

Listening to instructions



Let's do this!

Look at these pictures

- What are these people doing?
- Have you done some of this before?



Talk about why people do these sorts of exercises.

You can use words such as:

• healthy fit strong thin fast sport happy





While you listen:

I will be reading instructions to you (audio clip).
Listen to it three times.

- First, listen for command words such as **do** and **run**.
- Then, point to the pictures (in the next slide) that match the instructions.
- Last, you can do the exercises as you listen!



After you have listened

1. You heard the command words do and run in the instructions. Choose two more command words from the list.

Star **count** **arm** **bend**

2. The direction words up and on come from the instructions. Choose two more direction words from the list.

Toes **jump** **down** **behind**

3. What can happen if you don't warm up and stretch before you exercise?

MATCH THE WORDS FROM THE INSTRUCTIONS WITH THEIR MEANINGS.



WORDS	MEANING
a) stretch	To move a part of your body so it's not straight.
b) bend	To push yourself off the ground using your legs.
c) jump	To move something higher.
d) lift	To push your arms or legs as far as possible.

THE ANSWERS

1. Count, bend
2. Down, behind
3. You can hurt yourself.
4. See the table below.

WORDS	MEANING
a) stretch	To move a part of your body so it's not straight.
b) bend	To push yourself off the ground using your legs.
c) jump	To move something higher.
d) lift	To push your arms or legs as far as possible.

