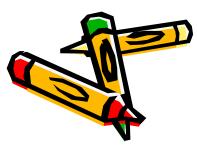
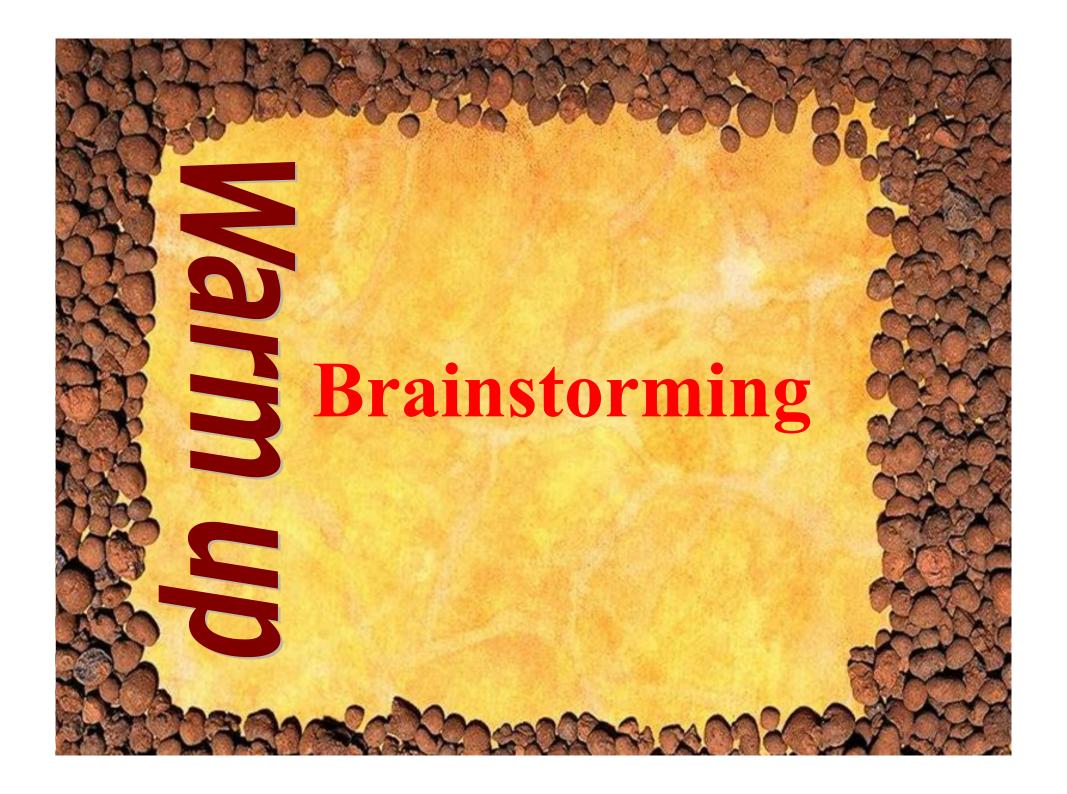
Util 2 WATER SPORTS



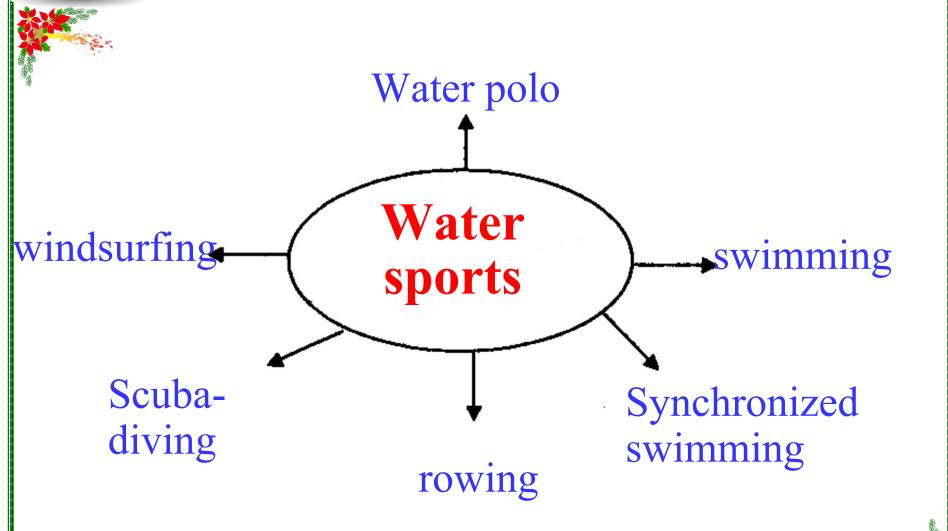






Brainstorming





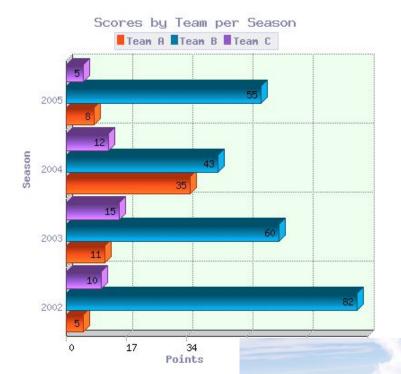


PRE-TEACH VOCABULARY









horizontal [,hori'zontl] (adj):ngang, phương ngang



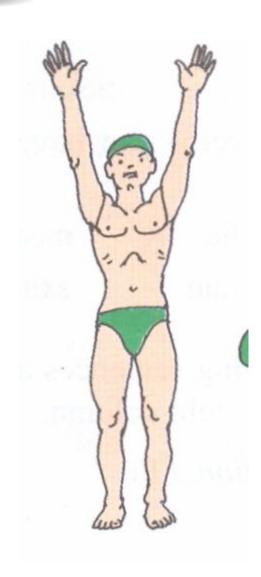


vertical ['və:tikl] (adj):phương thẳng đứng









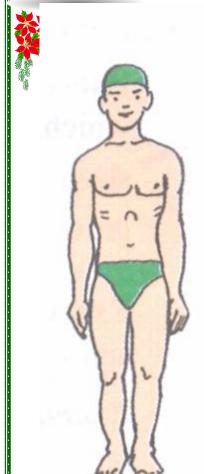
- (to) raise[reiz]:

nâng, giơ tay lên









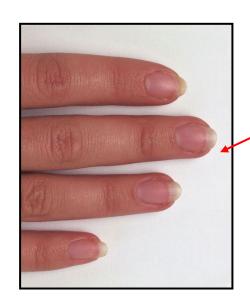
(to) look straight ahead:
 nhìn thẳng về phía trước











- fingertips['fiηgətip] (n) đầu ngón tay









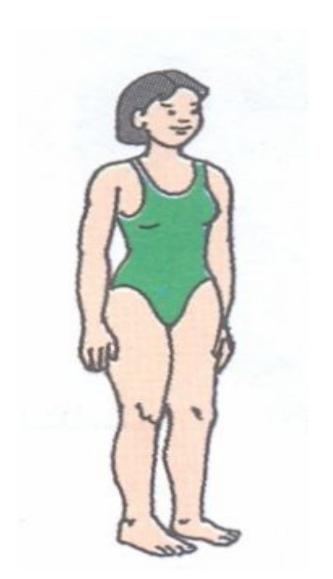
- ground: mặt đất





Task 1: Look at the following pictures and complete the task.

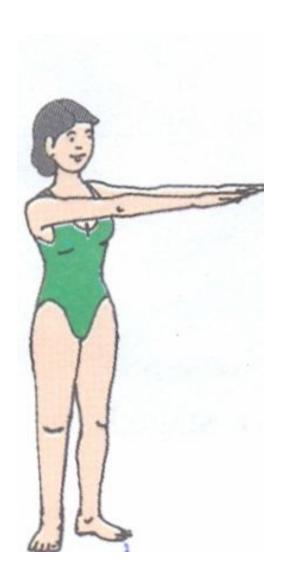






A







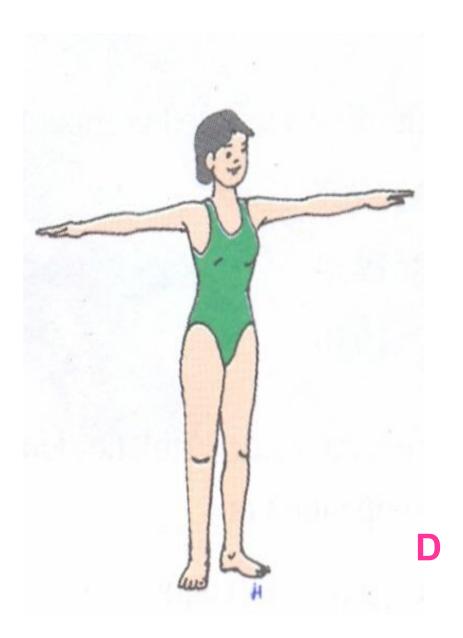






C

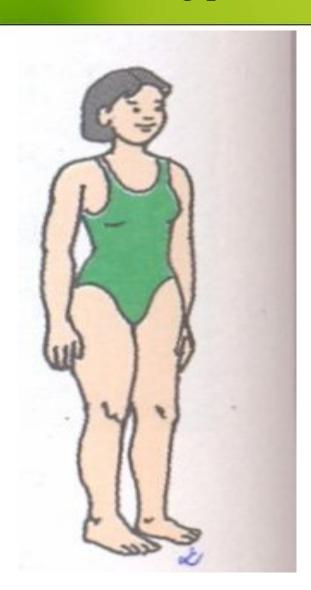






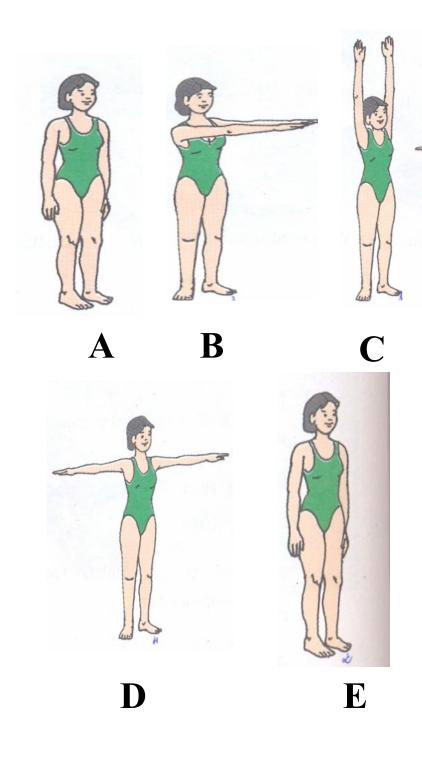
Task 1: Look at the following pictures and complete the task



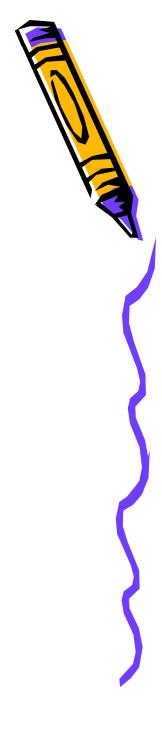






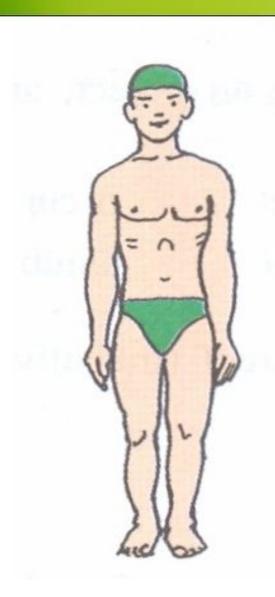


- **D1.** Put out your arms to the sides horizontally.
- B 2. Stand with your feet apart, push both arms out straight in front of you.
- E 3. Put down your arms to the first position.
- C 4. Raise your hands above your head, looking straight ahead.
- A 5. Set yourself in vertical position.





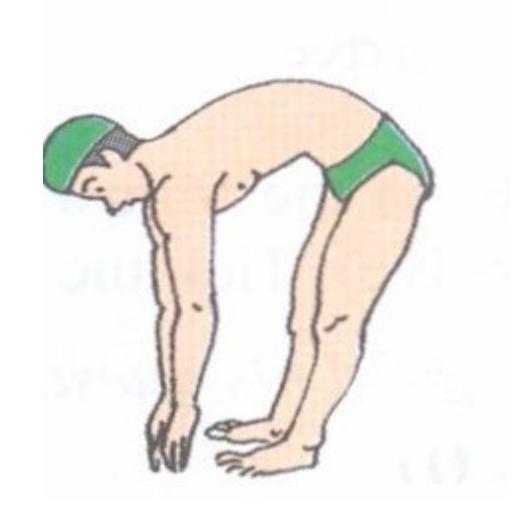
Look at the following pictures







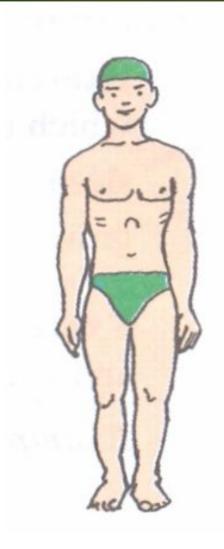














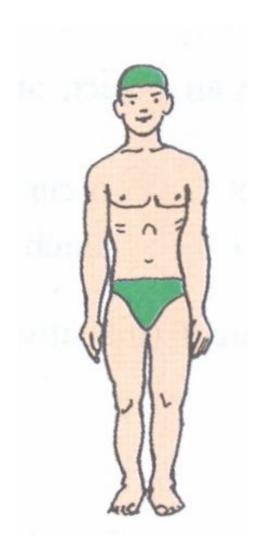
Look at the pictures below.

Write the instructions warm-up exercise before playing water polo. Use the verbs in the box.

set raise stand touch bench put



SUGGESTING SENTENCES:



1. Set yourself in vertical position.



2. Stand with your feet apart, raise your hand above your head.

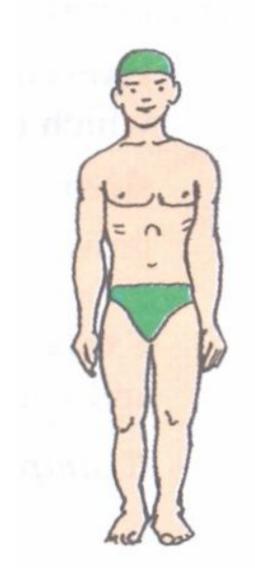
3. Bend forward, fingertips

touch the ground.

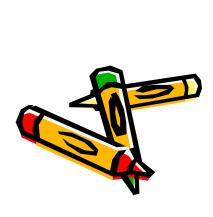


4. Bend again, fingertips touch the ground between the feet.

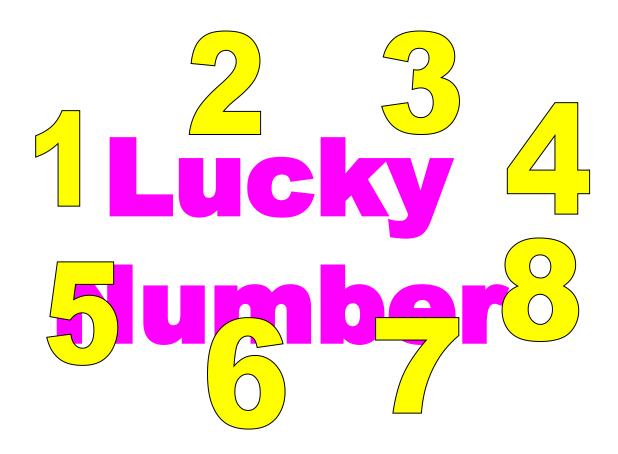




5. Finally, put each arm back to the first position.







Lucky! Congratulation!!!





Give a sentence about this action.



Bend forward, fingertips touch the ground.



Give a sentence about this action.

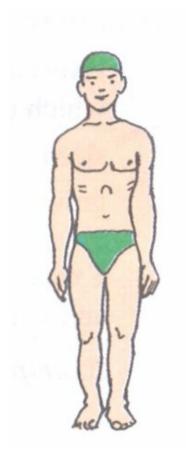


Put out your arms to the sides horizontally.



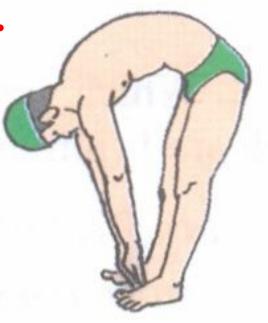
Give a sentence about this action.

Set yourself in vertical position.





Give a sentence about this action.



Bend again, fingertips touch the ground between the feet.



Give a sentence about this action.

Stand with your feet apart, push both arms out straight in front of you.

