

# ADVANCED GUIDEBOOK

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UNIT  
**1**

# Exciting Outdoor Sports



## UNIT FOCUS

**Topic** ›› Outdoor sports

**Key Expressions** ›› I'm planning to go scuba diving.

Thank you for the information.

**Target Grammar** ›› I need to rest.

# Exciting

## Outdoor Sports



Outdoor sports are fun! They are activities you can do outside. You can get tired or **messy**, but outdoor sports will make you feel excited and **alive**!

There are many different types of outdoor sports. You can experience the joy of the mountains, caves, rivers, sea, or even the sky.





For example, you can ride a bike in the mountains, go spelunking in dark caves, go rafting down a river, go scuba diving in the sea, or go gliding in the sky.

To enjoy outdoor sports, it is important to have the **proper** equipment. Make sure you prepare the right **gear** and items to keep you safe. Then you can have more fun!



The meanings for the highlighted words are in the **Glossary**.

# Learn More!



**Rafting** is an outdoor activity where people ride a boat down a river.

**Scuba diving** is a form of underwater diving. A diver uses a scuba to breathe underwater.



**Gliding** is an outdoor activity where people fly in the sky with gliders.

# Going Spelunking



Do you like outdoor sports? Sara is going to try a special outdoor activity in New Zealand. She is **on her way to** go spelunking in Waitomo Caves. Her guide, Campbell, will join her adventure. Let's go with them!



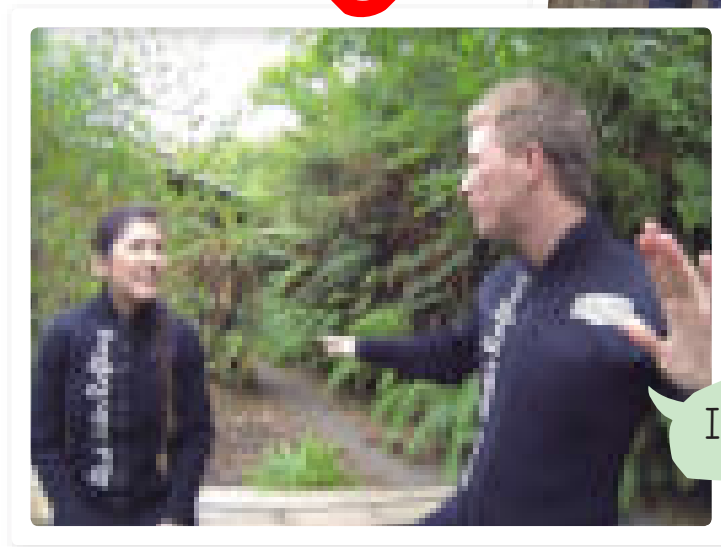
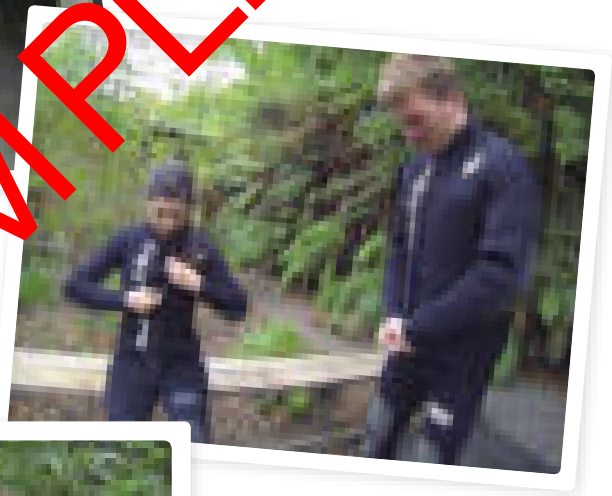
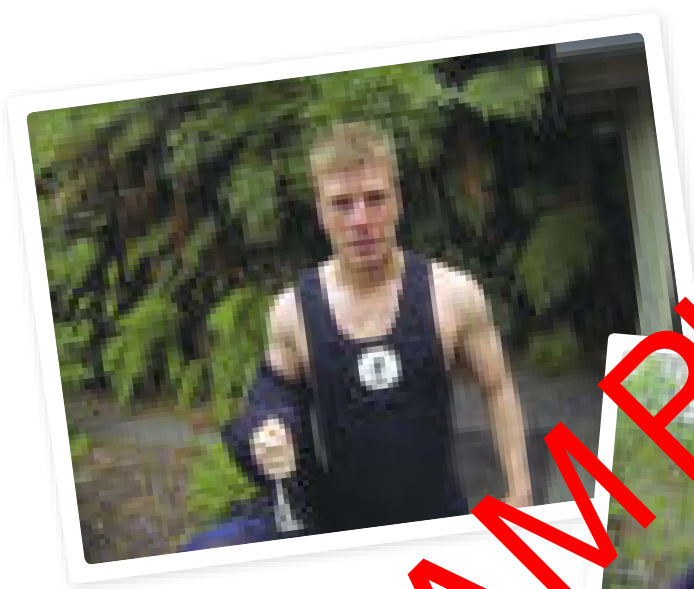
Waitomo Caves!  
This is a popular place  
for spelunking.

I am ready to have fun.

Sara and Campbell meet early in the morning for a special outdoor activity. They are going to Waitomo Caves for spelunking.



To get ready, Sara and Campbell put on wetsuits. They need wetsuits to dive into the water and ride tubes.



I am ready for spelunking.

Hi, I'm Reno.  
Welcome to  
Waitomo Caves!



Sara and Campbell put on their helmets and try out the tubes. Reno, their cave guide, helps them. He teaches them how to jump into the water with their tubes. After a short walk, they reach the cave.

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Inside the cold and rocky cave, Campbell tries to keep warm. Sara has fun seeing her breath.

Sara **starts off** towards a stream in the cave. She jumps into the water with her tube and starts **floating downstream**.

The cave is dark and seems to go on forever. They have to jump over an **edge**. Sara goes first, and Campbell jumps second. Their guide Reno does a flip. The water is very cold!



Sara and Campbell float down the river together.

Sara points to the glowworms on the ceiling.

Waitomo Caves is famous for glowworms.

The glowworms look like  
stars in the sky!



They continue ~~through~~ the cave. There is a small hole to go through. Everyone climbs through, but Campbell has a difficult time **fitting**. At the end of the tunnel, they see a light. They are almost out of the caves. Sara and Campbell have a great time.

There are a lot of fun and interesting things to see in Waitomo Caves. Sara and Campbell enjoy this special outdoor sport. They plan to come back again.

I am planning to come here again.

Yes, I am planning to come back, too.

Learn **More!**

## Waitomo Caves

**Waitomo Caves** is a system of caves in New Zealand. The word 'waitomo' means water passing through a hole.

Hi, guys,  
I'm your cave guide, Reno.  
This is a popular place  
for spelunking!



### What you can do



**Tubing** is an activity where people ride on top of a tube, either on water, snow, or through the air.

**Spelunking**, also known as caving, is an activity where people explore wild cave systems.



### What you'll need



### What you can see



**glowworm:** an insect that makes light from its body