

Focus 2



Language Objectives

- to **learn** the vocabulary for the parts of the body that are involved in lifting
- to **learn** the verbs related to lifting

Materials

- **vocabulary phrase cards** and **picture cards** for each pair of learners
- **matches SLIDE**

Approx. Time: 30 min

Maintain That Posture

Instructions:

Part A: Listening & Understanding

1. Lead a TPR (Total Physical Response) activity using the following sets of phrases three times.

Instructor Note

This is best done if you do the actions with the learners the first time through and then just give the commands for the next 2 times.

1. stand up straight

- put your hands on your shoulders
- put both hands on your lower back
- put your hands on your abdomen
- bend over and touch your toes

2. stand up straight

- maintain a natural position
- touch your spine
- put your hands on your belly
- put your right hand on your lower back
- put your left hand on your lower back
- bend over and touch your knees

3. stand up straight

- close your book
- pick up your book with both hands
- lift it to shoulder level
- lower it to knee level
- lift it to shoulder level
- hold it close to your body
- lower your book to the table
- hug it close to your body
- put the book down

4. stand up straight

put your hands on your abdomen
tighten your abdominal muscles
relax your abdominal muscles
flex your abs
relax your abs
brace your abs
relax your abs
bend over at the waist

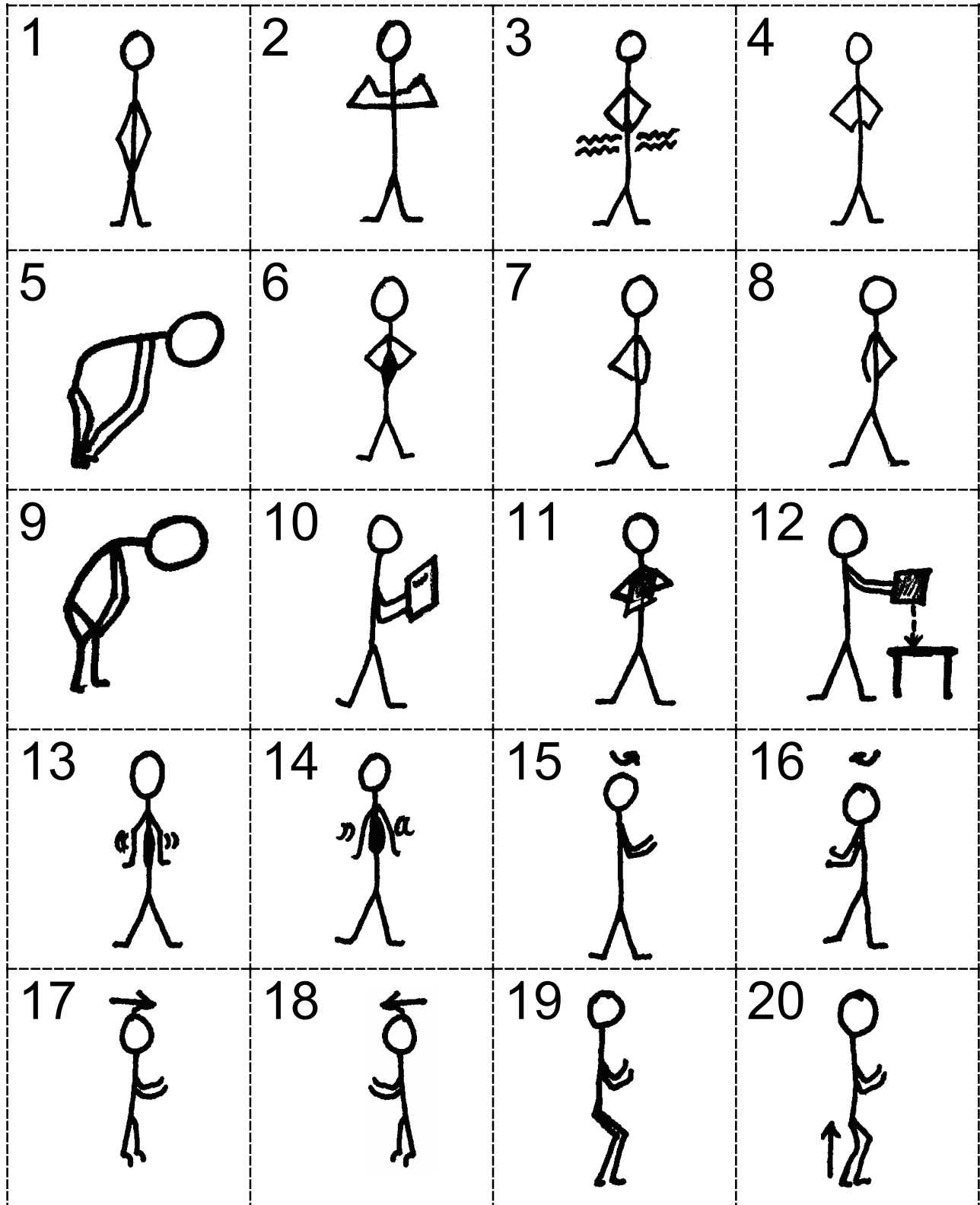
5. stand up straight

maintain a natural posture
twist at the waist to the left
twist at the waist to the right
pivot on your feet to the left
pivot on your feet to the right
bend at the knee keeping your back straight
stand up using your leg muscles
bend your knees
straighten up

Part B: Reading for Meaning

1. Hand out a set of **vocabulary phrase cards** and **picture cards** to each pair of learners.
2. Have them match the word phrases with the picture cards.
3. Ask them to compare matches with another pair of learners.

Picture Cards



Picture Cards

stand up straight	put your hands on your shoulders
put both hands on your lower back	put your hands on your abdomen
bend over and touch your toes	put your hands on your belly
put your right hand on your lower back	put your left hand on your lower back
bend over and touch your knees	pick up your book





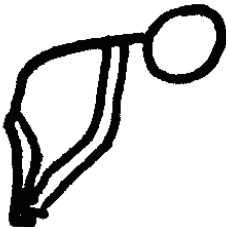





Vocabulary Phrase Cards

hug it close to your body	put the book down
tighten, contract or flex your abdominal muscles	relax your abdominal muscles
twist at the waist to the left	twist at the waist to the right
pivot on your feet to the left	pivot on your feet to the right
bend at the knee keeping your back straight	stand up using your leg muscles


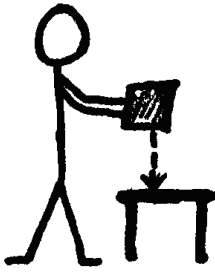








Vocabulary Phrase Cards Cont'd

Part C: Speaking

1. When most of the pairs are finished matching the cards, put up the **Matches SLIDE** for the learners to check.
2. Read the phrases and have the learners repeat after you.
3. Have the learners take turn leading the group in TPR activities using the phrases.
4. Hand out the **Matches Worksheet** to each learner and have them match the pictures to the phrases.

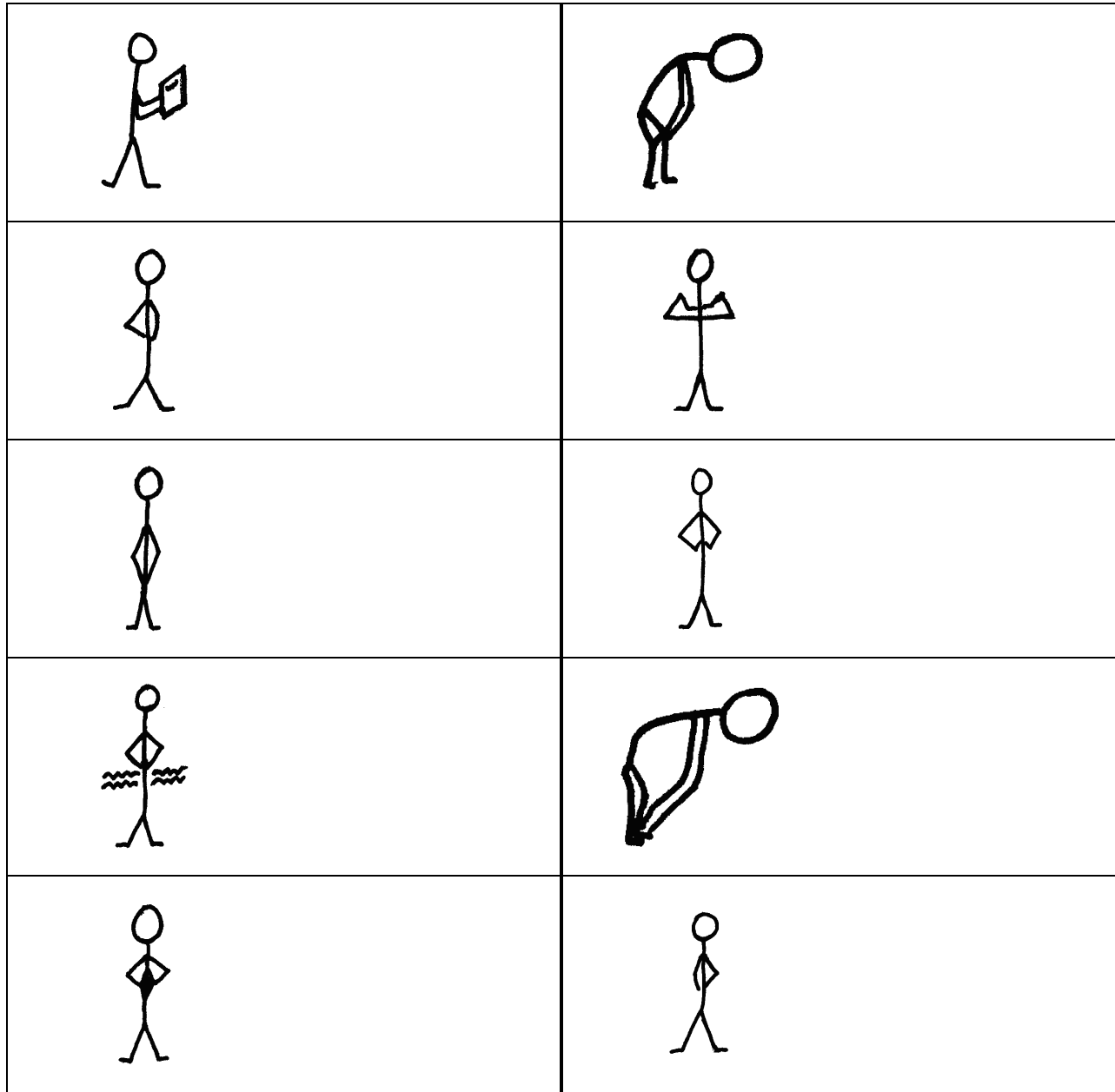
1		stand up straight	2		put your hands on your shoulders
3		put both hands on lower back	4		put your hands on your abdomen
5		bend over and touch your toes	6		put your hands on your belly
7		put your right hand on your lower back	8		put your left hand on your lower back
9		bend over and touch your knees	10		pick up your book

Matches SLIDEa

<p>11</p> 	<p>hug it close to your body</p>	<p>12</p> 	<p>put the book down</p>
<p>13</p> 	<p>tighten, contract or flex your abdominal muscles</p>	<p>14</p> 	<p>relax your abdominal muscles</p>
<p>15</p> 	<p>twist at the waist to the left</p>	<p>16</p> 	<p>twist at the waist to the right</p>
<p>17</p> 	<p>pivot on your feet to the left</p>	<p>18</p> 	<p>pivot on your feet to the right</p>
<p>19</p> 	<p>bend at the knee keeping your back straight</p>	<p>20</p> 	<p>stand up using your leg muscles</p>











Matches SLIDEb

Match the phrases/numbers to the pictures.



- | | | | | |
|---------------------------------|---|--|-----------------------------------|----------------------------------|
| 1. stand up straight | 2. put your hands on your shoulders | 3. put both hands on lower back | 4. put your hands on your abdomen | 5. bend over and touch your toes |
| 6. put your hands on your belly | 7. put your right hand on your lower back | 8. put your left hand on your lower back | 9. bend over and touch your knees | 10. pick up your book |

Match the phrases/numbers to the pictures.

11. hug it close to your body	12. put the book down	13. tighten, contract or flex your abdominal muscles	14. relax your abdominal muscles	15. twist at the waist to the left
16. twist at the waist to the right	17. pivot on your feet to the left	18. pivot on your feet to the right	19. bend at the knee keeping your back straight	20. stand up using your leg muscles

Matches Worksheet pg. 2