

Unit 3 : Section F : CROSS – CURRICULAR CUT

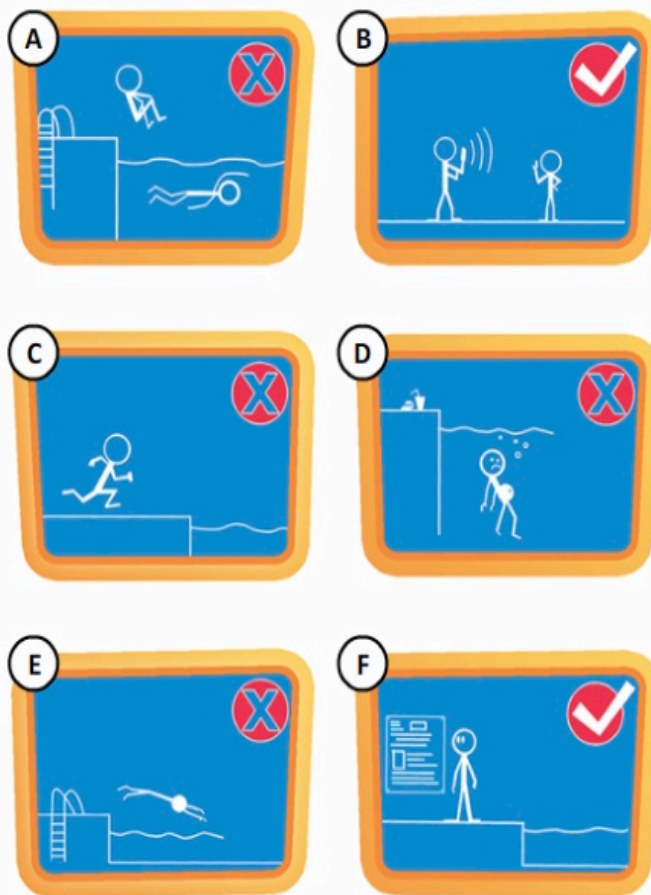
PHYSICAL EDUCATION (PE)

I/ VOCABULARY :

1	splash	/ splæʃ /	(v)	to cause water to fly into the air
2	guide	/ gaɪd /	(n)	sth that provides information or instructions
3	surface	/ 'sɜ:fəs /	(n)	the outer/ upper area of an object/ body
4	slip	/ slɪp /	(v)	to slide without meaning to
5	cramp	/ kræmp /	(n)	pain
6	drown	/ draʊn /	(v)	to die from being under water and unable to breathe
7	lifeguard	/ 'laɪfgɑ:d /	(n)	person who saves swimmers experiencing problems
8	get into trouble	/ get ɪntə trʌbəl /	(phr)	start to feel that you are in a terrible situation
9	pay attention	/ peɪ ə'tenʃən /	(phr)	to notice sth and think carefully
10	dive	/ daɪv /	(v)	to jump into water with your head and arms first
11	dive-bombing	/ daɪv-'bɒmɪŋ /	(phr)	jumping into water while holding your knees to your chest
12	designated areas	/ 'deziɡneɪtɪd 'eəriə /	(phr)	chosen areas
13	rules displayed	/ ru:lz dɪ'spleɪd /	(phr)	instructions/ guidelines written on a sign, etc
14	lead to	/ li:d tə /	(v)	to result in

Imagine you are a lifeguard. Use the pictures to tell the class what someone *should/shouldn't/must/must not do* while at the pool.

Let me just remind you of a few important safety rules for when you are at the pool.
 You must not dive-bomb.
 You should call a lifeguard if you get into trouble.
 You must not run around the pool.
 You must not swim after eating.
 You must only dive in designated areas.
 You should always read the rules.



II/ WORD POWER :

KEEP → + noun = *not change* (keep warm/ safe/ calm etc.)
 → + noun = *do as you promise* (keep your promise/ secret)
 → + sth = *store* (keep meat in the fridge)
 → + Verb-ing = *continue* (keep thinking about her)

Eg. : When I make a promise, I **keep** that promise.

You can trust me, I can **keep** a secret.

I sit by the fire to **keep** warm in the winter.

People should take care to **keep** safe on the streets at night.

It's important to **keep** calm in a difficult situation.

We **keep** the sugar in a jar next to the tea.

I **keep** forgetting his surname.

III/ PROJECT :

Gather information about water safety.

- Always swim with a partner, whether you're swimming in a pool, at the beach, or in a lake. He/She can go for help in case of an emergency.
- Learn some life-saving techniques.
- Know your limits. Don't go in water that's so deep you can't touch the bottom, and don't try to keep up with skilled swimmers.
- Look after friends who aren't as comfortable or as skilled as you are.
- Swim in places supervised by a lifeguard.
- If you do get into trouble, don't panic. Try to make your way back to shore or to the side of the pool.
- Be careful about diving. Only dive in areas that are known to be safe for diving.
- Don't get too hot or too cool. Use sunscreen in the open and come out of the water immediately if you feel cold.