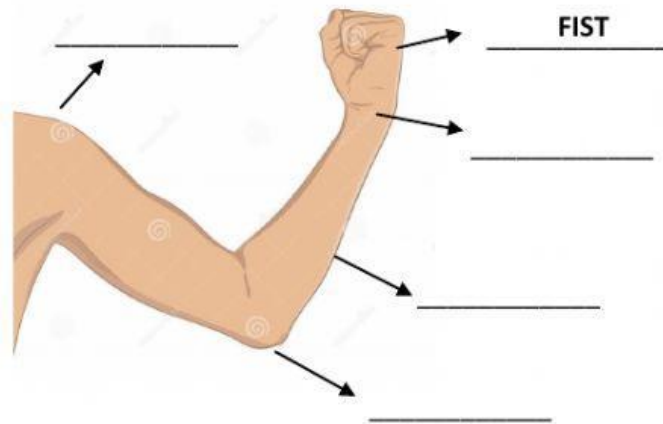
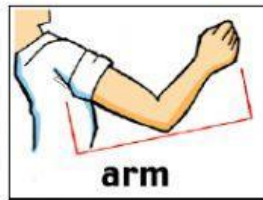




Lesson 3

ACTIVITY 1: Label the diagram with the following words: *elbow, fist, wrist, forearm and shoulder*.



ACTIVITY 2: Read this text and mark the sentences **true (T)** or **false (F)**.



The human arm can move in seven different directions. The arm has three pivots: the wrist, the elbow and the shoulder. The wrist can move in three different directions. At the wrist, the hand can move up and down about 90° , it can move from side to side about 70° , and it

can rotate about 180° . The shoulder can move in the same three directions, but different angles. It can rotate about 20° . The elbow can only move in one direction. At the elbow, the forearm can only move up and down. It cannot move sideways or rotate.

1. The wrist can only move up and rotate.
2. The shoulder can't rotate.
3. The elbow can move in one direction.
4. The forearm can rotate.
5. The arm has three pivots.
6. At the wrist, the hand can rotate about 20° .

TRUE

FALSE

TRUE

FALSE

TRUE

FALSE

TRUE

FALSE

TRUE

FALSE

TRUE

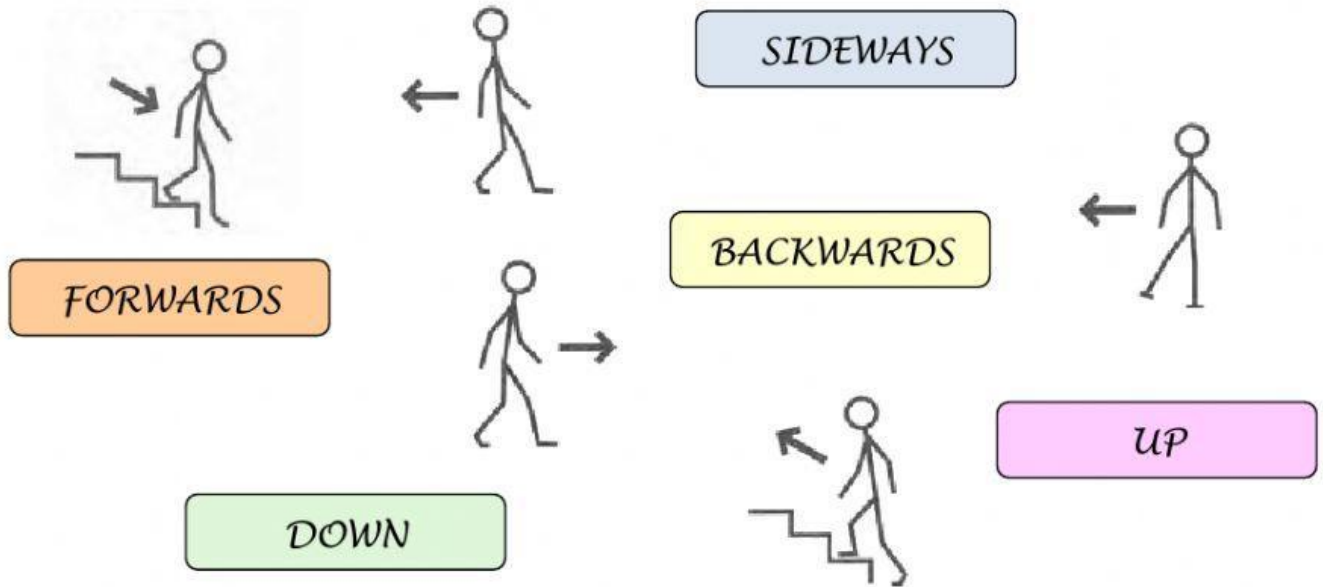
FALSE

ACTIVITY 3: Match the halves to make sentences.

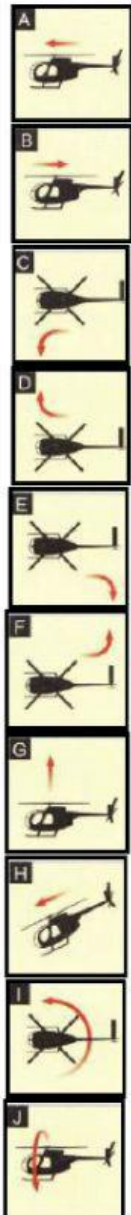
- 1 The forearm can move
- 2 The arm has
- 3 The elbow can move in
- 4 The arm can
- 5 The forearm can't
- 6 The wrist can move

- a move sideways or rotate.
- b in three directions.
- c three pivots.
- d one direction.
- e up and down.
- f move in seven directions.

ACTIVITY 7: Match the pictures with the movements.



ACTIVITY 8: Match the pictures with the instruction below.



1 Fly diagonally down.

2 Fly forward.

3 Fly straight up.

4 Reverse.

5 Rotate on a vertical axis.

6 Reverse to the left.

7 Turn left.

8 Rotate on a horizontal axis.

9 Turn right.

10 Reverse to the right.