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Název školy	Janáčkova konzervatoř a Gymnázium v Ostravě, příspěvková organizace Českobratrská 40, Ostrava
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Předmět	Anglický jazyk
Tematický celek	Anglický jazyk
Ročník	První ročník SŠ
Datum tvorby	17.11.2012
Anotace	Předložky místa/času a slovesa pohybu
Metodický pokyn	Pracovní list A. Vložit AT, IN, ON do mezer B. Ve dvojicích přiřadit anglická a česká slova (rozšíření předložek a sloves pohybu) C. Společně přečíst text a popis sestavy Pozdrav slunci; práce se slovníkem D. Cvičte podle instrukcí
Pokud není uvedeno jinak, uvedený materiál je z vlastních zdrojů autora	

A.**Fill in AT, IN, ON.**

- 1.) Please come 5.30 p.m.
- 2.) What will you do the morning? – I don't know. I want to go shopping the afternoon and read a book the evening.
- 3.) We always meet Mondays.
- 4.) They never stay home Easter.
- 5.) What are you going to do Christmas?
- 6.) I usually ski winter, ride my bike autumn and spring.
- 7.) I was born 22nd April 1987.
- 8.) My brother is school and my parents work.
- 9.) Is there a pet shop this building?
- 10.) His things are the floor.
- 11.) His brother doesn't sleep night. He is a vampire.
- 12.) There are many chairs that room.
- 13.) What are you going to do the summer? – I am going to Italy.
- 14.) Some people think that going on holiday May is better than going there August.

B.**Match the words on the left with their translations on the right.**

take a breath	vydechnout
breathe in = inhale	nadechnout
breathe out = exhale	nadechnout se
Hold	dát níž, snížit
Lift	napnout, natáhnout
Step	držet
Lower	udělat krok
Bend	zvednout
Stretch	ohnout
Apart	vedle
In	dopředu
Up	od sebe
Down	přes
By	dozadu
Over	u
Forward	v
Back	nahoru
Into	dolů
Beside	do, dovnitř

C. Read the text and descriptions (1-12) below. Use a dictionary if necessary.

Surya Namaskar, the Sun Salutation,

is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility.

For the series below, a single round consists of two complete sequences: one for the right side of the body and the other for the left.

<p>1. Mountain</p>  <p>Mountain pose: feet about hip width <u>apart</u>, hands either <u>by</u> your sides or <u>in</u> prayer position. Take several deep breaths.</p>	<p>2. Hands up</p>  <p>As you inhale, <u>in</u> one movement, put your arms <u>up over head</u> and gently arch back as far as feels comfortable and safe.</p>	<p>3. Head to knees</p>  <p>As you exhale, bend <u>forward</u>, bending the knees if necessary, and bring your hands to rest <u>beside</u> your feet.</p>
<p>4. Lunge</p>  <p>Inhale and step the right leg <u>back</u></p>	<p>5. Plank</p>  <p>Exhale and step the left leg back <u>into</u> plank position. Hold the position and inhale.</p>	<p>6. Stick</p>  <p>Exhale and lower yourself as if coming down from a push-up. Only your hands and feet should touch the floor.</p>
<p>7. Upward Dog</p>  <p>Inhale and stretch <u>forward</u> and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. Lift your legs up so that only the tops of your feet and your hands touch the floor. It's okay to keep your arms bent at the elbow.</p>	<p>8. Downward dog</p>  <p>Exhale, lift from the hips and push <u>back</u> and <u>up</u>.</p>	<p>9. Lunge</p>  <p>Inhale and step the right foot <u>forward</u>.</p>
<p>10. Head to knees</p>  <p>Exhale, bring the left foot <u>forward</u> and step into head-to-knee position.</p>	<p>11. Hands up</p>  <p>Inhale and rise slowly while keeping arms extended.</p>	<p>12. Mountain</p>  <p>Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.</p>

Yoga Site : „Sun Salutation“ [online]. [cit. 2012-12-08]. Dostupný z WWW: <http://yogasite.com/sunsalute.htm>> Materiál Sun Salutation byl autorem Yoga Site poskytnut pro účely této šablony. Jeho písemné svolení je k dispozici u autorky této šablony.

D. Make groups of 3-4 students. Read and practise the Sun Salutation.

Solution:

A.

- 1.) at
- 2.) in, in, in
- 3.) on
- 4.) at, at
- 5.) at
- 6.) in, in, in
- 7.) on
- 8.) at, at
- 9.) in
- 10.) on
- 11.) at
- 12.) in
- 13.) in
- 14.) in, in

B.

take a breath
breathe in = inhale
breathe out = exhale

hold - držet
lift - zvednout
step – udělat krok
lower – dát níž, snížit
bend - ohnout
stretch - natáhnout

apart – od sebe
by - u
in - v
up – nahoru
down - dolů
over - přes
forward – dopředu
back - dozadu
beside - vedle
into – do, dovnitř