

UNIT 4 - REPORT

Balance:

- Types of balance: static (standing, on one foot, handstand, etc) and dynamic balance (riding a bike, skating, etc.).
- Basic elements of balance: center of gravity, line of gravity, points of support and base.
- Ability of balance: inner ear, cochlea and endolymph.
- Actions: keep the balance, loose the balance or unbalance, last, pull down, swing, agitate, and recover the balance.
- Balance in the circus: tightrope, ball-walk, trapeze artist, stilt walker, acrobat, human towers, acrosport, figures and pyramids, base and top.
- Positions: Upside-down, sideways, "T", on one foot, facing down, lying down, on knees, on hands, tiptoes, squatting, etc.

Other related vocabulary:

- Games vocabulary: shipwreck, sharks, boat, rooster, bridge, rocks, river, etc.
- P.e. material: benches, stilts, ropes, bricks, balls, etc.
- Time expressions: for a long/ short time, for a few seconds, as long as you can, etc.

Grammar:

- Comparative expressions: "In this position is easier/ harder to keep the balance than in....".
- Asking about personal experience: "Have you ever gone/ seen....? Yes I have/ No I haven't".