

### LICEO ELVIRA SÁNCHEZ DE GARCÉS ASIGNATURA: INGLÉS - 8th GRADE PROFESOR: NICOLÁS ARRUÉ GÓMEZ GUÍA 9 – PRIORIZACIÓN CURRICULAR

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# "Unit 4: Mind and Body"

Name:	Date:
<b>Learning Outcome:</b> To ide movements. (OA 01)	entify specific and general information from a recording about yoga
(Una vez terminada la guía d	ebe ser ser enviada al correo <u>nicolas.arrue@liceoelvirasanchez.cl</u> )
	sent to your whatsapp group and develop the following activities.  u grupo de whatsapp y desarrolla las siguientes actividades.
"Vocabulary"	
II. Select the words int	to verbs and parts of the body. (1 pts. each)
	arms   back   breathe   mouth   exhale   feel   inhale   nose palms   stand up   lie down   side   hand   eyes   sit down
Parts of the body: <u>arms</u>	<u>.</u>
Verbs:	<u>.</u>
III. Read about Yoga a	nd answer the questions. (2 pts. each)
1 Where did yoga origin	nate? India

- 2 How can yoga help students?
- 3 Name three yoga exercises.

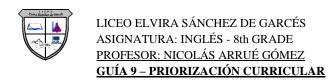
Yoga originated in India thousands of years ago. Today some teachers in Britain are doing yoga exercises in class to help students relax and concentrate more. Simple yoga exercises, for example breathing, visualizations and chanting can improve students' schoolwork.

## "Listening"

IV. Listen to the audio and order the questions. (2 pts. each)







### V. Match the sentences with the pictures. (2 pts. each)

- 1 Put your arms at your sides. Picture b
- 2 Sit down and relax.
- 3 Chant as you exhale.
- 4 Lie on the floor on your backs.
- **5** Feel the sounds in your body.
- 6 Imagine that you are outside.

### VI. When does the teacher ask students to do this? (2 pts. each)

- 1 Imagine they are in another place.
  - Picture a
- 2 Breathe in and out three times.
- 3 Focus on sounds inside their bodies.
- 4 Focus on colours and images.
- **5** Check the position of their hands.
- 6 Repeat after the teacher.

