

CLASSROOM Reading Headway Pre-HKDSE Targeted Practice (Book 2)

Module 3 Leisure, Sports, Health and Fitness

THEME

Unit 9

Online Reference Materials:

Form: YouTube videos

Title: Skiing equipment

Introduction:

Skiing can be an exhilarating experience, but it also comes with certain risks if proper safety measures are not taken. That's why it is crucial to have the right skiing equipment as it ensures both performance and safety on the slopes. Each piece of equipment plays a vital role in enhancing your skiing experience while keeping you protected. Ski boots provide support and control, while skis and poles enable smooth gliding and navigation through the snow. Goggles protect your eyes from sun glare and harmful UV rays, while a helmet safeguards your head against injuries.

Let's watch the video below and discover the significance of proper skiing gear:

Ski & Snowboarding Equipment

<https://www.youtube.com/watch?v=tgn2ZTMHD7o>