A1

MOVEMENT VERBS

Exercise 1

Choose the correct option for each gap.

1. Susan likes to _____ around the park every morning.
   a. swim
   b. sit
   c. stand
   d. jog

2. There were no chairs in the room, so we had to _____.
   a. sit
   b. pull
   c. stand
   d. run

3. I _____ my books to school in my green school bag.
   a. carry
   b. dance
   c. push
   d. pass

4. I _____ the heavy door open.
   a. danced
   b. stood
   c. sat
   d. pulled

5. The horse _____ over the fence.
   a. danced
   b. jogged
   c. jumped
   d. ran

6. Tim _____ off his bicycle and hurt his arm.
   a. swam
   b. ran
   c. danced
   d. fell

7. I can't _____ this box. It's too heavy!
   a. lift
   b. dance
   c. pass
   d. run

8. Sara is _____ on the sofa.
   a. standing
   b. sitting
   c. pushing
   d. passing

9. I _____ the button and waited for the elevator to arrive.
   a. pressed
   b. pulled
   c. sat
   d. swam

10. Please _____ me the salt.
    a. pull
    b. .pass
    c. swim
    d. run

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Exercise 2

Complete each sentence with one of the options. You can use each option only ONCE.

1. My dogs always _____ after my neighbour's cat.
2. Their children often _____ in the sea.
3. Can you _____ the salt?
4. Don't pull. You need to _____ the door to open it.
5. I asked Sam to help me _____ the heavy sofa.
6. I usually _____ to work, but I take my car when it rains.
7. The children like to _____ the tree in the garden.
8. The man offered to _____ my heavy bag for me.
9. I often listen to music and _____ while I clean.
10. Alice likes to _____ on the sofa and watch television.

A. run
B. pass
C. lift
D. dance
E. push
F. carry
G. swim
H. walk
I. sit
J. climb

Exercise 3

Fill in each gap with a word from the box below. You can use each option only ONCE.

carried – climbed – danced – jogged – lifted – pulled – sit – stand – swam – walk

I work in an office. This means that I **1)** _____ at a desk every day, and I don't have much time to exercise. The only time I move is at lunchtime, when I **2)** _____ up from my chair and **3)** _____ to the fridge to get my lunch. I know this is not good for me, so last week I decided to change.

On Monday morning, I put on my sports clothes and I **4)** _____ for 30 minutes before work. Then, at the office, I didn't take the elevator. I **5)** _____ all the stairs to the fifth floor. In the evening, I went to the fitness centre where I **6)** _____ in the pool for an hour, then **7)** _____ some weights in the gym.

I was hungry after the exercise, so I went to the shop to buy dinner. I bought lots of healthy vegetables to make a salad, then I **8)** _____ the heavy bags home.

When I got home, I **9)** _____ open the fridge door to get a drink, then turned on the radio and **10)** _____ to music while I made dinner.

When the food was ready, I sat down at the table and enjoyed my meal. It was the perfect end to a long and healthy day.

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ANSWER KEY

Exercise 1

1. d.
2. c.
3. a.
4. d.
5. c.
6. d.
7. a.
8. b.
9. a.
10. b.

Exercise 2

11. A.
12. G.
13. B.
14. E.
15. C.
16. H.
17. J.
18. F.
19. D.
20. I.

Exercise 3

1. sit
2. stand
3. walk
4. jogged
5. climbed
6. swam
7. lifted
8. carried
9. pulled
10. danced

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