

Vocabulary 1°ESO

1	MATERIALS		37	WORDS RELATED TO THE THEORY	
2	Wall bars		38	Orienteering	
3	Cone		39	Path	
4	Bench / Swedish bench		40	Trail navigation	
5	Hoop		41	Target	
6	Hurdles		42	Footprints	
7	Mat		43	Field	
8	Bib		44	Landmark	
9	Whistle		45	Land	
10	Compass		46	Diversion	
11	Map		47	First aid	
			48	Remain calm	
			49	Injury	
			50	Bleeding	
			51	Veins	
			52	Wound	
			53	Scratches	
	ACTIONS AND MOVEMENTS				
12	High knees		54	Myths	
13	Butt kicks		55	Performance	
14	Sit ups		56	Sedentary lifestyle	
15	Lunges		57	Obesity	
16	Plank		58	High blood pressure	
17	To crouch		59	Hormonal balance	
18	To hop		60	Ache	
19	To get up		61	Postural Hygiene	
20	To get down		62	Habits	
21	To lie down		63	Straight	
22	To extend		64	Sideway curvature	
23	To bend		65	Curve	
24	On all fours		66	Vertebrae	
25	To jump		67	Bones	
26	Squat		68	Muscles	
27	To match		69	Backpack	
28	To remain calm		70	Shoulder strap	
29	To secure				
30	To rush			ACROSPORT	
31	To get help		71	Mounter	
32	To bleed		72	Spotler	
33	To raise the risk of		73	Base	
34	Performance		74	Area of support	
35	To carry				
36	To sweat				