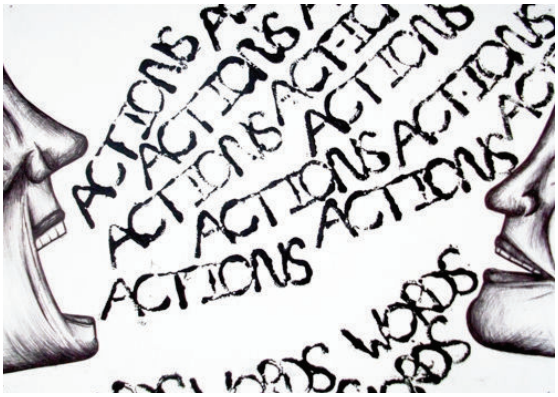




*Intro * Actions!*

Let's brainstorm a list of action words onto the board.

*Activity 1 * Follow your teacher*

Teacher: Demonstrate each action (for example hop around the room, kick the air, shake your head) and elicit the word. If the students don't know the word, model it twice and get them to repeat the word while simultaneously completing the action.

Once you have modelled each word, give the students instructions. For example: Marie, wink at Thomas. Michel, frown and shake your head. Paul, nudge your neighbour!

Hop	Shake	Stamp	Twist	Frown
Leap	Wave	Slap	Nod	Shrug
Kick	Nudge	Wink	Slide	Sigh
Hit	Trip	Blink	Pat	Bite

*Activity 2 * Very short stories*

Read the stories below and underline all the action verbs.

1*

He winks at her from across the crowded bar. She laughs and shakes her head, waving her engagement ring at him. He shrugs and pats the bar stool beside him invitingly. She slides off her stool and leaves the bar.

2*

She nudges her friend and points to the man who just tripped over a dog whilst eyeing up a beautiful woman. The girl stops laughing when she sees the dog bite the man. The poor man tries to run away but he twists his ankle. He eventually hops off on the other leg.

3*

He leapt with joy when he heard his name called out. He couldn't believe that he had actually won an Oscar! His entourage nodded at him encouragingly as he went up on stage. He blinked under the bright lights as he gave his acceptance speech.

4*

The crowd leapt up excitedly. His kick was almost spot-on but it just missed and hit the bar. The fans sighed in disappointment and sat back down. His teammates patted him on the back to console him.

5*

Millie frowned at her mother and stamped her feet in frustration. She wanted the candy and her Mum wasn't going to change her mind. Millie was in the bad books for slapping her little brother… but it wasn't fair because he started it!

*Activity 3 * Define!*

In your pairs, write definitions for the words that your teacher gives you.

Now read your definitions to the group, who will try to guess your given word.

*Activity 4 * Off the wall gap fill!*

In teams, your goal is to complete the sentences written on the wall in the shortest time by placing the correct word in the gap!

Hop – Hopped / She cried out in pain as her foot hit the metal table leg and she _____ over to the sofa to inspect the damage.

Leap – Leapt / Luckily, he saw the puddle of rainwater just in time and _____ right over it.

Kick - Kicked / I'm sorry Mr. Robinson, I think my ball went over your fence again. I _____ it too high!

Hit – Hit / It was an accident. She came out of nowhere and the bike didn't have any lights. I tried not to ___ her but it was impossible!

Shake – Shook / Both parties signed the agreement and _____ hands to seal the deal.

Wave – Waved / She turned around before going through passport control and _____ goodbye to her family.

Nudge – Nudged / Kelly _____ Tim and nodded towards the front of the class where their history teacher had once again fallen asleep at his desk!

Trip – Tripped / Steven, I have told you a thousand times not to leave your shoes right in front of the door!! I almost _____ over them again!

Stamp – Stamping / Can't you just walk around like a normal person? Why do you insist on _____ around like a herd of angry elephants?

Slap – Slapped / The two sisters started fighting again and Sue _____ Joanne in the face!

Wink – Winked / Did you see that? I think she is flirting with me. She just _____ at me!

Blink – Blink / He desperately tried to _____ back the tears but it was no use, and the tears started to fall.

Twist – Twisted / She _____ and turned but she couldn't free herself from his vice-like grip.

Nod – Nodded / He was so happy that he couldn't even say yes. Instead, he simply _____ his head.

Slide – Slid / The child in him woke up when he looked down the huge spiral staircase. He checked to make sure that no one was watching and ____ down the banisters!

Pat – Patted / He leant down and _____ the dog's head.

Frown – Frowning / Stop _____! What have you got to be unhappy about anyway?

Shrug – Shrugs / My son is at that age where it is impossible to get an answer out of him. Every time I ask him a question he just _____ and says "I dunno".

Sigh – Sighed / She _____ and left the park. She wasn't really surprised that he stood her up but she was disappointed nonetheless.

Bite – Bitten / I hate mosquitoes but they seem to love me… I have been _____ all over!

*Activity 5 * Out of the hat and off the cuff!*

You will each take it in turns to pick a piece of paper out of the hat and act out the word in a short sketch. Your teacher will start to give you an example!

Hop	Shake	Stamp	Twist	Frown
Leap	Wave	Slap	Nod	Shrug
Kick	Nudge	Wink	Slide	Sigh
Hit	Trip	Blink	Pat	Bite

*Activity 6 * Dance moves!*



Let's watch a clip of this impressive dance group and describe their actions using the past tense!

Clip 1: Diversity - Britain's Got Talent 2010 - Semi-final
http://www.youtube.com/watch?v=KBioVi8HKfs

Clip 2: Diversity - Britain's Got Talent 2009 – The Final
http://www.youtube.com/watch?v=PtwVfJqBfms

*Activity 7 * Class Choreography!*

Now we are going to create our very own dance routine using the vocabulary we learnt today! Each student must come up with at least one dance move!

*Activity 8 * Make a song and dance about it!*

Now that you have created a masterpiece, it's time to perform!

*Activity 9 * Acting like an idiom!*

1* - Each pair will be given two of the idioms below with their definitions.
2* - You will create a scenario to demonstrate the *use of the idiom*, without using the idiom itself in your dialogue. Your teacher will give you an example to help you.
3* - You will act out your scenarios to the group, who will try to find which idiom is being referred to from the list below. First, let's read the idioms.

bite off more than one can chew
bite the bullet
catch forty winks
hit the spot
kick yourself
leap at the opportunity
let somebody / something slide
nod off
pat someone on the back
slap in the face
shake in your boots
shake a leg
twist someone's arm
twist someone's words



*Activity 10 * Role pay!*

Write a scenario using at least six of the action verbs your learnt today and if you are feeling brave, add an idiom or two as well! Be creative and remember, the sillier, the better! ☺

TO PRINT Activities 4, 5, 9

ACTIVITY 4 – OFF THE WALL GAP FILL

Bitten

1. I hate mosquitoes but they seem to love me… I have been _____ all over!

Blink

2. He desperately tried to _____ back the tears but it was no use, and the tears started to fall.

Frowning

3. Stop _____! What have you got to be unhappy about anyway?

Hit

4. It was an accident. She came out of nowhere and the bike didn't have any lights. I tried not to ___ her but it was impossible!

Hopped

5. She cried out in pain as her foot hit the metal table leg and _____ over to the sofa to inspect the damage.

Kicked

6. I'm sorry Mr. Robinson, I think my ball went over your fence again. I _____ it too high!

Leapt

7. Luckily, he saw the puddle of rainwater just in time and _____ right over it.

Nodded

8. He was so happy that he couldn't even say yes. Instead he simply _____ his head.

Nudged

9. Kelly _____ Tim and nodded towards the front of the class where their history teacher had once again fallen asleep at his desk!

Patted

10. He leant down and _____ the dog's head.

Shook

11. Both parties signed the agreement and _____ hands to seal the deal.

Shrugs

12. My son is at that age where it is impossible to get an answer out of him. Every time I ask him a question he just _____ and says "I dunno".

Sighed

13. She _____ and left the park. She wasn't really surprised that he stood her up but she was disappointed nonetheless.

Slapped

14. The two sisters started fighting again and Sue _____ Joanne in the face!

Slid

15. The child in him woke up when he looked down the huge spiral staircase. He checked to make sure no one was watching and ____ down the banisters!

Stamping

16. Can't you just walk around like a normal person? Why do you insist on _____ around like a herd of angry elephants?

Tripped

17. Steven, I have told you a thousand times not to leave your shoes right in front of the door!! I almost _____ over them again!

Twisted

18. She _____ and turned but she couldn't free herself from his vice-like grip.

Waved

19. She turned around before going through passport control and _____ goodbye to her family.

Wink - Winked

20. Did you see that? I think she is flirting with me. She just _____ at me!

ACTIVITY 5 – OUT OF THE HAT AND OFF THE CUFF

Hop	Trip	Slide
Leap	Stamp	Pat
Kick	Slap	Frown
Hit	Wink	Shrug
Shake	Blink	Sigh
Wave	Twist	Bite
Nudge	Nod	

ACTIVITY 9 – ACTING LIKE AN IDIOM

bite off more than one can chew

to take (on) more than one can deal with; to be overconfident.

1. Ann is exhausted again. She's always biting off more than she can chew.

bite the bullet

to accept something difficult and try to live with it.

1. You are just going to have to bite the bullet and make the best of it.
2. Jim bit the bullet and accepted what he knew had to be.

catch forty winks

to take a nap; to get some sleep.

1. I'll just catch forty winks before getting ready for the party.

hit the spot

To be exactly right; to be refreshing.

1. This cool drink really hits the spot.
2. That was a delicious meal, dear. It hit the spot.

kick yourself

to kick yourself when or if something happens means that you will feel angry with yourself because you have done something stupid or missed an opportunity.

1. You'll kick yourself when I tell you who came in just after you left.
2. If I don't get one now and they've sold out by next week, I'll kick myself.

leap at the opportunity / chance (to do something)

Fig. to accept an opportunity eagerly.

1. Frank leapt at the opportunity to become a commercial artist
2. I would leap at the chance to go to Moscow.
3. His company proposed to send him to England, and John leapt at the chance.

let somebody / something slide

to not do anything about someone or something

1. She misbehaved in her first week but I let it slide as she was in a strange city.
2. I often let exercise slide when I feel tired, but that's when I need it the most!

Usage notes: often used in the form let it slide: Kids don't like practicing because of the repetition, and some coaches tend to let it slide.

nod off

to go to sleep, esp. when not in bed or intending to sleep

1. I nodded off once or twice during the movie.

pat someone on the back

to praise someone for something.

1. The teacher patted all the students on the back for their good work.
2. They patted themselves on the back for their win when the final whistle blew.

slap in the face

an insult; an act that causes disappointment or discouragement.

1. Losing the election was a slap in the face for the club president.
2. Failing to get into a good college was a slap in the face to Tim after his years of study.

shake in your boots

to be very frightened or anxious.

1. Damon was shaking in his shoes when he heard all the shouting.

shake a leg

something that you say in order to tell people to hurry up .

1. Come on, shake a leg! The film starts in 20 minutes.

twist someone's arm

to pressure someone, to persuade someone to do something.
(Fig. on the image of hurting someone until they agree to cooperate.)

1. I had to twist her arm a little, but she agreed.
2. Would you like another glass of wine? Ok then, twist my arm!

twist someone's words

to restate someone's words inaccurately; to misrepresent what someone has said.

1. Stop twisting my words around! Listen to what I am telling you!
2. You are twisting my words again. That is not what I said!