

BREATHING

1. Insert the words under the pictures

a little

out

breathe in

air

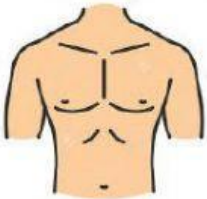
in

lungs

a lot

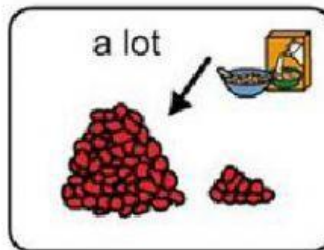
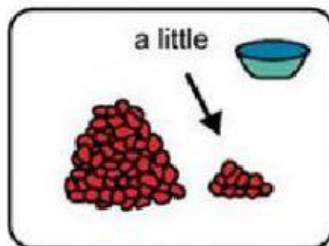
chest

breathe out



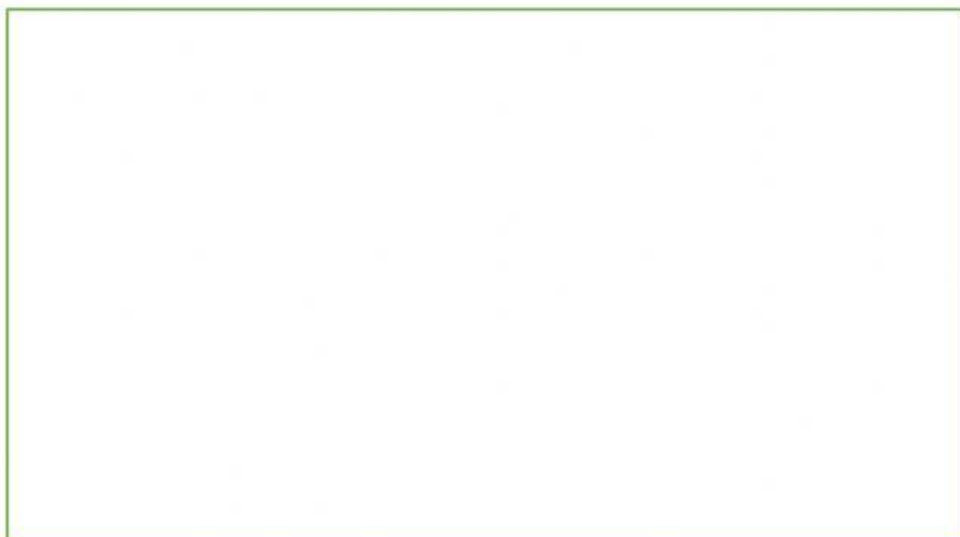


Breathe in



Breathe out

2. Listen.



3.



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

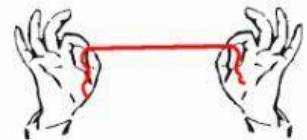
4. Insert the words under the pictures

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.

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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