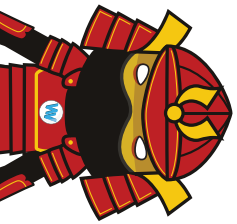
Secret Ninja Vocabulary



Use the code matrix to discover some of Vocabulary Ninja's most powerful words.

Match the numbers in each clue to the corresponding letters to crack the code. The definitions are there to help you. One has been done for you.

4	13	2	9	16	8	24	17	20	11	6	22	18
a	b	c	d	e	f	g	h	i	j	k	l	m

10	1	21	15	3	26	25	5	14	23	12	19	7
n	o	p	q	r	s	t	u	v	w	x	y	z

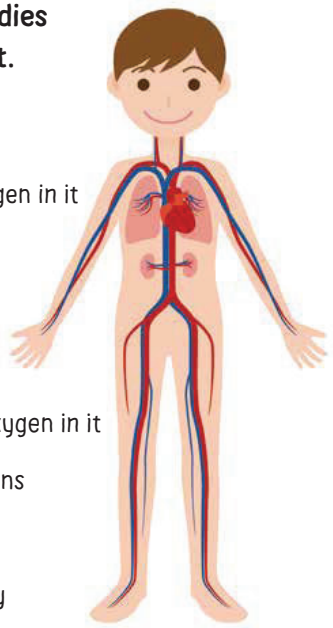
Clue	Definition	Answer
8, 1, 5, 22	dirty and smells unpleasant	foul
9, 16, 14, 20, 26, 16	make a plan	_____
24, 5, 25, 26, 19	brave and determined	_____
20, 10, 26, 20, 26, 25	say something must be done	_____
2, 17, 4, 1, 26	complete disorder or confusion	_____
13, 22, 5, 3, 25	speak suddenly without control	_____
16, 10, 2, 3, 5, 26, 25, 16, 9	covered with a layer of something	_____
3, 5, 18, 18, 4, 24, 20, 10, 24	searching untidily	_____
26, 5, 13, 18, 16, 3, 24, 16	put below the surface of a liquid	_____
2, 1, 10, 25, 1, 3, 25, 16, 9	twisted and bent out of shape	_____

Circulatory System

The circulatory system allows air to enter our bodies and move around it without us even realising it.

Draw a line to match each word to its definition.

circulate	tubes that transport blood with lots of oxygen in it
oxygen	move continuously around
carbon dioxide	two big air sacks found in your chest
arteries	a gas that humans breathe in
veins	tubes that transport blood without much oxygen in it
lungs	tiny blood vessels between arteries and veins
heart	a gas that humans breathe out
capillaries	a muscle that pumps blood around the body



Exercise and Adaptation

Fill in the gaps using the words from the Word Bank.

When we exercise, our m_____ require o_____ at a much greater rate, so we start to b_____ in air faster. Our h_____ has to pump the o_____ in the b_____, so it has to pump harder and faster too. As a result, our body t_____ goes up and our body reacts again, s_____ to cool our body down.

Word Bank

breathe	muscles	oxygen	blood
sweating	oxygen	heart	temperature

TOPIC FOCUS

Importance of Idioms

Idioms are phrases we all use where the meaning of the phrase is used in a descriptive, figurative way, not meaning exactly what the words say. Idioms may sound silly, but they are used in everyday communication so they are important to understand.

Draw lines to match the idioms with their meanings. One has been done for you.

Idioms	Meaning
a grey area	too expensive
a rip-off	stop doing something
call it a day	in the same situation
hold your horses	pass with a very high mark
a bull in a china shop	wait a minute
give it a shot	someone who stays up late
in the same boat	very expensive
out of the blue	something unclear
pass with flying colours	try to do something
cost an arm and a leg	with no warning
move at snail's pace	someone who is very clumsy
a night owl	move very slowly
let the cat out of the bag	tell a secret
slip your mind	forget







Getting Personal

Human beings have many complex and varied emotions and personality traits, which make us all very different.

Write each character trait word from the Word Bank below the correct definition.

Word Bank

~~loyal~~	sarcastic	affectionate
clumsy	curious	trustworthy
considerate	fickle	superficial
honest	gullible	devoted
nonchalant	impulsive	narcissistic
punctual	frivolous	patient

Positive character traits	Negative character traits
always supportive and trustworthy — loyal	often knocks things over
always on time	overly relaxed and not interested
eager to learn	changes friends and loyalties frequently
careful not to harm others	makes comments to mock other people
tells the truth	spends money without thought or care
very loyal and loving	easily persuaded to believe something
can be relied on to be honest and loyal	does things without thought
can wait or put up with delays	shallow, doesn't care or think deeply
shows care and fondness	selfish / obsessed with themselves