

UNIT 5 - REPORT

Vocabulary:

- Displacements:
 - Run, walk, march, slither, crawl, on hands and knees, climb, crab, wheelbarrow, drag and squatting and crouching.
 - Appropriate running technique: bend the knees up to the hips, bend the torso 45 degrees forward, contact the ground using only the front part of the feet and tip-toes and alternate arms and legs correctly to keep the balance while running.
 - Races (running speed): "frequency" (number of steps/ strides per second) and "amplitude" (distance between the strides/steps).
 - Displacement circuit.
- Parts of the body: heels, tip-toes, soles, palms and knuckles.
- Physical abilities:
 - Main physical abilities: reaction speed and running speed, endurance, strength and flexibility.
- Sports:
 - Speed sports: 100 meter race, skating, swimming, etc.
 - Endurance sports: cycling, marathon, march, rowing, etc.
 - Strength sports: climbing, fighting, weight-lifting, etc.
 - Game roles: attacker and defender.

Other relates vocabulary:

- Animals and displacements: on 4 legs (lion, dog, etc.), on 2 legs (ostrich, duck, etc), climb (monkey, koala) and slither (snake, crocodile, etc).

Health and hygiene:

- Health: heart-rate, physical (or fitness) condition, to feel tired and rested, to be fit, lung tissue, rigid, nicotine, tar, cell, cilium, increase and decrease.

Grammar:

- Talking about things you can do: "Can you swim? Yes I can/ No I can't", "Are you able to climb the wall bars? Yes I am able / No I'm not able to do it".

Asking about possibilities: "What happens if....? If/ then ...