


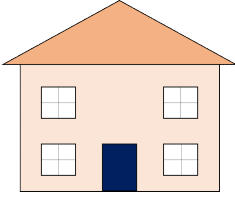


# Maximiza tu Inglés Diario

## Playgrounds & Illnesses / Injuries

### Week 2 - Swings & Springies

#### Sample Routine

	Walk / drive to the playground
	Have a go on the swing / springy
	Get off the swing / springy
	Walk / drive home from the playground

## Maximiza tu Inglés Diario

### Playgrounds & Illnesses / Injuries

#### Week 2 – Swings & Springies

#### Essential Vocabulary

Word	Type	Definition	Example
Swing	Noun	A seat that hangs down from a metal frame by means of ropes or chains. The objective is to sit on the seat as it moves forwards and backwards through the air.	Wow! There are six swings in this park!
Birds nest swing / Nest swing	Noun	A large circular swing, with a solid outer ring filled in with webbed or criss-crossed netting or ropes. Multiple people can use this swing at the same time. It resembles a birds' nest, which is how it got its name.	Your sister is on the birds nest swing. Do you want to get on it with her?
Inclusive swing	Noun	A swing designed specifically for children who are unable to use a traditional flat or curved swing seat. These swings are often chair-like and hung from a metal frame by 4 separate chains.	Sweetie, please leave the inclusive swing free for those who need it.
Toddler swing / Baby swing / Bucket swing	Noun	A swing that resembles a bucket, that supports children in an upright position. It has leg holes and sometimes a harness or safety belt to keep kids from falling out.	Your brother wants to go on the baby swing. Do you want to push him, gently?
Springy / Spring rider / Spring rocker	Noun	A seat, hand bars and foot rest (often in the shape of an animal or vehicle), that sit on a large spring and rock backwards and forwards or side to side.	What is this springy? Is it a motorbike?
Spring	Noun	A spiral of metal which returns to its original shape and position after it is pressed, pushed or pulled.	Can you see the big spring under the springy's seat?
To swing	Verb	The motion of repeatedly moving backwards and forwards, or from side to side.	Honey, swing your legs backwards and forwards to make the swing move.
To push	Verb	To move an object away from you or away from it's initial position, using force.	Would you like me to push you on the swing?
To pull	Verb	To move an object towards you or away from its original position, using force.	I'm going to pull the swing back, then let it go, OK?
To go higher	Phrasal verb	To move into a position above the one you're originally in.	Do you want to go higher?
To go lower	Phrasal verb	To move into a position below the one you're originally in.	OK, if you want to go lower, I won't push you so hard.

## Maximiza tu Inglés Diario

### Playgrounds & Illnesses / Injuries

#### Week 2 – Swings & Springies

#### Essential Vocabulary

Word	Type	Definition	Example
To be careful	Phrasal verb	To pay attention to what you are doing, in order to avoid harm, damage, or mistakes.	Darling, you know I don't like you standing on the springy. Please be careful!
To keep away from	Phrasal verb	To maintain a distance from somewhere, something or someone.	Honey, keep away from the swings please. They could swing back and hurt you.
To keep your distance	Phrasal verb	To avoid going near somewhere, something or someone.	Please be careful and keep your distance from the swings.
To stand back from	Phrasal verb	To keep or move a short distance away from somewhere, something or someone.	Stand back from the swings sweetie, you're far too close.
Rubber tile	Noun	A thin, usually square or rectangular piece of rubber, used as flooring in many playgrounds.	Watch out! The rubber tiles underneath the springy are broken.
Concrete	Noun	A very hard material made by mixing together cement, sand, small stones, and water. Often used for playground flooring.	Don't slide along the floor here please, it's concrete. You'll scratch your knees!
Grass	Noun	A green plant that grows naturally. It has very thin leaves that grow close together in large numbers. Often found in and around playgrounds.	I love the grass at this playground, it's so green and soft!
Artificial grass	Noun	A synthetic material made to simulate the look and feel of real grass. Often found in and around playgrounds.	Why don't you play on the artificial grass over there?
Gravel	Noun	Very small stones, often mixed with sand, used for paths, and in playgrounds and parks.	Sweetie, please don't fill your pockets up with gravel!
Sand	Noun	Tiny grains of rock. Sand is found at the beach, in sandpits and as flooring in some playgrounds.	Oh dear! Are your shoes full of sand?
Woodchip	Noun	A very small piece of wood.	I love that this playground has woodchip flooring!

## Maximiza tu Inglés Diario

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#### Week 2 – Swings & Springies

#### Idioms

Idiom	Definition	Example
To get in(to) the swing of things	To finally feel comfortable with something and begin to enjoy it or do it better.	You're really getting into the swing of things now! It looks like you're having a wonderful time at the playground.
Swings and roundabouts	When the negative aspects of a certain situation are balanced out by the positive aspects (or vice versa).	The "pirate playground" is further away, but the "ship playground" is smaller. So it's swings and roundabouts really...
No room to swing a cat	Used to describe a very small or cramped space.	Jeez! The playground is packed today! There's no room to swing a cat!

### Playgrounds & Illnesses / Injuries

#### Week 2 – Swings & Springies

#### Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

### SWING

#### ELEMENTARY

1. Do you want to have a go on the swing?
2. Please wait your turn! That girl is waiting for the swing.
3. Stand back while you wait. You could get hit by the swing.
4. I'll help you get on.
5. Do you want me to push you higher?
6. Are you ready? I'm going to push you really high!
7. It's somebody else's turn on the swing now.
8. Time to get off the swing!

#### INTERMEDIATE

1. Is it swing time?
2. Darling, there's a queue for the swing. Please wait your turn!
3. You have to stand back while you wait. If you get too close, you could get hit by the swing.
4. Just one sec, I'll help you get on.
5. What's that? You'd like to go higher?
6. I'm going to push you soooo high! Right up to the sky!
7. My lovely, you've been on the swing for a while now. It's somebody else's turn.
8. Come on, time to get off the swing!

#### ADVANCED

1. What would you like to do now? Have a go on the swing?
2. Darling, those kids are waiting to get on the swings too. You have to be patient & wait your turn.
3. Please be careful & stand back from the swings. I'm worried that if you stand too close, you'll get hit.
4. Stop wriggling please & I'll lift you up & help you get on.
5. How you doing? Ready to go higher? Are you sure?
6. I'm going to push you right up to the sky! Wait for it... Hold on tight!!
7. Sweetie, your time is up. It's time for another kid to have a go on the swing.
8. Come on, let's get you off the swing! It's time to play on something else!

## Maximiza tu Inglés Diario

### Playgrounds & Illnesses / Injuries

#### Week 2 – Swings & Springies

#### Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

## SPRINGY

### ELEMENTARY

1. Would you like a go on the springy?
2. You can push the springy backwards and forwards. And side to side!
3. What is this springy? Is it a horse / sheep / car...?
4. Have you had enough?
5. Be careful getting off the springy.

### INTERMEDIATE

1. Fancy a go on the motorbike springy?
2. You can push the springy in all directions. Backwards and forwards. And side to side!
3. I think this springy is supposed to be a horse. Or is it a sheep? What do you think?
4. Have you finished on the springy for now?
5. Please get off the springy safely, I don't want you to hurt yourself.

### ADVANCED

1. Wanna have a go on the springy? The motorbike is free if you fancy it?
2. You can push the springy, and it'll bend in all directions! Backwards and forwards. And side to side!
3. I have no idea what this springy is supposed to be! Do you? Is it a motorbike?
4. Are you done on the springy? Have you had enough?
5. Sweetie, watch what you're doing and get off the springy carefully please.

## Playgrounds & Illnesses / Injuries

### Week 2 – Swings & Springies

#### In Context: A Whatsapp Group Conversation

You'll find a lot of the essential vocabulary provided this week in context in this "group conversation". It aims to help you understand how and when to use the words, sentences and idioms shared previously. Make sure to take note of anything you deem important - highlight words, underline expressions, look up definitions, etc...



#### Playground Fun!

You, Alexis, Ben, Grace, Hubby, Joanna, Kate, Rosie, Vernon

**Joanna**

Sorry Deborah, we've got swimming this afternoon. See you next time! 😊

J

**Ben**

Oh that sounds perfect! I'm sure my kids would love to have a go on the swings too! See you there!

B

**Grace**

We'll join you too. My kids are desperate to try the new nest swings! I can't remember the last time we went to that playground!

G

**Grace**

Oh! Silly me! I almost forgot! We can only stay until 4.30 cos Nanna's coming over this afternoon.

G

**Hubby**

Deborah, remember to take snacks!

H

**Kate**

Count us in!

Oh, I was going to bring some chocolate bars. Is that gonna be a problem?

K

Hey guys!

I'm going to take my 2 to Park Road playground at 4 p.m. They want to see who can swing the highest! 🧒

Who's up for a couple of hours in the playground with us?

Errr, of course! I've already made some peanut butter sandwiches, and am cutting up some apple as we speak!

No! No worries! I'll grab some biscuits too.

## Playgrounds & Illnesses / Injuries

### Week 2 - Swings & Springies

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#### Playground Fun!

You, Alexis, Ben, Grace, Hubby, Joanna, Kate, Rosie, Vernon

**Alexis**

A word of warning mums and dads - the new equipment they've put in there is AMAZING.

But the old stuff and the rubber tiles on the floor near the slide are BADLY deteriorated. It's a bit swings and roundabouts to be honest.

A

**Ben**

OK, good to know. Thanks Alexis! Are you coming?

B

**Alexis**

Not this time! George fell off the springy there yesterday and said he never wanted to go back...

A

**Alexis**

Yeah! 🤔

He's fine thanks. But it's probably better we give it a couple of days before going back there...

A

**Grace**

Oh gosh! Poor George!

I remember when Jane fell off the swing last month. She asked her sister to push her but she wasn't holding on, and she flew right off! She cried for an hour but there wasn't a scratch on her! She must've got such a fright!

G

Oh goodness! Is he OK?

:(

Well, must run. See you all later! Hope George cheers up!



## Maximiza tu Inglés Diario

### Playgrounds & Illnesses / Injuries

Week 2 – Swings & Springies

In Context: Magazine Sales Page

These sales ads, that appear in a local magazine, will help you understand some of the essential vocabulary and sentences provided this week, in context. Remember to take note of anything important - highlight words, underline expressions, look up definitions, etc...

## COMMUNITY PARKS & GARDENS MAGAZINE SALES PAGE



**For sale!**  
**£320**

### Children's swing set, ideal for your community lawns, or local park

It's only 3 years old and is in great condition. The Park Rangers can partially take it apart prior to collection. You'll need a large vehicle to transport it.



**Available now!**

### 3 springies, suitable for children aged 1-4.

One springie is a motorbike, one is a car and the third is a bicycle.

Very good condition. Slightly faded by the sun.

Money must be transferred to the Town Hall prior to picking the springies up.



**50% off!!**

### Nest Swings! Traditional Swings! Inclusive Swings!

We're introducing a new model of nest swings next summer and are selling all swings currently in stock with a huge discount!!

Suitable for parks, playgrounds, and schools, hurry to get yours before we run out! 5 star customer reviews! Our key values are safety, lightweight designs and most importantly, fun for everybody!



**Set of 4 spring rockers! £400**

Install on rubber tiles or concrete only.

We're selling these rockers due to a complete playground redesign. They were bought last summer and were due to replace our old equipment, but are no longer part of the new playground design, so they are BRAND NEW and have never been used. £400 each or nearest offer.

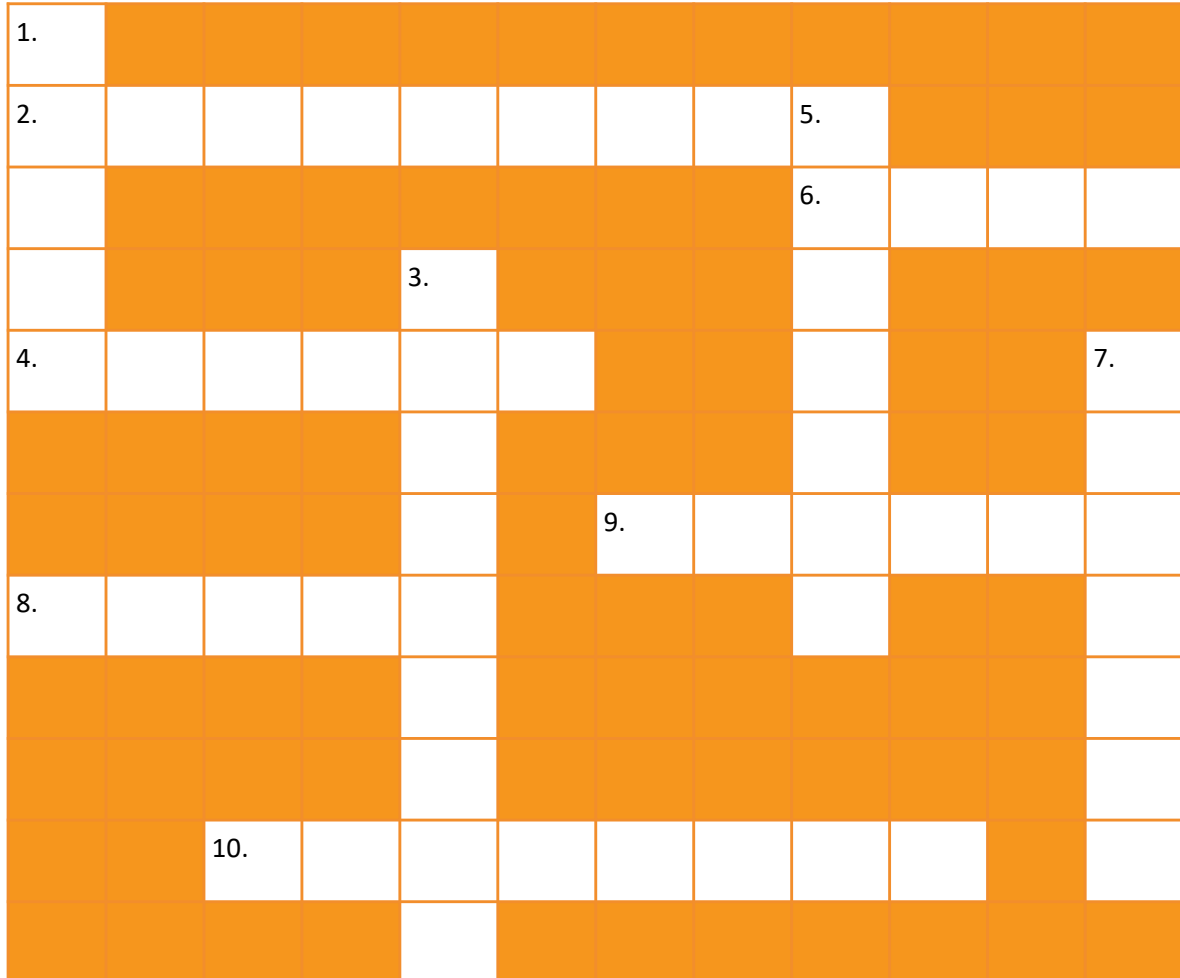
## Maximiza tu Inglés Diario

### Playgrounds & Illnesses / Injuries

#### Week 2 - Swings & Springies

#### Exercise 1: Crossword

Use the definitions to complete this crossword. You'll find the answers on the next page.



DOWN	ACROSS
1. A seat attached to a wooden or metal frame, on which you can sit and move backwards and forwards	2. Small pieces of branches or tree trunks that are sometimes used to cover hard surfaces in playgrounds.
3. A large circular seat made with netting, where a number of children can play together at the same time, moving backwards and forwards.	4. Very small stones that tend to be mixed with sand. Often found on the floor of gardens, parks and playgrounds.
5. A piece of playground equipment that moves in all directions and comes in many different designs. It consists of handles, foot bars and a seat that is attached to a large, sturdy, curved piece of metal.	6. The action of moving something from one place to another (away from you), by using physical pressure or force.
7. Said as an exclamation to make someone pay attention to what they're doing, in order to avoid harm, damage, or mistakes.	8. A green plant with very fine leaves that can be found on the ground in some playgrounds.
	9. A position above the one you or something, is in.
	10. A material made when you mix together cement, sand, small stones, and water. It's often used as flooring in playgrounds.

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## Playgrounds & Illnesses / Injuries

### Week 2 - Swings & Springies

#### Exercise 1: Crossword

Use the definitions to complete this crossword.

1. S												
2. W	O	O	D	C	H	I	P	5. S				
I								6. P	U	S	H	
N				3. N				R				
4. G	R	A	V	E	L			I			7. C	
				S				N			A	
				T		9. H	I	G	H	E	R	
8. G	R	A	S	S				Y			E	
				W							F	
				I							U	
		10. C	O	N	C	R	E	T	E		L	
				G								

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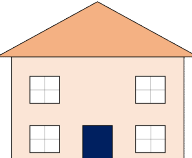
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### Playgrounds & Illnesses / Injuries

#### Week 2 – Swings & Springies

#### Exercise 2: Sentences

1. It's time for you to start preparing the conversations you'll have regarding playground routines, and adapting/personalising everything you've seen this week.
2. Please write 3 to 5 sentences that feel natural to use with your kid for each step of this routine. Use my list of essential vocabulary and sample sentences to help you.
3. Next, select 3 to 5 of these sentences in total to introduce into your daily conversations this week. And write them, alongside any other goals you have for this week, on your calendar
4. Once you've successfully started using these sentences, you can come back to this page and set yourself a new goal of 3-5 more.
5. Make sure to keep track of when you use your target sentences with your kids. Write down anything of interest (how your kid reacted, what s/he said, whether it helped or not...). You should do this daily!

Step	Sentence
	<b>Walk / drive to the playground</b>
	<b>Have a go on the swing / springy</b>
	<b>Get off the swing / springy</b>
	<b>Walk / drive home from the playground</b>