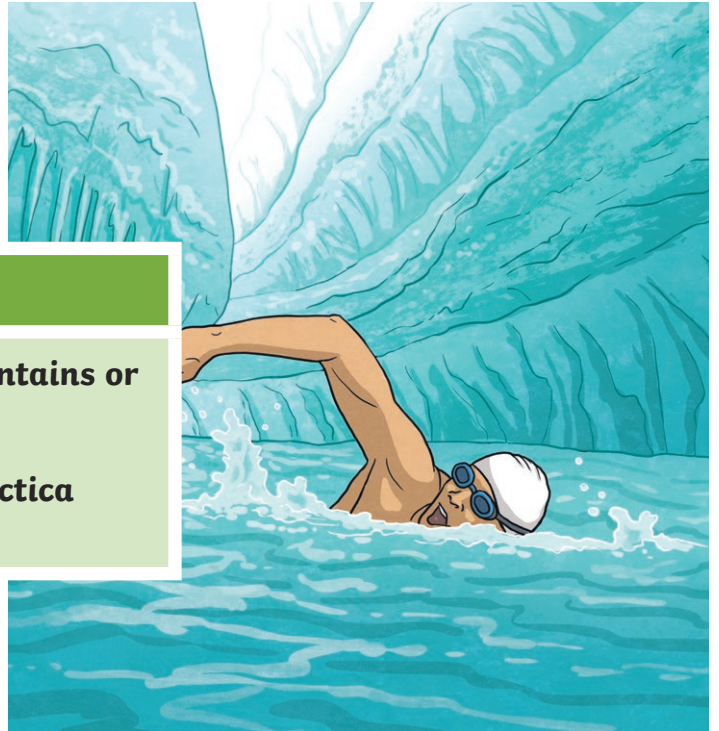




Lewis Pugh Swims Under the Antarctic Ice



What are glaciers?

- **Glaciers are huge bodies of ice found on mountains or near the poles.**
- **Scientists have become concerned that Antarctica glaciers are melting.**

Lewis Pugh has become the first person to swim under the ice in Antarctica! He did it to raise awareness about climate change.

Do you fancy a swim in the coldest place on Earth? One man did — wearing only his trunks, goggles and a swimming cap!

Lewis Pugh is an **endurance** swimmer. He's spent years training for some of the most difficult and dangerous swims in the world.

On 24th January, he swam in a river under an Antarctic **glacier**. The river was made from melting ice. His 10-minute swim was the first time anyone has swum under Antarctic ice.

On social media, he said it was "the most beautiful and terrifying swim," he'd ever done.

"It was every shade of blue," he said, describing the colours of turquoise, indigo and violet he saw on his swim.

The water was only just above 0°C. It can be very dangerous swimming in such cold water so a team of people were with him to help him be as safe as possible.

He had also planned to swim in a supra-glacial lake. This is a lake made by water melting on top of an ice sheet. Bad **conditions** meant he had to cancel it.

It's not the first adventurous swim 50-year-old Lewis Pugh has done. In 2007, he became the first person to complete a long-distance swim across the North Pole. He's also swam in every ocean in the world!

Illustration: Lewis Pugh swimming in Antarctica.

Lewis Pugh swam in Antarctica to raise awareness of climate change. This is the changing weather and rising temperature of the Earth.

Most scientists believe it is caused by human actions, such as burning **fossil fuels** for energy.

"We are facing a climate emergency," Lewis said on social media.

He also said that he wants world leaders to 'step up' and work to tackle climate change.

Glossary

endurance	Describes a type of event or challenge which takes place over a long distance and needs a lot of physical effort.
glacier	A huge body of ice often found on mountains or in polar regions.
conditions	The weather, climate or other things which affect the situation of an area.
fossil fuels	A natural fuel found in the ground, such as coal or gas.

Questions

1. Find a phrase in the opening paragraph which means to 'help people understand'.

2. Why did Lewis Pugh swim in Antarctica? Tick one.

- To break a world record.
- To complete a new challenge.
- To raise awareness of climate change.
- To train for a North Pole swim.

3. Lewis Pugh has a lot of experience in attempting challenging swims.

Find a piece of evidence to support this statement.

4. 'He also said that he wants world leaders to 'step up' and work to tackle climate change.'

Tick the word or phrase which is closest to 'step up' in this sentence.

- be proud
- climb
- dance
- take action

5. Summarise this news story in 20 words or fewer.

6. Do you think Lewis Pugh will take on any other swimming challenges? Explain your answer.

Answers

1. Find a phrase in the opening paragraph which means to 'help people understand'.
raise awareness
2. Why did Lewis Pugh swim in Antarctica? Tick one.
 - To break a world record.
 - To complete a new challenge.
 - To raise awareness of climate change.**
 - To train for a North Pole swim.
3. Lewis Pugh has a lot of experience in attempting challenging swims. Find a piece of evidence to support this statement.
Accept either he's spent years training for some of the most difficult and dangerous swims in the world, it's not the first adventurous swim he has done, in 2007 he became the first person to complete a long-distance swim across the North Pole or he's swam in every ocean in the world.
4. 'He also said that he wants world leaders to 'step up' and work to tackle climate change.' Tick the word or phrase which is closest to 'step up' in this sentence.
 - be proud
 - climb
 - dance
 - take action
5. Summarise this news story in 20 words or fewer.
Accept any reasonable summary which is 20 words or fewer, e.g. Lewis Pugh is the first person to swim under an Antarctic glacier. He was raising awareness about climate change.
6. Do you think Lewis Pugh will take on any other swimming challenges? Explain your answer.
Accept any reasonable answer which refers to the news story, e.g. I think he will take on other swimming challenges because he is an endurance swimmer who has completed many different swimming challenges already.