

Lesson Plan: The Body – Position and Movement

Teacher Guide

Topic: the body – position and movement

Timing: about 30 minutes

Lesson type/focus: speaking & vocabulary

Aims:

- **Speaking:** discuss language commonly used to describe position and movement during an examination.
- **Vocabulary:** medical and layman's terms for the body anterior.
- **Speaking:** practice using the target vocabulary.

Overview

The focus of the lesson is vocabulary used to describe position and movement when conducting an examination. The speaking gives the opportunity for students to share ideas and experiences as well as vocabulary. The vocabulary activity will give the students practice for using medical and layman's terms and the speaking activity will allow them to practice using the target vocabulary.

Note: This lesson uses material from SLC's course, '[English for Doctors: Advanced Communication Skills](#)'.

Teaching notes and answer key

Part 1: speaking

Put students into small groups and ask them to brainstorm language that may typically be used in an examination when asking a patient to get into a certain position or move a part of their body.

Elicit ideas and discuss as whole group.

Write elicited ideas on board for later analysis.

Possible answers

Can you show me where it hurts? I'd just like to take a look. Could you try and touch your toes please? If you'd just like to pop yourself up on the bed...

Discuss possible answers and correct as appropriate.

Part 2: Vocabulary

Section A

Put students in pairs or small groups. Ask them to complete the sentences, so adding either a term or completing the definition.

Elicits answers and correct as necessary.

Suggested answers

1. *face up* 2. *prone* 3. *side* 4. *sitting* 5. *abducted* 6. *toward* 7. *bent* 8. *extended* 9. *facing upwards* 10. *down*

Section B

Students then look at the directional phrases used during an examination and complete the sentences with a word from the box.

Answers

1. *back* 2. *look* 3. *open* 4. *deep* 5. *over* 6. *up* 7. *facing* 8. *ceiling* 9. *side* 10. *towards* 11. *middle* 12. *bend* 13. *straight* 14. *Straighten* 15. *palm* 16. *Rotate* 17. *pop*

Part 3: Speaking

Students work in pairs. Each pair is given a set of the cards for the activity. See page below.

Student A takes a card and uses layman's terms to explain the medical term. Student B guesses the term and then students swap roles.

Teacher monitors and gives feedback accordingly.

This can also be done as a physical exercise, where Student A acts the word they have for Student B to guess. They might need some space for this!

anteflexed	abducted
supinated	adducted
supine	pronated
flexed	extended
prone	lateral

Student Worksheet: The body: anterior

Part 1: Speaking

Discuss questions 1 and 2 with your partner

1. What language would you use to ask a patient to get into a position so you can examine them? What are the medical terms for these positions?
2. What phrases would you use to ask a patient to move a part of their body during an examination?



Part 2: Vocabulary

A. Complete the sentences with either a medical term or complete the definition.

1. **supine**: lying _____ on the floor
2. _____: lying face down
3. **lateral**: lying one on _____ of the body
4. **Fowler's position**: _____ up straight with legs either bent or straight
5. _____: - with arms or legs moving away from the midline
6. **adducted** - with arms or legs moving _____ the midline
7. **flexed** - with a _____ arm or leg
8. _____: - with a straightened arm or leg
9. **supinated**: a rotated forearm with the palm _____
10. **pronated**: a rotated forearm with the palm faces _____

B. Look at the directional phrases below and complete the sentences with the words from the box.

Open	Straighten	ceiling	towards	over	back
up	facing	side	look	bend	pop
deep	middle	palm	straight	Rotate	

1. Can I ask you to extend your arm out for me and pull your hand _____?
2. Could you _____ up for me?
3. _____ your mouth for me.
4. Would you take a _____ breath in and out for me please?
5. Can you just roll _____ onto your left-hand side please?
6. Sit _____ please
7. Can you lie _____ down please?
8. Lie facing up, looking up at the _____ please?
9. Can you lie on one _____ please?
10. Keeping your right knee still, can you move your leg _____ the right?
11. Keeping your right knee still, move your leg back to the _____ ?
12. If you can just _____ your arm please?
13. So, if you can just sit up _____ and you can bend or keep your legs straight.
14. _____ your arm for me please.
15. Now, I just need you to rotate your arm so that your _____ is facing the ceiling.
16. _____ your arm so that the palm is facing the floor please.
17. Can you just _____ yourself up on the bed please?

Part 3: Speaking

Your teacher will give you a set of cards.

1. Student A - take a card and explain the word using an expression from this lesson.
2. Student B – guess the word your partner is describing. When you have it, it's your turn to describe a word from your cards. Take turns, going through all the cards.

Example:

Student A: Could you lie on your side for me please?

Student B: Lateral