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ACTIVITY SHEET

LESSON: UP YOU GO

SUB: EVS

CLASS: V STD

NAME: _____

DATE: _____

Answer these.

1. What do the mountaineers carry in their rucksack?

2. Tell me why?

a) The mountaineers take vitamin C, Iron tablets and hot chocolate milk.

b) Double layered plastic sheet are used to put up the tent.

c) Sleeping bags are filled with soft feathers.

d) A drain is dug around the tent.

3. Who is Bachendri Pal? Write about her achievement.

4. What is Rapling?

5. Given below are the pictures of few adventure activities. Identify and write the name of the activity .

| | | |
|----------|----------------|----------------|
| Cycling | mountaineering | river crossing |
| trekking | ballooning | parasailing |













6. Given below are few things which things required for mountaineering. Match the pictures with their names.



helmet

sleeping bag



sling

rucksack



pitons

mittens



Carabineer

hunter shoe

