

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



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?