

# VOCABULARI I EXPRESSIONS BÀSIQUES

## STARTING THE CLASS!

- Listen up! (*Escolteu!*)
- Look at me, please! (*Mireu-me, per favor!*)
- Pay attention, please! (*Ateneu, per favor!*)
- Is there anybody missing? (*Falta algú?*)
- Get on the line, please! (*Feu la cua, per favor!*)
- Has anybody forgotten the sport bag? (*Ha oblidat algú la bosseta d'endrec?*)
- Has anybody forgotten the sport clothes/shoes?
- Keep on mind: Do not run through the corridor! (*Recordeu: no correu pel passadís!*)
- One at a time! (*Un a un!*)
- Keep on mind: Do not talk while you go through the corridor! (*Recordeu: no parleu mentre aneu pel passadís!*)
- Turn off the lights of the class before you go! (*Apagueu les llums de la classe abans d'anar-vos-en!*)
- Let's go! Off we go! (*Anem-hi!*)

## WARMING UP!

- Body parts and joints (*Parts del cos i articulacions*): waist (*mal·luc*), elbow (*colze*), wrist (*canell*), toes (*dits del peu*), ankle (*turmell*), heel (*taló*), neck (*coll*), backbone (columna vertebral), nail (*ungla*), eyebrow (*cella*), eyelashes (*pestanyes*), bottom/butt (*cul*), breast/teats (*mamelles*), ...
- Bend your legs/arms... (*Flexioneu les cames, els braços...*)
- Go to the sports store and take... (*Aneu al magatzem d'EF i agafeu...*)
- Stretch your legs/arms... (*Estireu les cames/braços...*)
- Stretching (*Estiraments*)
- On your knees! (*De genolls!*)
- Make a circle, please! (*Feu un cercle, per favor!*)
- Hold your hands (*Agafeu-se les mans*)
- Release your hands (*Solteu-vos*)
- Breathe in/out (*Inspira/expira*)
- Hold your breath (*Aguanteu la respiració*)
- Take a deep breath in (*Feu una respiració profunda*)
- Hustle up! Keep it up! Push it up! (*Espavileu! Més ritme!*)
- Turn around (*Gireu-vos*)
- Move forwards/backwards (*Mou-te cap a endavant/endarrere*)
- Run all over the place (*Correu per tot l'espai*)
- Come closer! (*Acosteu-vos*)

## **MAIN CLASS**

- Now, we are going to play the game... (*Ara, jugarem al joc...*)
- Let's get started! (*Comencem!*)
- Keep on going! (*Continua/continueu!*)
- You are out of the game/you are done! (*Estàs eliminat!*)
- You have to make two more laps (*Heu de fer dos voltes més*)
- Set the cons/markers up on the red/white place/court (*Coloqueu els cons/marcadors a l'espai/pista roja/blanca*)
- Let's move on! (*Avancem*)
- Let's make 2 teams! (*Fem dos equips!*)
- Stay still/don't move! (*Quedeu-se quiets/no us moveu!*)
- Now, we are going to work in pairs (*Ara, treballarem per en parelles*)
- Choose your friend! (*Trieu a un amic!*)
- Come up here! (*Veniu aquí!*)
- Spread out all over the place! (*Escampeu-vos per l'espai!*)
- It's late! (*És tard!*)
- Principal actions: to jog (*córrer a poc a poc*), to run (*córrer*), to catch (*empomar una pilota/agafar algú*), to jump (*botar*), to throw (*llançar*), to kick (*xutar*), to hit (*colpejar*), to play (*jugar*), to pick up (*replegar de terra*), to chase (*perseguir*), to touch (*tocar*), to rest (*descansar*), to take (*agafar*), to set up (*preparar*), to tidy up (*endreçar*)...

## **RELAX**

- Relax/cool down! (*Relaxeu-vos!*)
- Lay down on the floor (*Estireu-vos a terra*)
- Refresh yourselves! (*Refresqueu-vos!*)
- We are going to play ... in order to finish the class (*Jugarem al joc de ... per concloure la session*).
- I spy with my little eye...something beginning with... (*Frases principals del joc de "Veig, veig"*)
- How do you feel? (*Com us trobeu?*)
- Are you tired? (*Esteu cansats?*)
- Any questions? Raise your hand! (*Alguna pregunta? Alceu la mà!*)
- Take/don't forget your jackets/sweaters/...! (*Agafeu/no oblideu les vostres jaquetes/suadores...*)
- Help me to put everything back! (*Ajudeu-me a guardar-ho tot!*)
- The game/class is over! (*El joc/classe s'ha acabat!*)
- Time to tidy up everything! (*És hora d'endreçar les coses!*)
- Time to wash your hands and your face in the changing room! (*És hora de rentar-vos les mans i la cara al vestuari!*)

## **MELTING POT (*Un poc de tot*)**

- Knock it off! Stop it! (*Ja n'hi ha prou! Pareu d'una vegada!*)
- You can have a sip of water! (*Podeu fer un glop d'aigua!*)
- What are you doing? (*Què feu?*)
- Give me a break, please! (*Deixeu-me tranquil, per favor*)
- Are you ok? (*Estàs bé?*)
- You are all sweat! (*Esteu completament suats!*)
- Where does it hurt? Does it hurt here? (*On et fa mal? Et fa mal aquí?*)
- We are running out of time! (*S'està acabant el temps!*)
- Stop annoying/teasing/bothering Jhon! (*Para d'emprenyar Joan!*)
- Stop screwing around! (*Deixa de fer l'idiota!*)
- Oh, my God! (*Déu meu!*)
- I beg your pardon/I apologize (*Et demane disculpes*)
- *You are out of the class! Sit down there for five minuts!* (*Estàs fora de classe! Asseu-te cinc minuts allà!*)
- It's cold/hot/warm outside (*Fa fred/calor/bo fora*)
- We are going to work in the gym (*Avui farem classe al gimnàs*)
- Damn it! (*Maleït siga!*)
- Good job! (*Bon treball!*)
- Sit down and take a rest (*Asseu-te i descansa una mica*)
- Take it easy! (*Tranquil·litzat!*)
- I'm getting tired! (*M'estic cansant!*)
- Walk on your tiptoes! (*Caminem de puntetes!*)
- Flip over! (*Fes un volantí!*)
- Skill/skilful (*Habilitat/hàbil, destre*)
- I'm very disappointed! (*Estic molt enutjat!*)
- Chasing games (*Jocs de perseguir i d'agafar*)
- Blow your nose! (*Moca't!*)
- Let's hop! (*Anem a la cama coixa!*)
- Offence/defense (*Atac/defensa*)
- Bare feet (*Descalços*)
- Skip rope (*Botar a la corda*)
- Let's hands stand! (*Feu el pi!*)
- Don't shout! (*No crideu!*)
- Red team wins/loses! It's tie! (*L'equip roig guanya/perd! Empat!*)
- You are out of bounds! (*Estàs fora de l'espai de joc!*)
- Do not spit on the court, please! (*No escopiu a la pista, per favor!*)
- Watch out! The floor is slippery! (*Atenció! El terra rellisca!*)
- Lace up your shoes! (*Corda't les sabates!*)
- Don't cross the white line! (*No creueu la línia blava!*)

## **SPORT MATERIALS**

- Ball (*pilota*), handkerchief (*mocador*), rope (*corda*), ring (*anella*), disc/Frisbee (*disc volador*), mattress (*matalàs*), top (*pitral*), cone (*con*), goal (*porteria*)...

## **SPORT CLOTHES**

- Tracksuit (*xandall*), shorts (*pantalons curts*), t-shirt (*samarreta*), socks (*mitjons*), sweater (*suadora, jersei*), jacket (*jaqueta*), sport shoes (*sabates d'esport*), underwear (*calçotets*), panties/knickers (*bragues*)...