

12) Physical actions

A Using your body



sit down
pt sat down



stand up
pt stood up



walk



run
pt ran



fall over
pt fell over



ride
pt rode



climb



jump



lie down
pt lay



dance



get on
pt got on



get off
pt got off

SPOTLIGHT irregular verbs

Many of the verbs above are **irregular**: the past simple is not formed by adding **-ed**. There is a list of the past simple and past participle forms of all the irregular verbs in the book on page 198. See also Unit 39.

1 Write the present form of the verbs.

- walked walk
- 1 lay down
- 2 fell over
- 3 rode

- 4 stood up
- 5 sat down
- 6 got on
- 7 ran

2 Complete these sentences with verbs from above.

- When you go to bed, you do this. lie down
- 1 When you hear music and you're happy, you do this.
- 2 When you're tired, you do this. or
- 3 When you don't see something on the floor in front of you, you could do this.
- 4 When you go on a bike, you do this.
- 5 When you're waiting at the bus stop and the bus arrives, you do this.

3 Complete the sentences. You need the past simple in sentences 6–9.

- I sat down at my desk and worked for two hours.
- 1 The children have to when the teacher comes into the classroom.
- 2 I often to work in the summer – it's only twenty minutes on foot.
- 3 I want to Mount Kilamanjaro next year.
- 4 Do you often when you go to clubs?
- 5 The doctor asked me to on the bed.
- 6 The boys into the swimming pool.
- 7 She her bike to school this morning.
- 8 I was late, so I to the bus stop, but I over and hurt my leg.
- 9 She the bus, went into the station and got a train.



TEST YOURSELF

B Using your hands



push



pull



carry



hold pt held



pick sth up



put sth down pt put



break pt broke



give pt gave



close/shut pt shut
OPP open



drop



throw pt threw



catch pt caught

4 Cover the pictures and underline the correct answers.

► You can drop a glass / a house.

4 You can push the sky / a person.

1 You can open a door / a light.

5 You can hold a dictionary / a country.

2 You can catch a car / a ball.

6 You can break some juice / a pencil.

3 You can throw a book / a house.

7 You can pick up a car / a bicycle.

5 Do you need two hands to do these things? Or can you do them with one hand?

► shut a dictionary 1

► give someone five dictionaries 2

1 pick up a cup drop a cup

5 throw a ball catch a ball

2 pick up a TV turn on a TV

6 drop a ruler break a ruler

3 break a bottle open a bottle

7 carry a door close a door

4 pull a person carry a person

8 pick up a baby hold a baby

6 Complete the sentences with suitable verbs from above.

► I opened the garage door and then three of us pushed the car out.

1 It was cold, so he the window.

2 She the cat and it in its bed.

3 I'm afraid I your best glass and it broke. I'm really sorry.

4 Four of us the boat out of the sea and then it along the beach.

5 I the baby to Mum and she it in her arms.

6 I the ball to my brother but he dropped it on the floor.

7 The box is very heavy. I can't it to the car.



TEST YOURSELF