



3



5



9



15 minutes



Indoors



Moderate

# HOW DO YOU SAY?

## ACTIVITY

**Initial Question:** Which words have we learned in English?

**Teacher's task:** Announce to the class that they should repeat, imitate and guess, the following actions. Each one should be done vigorously during 10 seconds. Each sentence starts with the question "How do you say?...". For example: swimming

- Teacher: "How do you say? (move your arms vigorously simulating swimming)".
- Students: Repeat and imitate the movement, answering the question "Swim!"
- Teacher: Gives the correct answer.
- Students: Repeat the answer.

1. To Run: in their places, children run lifting knees to their chest.

2. To Dance: They move freely to the rhythm of a dance they like.

3. To Hike: they hike from a plank position, lifting knees to their chest and then back to plank.

4. To Jump: In their places, they squat and jump with both legs with all their might.

5. To Ride a horse: Separate legs and bend knees. Skip with one foot changing to the other foot, simulating riding a horse.

6. To juggle: Balancing with one foot, they simulate juggling balls in the air with their arms.

7. To Ride a bike: On the floor or on a chair, they move their legs, simulating riding a bike.

8. To Skip a rope: They simulate skipping a rope with both legs and moving their arms.

9. To Cast: Simulate throwing a heavy object, turning your hips from one side to the other.

