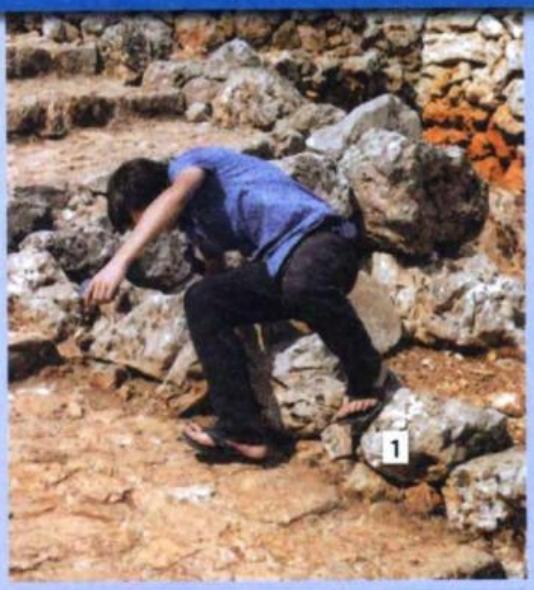
# 10 Physical movement

## A Ways of moving

It was a nice day so we decided to **go for a stroll**.
I just spent the day **wandering** around town.
We were **hiking** in the countryside, and I **stumbled**[1] on a rocky bit of path.
The soldiers **marched** along the street.
The police **charged** across the square towards the protesters.
I **rushed** to catch my train.
Two policemen **chased** the robber across the park.
I **ran flat out** to get home before the others.




**GLOSSARY**

| | |
|---|---|
| **stroll** | a slow, relaxed walk: ***go for a stroll***; **stroll** *v* |
| **wander (around/about)** | walk somewhere slowly, often without any particular aim or in any particular direction |
| **hike** | walk a long way in the country: ***go hiking*** |
| **stumble (over/on sth)** | hit your foot against sth when you are walking or running and almost fall over **trip (over)** |
| **march** | walk fairly quickly with regular steps (like a soldier) |
| **charge** | run straight at sb/sth in a noisy or aggressive way |
| **rush** | move or do sth at great speed, usually for an important reason or because you are late for sth |
| **chase** | run after sb/sth in order to catch them **run after sb/sth** |

**SPOTLIGHT** idioms and phrasal verbs with *run*

**run flat out** run as fast as you can
**run off with sth** take or steal sth:
- *The thief **ran off with** my handbag.*

**run sb/sth over** hit sb/sth with a vehicle:
- *I **ran over** the child's toy.*

**run away** escape from somewhere:
- *The boy threw a stone then **ran away**.*

**1 Answer the questions.**

1 Who often marches? .....
2 Who might run off with something? .....
3 Who might chase after people? .....
4 What animals sometimes charge at people? .....
5 Why do people rush? .....
6 Why do people trip over things? .....
7 Why do people wander around? .....
8 Where do people go hiking? .....

**2 Correct any mistakes in the underlined verbs. Be careful: the answer may be correct.**

1 We often go <u>chasing</u> in the countryside at the weekend. .....
2 About 100 angry demonstrators <u>stumbled</u> down the street. .....
3 The car appeared suddenly, so I had to <u>stroll</u> across the road. .....
4 I <u>tripped over</u> and hurt my ankle. .....
5 He was terribly upset when he <u>marched</u> over the cat. .....
6 My dog loves to <u>charge</u> rabbits. .....
7 It was a very hot humid day so we just <u>ran flat out</u> through the park. .....
8 The teenager <u>ran away</u> because she was unhappy living at home. .....

**3 Complete the sentences.**

1 When Jordan heard about his brother's accident, he _____ to the hospital.
2 I _____ and fell into some long wet grass.
3 We had lots of time so we decided to go for a _____.
4 They broke into the shop then _____ with the money across the park.
5 The police car was _____ a black BMW through the streets at great speed.
6 My train was just leaving, and I had to run _____ to catch it.
7 We had nothing to do so we just _____ around for a couple of hours.

TEST YOURSELF



LIVEWORKSHEETS

# B Physical exercise

## My 20-minute **workout**

I'm not as **agile** as I used to be, and I was beginning to feel quite **stiff** early in the morning, so I asked a friend to **devise** a workout routine for me. First I **warm up** with some **stretching**[1] and **bending**, then I go on to more **demanding** activities, like **press-ups**[2] to **strengthen** my muscles. But the key for me is variety: I like a **constant** change of activity to stay **motivated**. It's also **vital** that you finish by **warming down** with fairly gentle activities.







**GLOSSARY**

| | |
|---|---|
| **workout** | a period of physical exercise you do to keep fit **work out** *v* |
| **agile** | able to move quickly and easily **agility** *n* |
| **stiff** | feeling some pain, and unable to move easily |
| **devise** | invent a method or plan of doing sth SYN **think sth up** |
| **warm up** | do physical activities to prepare the muscles for exercise OPP **warm down** |
| **bend** | move your body forwards and downwards **bent** *adj* |
| **demanding** | (used about a task) needing a lot of effort or skill |
| **constant** | happening or existing all the time or again and again |
| **motivated** | wanting to do sth badly, often for a reason **motivation** *n* |
| **vital** | extremely important SYN **essential, crucial** |

**SPOTLIGHT** verbs with *-en*

You can add ***-(e)n*** to a few nouns and some adjectives to form verbs.

- *I want to **strengthen** my arms.* ( = make them stronger)
- *They plan to **widen** the road.* (= make it wider)
- *The illness has **weakened** him.* (= made him weaker)

**4** **Put these words in three groups according to the pronunciation of the letter 'i'. Use the APP to help you.**

stiff agile agility crucial motivated devise demanding widen essential vital

_____ _____ _____

**5** **Circle the correct answer(s). Sometimes both answers are correct.**

1 I worked in the garden yesterday, so I feel a bit ***stiff / demanding*** today.
2 It's easier to touch your toes if you ***stretch / bend*** your knees.
3 It's ***vital / crucial*** that you do exercises that are suitable for you.
4 You should warm ***up / down*** when you have finished your exercises.
5 My brother ***thought up / devised*** this new training method last year.
6 I can reach the ceiling if I ***stretch / bend*** my arms.
7 I do a short ***workout / press-up*** every morning.
8 I can't do certain activities because I'm not ***demanding / agile*** enough.

**6** **Complete the sentences.**

1 I couldn't finish my exercises because of the _____ phone calls I was getting.
2 I want to _____ a way of doing more exercise during my working day.
3 If I _____ forwards quickly, I get a bit of a pain in my back.
4 My brother does 30 _____ - _____ every day. He wants to stay fit so is very _____.
5 You must do this exercise with your knees _____, not straight.
6 I've got a bad knee so I need to _____ the muscles to give my knee more support.
7 My brother usually _____ in the gym two or three times a week.
8 The problem is that a lot of people don't have the _____ to exercise regularly.
9 I want to run a marathon next year, but I know it will be very _____.
10 I had much more _____ when I was younger. Now I feel stiff when I get up.

TEST YOURSELF



LIVEWORKSHEETS