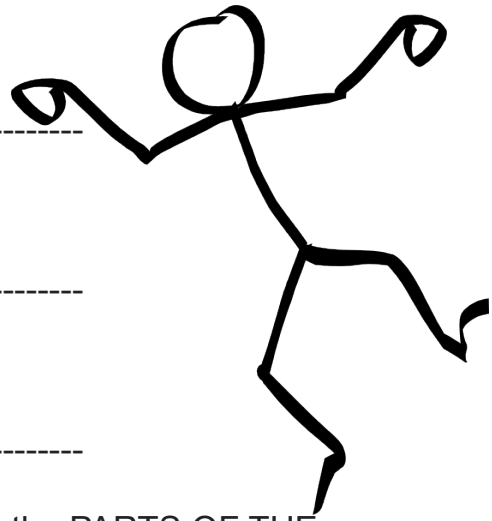
Move your body

Activity One - Answer the questions with your partner.



Which sports do you **practice**?

Which sports do you **watch** on TV?

Which other sports are you **interested** in?

Activity Two - Simon Says - Watch your teacher - repeat the PARTS OF THE BODY. Now repeat the MOVEMENTS. Then you will play simon says!

- *Nod your head*
- *Wave your hands*
- *Bend your knees*
- *Raise your arms*
- *Turn your head from side to side*
- *Stand up*
- *Sit down*
- *Touch your shoulders*
- *Touch your elbows*
- *Make a fist*
- *Clap your hands*
- *Touch your ankles*
- *Rub your tummy and pat your head*

Activity Three - With your partner write a list of the body parts used in the sports you listed in activity one.

Activity Four - Team challenge. See which team can **GUESS** THE SPORTS described in these sentences: ***(Don't** prepare this at home!) Use a dictionary.*

1.*For this sport one person has to stop the ball from getting into the goal while the other people try to kick it into the goal.*

2.*For this sport people use sticks to hit a small while ball around a course and they try to use as few hits as possible to get the ball into a series of holes.*

3.*For this sport people move through water using their arms and legs to keep afloat and move above and below the surface of the water.*

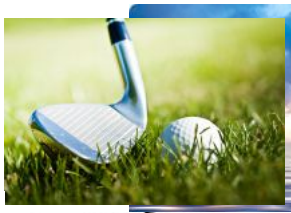
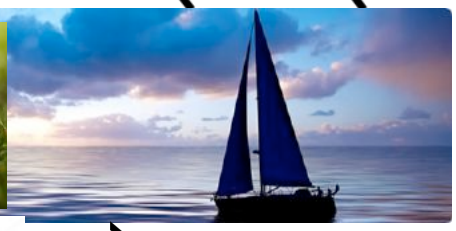
Activity Five - Popular sports.

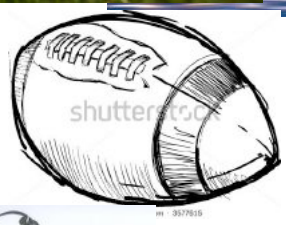
Here is a list of popular sports. in pairs **race** to match the sports to the images (again **don't** do this at home) and then to list the body parts used in each sport. The pair who finishes first with the most correct answers wins!

- **Football**
- **Tennis**
- **Rowing**
- **Sailing**
- **Ping pong**
- **Skiing**
- **Surfing**
- **Rugby**
- **Ice skating**
- **Running**
- **Weight Lifting**
- **Golf**











Activity Six - *Commenting on actions...*

I am do +ING - Present continuous

We use the **present continuous** to say that something is happening NOW at this very moment. We use this tense to comment on actions, including sports.

- *He **is** KICKI**NG** the football.*
- *She **is** HITTI**NG** the tennis ball.*

Activity Seven - ***Charades.***

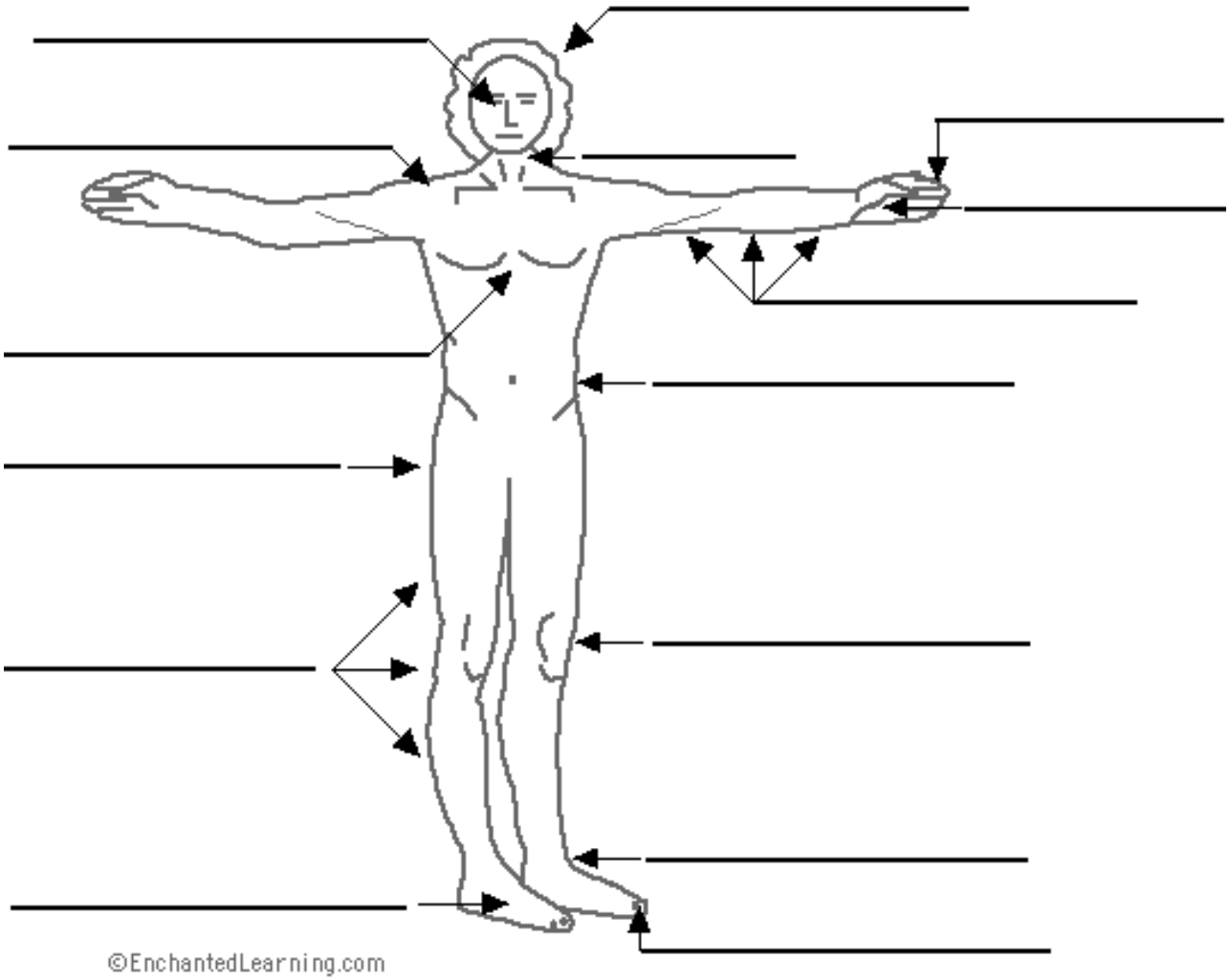
In teams let's play charades with the sports from activity Five.
Use the present continuous as above.

Activity Eight - ***"Green Goddess"*** This lady is the most famous TV Fitness instructor in the UK! Watch the videos and follow the actions!
First **watch** and **listen**.
Now comment on the actions - repeat the sentences and copy each action.

- *She is facing the front*
- *She is swinging her arms*
- *She is stretching her arm*
- *She is bending her side*
- *She is taking a deep breath*
- *She is stretching out.*

Here are some excellent fitness videos - which do you prefer?
http://www.youtube.com/watch?v=anQfLO0ll5E

Activity Nine - ***Label the body parts.***



Activity Ten - ***"Fitness Time!"***

Now it's your turn to give INSTRUCTIONS to the class! Take turns to tell the rest of the class what to move and how!