



# Military English

## Vocabulary Builder - At an Obstacle Course

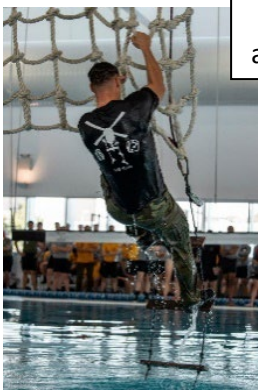
### Overview:

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

### In this lesson, you will:

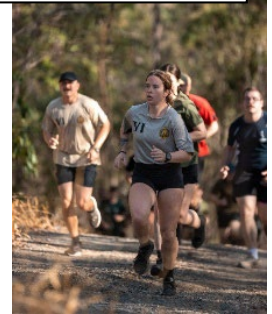
- ✓ learn vocabulary related to actions at an obstacle course
- ✓ learn vocabulary of things you will see at an obstacle course
- ✓ practise using the vocabulary

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. \_\_\_\_\_



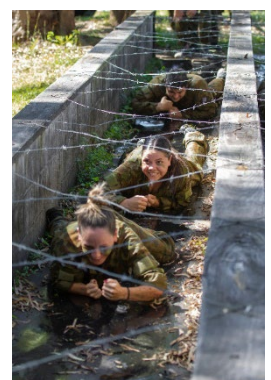
e. \_\_\_\_\_



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



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



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

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

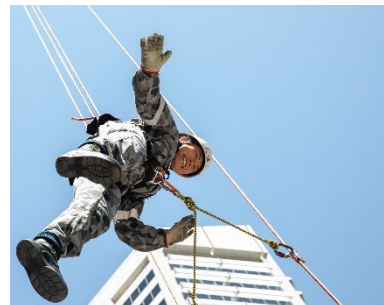
3) Look at the box of words of things you might see at an obstacle course. Match them to the correct picture.



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



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



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



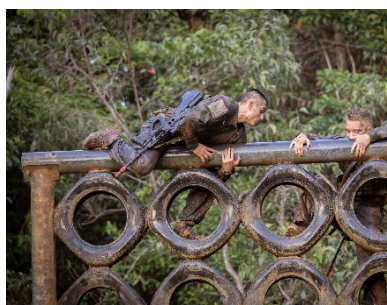
b. \_\_\_\_\_



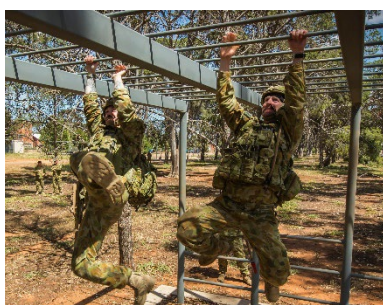
e. \_\_\_\_\_



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



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



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



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

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

### 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.
- 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.

"I'll tell you about the obstacle course. First \_\_\_\_\_<sup>1</sup> through the tunnels, then at the other end, \_\_\_\_\_<sup>2</sup> to the \_\_\_\_\_<sup>3</sup> and \_\_\_\_\_<sup>4</sup> up, and down the other side. Next, pick up and carry the \_\_\_\_\_<sup>5</sup> for 100 metres. At the pool, \_\_\_\_\_<sup>6</sup> into the water and \_\_\_\_\_<sup>7</sup> across to the other side. Out of the pool, \_\_\_\_\_<sup>8</sup> until the low \_\_\_\_\_<sup>9</sup>. Jump across, and then finally, \_\_\_\_\_<sup>10</sup> across the \_\_\_\_\_<sup>11</sup> until you get to me. Ready? ..."

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

- 6) 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.
- 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.

