



## BODY MOVEMENTS

### Glossary

to jog	to sit down	to stand up
to enjoy	to end up	to lie/lay/laying down
to practice	to run	to warm-up
to injure oneself	to stretch	to bend, bent, bent
to strengthen	to crouch down	to jump
to skip	to hop	to take deep breaths
to fall asleep	to try	to pull
to push	a day off	a fitness track
a bench	a drink	the lawn
and nap	muscle soreness	the back muscles
the knees	the ankles	advice
otherwise	easily	the right way

## GRAMMAR

### The preterite in B + verb ending in '-ing'

#### The use

The preterite in B + verb ending in '-ing' is used to describe an ongoing action in the past. This action is often interrupted by a sudden event.

Example: My sister arrived at 3 p.m. I was having a swim.

#### Positive form

I was swimming.  
He was swimming.  
She was swimming.  
It was swimming.  
We were swimming.  
You were swimming.  
They were swimming.

Example: Last week I was working in London.  
Paul was having dinner when the phone rang.

#### Negative form

I wasn't swimming. (was not equals wasn't)  
He/she/it wasn't swimming.  
We weren't swimming. (were not is equal to weren't)  
You weren't swimming.  
They weren't swimming.



Examples: Mary was talking but I wasn't listening.  
The Joneses weren't working at that time. They were traveling.

**Interrogative form**

Was I swimming?  
Was he/she/it swimming?  
Were we swimming?  
Were you swimming?  
Are they swimming?

Examples: Were they traveling in the UK?  
Were you having dinner when she phoned?

And now a dialogue between Wentworth and Sarah...

Wentworth: Hello Sarah, how are you today?

Sarah: Hello Wentworth, I'm fine, thank you?

Wentworth: What did you do for your day off yesterday?

Sarah: I went to the park with a friend of mine and we did the fitness track. It was great to jog a bit. Then we sat down on a bench and had a drink while we were enjoying the sun and we ended up lying down on the lawn for a little nap.

Wentworth: Oh, nice. I wish I had time to practice as well, but I don't often run. I really need to warm up the muscles before.

Sarah: Oh yes, that's what I do all the time; otherwise you can easily injure yourself.

Wentworth: Sure. How do you warm up? Because I always have muscle soreness after an effort, so I might not do it the right way.

Sarah: Well, I start to stretch my body by bending a few times to strengthen my back muscles, then I crouch down about ten times. It's really good for the knees and ankles. I like to jump, skip, hop, and then I can start running.

Wentworth: Alright. And what do you do after running?

Sarah: I lie down, take deep breath and let go of the tension. Generally, I fall asleep.

Wentworth: Thanks for your advice Sarah. I will try your method.