

# HOW CAN I ASK A QUESTION?

- SORRY, BUT I DON'T UNDERSTAND
- CAN YOU REPEAT, PLEASE?
- WHAT DOES "\_\_\_\_\_" MEAN?
- WHAT DOES THIS WORD MEAN?
- WHAT'S THE MEANING OF "\_\_\_\_\_" ?
- WHAT'S THE MEANING OF THIS WORD?

# APPARATUS IN THE GYM / SPORT CLOTHES / COMPLEMENTS

- MATTRESS / MAT
- BENCH
- TRAINERS
- SOCKS
- TRACKSUIT
- T-SHIRT
- SHORTS
- BRACELET
- WRISTWATCH
- NECKLACE
- EARRING
- RING

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# **SAFETY MEASURES**

- NEVER JUMP ON YOUR PARTNER ABRUPTLY. PUT YOUR HANDS OR YOUR FEET ON HIM/HER GENTLY. DO THE SAME WHEN THE FIGURE IS FINISHED.
- THE ASSISTANT IN YOUR GROUP WILL HELP YOU AT ANY TIME.
- THE ASSISTANT MUST MAKE SURE THAT EVERY MOVEMENT IS DONE WITHOUT ANY RISK FOR THE PERFORMERS.
- TAKE OFF YOUR SHOES IF YOU HAVE TO PUT YOUR FEET ON ANY PART OF YOUR PARTNER'S BODY.
- DON'T PUSH ANY OF YOUR PARTNERS WHILE IN A DANGEROUS POSITION. THIS COULD CAUSE A SERIOUS ACCIDENT.

## GIVING INSTRUCTIONS TO BUILD A FIGURE

Put	my your his/her our their	(left/right) hand / hands (left/right) foot / feet bottom (left/right) knee / knees	on	my your his/her our their	upper back lower back waist knee (...)
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Sit down Lay down Stand up Kneel down Get on hands and knees Make a wheelbarrow	on	my your his/her our their the mat	back front
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# GUIDELINES ON HOW TO DESIGN AND PERFORM YOUR HUMAN FIGURES

- **M**AKE GROUPS OF SEVEN. FIVE OF THEM WILL PERFORM THE FIGURE AND THE OTHER TWO WILL HELP BUILD THEM.
- **I**T WILL BE VERY USEFUL IF THERE ARE BOYS AND GIRLS IN THE SAME GROUP. THIS CAN MAKE THE FIGURES EASIER TO CREATE BECAUSE BOYS ARE USUALLY STRONGER AND GIRLS HAVE GOT MORE FLEXIBILITY.
- **W**HEN YOU ARE DESIGNING THE HUMAN FIGURES YOU SHOULD CONSIDER WHAT THE STRONG AND WEAK POINTS ARE FOR EACH OF YOU. SO, THE STRONGEST AND HEAVIEST ONES SHOULD BE AT THE LOW LEVELS OF THE FIGURE, WHILE THE AGILEST SHOULD BE IN THE UPPER LEVELS.
- **S**TART BY DESIGNING ONE FIGURE WITH FIVE OF YOU BEING PART OF IT. TRY TO BUILD IT AND MAKE ANY CHANGES NEEDED TO MAKE IT WORK. YOU HAVE TO DESIGN 4 HUMAN FIGURES ALTOGETHER.
- **T**RY TO BE ORIGINAL WHEN DESIGNING THE FIGURES BUT DON'T FORGET THAT IF IT IS TOO DIFFICULT YOU MAY NOT BE ABLE TO SUCCEED.
- **U**SE AND COMBINE EVERYONE'S STRONG POINTS (STRENGTH, FLEXIBILITY, GYMNASTICS SKILLS, ETC.).
- **R**EMEMBER TO USE THE SAFETY MEASURES. THIS IS THE MOST IMPORTANT THING. SO, ASSISTANTS SHOULD BE HELPING THEIR PARTNER AT ANY TIME.
- **I**N THE LAST LESSON YOU WILL HAVE TO PERFORM YOUR FOUR FIGURES IN FRONT OF THE REST OF THE CLASS.
- **Y**OU CAN USE SOME MUSIC SUPPORT WHILE PERFORMING.
- **E**ACH FIGURE WILL BE DONE TWICE AS THE ASSISTANTS IN THE FIRST TRY SHOULD BE PART OF THE FIGURE IN THE SECOND TRY EXCHANGING ROLES WITH TWO PARTNERS WHO WERE IN THE FIGURE IN THE FIRST TRY.
- **T**HE TEACHER AND THE REST OF THE STUDENTS WILL BE ASSESSING YOUR PERFORMANCE.
- **T**HE ASSESSMENT WILL BE BASED ON THE ORIGINALITY, THE DIFFICULTY, THE BALANCE, THE POSTURE AND THE SAFETY MEASURES TAKEN IN EACH FIGURE.

