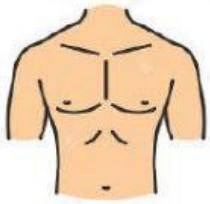
# BREATHING

## 1. Insert the words under the pictures

| | | | | |
|---|---|---|---|---|
| a little | out | breathe in | air | in |
| lungs | a lot | chest | breathe out | |









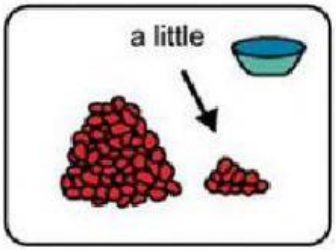


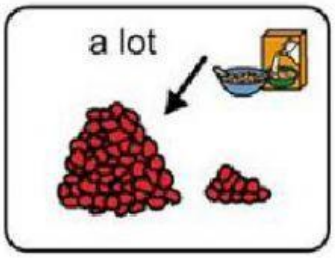


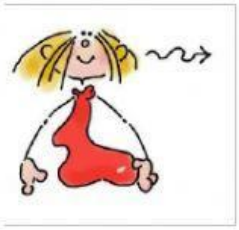
_____ _____ _____ _____ _____



Breathe in



Breathe out

_____ _____ _____ _____

## 2. Listen.

**3.**

CD3 47 **Listen and read about sport and breathing. Write the words.**
Poslušaj in beri o športu in dihanju. Napiši besede.

When you do sport, you often breathe a lot. When you breathe, the air moves in and out of the lungs. Put your hands on your chest and see what happens when you breathe in and breathe out.





_____ _____

breathing in breathing out

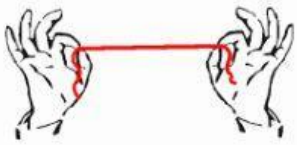
**4. Insert the words under the pictures**

**how tall** **balloon** **measure** **string**









_____ _____ _____ _____

5.

## Find out how much breath there is in your lungs.

Ugotovi, koliko sape imaš v pljučih.




1 Write down how tall you are.
2 Take a balloon and take a deep breath.
3 Now blow all the air in your lungs into the balloon.
4 Ask a friend to tie a string around the mouth of the balloon.
5 Now measure around your balloon and write your result.

**6. Put the sentences under the pictures**







Ask your parent to tie a string around the mouth of a balloon.

Write down how tall you are.

Now blow all the air in your lungs into the balloon.

Take a balloon and take a deep breath

Now measure around your balloon and write your result.

.

7.

**Project** **Find out more about breathing and sport.**
Ugotovi še več stvari o dihanju in športu.

When you do sport, you breathe a lot because your lungs need more air.



1 Count how many times you breathe in one minute. Write the number. ____

2 Run on the spot for one minute.

3 Now count how many times you breathe for one minute after running. Write the number. ____

4 Now time your friend.







1 2 3