



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

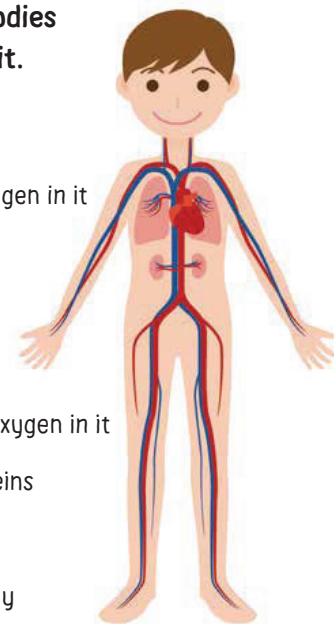
10	1	21	15	3	26	25	5	14	23	12	19	7
n	o	p	q	r	s	t	u	v	w	x	y	z

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	

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



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

a grey area
a rip-off
call it a day
hold your horses
a bull in a china shop
give it a shot
in the same boat
out of the blue
pass with flying colours
cost an arm and a leg
move at snail's pace
a night owl
let the cat out of the bag
slip your mind

Meaning

too expensive
stop doing something
in the same situation
pass with a very high mark
wait a minute
someone who stays up late
very expensive
something unclear
try to do something
with no warning
someone who is very clumsy
move very slowly
tell a secret
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

always supportive and trustworthy
loyal

always on time

eager to learn

careful not to harm others

tells the truth

very loyal and loving

can be relied on to be honest and loyal

can wait or put up with delays

shows care and fondness

Negative character traits

often knocks things over

overly relaxed and not interested

changes friends and loyalties frequently

makes comments to mock other people

spends money without thought or care

easily persuaded to believe something

does things without thought

shallow, doesn't care or think deeply

selfish / obsessed with themselves