

Box 5.6d: Framing writing

PE: instruction – how to warm up for tennis

Title:

Equipment list:

General warm-up (whole body, e.g. run, skip, knee lift, sidestep, arm swing, skipping)

1. Start by ...ing
2.
- 3.
- 4.

Illustrations

Tips: Remember to....

Stretching (6–8 second stretch of key muscles, repeated several times)

1. Now
- 2.
- 3.
- 4.

Illustrations

Tips: Remember to ...

Specific warm up (practise movements used in this sport)

1. Now
- 2.
- 3.
- 4.

Illustrations

Tips: Remember to ...

Useful language

Verbs: *lift, move, bend, twist, hold, lower, raise, turn*

Adverbs and prepositions: *straight, round, upwards, left, right, up, down, behind, in front of, next to*