

Posture and movement

Reading

Look carefully at the picture and read the text below it. Note how we describe the different positions the people are in. Then identify the people in the picture from what they say.



When England won the World Cup Final, I was ...

A sprawled on the floor, lying half on my stomach and half on my side, knees bent and with my feet in the air, one hand propping up my chin.

B standing on tiptoe, hands behind my back, chest out, chin up, shoulders back, stomach in.

C perched on the arm of the settee, my legs dangling over the side, with the cat curled up on my lap.

Posture and movement

- D crouching, leaning back** against the wall, **arms folded and swaying from side to side** as the play moved from end to end.
E standing, feet apart, hands in pockets, stooping a bit and **twisting my neck** to see the screen.
F kneeling with my head bowed, hands on hips, waiting for the stupid match to finish.
G sitting forward with hunched shoulders and arched back, my elbows resting on my thighs and my **hands clasped** in front of me.
H sitting astride a chair, arms outstretched, rocking to and fro.
I reclining on the settee, legs crossed, head back, fast asleep.

- 2 Read the text illustrating people's movements from one place to another. The verbs are in a column on the left, so afterwards you can test yourself by covering the left column.

I remember Do you?

skipping	for hours in the back yard, with a worn-out rope,
hopping	races with one leg tied behind us,
rolling	down those slippery slopes, getting covered in mud.
racing	home after school as fast as we could,
stumbling	over the kerb,
falling headlong	on our knees, then
hobbling	home like wounded soldiers, pretending we had broken
	our legs, then
rushing	upstairs to be first in the bath.
skating	in the winter,
gliding	gracefully to the middle of the pond, then
crashing	into someone.
climbing	Farmer Staple's apple trees,
swinging	on the branches,
clambering	over hedges,
crawling	through bushes.
sliding	down the bannisters when our parents were out,
bouncing	up and down on their bed as if it was a trampoline,
tiptoeing	downstairs early Christmas morning to see the presents
	underneath the tree, then
creeping	back upstairs, so as not to be heard.

- 3 In this report of a football match, the verbs have been lifted out of the text and placed on the right. Read the text, guessing the meaning of the verbs that have been left out. Check that you can complete each sentence correctly and then test yourself by covering the right-hand column and trying to complete the text without its help.

Match Report

They looked superb as they ... on to the field, battalions of green and orange. After only five minutes, however, the United number 9 ... to head the ball, ... with a goal-post and ... off the pitch with blood pouring from his forehead. A few minutes later, their number 8, who had done too much pre-match ..., was ... towards the goal-line when he ... with cramp. He had just managed to ... to the touch-line before the number 7 ... into a corner flag and ... flat on his back. The City number 10 went next, ... over the United goalkeeper and doing a ... into the net. The United number 9 ... back on, suffering from concussion, just before half-time, but he was

trotted
dived,
collided, staggered
jogging,
galloping, collapsed
limp
bumped
fell
tripping, somersault
wandered

... off again.

At half-time, a streaker,... on to the pitch. Five old ladies ..., a few were seen ... up and down. Ten policemen ... after him and ... him for five minutes or so, until he ... over a barrier and ... in the crowd.

After 63 minutes, the 43-year-old City winger ... towards the United goal. Up went the ball. The number 9 ... and thought he was going to ... like a bird towards it. Instead, he ... into the mud like a champion freestyle swimmer starting a race, not noticing that the opposing number 5 had accidentally ... on his right boot. The weary referee ... towards the scene of the accident and gave a penalty. Immediately eight orange figures ... on top of him and he ... to the ground.

Five minutes later, the City number 8 ... forward to take the penalty but while ... up to the ball he ... on a patch of ice. About then, hundreds of spectators ... on to the field. The United number 5 was ... and ... to the ground. The referee finally ... his way out of the crowd and ... off like a defeated general leaving the battlefield, never to It was just another Saturday afternoon.

escorted
sprinted
fainted, jumping
dashed, chased
leapt
disappeared
ambled

stretched, soar
plunged

trodden, strolled

sprang
sank
stepped
shuffling
slipped
surged
pushed, shoved
elbowed, marched
return

Practice

- 1 Write about or discuss the topics below.
 - 1 the moments in sport that excite you the most (as a spectator)
 - 2 the series of instructions that you, as a keep-fit instructor, give your class as they do a particular exercise
 - 3 the radio commentary you give as people of all ages, shapes and sizes cross the finishing line in a charity marathon race
 - 4 the way people sit, move and react in an office on Monday morning at nine, compared with the way they sit, move and react on Friday afternoon at four.
- 2 Write a paragraph from your short story, describing a nightmare in which you were being chased.
- 3 Write a section of the film script for the most action-packed scene you can remember seeing in the cinema.
- 4 Write part of a letter to a newspaper complaining about some of the ridiculous things you or a relative of yours were forced to do on an organised sporting holiday.

Have you stood, sat or moved in any other way in your life? Can you think of any other ways in which people move without the aid of animals or vehicles? If so, write the appropriate words or expressions here.