

# Imperative Push-ups and Stretches

## Activity Type

Reading, writing, listening and speaking activity, pair work

## Focus

Imperatives

Giving and following instructions

## Aim

To put exercise instructions in the correct order and then take it in turns to give the instructions to a partner who does the exercise.

## Preparation

Make one copy of the two worksheets for each pair of students.

## Level

Upper-intermediate (B2)

## Time

25 minutes

## Introduction

In this imperatives activity, students put exercise instructions in the correct order and then take it in turns to give the instructions to a partner who does the exercise.

## Procedure

Divide the students into two groups (A and B) and give each student a corresponding worksheet.

Explain that the students are going to give a partner instructions on how to do an exercise, but first they must put the instructions in order.

Students then look at their worksheet and put the words in each sentence in order. Next, students write numbers (1 to 10) on the lines next to the sentences to put the instructions in the correct order.

When the students have finished, check the answers with each group and have the students identify the imperative verbs.

Student A - Answer key

- 6 a. Bend your elbows.
- 10 b. Do ten repetitions.
- 2 c. Face the wall.
- 8 d. Hold the position for one second.
- 3 e. Place your feet shoulder-width apart.
- 4 f. Lean forward with your arms straight out.
- 5 g. Put the palms of your hands against the wall.
- 9 h. Slowly push against the wall until your arms are straight.
- 1 i. Stand a little more than an arm's length away from the wall.
- 7 j. Slowly lean towards the wall while your feet are flat on the ground.

Student B - Answer key

- 4 a. Put your heels on the floor.
- 1 b. Sit on a chair.
- 10 c. Repeat each exercise five times.
- 3 d. Stretch both legs out in front of you.
- 7 e. Next, bend your ankles away from you.
- 6 f. Hold your toes pointed up for ten seconds.
- 5 g. Bend your ankles towards you to point your toes up.
- 9 h. Hold your ankles pushed up for ten seconds.
- 8 i. Push your ankles up and put your toes on the ground.
- 2 j. Move forward if necessary until your feet are flat on the ground.

Students then pair up with someone from the other group and take it in turns to read their step-by-step instructions to their partner who listens and follows what is said.

Note: This resource can be edited using a PDF editor.

## Imperative Push-ups and Stretches

### Student A

A. You are going to give a partner instructions on how to do **wall push-ups**. First, put the words in each sentence in order. Then, write numbers (1 to 10) on the lines next to the sentences to put the instructions in the correct order.

..... a. your / elbows / bend

.....

..... b. do / repetitions / ten

.....

..... c. wall / the / face

.....

..... d. for / one / the / hold / second / position

.....

..... e. shoulder-width / feet / your / apart / place

.....

..... f. arms / forward / straight / lean / with / your / out

.....

..... g. put / wall / against / palms / hands / your / of / the / the

.....

..... h. wall / your / slowly / the / straight / arms / are / push / until / against

.....

..... i. length / the / a little / wall / away / an / more / stand / than / arm's / from

.....

..... j. flat / your / towards / feet / lean / slowly / on the ground / the / while / are / wall

.....

B. Next, give Student B instructions on how to do wall push-ups and have your partner follow the instructions. Remember to give the instructions in the correct order, and give your partner time to think about each step.

C. Now, listen to your partner give you instructions on how to do ankle stretches, and follow the instructions as you hear each step.



## Imperative Push-ups and Stretches

### Student B

A. You are going to give a partner instructions on how to do **ankle stretches**. First, put the words in each sentence in order. Then, write numbers (1 to 10) on the lines next to the sentences to put the instructions in the correct order.

- ..... a. the / on / heels / floor / your / put  
.....
- ..... b. a / sit / chair / on  
.....
- ..... c. five / each / repeat / times / exercise  
.....
- ..... d. out / in / you / legs / both / stretch / of / front  
.....
- ..... e. away / next / ankles / bend / you / your / from  
.....
- ..... f. pointed / ten / for / your / up / seconds / hold / toes  
.....
- ..... g. point / bend / towards / your / ankles / up / toes / you / to / your  
.....
- ..... h. ten / ankles / seconds / for / hold / pushed / your / up  
.....
- ..... i. ground / push / put / up / your / toes / ankles / and / on / your / the  
.....
- ..... j. necessary / ground / your / on / the / feet / until / forward / move / are / if / flat  
.....

B. Next, listen to Student A give you instructions on how to do wall push-ups, and follow the instructions as you hear each step.

C. Now, give your partner instructions on how to do ankle stretches and have your partner follow the instructions. Remember to give the instructions in the correct order, and give your partner time to think about each step.

