

Flying Yoga pp 12, 13

Jump, March 2020

1. Listen and write true (T) or false (F).

- a. It's like dancing on the ground.
- b. It's a combination of yoga and running.
- c. You do it in a hammock.
- d. It's not good for children.
- e. Sports shoes or trainers are the best.
- f. It's good for your balance.

2. Complete the questions about Teri with *is/are/does*. Then listen and fill in the answers.

- a. What _____ her name? _____
- b. How old _____ she? _____
- c. How often _____ she have classes? _____
- d. What _____ she need to take? _____
- e. How long _____ the class? _____
- f. How many children _____ there? _____
- g. What position _____ she like most? _____

3. Odd one out.

- a. sit – stand – swing – hammock
- b. body – dance – heart – mind
- c. balance – flip – spin – upside down
- d. yoga – Pilates – dance – coach

4. Unscramble – positions and tricks.

- a. T A B
- b. N E M O K Y
- c. P L I F
- d. N I P S

SOLUTIONS

1. Listen and write true (T) or false (F).

- a. It's like dancing on the ground. **F**
- b. It's a combination of yoga and running. **F**
- c. You do it in a hammock. **T**
- d. It's not good for children. **F**
- e. Sports shoes or trainers are the best. **F**
- f. It's good for your balance. **T**

2. Complete the questions about Teri with *is/are/does*. Then listen and fill in the answers.

- a. What **is** her name? **Teri.**
- b. How old **is** she? **Nine years old.**
- c. How often **does** she have classes? **Every Sunday morning.**
- d. What **does** she need to take? **A T-shirt and leggings, and a bottle of water.**
- e. How long **is** the class? **One hour.**
- f. How many children **are** there? **About ten.**
- g. What position **does** she like most? **Upside down and a monkey.**

3. Odd one out.

- a. sit – stand – swing – **hammock**
- b. body – **dance** – heart –mind
- c. **balance** – flip – spin – upside down
- d. yoga – Pilates – dance – **coach**

4. Unscramble – positions and tricks.

- a. T A B **B A T**
- b. N E M O K Y **M O N K E Y**
- c. P L I F **F L I P**
- d. N I P S **S P I N**