informal assessments provide teachers with additional data to help make informed decisions about what to teach and how to teach it.

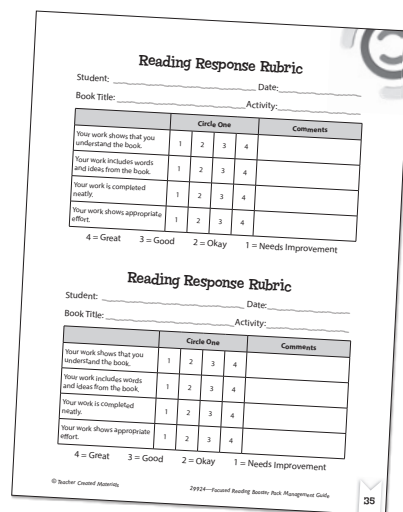
The Reading Response Checklist provides an opportunity for students to reflect on their work. Distribute copies of the Reading Response Checklist activity sheet (page 34) to students to guide self-reflection. Use the Reading Response Rubric (page 35) to record the quality of students reading response work. These rubrics may be used in conjunction with each other to guide conversation during teacher-student conferences.



- ▲ Use the Reading Response Checklist on each Booster Card as a quick reference while completing activities.



- ▲ Distribute copies of Reading Response Checklist (page 34) to students as a way to encourage self-reflection.



- ▲ Complete the Response Rubric (page 35) to give students feedback.



Name: _____ Date: _____

Reading Response Page

Book Title: _____

Activity: _____

A large rounded rectangular box containing 15 horizontal lines for writing a response.

Name: _____ Date: _____

Reading Response Page

Book Title: _____

Activity: _____

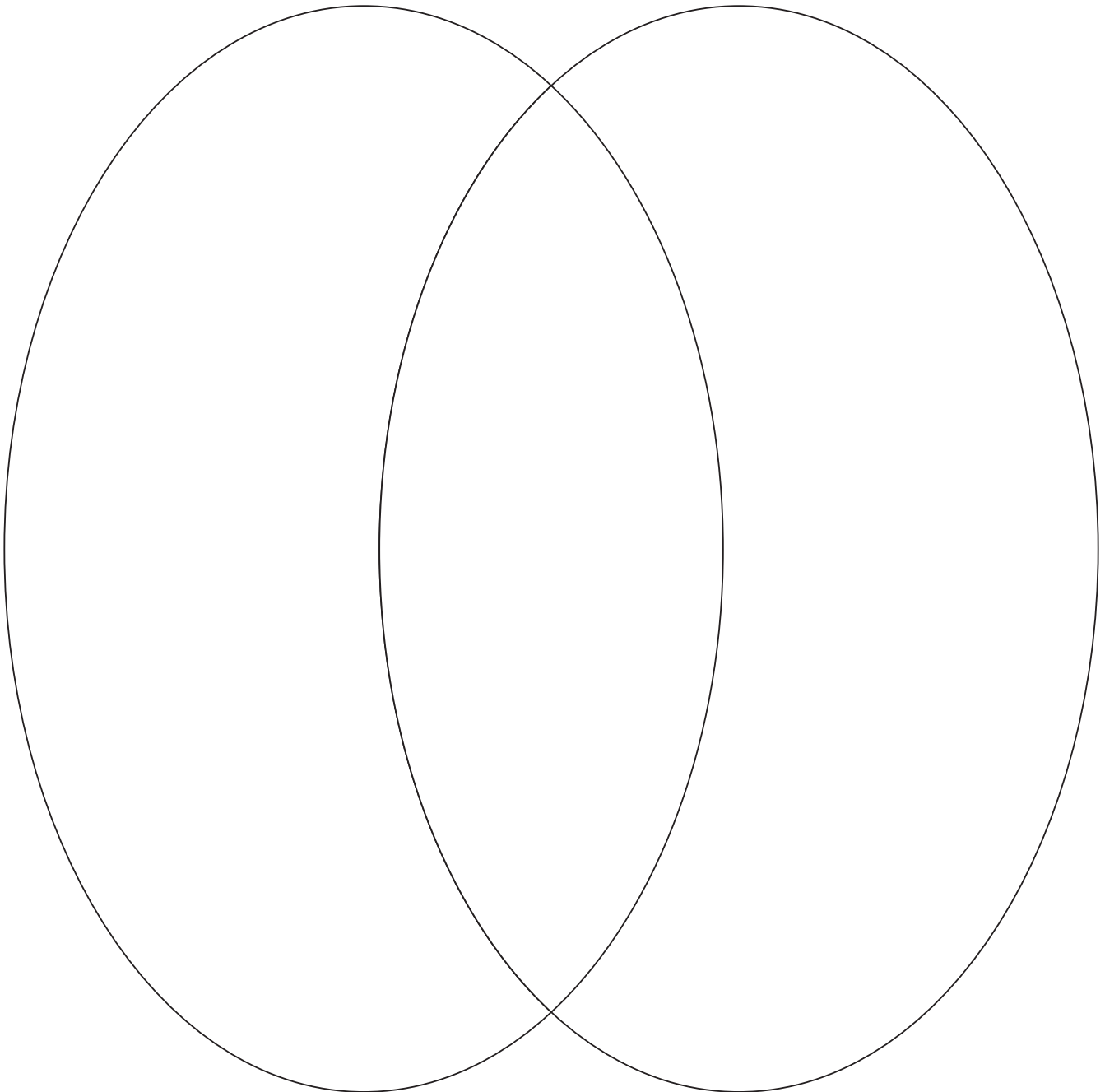


Name: _____ Date: _____

Our Natural Resources

Compare and Contrast Organizer

Directions: Use this page with *Map It*.





Name: _____ Date: _____

Reading Response Checklist

Directions: Use this list to make sure you have done your best work.

Book Title: _____

- I read the book.
- I asked questions and wondered about the topic.
- I stopped to summarize and remember what I learned.
- My work shows my ideas.
- My work uses words and ideas from the book.
- My work is neat.
- My work makes me proud.

Comments:

Reading Response Rubric

Student: _____ Date: _____

Book Title: _____ Activity: _____

	Circle One				Comments
Your work shows that you understand the book.	1	2	3	4	
Your work includes words and ideas from the book.	1	2	3	4	
Your work is completed neatly.	1	2	3	4	
Your work shows appropriate effort.	1	2	3	4	

4 = Great 3 = Good 2 = Okay 1 = Needs Improvement

Reading Response Rubric

Student: _____ Date: _____

Book Title: _____ Activity: _____

	Circle One				Comments
Your work shows that you understand the book.	1	2	3	4	
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Your work is completed neatly.	1	2	3	4	
Your work shows appropriate effort.	1	2	3	4	

4 = Great 3 = Good 2 = Okay 1 = Needs Improvement

Overview Card

Defying Gravity! **Rock Climbing**

Book Summary

Imagine being 100 feet in the air, with only a thin rope to keep you safe. Welcome to the world of rock climbing! Using their hands, feet, and determination, rock climbers conquer amazing challenges. Come join the climb as we discover how rock climbers push the limits.

Objectives

- Refer to details in a text when explaining what the text says and when drawing inferences.
- Draw evidence from literary or informational texts.
- Recall information from experiences or from print sources.

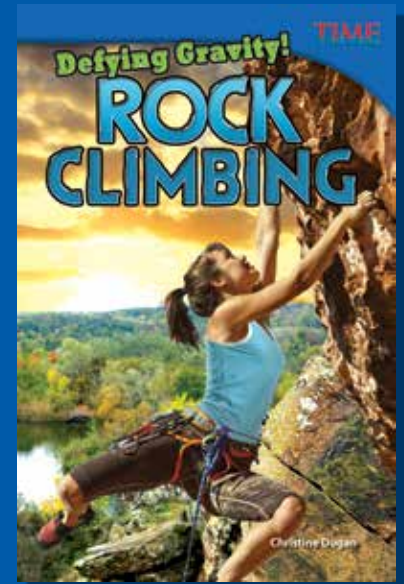
Academic Vocabulary

ascend	excursion	harness
carbohydrates	flagging	handholds
dehydrations	gaston	toe hook
edging		

Cross-Content Connections

(Math) Look at the training schedule on page 15. Have students determine how many hours of training and climbing is necessary during week one. Present different scenarios, such as, *What if you skipped Thursday?* or *How many hours of climbing happen in the first two weeks?* Share student results as a group.

(Social Studies) Have students reread page 35 and then research the southwest United States, Italy, Greece, Australia, and New Zealand. Next, have students work together to create travel brochures, highlighting some of the best places for rock climbing.



Reading Levels
Lexile®: 750L
Guided Reading: R

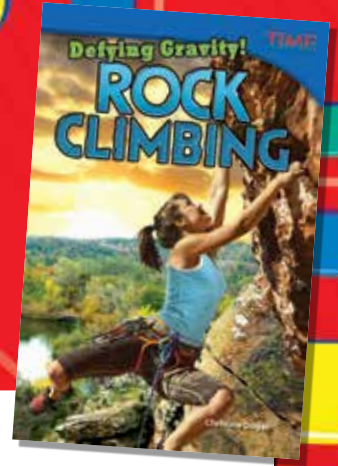


TCM 29954 (i20150)

Booster Card

Defying Gravity! Rock Climbing

Activities



Read It ⌚₂₀

Read *Defying Gravity! Rock Climbing*. You can read alone or with a friend. You can also listen to the audio recording as you read.

Write It ⌚₂₀

Write about the safety gear you need for rock climbing. Tell what each type of gear does. Use details from the text.

Create It ⌚₂₀

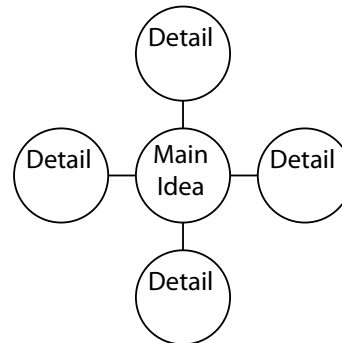
Create a poster about rock climbing safety. Use symbols and labels that show what to do and what not to do while you are rock climbing.

Zoom In ⌚₁₀

Reread pages 16 and 17. The text says, "Serious rock climbers practice different climbing techniques." Find text and images that tell more about this fact.

Map It ⌚₁₀

Revisit pages 36 and 37. Use this organizer to tell about four types of rock climbing. Record the type of climbing, and include at least one detail in each circle.



Get Social ⌚₁₀

Look at the map on pages 20 and 21. Work with a group to figure out the distance of each trail. Talk about which trail you would take and why.

You Decide ⌚₁₀

Which type of rock climbing would you like to try? Explain why this type seems the most fun. Find details in the text to support your thinking.

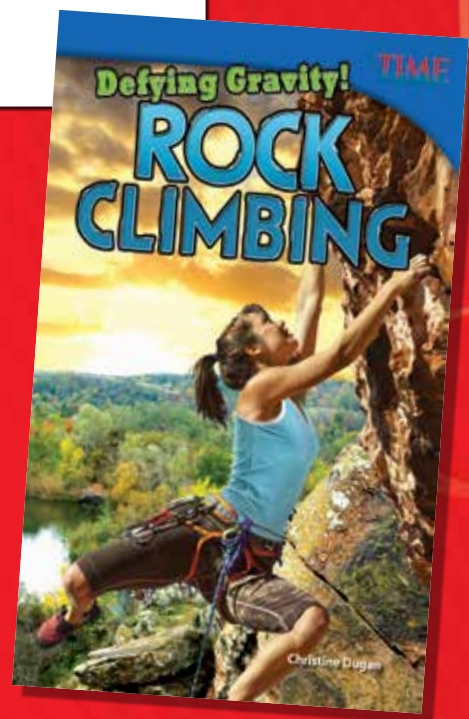
Booster Card

Defying Gravity!

Rock Climbing

Reading Response Checklist

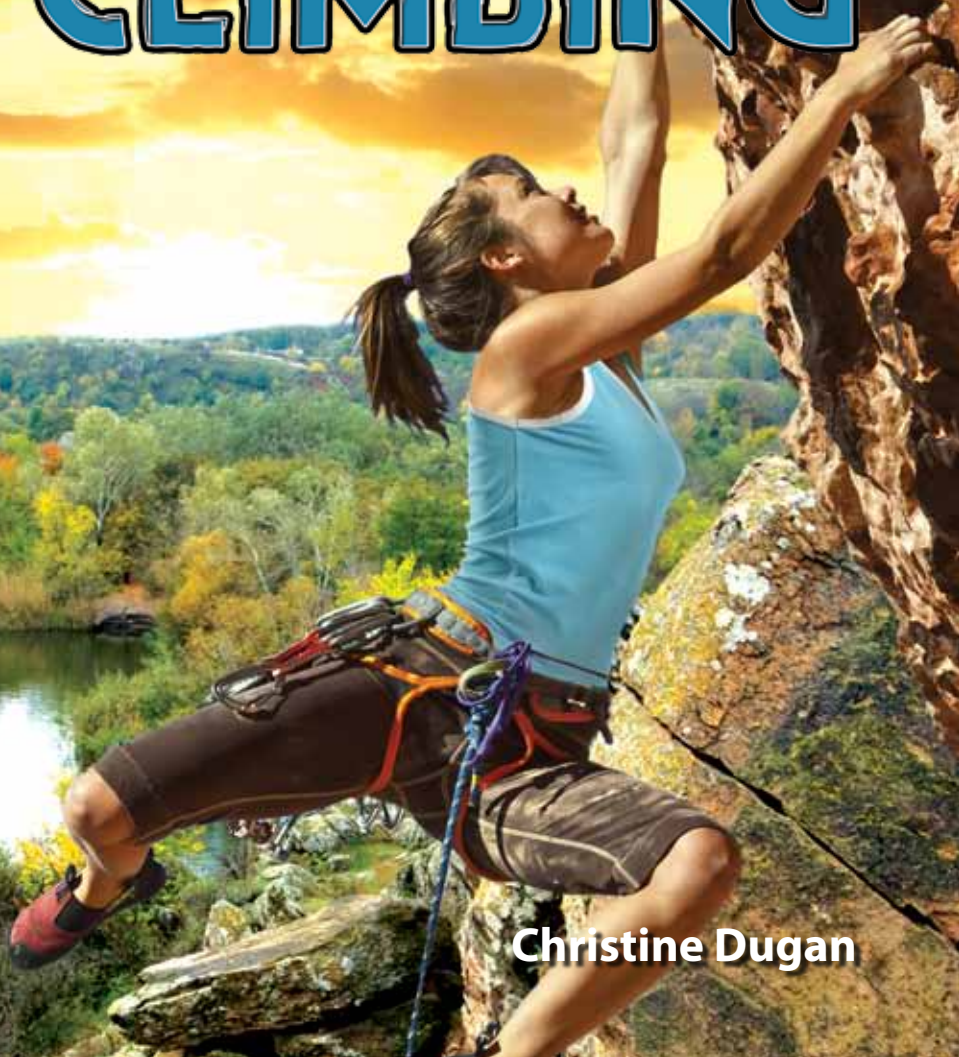
- I read the book.
- I asked questions and wondered about the topic.
- I stopped to summarize and remember what I learned.
- My work shows my ideas.
- My work uses words and ideas from the book.
- My work is neat.
- My work makes me proud.



TIME
FOR KIDS

Defying Gravity!

ROCK CLIMBING



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Teacher Created Materials

5301 Oceanus Drive
Huntington Beach, CA 92649-1030
<http://www.tcmpub.com>

ISBN 978-1-4333-4830-3

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The Climb

A team of climbers stretches. They compare injuries and stories. The red sun is starting to rise. A bird flies by just below. The climb was amazing—the view is unforgettable.

Rock climbing is a sport that requires physical strength, intense focus, and true courage. And it is a sport that people of all ages can try. Rock climbers love facing new challenges. With every climb, they seek new thrills and new views. But the danger of a fall is always possible. The risks are great, but the rewards are awesome. It's time to go **vertical!**



Think you're ready to try rock climbing? Here are some things you'll need to know about:

- climbing techniques and safety skills
- what gear to grab
- math (even the strongest climbers won't get far without math!)

What to Wear

Rock climbing is fun, but it is also serious business. A climber never just leaves home in the morning dressed in shorts and sneakers and heads to the mountain to climb for the day. This kind of outing takes a lot of planning.

Rock climbing requires special gear. These items help climbers stay safe and comfortable on the climb. What they wear is very important. They want to wear gear that fits correctly and allows their bodies to move while climbing.

Smart clothing choices also depend on the weather. Clothes may need to be lightweight or waterproof. Wearing layers is always a good choice.

Special climbing shoes help a climber's feet stay steady on the rocks. The shoes should be high enough on the sides to protect the ankles.

Gear Up!

A rock climber purchases gear at an outdoor supply store. Look at the costs to see what items are most expensive. Why do you think that is? How much does the gear shown cost all together?



jacket
\$59.99

+



shoes
\$75.95

+



socks
\$4.65

+



gloves
\$12.99

+



helmet
\$29.99

=

Total?

Keep Your Head in the Game

A helmet is a very important piece of gear. A climber must wear it in order to stay safe. Just as a bike helmet makes it safer to ride a bike, a climbing helmet protects a climber's head.

Rope Up!

Climbers carry special equipment to **scale** a mountain of any height. The gear allows climbers to move up a vertical wall of rock. Yet it does something even more essential than that. It keeps climbers from falling!

The most useful piece of climbing equipment is a **harness**. A harness is made of a set of straps, belt loops, and buckles. The straps secure a climber to a piece of rope. The harness allows a climber to climb up and down while safely tied to a partner. Rock climbing ropes come in a variety of sizes, shapes, and weights. Experienced climbers use different ropes for different climbs.

Climbers also carry chalk. But they aren't writing or drawing with it. Chalk helps a climber grip the rock. It dries sweaty hands. The chalk is kept in a chalk bag. This is usually attached to the climber's belt.

Chalk helps sweaty hands grip rocks.



belt



harness



helmet



chalk bag



rope

Safety Check

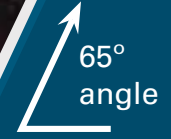
Inspecting gear before each climb is very important. Climbers should look for any signs of wear and tear. Climbing equipment needs to be replaced **periodically** (peer-ee-OD-ik-lee) to keep it in good working condition. If equipment fails, the consequences could be deadly.

Making the Grade

Planning ahead before a climb makes for a safer experience. Knowing about proper clothing and gear is key. So is deciding how long to climb and how difficult the trail should be.

One thing to consider is the distance of a climb. Climbers must know ahead of time how far they are climbing. This impacts the kinds of items a climber needs to carry. Weather also **influences** what to pack.

It is important to choose a route with the right amount of challenge. Many climbers look at how steep the climb will be. Climbers can also study what skills will be needed for the climb. They may need to practice new skills before the next big climb.



65°
angle



51°
angle



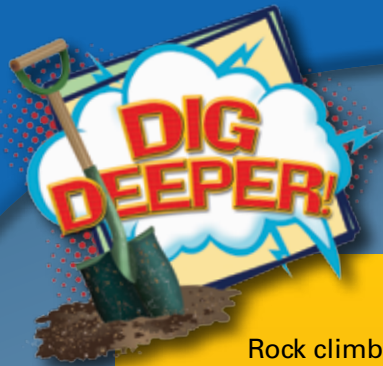
17°
angle



72°
angle

Awesome Angles

Rock walls and mountains can have a gradual slope to them. These are easier climbs and perfect for taking in the view. The most extreme climbs are totally vertical. What can you handle?



Taking It to the Next Level

Rock climbing routes are **graded** so climbers can predict how difficult the climb will be. In the United States, climbs range from class 1.0 to class 5.5. The chart below details the challenging 5.1–5.5 range. If you can handle a 5.3 climb in the U.S., what level can you handle in Australia? What about in Germany?

United States	France	Australia	South Africa	Germany
5.1	2	7	8	III-
5.2	2+	8	9	III
5.3	3	9–10	10	III+
5.4	3+	11	12	IV-
5.5	4	12	13	IV

Class 1 Trail Walking

includes flat rocky paths with trails



Class 2 Off-Trail Hiking

includes areas without trails



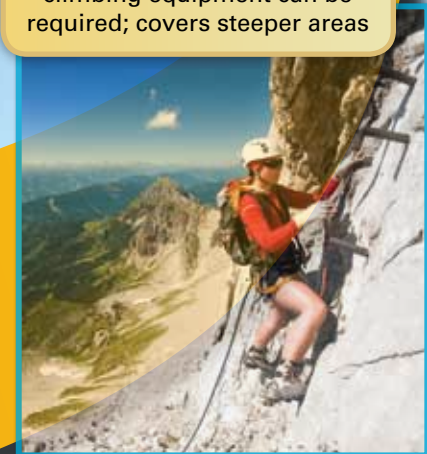
Class 3 Scrambling

hands are used to climb and hike



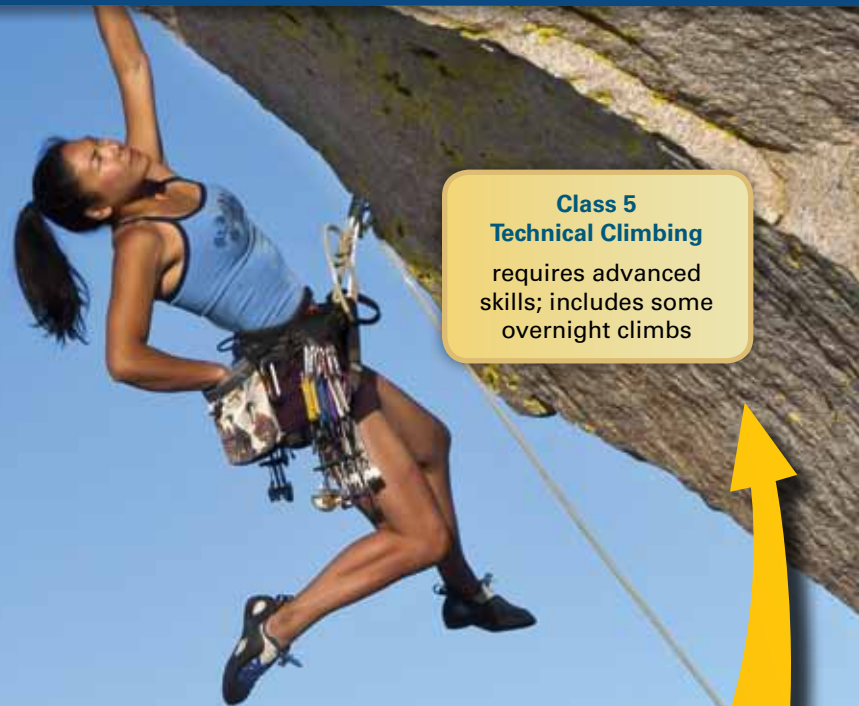
Class 4 Easy Climbing

climbing equipment can be required; covers steeper areas



Class 5 Technical Climbing

requires advanced skills; includes some overnight climbs





The Challenge

Before a climb, climbers must train physically. Rock climbing is a sport for people of all ages. The people who enjoy it the most are in good physical health. A climber's body needs to be ready for a vigorous workout.

Training is important in all sports. Rock climbers can train in different ways. They may train indoors to prepare for a mountain climb. Rock-climbing gyms are a great place for climbers to visit before a big climb. Doing a workout for the hands and fingers may sound strange. Yet it actually helps strengthen them before grabbing hold of rocks. Strength exercises for leg and arm muscles are important, too.

Training Schedule

Look at this sample training schedule below. This climber is getting ready for a challenging climb in three weeks. How many hours is she training each week? How many total hours will she train?

Week One					
Monday Climbing gym 5:00–7:00	Tuesday Rest	Wednesday Climbing gym 5:00–6:00	Thursday Regular gym 4:00–5:00	Friday Regular gym 5:00–6:00	Saturday Climb Mt. Wilson 8:00–11:00
Week Two					
Monday Climbing gym 5:00–7:00	Tuesday Rest	Wednesday Climbing gym 5:00–7:00	Thursday Regular gym 5:00–6:30	Friday Regular gym 4:00–5:30	Saturday Climb Mt. Peakon 7:00–10:30
Week Three					
Monday Climbing gym 4:00–7:00	Tuesday Rest	Wednesday Climbing gym 4:30–7:30	Thursday Regular gym 4:00–6:30	Friday Regular gym 6:00–8:30	Saturday Climb Mt. Olympionus 6:00–10:30

Summit!

Rock On

The planning is done. The mountain is waiting. It's time for a climb!

Serious rock climbers practice different climbing techniques. For example, climbers might choose between **edging** or **flagging** foot techniques. Edging uses the inside of the foot to stand, while flagging uses one foot dangled behind the other to improve balance.

Using different parts of the feet can be helpful, too. A **heel hook** means the climber is using the heel to pull up. A **toe hook** means hooking the toe onto the rock.

Climbers also learn how to use their hands and feet at the same time. Sometimes, they find it is even better to switch between them. All these choices help a climber move more easily up the rock.

Get a Grip!

Rock climbers use different words to describe how they can grip a rock. These **handholds** can be called **gaston**, **pinch**, **sloper**, **crimp**, **undercling**, or **jug** holds.



gaston



pinch



sloper



crimp



undercling



jug

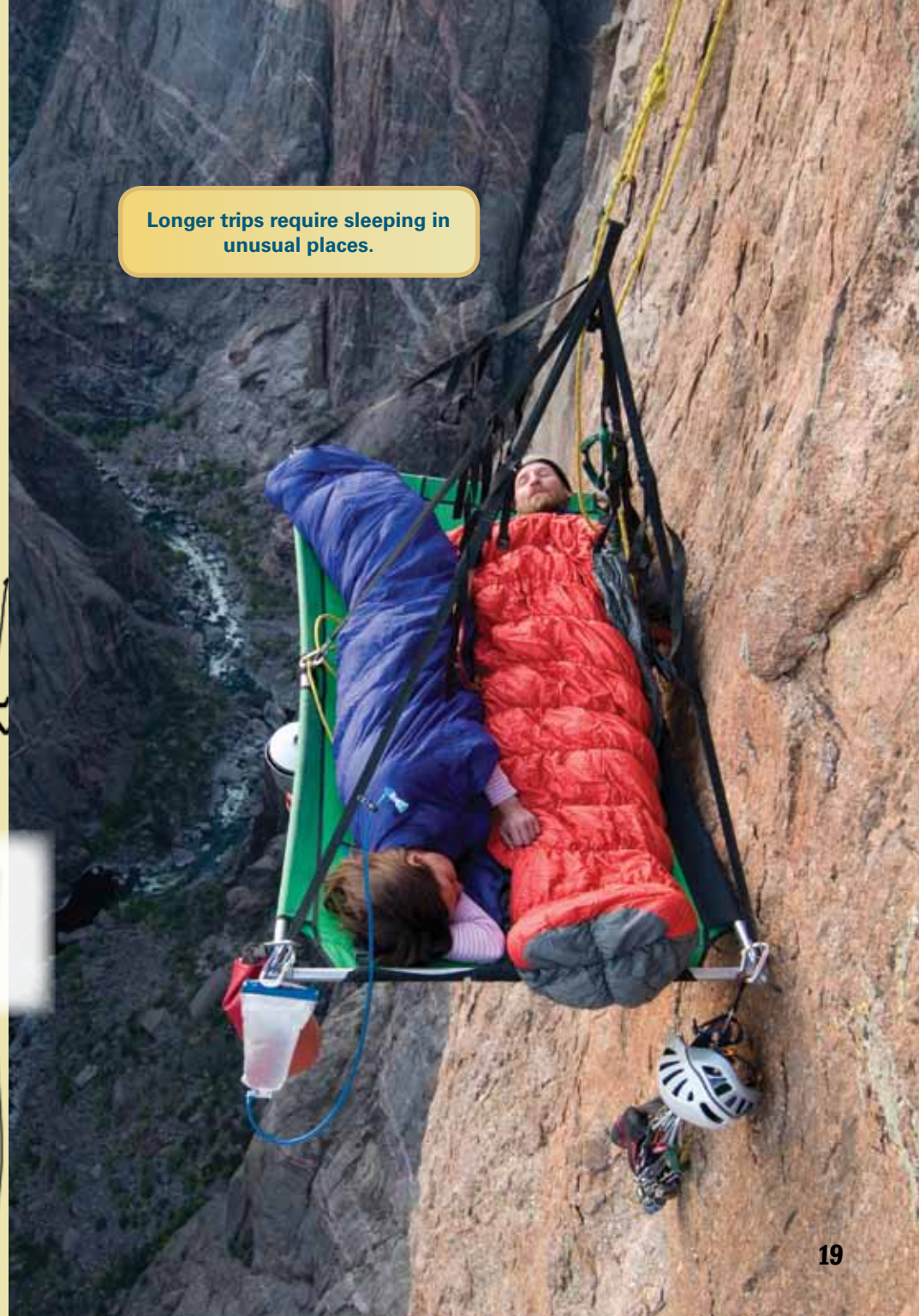
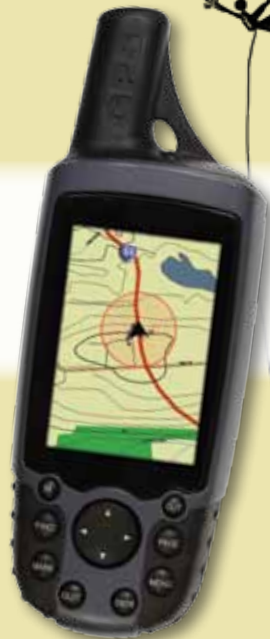
Navigating the Distance

Rock climbers are adventurous. They love being outdoors. They crave the feeling that comes when they complete a great climb. There's no match for the amazing view at the top of a cliff. A trip can be a short few hours of physical activity. It can also be a several-day **excursion**. Distance should be considered before the climb.

Climbers think about where they want to go and how far they want to climb. They take into account what level of difficulty they are ready to tackle. For longer trips, they need to bring along food and sleeping gear.

Trail maps can be helpful in deciding on the distance of a climbing trip. Climbers can study the maps to decide where to make stops. These stops give climbers a break and make the trip easier.

Global positioning system (GPS) devices can help climbers find the location of a climb they want to take.



Longer trips require sleeping in unusual places.



On the Map

This trail guide shows the distance a climber might travel during a climbing trip. Look at the map and the scale. Determine how far the climber will travel during the trip using the different routes listed below.

- forest
- campground
- vista point

- = beginner walk
- = lake view trail
- = forest's edge
- = extreme heights
- = challenging pass



The Ultimate Climb

The great climber George Mallory was asked why he wanted to climb Mt. Everest. His answer: "Because it is there."

Good Grub

Rock climbing is hard work for the body! It requires people to carefully plan how much food and water they will need. Climbers must **replenish** the energy that they use. They also must choose foods that help them stay focused and healthy. Trail mix is an easy snack to carry.

Before the climb, climbers eat and drink in order to prevent **dehydration** (dee-hayh-DREY-shuhn) and fatigue (fuh-TEEG). The closer they get to the climb, the less they may want to eat. Climbing requires a healthy diet. **Carbohydrates** (kahr-boh-HAYH-dreytz) made from whole grains are a good choice. So are fruits and vegetables. Protein from nuts or lean meats will also help climbers get the energy they need.

Smart Snacks

Climbers carry their own snacks to refuel while they are out on the mountain. Crackers, pretzels, trail mix, string cheese, and dried fruit are just some of the healthy foods that make good snacks.



Burning Calories

A 90-pound child who rock climbs burns approximately 450 calories in an hour. An ounce of almonds has around 170 calories and a banana has about 80 calories. If the child eats an ounce of almonds and a banana, how many calories does the child eat? How many more calories does the child burn than what he or she eats?

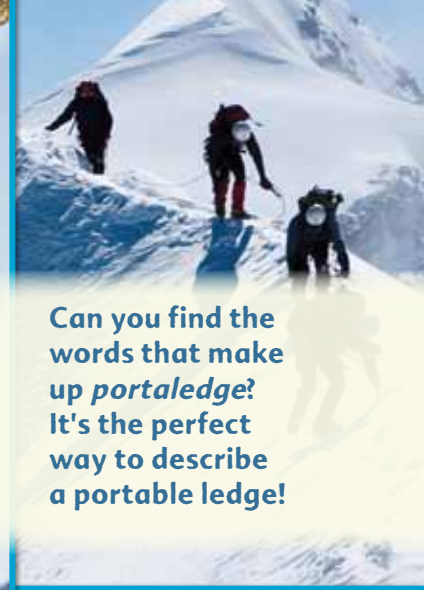


Under the Stars

Some climbers enjoy taking longer trips, so they need to plan where they will sleep. A trail may allow climbers to sleep in a tent on flat land. They may get to the top of a peak and then rest and sleep before going on. Sometimes, climbers will decide to **ascend** a long peak that takes several days to climb. Where do they sleep on these types of trips? On the side of the mountain, of course! A **portaledge** is a tent that can be attached to the side of a rock.

Packing Light

Climbers on overnight trips must carry whatever they need. The weight of their packs is important. If a climber takes a 4-day trip, how many meals does the climber need to bring? If a day's worth of food weighs 1.2 pounds, how much will 4 days of food weigh?



Can you find the words that make up **portaledge**? It's the perfect way to describe a portable ledge!



Extreme Exposure

Waterproof, layered clothing prevents climbers from getting too cold or wet. Keeping hands and fingers warm is especially important. Exposure to cold temperatures can result in **hypothermia** (hahy-puh-THUR-mee-uh) or frostbite.



Learn the Lingo

Rock climbers have a language all their own. Do you want to read more about rock climbing or share stories with a rock climber? You will have to learn the lingo! Knowing some of these terms will help you understand the world of rock climbing and the language used in it.

belaying (bih-LEY-ing)—securing a rock climber at one end of the rope

carabiner (kar-uh-BEE-ner)—a D-shaped metal ring that connects a rope to an anchor in a rock or to another rope

crux—the most difficult move during a climb



dirt me—a term climbers use to tell the belayer they want to be lowered to the ground

fingerboard—a training device that strengthens a climber's grip and arm strength

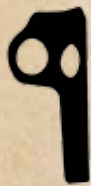


flake—a piece of rock that is chipped off a rock face but is still connected; it is dangerous for a climber if he or she tries to grip a flake, as it could break off the rock face

gumby—an amateur (AM-uh-choor) rock climber

jamming—a technique in which climbers wedge their hands or feet inside a gap in a rock in order to get a grip

monkey toe—a technique where climbers use their toes to latch on to the surface of a rock in order to get a grip and continue climbing



piton (PEE-ton)—a metal spike with an eye that is jammed into the rock, providing anchors to which climbers attach their ropes

rappelling (ra-PEL-ing)—a technique used to safely move to the bottom of a rock

top out—to reach the top of a climbing wall; to sit at the top of a climbing wall



Fear Factor

Rock climbing is a dangerous sport. It is crucial to think about safety at all times.

Why do climbers fall? Most falls happen because of climber error. Sometimes, climbers fall because their gear breaks or fails in some way. Checking gear is important for safety reasons. Climbers watch for signs of wear and tear. They replace ropes and other materials when they are getting worn.

Tackling a difficult climb can also lead to injury. Climbers should only climb where they can do so safely.

Gnarly Gym

Rock climbers are natural thrill seekers. They don't always want to be safe and take things easy. Yet trying out new tricks or daring moves is best saved for an indoor climbing gym with mats that protect against falls.



Pro Performance

One way to prevent rock climbing accidents is to train with professionals. Learning about the sport from people who know a lot about safety is a great way to avoid hazardous situations.

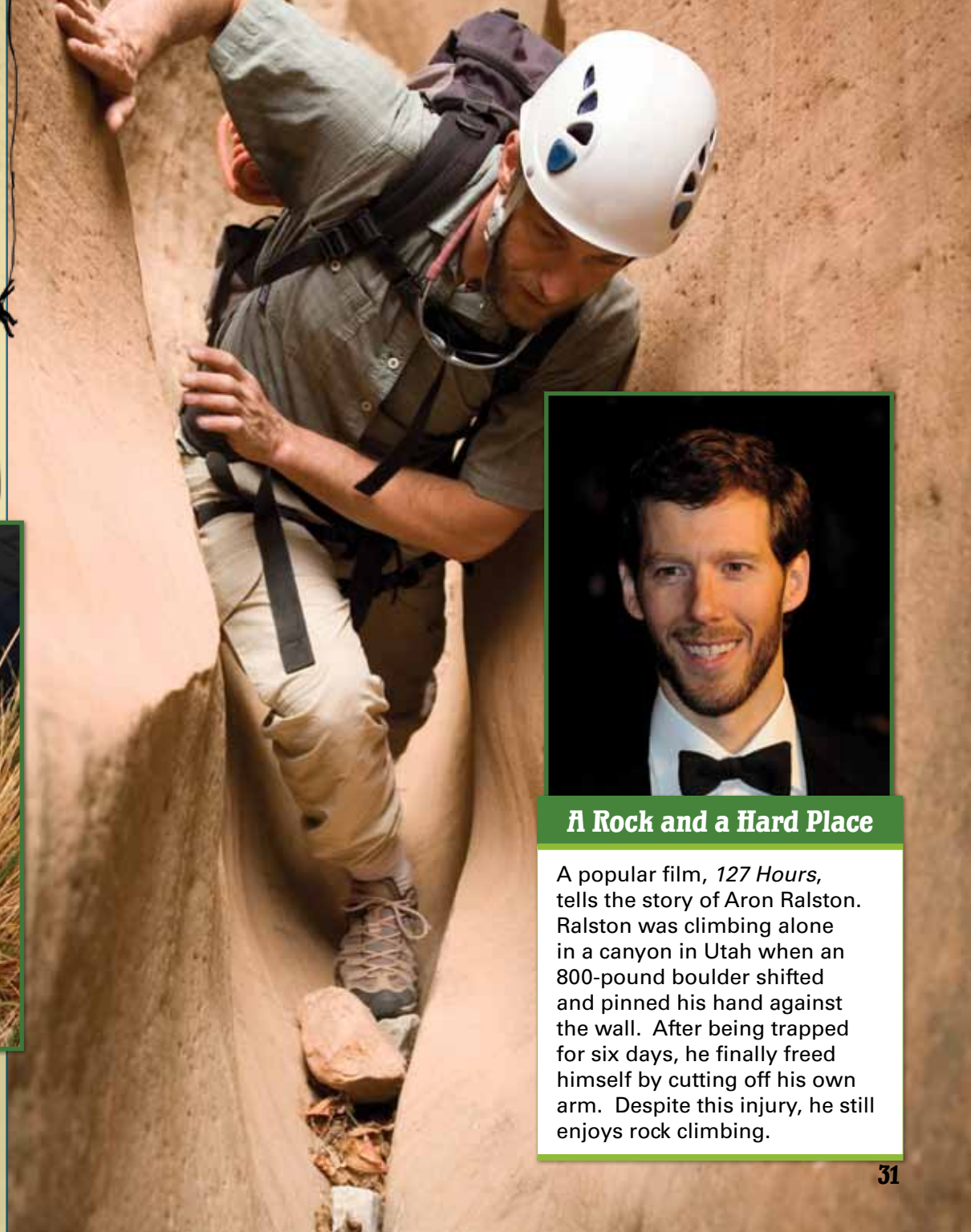
Rescuers carefully bring an injured climber down a mountain.

Free Fall

The most common injuries after a fall are **sprains**, cuts, and breaks. These injuries usually happen to feet, legs, or backs. Being in the wild with an injury is dangerous. For safety reasons, climbers should never climb alone. A climbing partner can give first aid or go get help. Cell phones may not work. Some climbers like to have a **locator beacon** or a GPS of some kind.



A painful sprain can occur when the ankle is suddenly twisted.



A Rock and a Hard Place

A popular film, *127 Hours*, tells the story of Aron Ralston. Ralston was climbing alone in a canyon in Utah when an 800-pound boulder shifted and pinned his hand against the wall. After being trapped for six days, he finally freed himself by cutting off his own arm. Despite this injury, he still enjoys rock climbing.



Maximum Impact

The chart below shows some injuries that could happen on a climb. It also tells what kind of first aid can make a difference in a tough situation. It's important to be able to help a fellow climber after a fall. Knowing about first aid and CPR is one way to assist. This can keep a climber safe until help is on the way.



If



Then



If a climber sprains a wrist or ankle...



...keep the wrist or ankle still. Put ice on the injury, if possible. Wrap the injury in a spare T-shirt or sock.



If a climber has a bad cut...



...put direct pressure on the cut. Use a bandage or a clean piece of clothing. If the cut stops bleeding, clean with an alcohol wipe from a first aid kit.



If a climber has a broken bone...



...keep the body part with the broken bone still. If possible, make a **splint**. Use a strong, straight stick and bandages or a clean piece of clothing. Straighten the body part against the stick. Wrap the bandage or clothing around and tie it together.



If a climber falls and cannot move...



...keep the person still, especially the head and neck. Do not try to move the fall victim.

Going Vertical

Rock climbers love their sport. They travel all around the world to experience new climbs. Everyone has a favorite place to climb.

The southwestern United States is known for its gorgeous rocks and canyons. Italy and Greece offer beautiful views for climbers. Australia and New Zealand are also popular places to climb.

Traveling for rock climbing is exciting. Yet many climbers are just as happy with a big rock and a pretty view. They can find that anywhere!



Conquer the Climb

The sport of rock climbing may include several different types of climbing. Indoor climbing, traditional climbing, bouldering (BOHL-der-ing), sport climbing, and ice climbing are all ways that rock climbers choose to climb up something!



Indoor Climbing

These climbs are made on artificial (ahr-tuh-FISH-uhl) rock faces. It gives the feeling of climbing outdoors, but in a safe indoor gym.



Traditional Climbing

A climber places anchors in the rock to climb. As the climber descends the rock, he or she removes the anchors that were placed.



Bouldering

These climbs take place at low levels on large rocks without any ropes. A mat called a *crash pad* is placed below the rocks. This protects the climber in case of a fall.



Sport Climbing

Climbers use anchors or bolts that are already placed in the rock. They clip onto them with metal hangers. Climbers don't need to place the anchors themselves, so they can focus on making the difficult climbing moves.



Ice Climbing

Climbers scale a frozen surface, such as a frozen waterfall or a glacier. They use picks to grab hold of the icy surface as they climb.



- Which type of climbing looks most exciting to you?
- Which type of climbing do you think is easiest for beginners?
- Where might you go to try these different types of climbs?



The Greatest Climber in the World

People think that Reinhold (RAHYN-hohld) Messner is the greatest mountain climber of all time. He has done things during his climbing career that others only dream of. One of his most famous feats is climbing Mount Everest, the tallest mountain in the world, without using extra oxygen.

Most climbers need the extra oxygen. This is because the air at the top of the mountain has very little oxygen. The low oxygen and physical exertion makes it a very tough climb. Most people cannot survive this. But Reinhold Messner did!



“Who knows what freedom is? No one. I often think that we mountaineers get nearest to it, this paradise on Earth.”

—Reinhold Messner, professional rock climber

Dare to Succeed

Rock climbers push their bodies to the limit to do what they love. They see places many people will never see. They know sweat and pain. They also know how to stay focused, fight fear, and train their bodies to do whatever it takes to reach the top. Smart climbers are safe and careful. But all climbers deserve our respect for their hard work. And there's always a new adventure to try!

“It’s good to have an end to journey toward; but it is the journey that matters in the end.”

—Ursula K. Le Guin, author



Glossary

ascend—climb up something

carbohydrates—a source of energy for the body found in foods such as bread and fruits

crimp—a grip used to hold a small ledge

dehydration—a dangerous lack of water in the body

edging—a climbing technique that uses the inside of the foot to stand

excursion—a journey made for pleasure

flagging—a climbing technique that uses one foot dangled behind the other to improve balance

gaston—a handhold that must be gripped with the palm facing away, thumb down, and elbow out; similar to opening a sliding glass door

Global Positioning System (GPS)—a satellite-based navigation system that provides locations

graded—given a value to indicate difficulty

harness—a set of straps used to fasten a person to something

heel hook—a foot technique in which climbers use their heel to pull up

handholds—places to grip the rock

hypothermia—a dramatic lowering of one's body temperature

influences—acts on something in a way that produces an effect

jug—a large handhold that is easy to grab

locator beacon—a device used to send a distress signal from remote places

periodically—at regular times

pinch—a small or large handhold that is gripped by pinching it with the hand

portaledge—a portable tent that can be attached to the side of a rock during a long climb to provide a place for a climber to rest or sleep

replenish—to make complete again by supplying what is lacking

scale—to climb up something

sloper—a sloping handhold gripped like a basketball

splint—a strip of rigid material used to keep an arm or leg in a fixed position

sprains—painful injuries to the ligaments of a joint

toe hook—a foot technique in which climbers hook their toe onto the rock

undercling—a handhold of rock gripped with the palm facing upwards

vertical—at a right angle to the horizon; upright

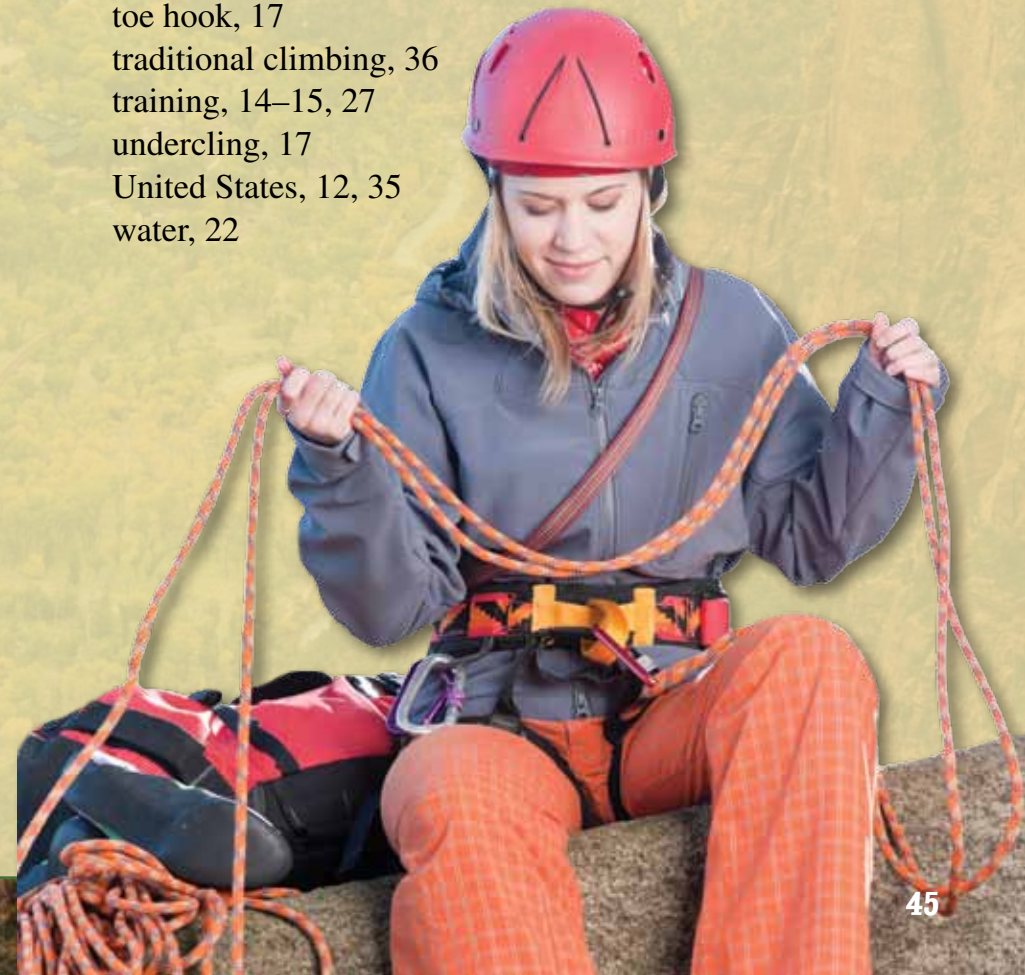


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Greve, Tom. *Rock Climbing*. Rourke Publishing, 2009.

This book will give you key information on the sport of rock climbing. Photographs throughout the book help explain the information.

Long, Denise. *Survivor Kid: A Practical Guide to Wilderness Survival*. Chicago Review Press, 2011.

This book explains a variety of survival skills and techniques to kids, including how to build a shelter, important navigation skills, and how to stay safe if you encounter wild animals.

Roberts, Jeremy. *Rock and Ice Climbing!* The Rosen Publishing Group, Inc., 2000.

Learn about rock climbing and ice climbing, including safety tips, equipment needed, the history of the sport, and famous climbers.

Salkeld, Audrey. *Climbing Everest: Tales of Triumph and Tragedy on the World's Highest Mountain*. National Geographic Children's Books, 2003.

Learn about the history of climbers who have tackled Mount Everest, one of the world's highest and most difficult climbs. Each chapter tells the detailed story of one climber or climbing team as they experience successes or failures during their journey.

Seeberg, Tim. *Rock Climbing: Kids' Guides to the Outdoors*. The Child's World, 2004.

This book is a beginner's look at the world of rock climbing. Important information on safety and rock climbing equipment is included.

More to Explore

Rock Climbing for Life

www.rock-climbing-for-life.com

See videos of rock climbers, view photos of beautiful landscapes, and read articles from expert rock climbers at this website.

Rock Climbing

www.rockclimbing.com

This website is a place where you can connect with rock climbers. Photos, videos, and discussions are all posted here.

Yahoo! Kids

<http://kids.yahoo.com/directory/sports-and-recreation/outdoors/mountain-climbing>

This website lists many interesting articles and websites that will tell you more about rock climbing, climbs in different parts of the world, famous climbers, and gear.

Encyclopedia Britannica for Kids

<http://kids.britannica.com/>

Encyclopedia Britannica online provides you with a searchable database of information on any content that you are studying in class or that you would like to know more about. These entries are written for ages 8–11 or 11 and up.

Teacher Tube

<http://teachertube.com>

Teachertube.com is a safe website for your teachers to look up videos to use in your classrooms studying. You can find great videos of rock-climbing events here.

About the Author



Christine Dugan earned her B.A. from the University of California, San Diego. She taught elementary school for several years before deciding to take on a different challenge in the field of education. She has worked as a product developer, writer, editor, and sales assistant for various educational publishing companies. In recent years, Christine earned her master's degree in education and is currently working as a freelance author and editor. She lives with her husband and two daughters in the Pacific Northwest, where she loves to explore the view.

