Lesson 3 Get active!

1 Talk about it

Before you do a sport, you need to do warm-up exercises.

Do you know any warm-up exercises? What parts of the body should you warm up?

2 Vocabulary Parts of the body

Match the words in the box with the letters in the picture.

1 ankle
2 shoulder
3 thighs
4 heart
5 hamstrings
6 hip
7 arm
8 toes
9 knees
10 neck



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14 **3 Listen**

Listen to Amna giving warm-up exercises instructions. Put the pictures in order.







14 **4** Stand up, listen again and do the warm-up exercises. How do you feel now?

LIVEWORKSHEETS