



## Sports and Leisure

Informal email: trying indoor climbing

### 1. Lead-in discussion

Talk with a partner before you write.

1. What makes trying a new sport enjoyable?
2. Which parts of climbing might be challenging for a beginner?
3. Would you rather exercise alone or with a friend? Why?

#### Exercise 5 at a glance

Write an informal email to a friend.

Cover all the prompts.

Develop ideas with details and reactions.

Use relaxed, natural language.

Make the email flow naturally.

### 2. Exam-style task

You recently tried a new sport. You enjoyed it, but one part was challenging.

Write an email to a friend about it.

In your email you should:

- say what you enjoyed about the sport
- describe what was challenging
- invite your friend to try it with you

Write about 120 to 160 words.

### 3. Model email

**Subject: I survived my first climbing session!**

Hi Noah,

How are things? Did your football team finally win a match, or are you still blaming the referee? Anyway, I tried indoor climbing yesterday, and I enjoyed it far more than I expected.

Our instructor showed us how to warm up and use the safety ropes. The best part was reaching the top of my first wall because everyone below cheered me on. I was shaking a bit, but the view made it completely worth it!

The hardest part was trusting the rope on the way down. Even though the instructor told me it was safe, I kept holding on to the wall and nearly gave up. Eventually, I took a deep breath, let go and reached the floor without making a fool of myself.

You should come along next Friday if you're free. We could start on the easier walls, and I promise I won't laugh if climbing isn't your strong point either!

Write back soon,

Eve

P.S. My arms are complaining today, but at least I can still type.

## 4. Explore the model: structure, content and tone

Work with the model email. You do not need to copy long answers. Underline, label or make short notes.

Focus	What to find	Done?
Email structure	Find the subject line, greeting, opening chat, main message, plan and sign-off.	
Content point 1	Where does the writer say what they enjoyed about the sport?	
Content point 2	Where does the writer mention what was challenging?	
Content point 3	Where does the writer invite their friend to try it?	
Informal audience	Find two places where the email sounds friendly or relaxed, such as a contraction, exclamation mark or chatty phrase.	
Development	Find one extra detail, reason or reaction that improves the answer.	

## 5. Language from the prompts

The prompts can guide your grammar choices. Notice which language each prompt naturally needs.

Prompt	Useful grammar	Why it fits	Example from the model
what the writer enjoyed	past simple + because	The writer describes an enjoyable moment and gives a reason.	The best part was... / everyone below cheered
what was challenging	even though + kept -ing	The writer contrasts advice with a continuing difficulty.	Even though... / I kept holding on...
the invitation to a friend	should / could + if	The writer invites a friend and suggests an easy start.	You should come... / if you're free / We could start...

## 6. Make it flow

Read the informal linking phrases. Underline one you could use for each purpose.

Job	Useful informal linkers
move into the topic	Anyway, / I tried... / far more than I expected
add detail or reaction	The best part was... / because... / but the view made it...
introduce a problem	The hardest part was... / Even though... / Eventually, / without making a fool...
make a plan	You should come along... / if you're free / We could start... / I promise...

## 7. Vocabulary and useful phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe climbing	indoor climbing / safety ropes / reaching the top / easier walls	
describe a challenge	trusting the rope / holding on / nearly gave up / took a deep breath	
sound informal	How are things? / cheered me on / come along / not your strong point	
make a plan	next Friday / if you're free / start on easier walls / try it together	
upgrade with adverbs	finally / completely / nearly / eventually / either	

## 8. Plan your own email

Use the same task, or change indoor climbing to another new sport or leisure activity.

Prompt	My idea	Useful language	Link to next part
what I enjoyed			
what was challenging			
invitation to my friend			
opening / ending			

