

**Military English**

Vocabulary Builder - At an Obstacle Course

**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.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_









b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Now write the correct word from the box below into the spaces a-g above.

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

1. Look at the box of words of things you might see at an obstacle course. Match them to the correct picture.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_





h. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



i. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

sandbag // tunnel // (cargo) net // (high/low) wall // tyres // (monkey) bars //  
 flying fox // (high/low) beams // ladder

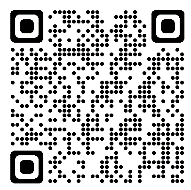
* to crawl through a tunnel (= the tunnel is all around you)
* to crawl under a net (= the net is on top of you)
* to crawl across the rocks / the ropes (= the rocks / ropes are under you)
* to climb up/down the cargo net / a tree / the rope
* to swing across the bars (using your arms)
* to run / swim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

**Learn about the verbs and their prepositions**:

1. Now let’s listen to the words practised in this worksheet. Listen and repeat.
2. 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.

“I’ll tell you about the obstacle course. First \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1 through the tunnels, then at the other end, \_\_\_\_\_\_\_\_\_\_\_\_\_\_2 to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3 and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**4** up,and down the other side. Next,pick up andcarry the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**5** for 100 metres. At the pool, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**6** into the water and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**7** across to the other side. Out of the pool, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**8** until the low\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**9**. Jump across, and then finally, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**10** across the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**11** until you get to me. Ready? ...”

1. **lcarw**
2. **unr**
3. **ocrag ten**
4. **lbimc**
5. **sadnagb**
6. **upmj**
7. **wsim**
8. **nur**
9. **ambse**
10. **ginsw**
11. **rabs**
12. With your partner, write about an obstacle course that would be fun to try. Use at least six (6) words from this lesson. Use the description in Ex 5 to help you.
13. Scan the QR code and watch the video [Police Women’s League tackle ADF Obstacle Course](https://youtu.be/5lEqeMZn84g?si=P7X14ocy1w6K5kEW).

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

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