



PRE-A1 LESSON

☐ My Body

Head, arms, legs, hands — learn the parts of your body!

Level	Pre-A1 (Beginner)
Age Group	Kids (6-10)
Topic	Body & Health
Duration	~20 minutes
Skill	Vocabulary



□ MY BODY □

Body Part	How Many?	What does it do?
□ head	one	I think with my head
□ arms	two	I wave and hug
□ hands	two	I write and hold things
□ fingers	ten	I count and draw
□ shoulders	two	I carry my bag
□ tummy	one	My food goes here
□ back	one	Behind me
□ legs	two	I walk, run, jump
□ knees	two	They bend!
□ feet	two	I stand and kick

□ FOOT → FEET □

One foot → Two feet (not foots!)	One knee → Two knees
One finger → Ten fingers	One arm → Two arms
One hand → Two hands	One leg → Two legs

□ TOM'S AMAZING BODY □

Read this story. The vocabulary words are in **purple bold**.

My name is Tom. I am six years old. Today, my teacher says: "Let's learn about our body!"

I touch the top of my body. That is my **head**! My brain is inside my **head**. I use my **head** to think.

I have two arms. I wave hello with my arms. I hug my mum with my arms. Arms are great!

At the end of my arms, I have two hands. Each **hand** has five fingers. I use my fingers to write and draw.

I have two shoulders. They are at the top of my arms. I carry my school bag on my shoulders.

In the middle of my body, I have my **tummy**. After lunch, my **tummy** is full. Yummy in my **tummy**!

Behind me, I have my **back**. I cannot see my **back**!

I have two legs. I use my legs to walk, run, and jump. My legs are strong!

In the middle of my legs, I have two knees. My knees bend when I sit down.

At the bottom, I have two feet! I stand on my feet. I kick a ball with my feet.

My body is amazing! I can move, jump, dance, clap, and wave. Thank you, body! □□



QUIZ & ANSWERS

#	Question	Answer
1	1. Where is your brain?	C) In your head
2	2. How many legs?	B) Two
3	3. 'I kick with my ___.'	D) foot
4	4. How many fingers?	C) Ten
5	5. What bends in your leg?	C) Knee
6	6. Tom waves and hugs with?	B) His arms
7	7. 'I have two ___ and two ___.'	B) arms / legs
8	8. Where is your back?	B) Behind you



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My body is amazing! Thank you, body!