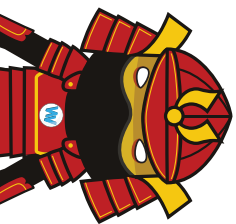




Secret Ninja Vocabulary



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	<u>foul</u>
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	_____

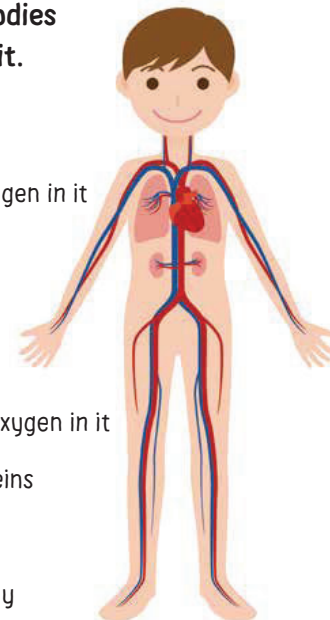


Circulatory System

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



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