



Military English

Vocabulary Builder - At an Obstacle Course

TEACHER'S COPY

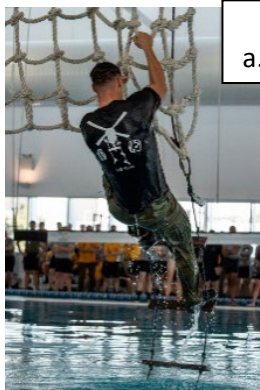
Overview:

This worksheet lists vocabulary related to activities that military personnel do at an obstacle course.

In this lesson, you will:

- ✓ learn vocabulary related to actions at an obstacle course
- ✓ learn vocabulary of things you will see at an obstacle course
- ✓ practise using the vocabulary

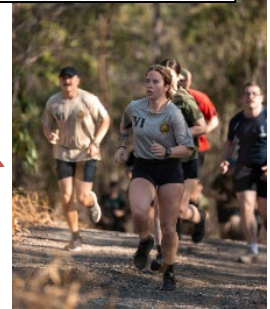
1) Look at the pictures – can you match pairs of pictures that show the same action? The first one is done for you. Find a picture of an obstacle course on the internet and start the lesson by asking 'What's this called?' (if the students don't know it in English, tell them 'obstacle course' and then model and drill). Ask them to chat to a partner about when they last were at an obstacle course. Tell them that this lesson will look at some words for what you do at an obstacle course. Give the instructions for this first task, which continues over the page.



a. climb



c. run



b. march



d. swim



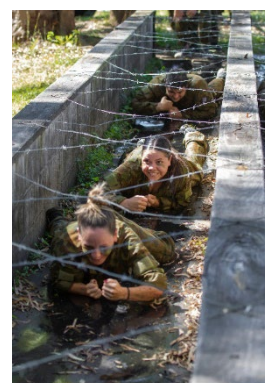
e. crawl



f. jump



g. swing



2) Now write the correct word from the box below into the spaces a-g above. Give instructions now for students to write the words correctly next to the actions. Feedback by asking the students 'What is 'a?'

run // swim // crawl // climb // march // jump // swing

3) Look at the box of words of things you might see at an obstacle course. Match them to the correct picture. Students now move on to match the correct nouns to the picture. Give the instructions and do an example if your students need it.



a. (cargo) net



d. ladder



g. flying fox



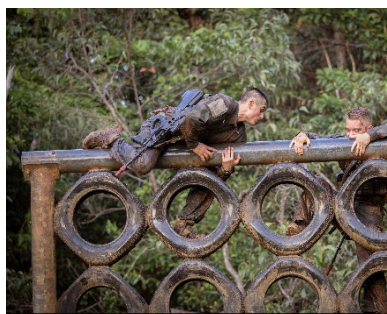
b. tunnel



e. (high/low) wall



h. sandbag



c. tyres



f. (monkey) bars



i. (high/low) beam

sandbag // tunnel // (cargo) net // (high/low) wall // tyres // (monkey) bars //
flying fox // (high/low) beams // ladder **any words in brackets are optional*

Learn about the verbs and their prepositions:

- to crawl **through** a tunnel (= the tunnel is all around you)
- to crawl **under** a net (= the net is on top of you)
- to crawl **across** the rocks / the ropes (= the rocks / ropes are under you)
- to climb **up/down** the cargo net / a tree / the rope
- to swing **across** the bars (using your arms)

- to run / swim / march **to** (+ a target e.g. run to the electricity pole)
- to run / swim / march **for** (+ distance e.g. run for 100 metres)
- to jump **into** the pool (= you get wet)
- to jump / swing **over** the water (= you don't get wet)
- to climb **over** the hill (= to go up AND down the hill)

- 4) Now let's listen to the words practised in this worksheet. Listen and repeat. **Play the audio (or say the words yourself) and model and drill the words in this lesson.**
After working on the pronunciation, you can go back to the table with information about prepositions in the table above. Using pictures to help the learners with the meaning of the prepositions would be helpful. This may help: [Prepositions with Pictures: Useful Prepositions for Kids • 7ESL](#)
- 5) Read how the instructor describes the obstacle course. Re-write the words in bold so they are spelled correctly. Check your answers with a partner after you have finished. **Give the instructions and do an example with your class at the board before they begin. Give them approx. 5 minutes to finish the task. Ask them to check their spelling / answers with a partner and then elicit answers by asking the students to spell the words. e.g. X, please spell the correct answer for number two."**

"I'll tell you about the obstacle course. First **crawl**¹ through the tunnels, then at the other end, **run**² to the **cargo net**³ and **climb**⁴ up, and down the other side. Next, pick up and carry the **sandbag**⁵ for 100 metres. At the pool, **jump**⁶ into the water and **swim**⁷ across to the other side. Out of the pool, **run**⁸ until the low **beams**⁹. Jump across, and then finally, **swing**¹⁰ across the **bars**¹¹ until you get to me. Ready? ..."

- | | | |
|---------------------|-------------------|------------------|
| 1. lcarw | 5. sadnagb | 9. ambse |
| 2. unr | 6. upmj | 10. ginsw |
| 3. ocrag ten | 7. wsim | 11. rabs |
| 4. lbimc | 8. nur | |

- 6) With your partner, write about an obstacle course that would be fun to try. Use at least six (6) words from this lesson. **If you have time in class, you can ask students to do this in pairs. The exercise above can be the model for their writing. They can also do this for homework and then, if you have an obstacle course at your school, they could try to use their description out in the field.**
- 7) Scan the QR code and Watch the video [Police Women's League tackle ADF Obstacle course](#).

Discuss with a partner what you see using vocabulary you learned in this lesson.

From the start, this video has: run (through some water), climb a ladder, crawl through a tunnel, climb over a high wall, jump, climb down the cargo net, run / jump / climb over a low wall, swing across the monkey bars, crawl under the camouflage / cargo net

In class, you could play the video and ask students to shout out the words when they see them.

