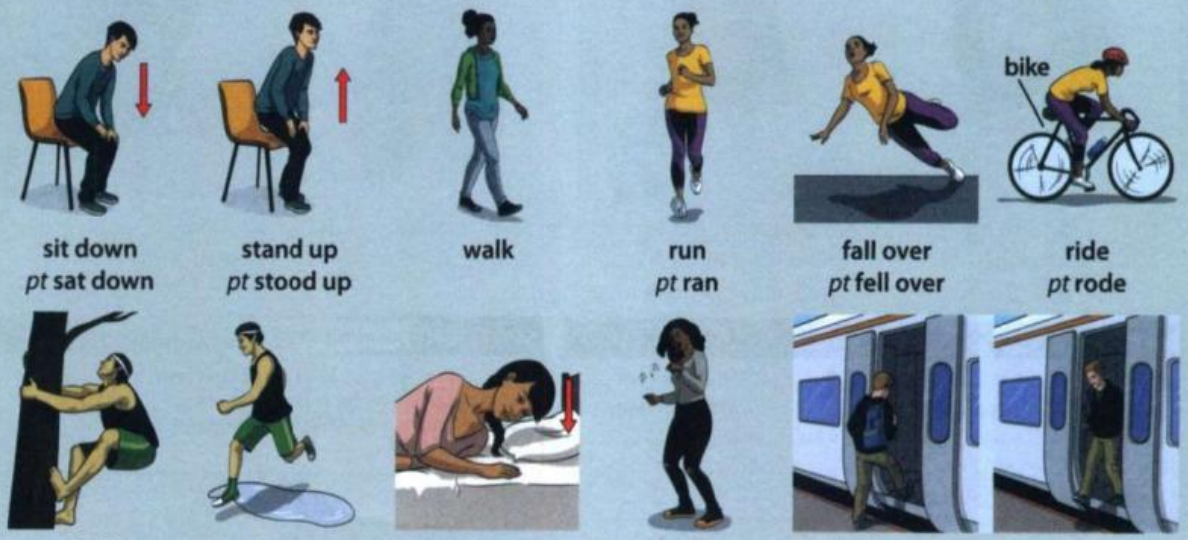
12 Physical actions

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.

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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*.
- 1 You can open *a door / a light*.
- 2 You can catch *a car / a ball*.
- 3 You can throw *a book / a house*.
- 4 You can push *the sky / a person*.
- 5 You can hold *a dictionary / a country*.
- 6 You can break *some juice / a pencil*.
- 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.

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