



Lesson 1: ¿Qué haces para mantenerte en forma?

Set phrases:

- ¿Qué haces para mantenerte en forma? – *What do you do to keep fit?*
- para mantenerme en forma... - *in order to keep myself fit...*
- hago mucho deporte – *I do lots of sport*

Sports verb infinitives:

- jugar – *to play*
- hacer – *to do*
- correr – *to run*
- saltar – *to jump*
- nadar – *to swim*
- remar – *to row*
- montar a caballo – *to do horse riding*
- montar en bici – *to go cycling*
- patinar – *to skate*
- bucear – *to scuba dive*
- lanzar – *to throw*
- golpear – *to hit*
- patear – *to kick*
- marcar un gol – *to score a goal*
- atacar – *to attack*
- defender – *to defend*
- boxear – *to box*

Sports with jugar (jugar a + el → al (e.g. jugar al fútbol):

- el fútbol – *football*
- el rugby – *rugby*
- el tenis – *tennis*
- el pádel – *padel*
- el hockey – *hockey*
- el pingpong/tenis de mesa – *table tennis*
- el voleibol – *volleyball*
- el béisbol – *baseball*
- el fútbol americano – *American football*

Adjectives to describe sports and athletes (beyond fun, boring, etc.):

- fuerte – *strong*
- débil – *weak*
- rápido – *fast*
- lento – *slow*
- ágil – *agile*
- competitivo – *competitive*
- recreativo – *casual*
- perezoso – *lazy*
- activo – *active*
- seguro – *safe*
- peligroso – *dangerous*

Sports with hacer:

- el deporte – *sport*
- la natación – *swimming*
- la equitación – *horse riding*
- el footing – *jogging*
- el buceo – *scuba diving/snorkelling*
- el submarinismo – *scuba diving*
- el remo – *rowing*
- la vela – *sailing*
- la escalada – *climbing*
- la esgrima – *fencing*
- el patinaje – *skating*
- el patinaje sobre hielo – *ice skating*
- el senderismo – *hiking*

Quizlet Link:



Games:

- un juego – *a game*
- un partido – *a match*
- ganar – *to win*
- empatar – *to draw*
- perder – *to lose*

Healthy/unhealthy living verbs:

- beber más agua – *to drink more water*
- fumar – *to smoke*
- beber alcohol – *to drink alcohol*
- evitar el estrés – *to avoid stress*
- dormir al menos 8 horas al día – *to sleep at least 8 hours a day*
- mantener buena higiene personal – *to keep good personal hygiene*
- mantener una actitud positiva – *to keep a positive attitude*

Lesson 2: ¿Qué está haciendo el futbolista?

Set phrases:

- ¿Qué está haciendo el futbolista? – *What is the footballer doing?*
- **Está + present participle... – He/she is + “ing” ...**

Sports equipment:

- una raqueta – *a racket*
- una pelota – *a ball*
- un volante – *shuttlecock*
- un disco – *a puck*
- un palo (de + deporte) – *a (sport) stick*
- pesas – *weights*
- una máquina – *machine*
- una cinta de correr – *a treadmill*
- una portería – *a goal (e.g. the net)*
- la red – *tennis net*

Places where sports take place:

- el gimnasio – *the gym*
- el polideportivo – *the sports centre*
- el estadio – *the stadium*
- el campo de (+ deporte) – *the (sport) pitch*
- la cancha de (+ deporte) – *the (sport) court*
- las montañas – *mountains*
- la naturaleza – *nature*
- la playa – *the beach*
- el mar – *the sea*
- el río – *the river*
- el lago – *the lake*
- la piscina – *the pool*
- la piscina al aire libre – *the outdoor pool*
- la piscina cubierta – *the indoor pool*
- la pista de hielo – *the ice rink*
- el campo de atletismo – *the athletics track*

Extra sports:

- los deportes de riesgo – *extreme sports*
- los deportes de equipo – *team sports*
- los deportes individuales – *solo sports*
- los deportes acuáticos – *water sports*
- el paracaidismo – *sky diving*
- el bádminton – *badminton*
- la gimnasia – *gymnastics*
- el atletismo – *athletics*
- el boxeo – *boxing*
- las artes marciales – *martial arts*
- levantar pesas – *to lift weights*
- una carrera – *a race*
- entrenar – *to train*
- el entrenamiento – *training*
- el entrenador – *the coach*

Quizlet Link:



Estar (in the Present)

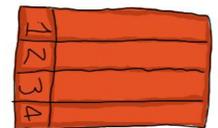
- yo – *estoy*
- tú – *estás*
- él/ella/usted – *está*
- nosotros – *estamos*
- vosotros – *estáis*
- ellos/ellas/ustedes – *están*

Present Participle (“ing” equivalent):

- ar → *ando*
- er → *iendo*
- ir → *iendo*



CAMPEÓN DE WIMBLEDON



Lesson 3: ¿Qué te duele?

Set phrases:

- ¿Qué te duele? – *What is hurting you?*
- **Me duele(n)... - ... is (are) hurting me**

Organs (*los órganos*):

- el corazón – *heart*
- la piel – *skin*
- los pulmones – *lungs*
- el hígado – *liver*
- el cerebro – *brain*

Extra:

- una herida – *an injury (usually external)*
- una lesión – *an injury*

Body parts (*las partes del cuerpo*):

- el cuerpo – *body*
- la cabeza – *head*
- el brazo – *arm*
- la pierna – *leg*
- el pecho – *chest*
- el estómago – *stomach*
- el hombro – *shoulder*
- el codo – *elbow*
- la rodilla – *knee*
- la mano – *hand*
- los dedos – *fingers*
- el pulgar – *thumb*
- el pie – *foot*
- la muñeca – *wrist*
- el tobillo – *ankle*
- los dedos del pie – *toes*
- la espalda – *back*
- un hueso – *a bone*

Body parts continued:

- la cara – *face*
- la boca – *mouth*
- los dientes – *teeth*
- la lengua – *tongue*
- los labios – *lips*
- los ojos – *eyes*
- las cejas – *eyebrows*
- la nariz – *nose*
- la frente – *forehead*
- las orejas – *ears (outer)*
- el oído – *ears (inner)*
- el cuello – *neck*
- la garganta – *throat*
- la mejilla – *cheek*
- la barbilla – *chin*
- las pestañas – *eyelashes*
- las uñas – *nails*

Quizlet Link:



Doler:

- me duele(n)...
- te duele(n)...
- le duele(n)...
- nos duele(n)...
- os duele(n)...
- les duele(n)...

Lesson 4: ¿Cómo te hiciste daño?

Set phrases:

- ¿Cómo te hiciste daño? – *How did you hurt yourself?*
- **Me hice daño cuando... - I hurt myself when...**
- **Estaba jugando al fútbol cuando me caí – I was playing football when I fell**

Injury verbs:

- romperse (un hueso) – *to break a bone*
- torcerse – *to twist*
- caerse – *to fall*
- lastimarse – *to injure oneself*
- quemarse – *to burn oneself*
- tener una infección – *to have an infection*
- tener/sufrir un accidente – *to have an accident*
- tener cuidado – *to take care*

Estar (in the Imperfect):

- yo – *estaba*
- tú – *estabas*
- él/ella/usted – *estaba*
- nosotros – *estábamos*
- vosotros – *estabáis*
- ellos/ellas/ustedes – *estaban*

Present Participle:

- ar → *ando*
- er/ir → *iendo*

Quizlet Link:



Lesson 5: ¿Qué se debería hacer?

Set phrases:

- ¿Qué debería hacer? – *What should I do?*
- Debería(s) + inf ... - *you should + inf ...*
- Tendría(s) que + inf ... – *you should + inf ...*

Extra:

- un consejo – *a piece of advice*
- un dolor – *a pain*
- el estrés – *stress*
- la rutina de sueño – *sleeping routine*



Illness verbs:

- estar enfermo – *to be sick*
- estar cansado – *to be tired*
- tener una quemadura – *to have a burn*
- tener tos – *to have a cough*
- tener catarro – *to have a cold*
- tener gripe – *to have the flu*
- tener náuseas – *to be nauseous*
- tener una enfermedad – *to have a disease*
- tomar pastillas – *to take pills*
- ponerse crema solar – *to put on sunscreen*
- ponerse crema hidratante – *to put on aftersun*
- tomar jarabe – *to take (cough) syrup*
- tomar un descanso – *to take a break*
- descansar – *to rest*
- relajarse – *to relax*
- dormir – *to sleep*
- evitar – *to avoid*

Body idioms:

- echar una mano – *to lend a hand*
- costar un ojo de la cara – *to cost an arm and a leg*
- estar para chuparse los dedos – *to be finger-licking good*
- no pegar ojo – *to not sleep a wink*
- quedarse con la boca abierta – *to be left speechless*
- levantarse con el pie izquierdo – *to get out of bed on the wrong side*
- lavar el cerebro – *to brainwash*
- no tener pelos en la lengua – *to not mince one's words (to be blunt)*
- estar hasta las narices – *to be fed up*
- no tener un pelo de tonto – *to be nobody's fool*
- tomar el pelo – *to pull someone's leg*
- meter sus narices en mis asuntos – *to stick their nose in my business*

Quizlet Link:



Grammar: Doler

The verb “doler” (to hurt/pain) works in the same way as “gustar”; i.e., the verb agrees with the noun (not the person who has the pain), and a pronoun is used to indicate who has the pain. As such, it is nearly always in the 3rd person, “duele”/“duelen”.

Think of the structure, “me duele la cabeza” to literally translate as “to me it hurts the head”, and “me duelen los ojos”, to literally translate as “to me they hurt the eyes”.

Similarly to “gustar”, the pronouns used are not reflexive pronouns but indirect object pronouns:

- me → to me
- te → to you
- le → to him/her/it
- nos → to us
- os → to you pl
- les → to them

As you can also note, “doler” is a stem-changing “boot” verb in the present tense, meaning that the “o” becomes “ue” in all forms except “nosotros” and “vosotros” (although you would almost never use it in those forms).

As mentioned above, for the vast majority of instances, you will use/see “doler” in the 3rd person (either plural/singular). Therefore, when referring to a singular thing hurting someone, the following structures are used:

- me duele la cabeza– my head hurts
- te duele la cabeza– your head hurts
- le duele la cabeza– his/her/its head hurts
- nos duele la cabeza– our head hurts
- os duele la cabeza– your pl. head hurts
- les duele la cabeza– their head hurts

Key: **blue** – who is hurting, **green** – the verb ending, **red** – indication of sing./pl.

Therefore, when referring to a plural thing hurting someone, the following structures are used:

- me duelen los ojos– my eyes hurt
- te duelen los ojos – your eyes hurt
- le duelen los ojos – his/her/its eyes hurt
- nos duelen los ojos – our eyes hurt
- os duelen los ojos – your pl. eyes hurt
- les duelen los ojos – their eyes hurt

Key: **blue** – who is hurting, **green** – the verb ending, **red** – indication of sing./pl.

Grammar: The Conditional

Time references:

- si fuera posible... - *if it were possible*
- si pudiera... - *if I could*

To form the Conditional, we do something different compared to the majority of the tenses we have seen so far (but it's the same process as the Simple Future):

1. Keep the infinitive
2. Add the appropriate Conditional ending based on the person/subject

E.g. Ser → yo

1. ser
2. sería – I would be

To give an opinion in the Conditional, we can use the use the structure:

- sería(n) + adjective

We can also use other opinion verbs but remembering to put the verb in the appropriate Conditional form (3rd person), e.g.:

- me gustaría – *I would like it*
- me encantaría – *I would love it*
- me pondría de buen humor – *it would put me in a good mood*
- me haría reír – *it would make me laugh*

Verb endings:

| | all verbs |
|---------------------|-----------|
| yo | ía |
| tú | ías |
| él/ella/usted | ía |
| nosotros | íamos |
| vosotros | íais |
| ellos/ellas/ustedes | ían |

Important “irregular” verbs

Irregular verbs in the Conditional are verbs whose infinitive changes to the “infinitive stem” (which is the same in the Simple Future)

1. decir → dir
2. haber → habr
3. hacer → har
4. poder → podr
5. poner → pondr
6. querer → querr
7. saber → sabr
8. salir → saldr
9. tener → tendr
10. valer → valdr
11. venir → vendr

Grammar: The Preterite (*I did*)

Time references:

- ayer – *yesterday*
- anteayer – *the day before yesterday*
- la semana pasada – *last week*
- el fin de semana pasado – *last weekend*
- el mes pasado – *last month*
- el año pasado – *last year*
- el verano pasado – *last summer*
- el invierno pasado – *last winter*

To form the Preterite, we follow the same steps as we do for the Present:

1. Identify the infinitive ending (ar/er/ir)
2. Remove the infinitive ending
3. Add the appropriate Preterite ending based on the person/subject

To give an opinion in the Preterite, we can use the use the structure:

- fue + adjective

We can also use other opinion verbs but remembering to put the verb in the appropriate Preterite form, e.g.:

- me gustó – *I liked it*
- me encantó – *I loved it*
- me puso de buen humor – *it put me in a good mood*
- me hizo reír – *it made me laugh*

Regular verbs: ar/er/ir endings

| | ar | er/ir |
|---------------------|--------|--------|
| yo | é | í |
| tú | aste | iste |
| él/ella/usted | ó | ió |
| nosotros | amos | imos |
| vosotros | asteis | isteis |
| ellos/ellas/ustedes | aron | ieron |

Important “irregular” verbs

| | ser/ir (to be/go) | ver (to see) | dar (to give) |
|---------------------|-------------------|--------------|---------------|
| yo | fui | vi | di |
| tú | fuiste | viste | diste |
| él/ella/usted | fue | vio | dio |
| nosotros | fuimos | vimos | dimos |
| vosotros | fuisteis | visteis | disteis |
| ellos/ellas/ustedes | fueron | vieron | dieron |

The “pretérito grave”

The “pretérito grave” is a group of verbs in the Preterite that have irregular stems (the part that is the same regardless of the person) but follow the same verb ending pattern. The core verbs that fit this group are:

- andar (*to walk*) → anduv
- conducir (*to drive*) → conduj
- decir (*to say*) → dij
- estar (*to be*) → estuv
- haber (*there is/are – essentially “hay” in the Present*) → hub
- hacer (*to do/make*) → hic*
- poder (*to be able to*) → pud
- poner (*to put*) → pus
- saber (*to know*) → sup
- traducir (*to translate*) → traduj
- tener (*to have*) → tuv
- querer (*to want*) → quis
- venir (*to come*) → vin

*hic becomes hiz in the él/ella form

| | pretérito grave |
|---------------------|-----------------|
| yo | e |
| tú | iste |
| él/ella/usted | o |
| nosotros | imos |
| vosotros | isteis |
| ellos/ellas/ustedes | ieron |

Grammar: The Present Continuous/Gerundo (*I am doing*)

Time references:

- *ahora – now*
- *en este momento – in this/at the moment*

Use:

The Present Continuous/Gerund is used to indicate an action that is happening at the time of speaking.

For example, an English translation would be:

- I **am doing**
- You **are playing** football
- He **is studying** Spanish

We often use normal “Simple Present” tense to talk about things that generally happen and sometimes things that are currently happening, so the Gerund/Present Continuous is used to really emphasise that something is happening **right now**.

To form the Present Continuous, we need to do 2 things:

1. Conjugate “**estar**” in the Present to agree with the person who is doing the action
2. Create the “Present Participle”

The “Present Participle” is essentially the “ing” form of a verb. It is very easy to form, and does not change depending on which person is doing the action:

- ar → ando
- er/ir → iendo

e.g. jugando = playing, haciendo = doing, saliendo = going out

“estar” in the Present

| | estar |
|---------------------|---------|
| yo | estoy |
| tú | estás |
| él/ella/usted | está |
| nosotros | estamos |
| vosotros | estáis |
| ellos/ellas/ustedes | están |

Important “irregular” verbs:

- decir → diciendo
- venir → viniendo
- seguir → siguiendo
- leer → leyendo
- creer → creyendo
- ir → yendo
- dormir → durmiendo
- morir → muriendo

Examples:

- **estoy jugando** al fútbol → I’m playing football
- **estás haciendo** deporte → you are doing sport
- **está comiendo** → he/she is eating

Grammar: The Past Continuous (*I was doing*)

Use:

The Past Continuous is used to refer to an action that **was happening** (and **was interrupted**).

- I **was playing** football when I fell → **estaba jugando** al fútbol cuando me caí
- You **were reading** when you heard the news → **estabas leyendo** cuando oíste la noticia
- She **was eating** when she received the message → **estaba comiendo** cuando recibió el mensaje

To form the Past Continuous, we need to do 2 things:

1. Conjugate “**estar**” in the Imperfect to agree with the person who was doing the action
2. Create the “Present Participle”

“estar” in the Imperfect

| | estar |
|---------------------|-----------|
| yo | estaba |
| tú | estabas |
| él/ella/usted | estaba |
| nosotros | estábamos |
| vosotros | estabais |
| ellos/ellas/ustedes | estaban |