CHAPTER 5

GET IN SHAPE!

|  |
| --- |
| LEARNING TARGET Spanish II |
| 1. Informal Commands 2. Review of Present tense, Preterite tense 3. Review Body parts, prepositions 4. Doler follows TARZAN call |

|  |  |
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| **CORNELL NOTES**  **SHEET** | **Name: KattyaRomero**  **Class: Spanish II**  **Topic: Spanish**  **Date: Hoy es del dos mil quince**  **Period** |
| **PREGUNTAS** | **APUNTES** |
| **What are we studying?** |  |
| **What is our focus?** | **Present, Preterit and Informal Commands** |
| **What are we reviewing?** | We are reviewing **present and preterite** |
| **What’s an irregular verb?**  **What’s a regular verb?**  **What the endings for ALL verbs in Spanish?** | **Irregular verbs have a change in the root**  **Regular verb keeps the same root of the verb**  **All verbs in Spanish end in –ar, -er and –ir.** |
| **What is the vocabulary we are reviewing?** | **Pastimes, hobbies, body parts, medical terms.** |
| **SUMMARY: Write 4 or more sentences describing specific learning from these notes.**  **I am going to be able to write express something I am sick and I can explain where it hurts.** | |

|  |  |
| --- | --- |
| **Language:** | Spanish <https://conjuguemos.com/> |
| **Title:** | Ven Conmigo 2: Capítulo 5 |

|  |  |  |  |
| --- | --- | --- | --- |
| **ENGLISH** |  |  | **SPANISH** |
| 1. I already know | 1. ya lo sé |
| 2. I was going to... but I wasn't able | 2. iba a... pero no pude |
| 3. ankle | 3. el tobillo |
| 4. balanced | 4. balanceado/balanceado a |
| 5. be careful | 5. ten cuidado |
| 6. calf (of the leg) | 6. el muslo |
| 7. competition | 7. la competencia |
| 8. cycling | 8. el ciclismo |
| 9. deeply | 9. profundamente |
| 10. diet | 10. la dieta |
| 11. don't add salt | 11. no añadas sal |
| 12. don't be... | 12. no seas... |
| 13. elbow | 13. el codo |
| 14. enough | 14. suficiente |
| 15. fat | 15. la grasa |
| 16. for (a period of time) | 16. por |
| 17. get into shape | 17. ponte en forma |
| 18. habit | 18. el hábito |
| 19. health | 19. la salud |
| 20. healthy | 20. sano/sano a |
| 21. hiking | 21. el senderismo |
| 22. it's just that... | 22. es que... |
| 23. it's necessary | 23. es preciso |
| 24. knee | 24. la rodilla |
| 25. martial arts | 25. las artes marciales |
| 26. mountain climbing | 26. el montañismo |
| 27. neck | 27. el cuello |
| 28. rowing | 28. remar |
| 29. shoulder | 29. el hombro |
| 30. stop smoking | 30. deja de fumar |
| 31. stress | 31. el estrés |
| 32. swimming | 32. la natación |
| 33. thigh | 33. el muslo |
| 34. to ache/to hurt | 34. doler |
| 35. to avoid | 35. evitar |
| 36. to be in good shape | 36. estar en plena forma |
| 37. to be on a diet | 37. hacer régimen |
| 38. to become ill | 38. enfermarse |
| 39. to breathe | 39. respirar |
| 40. to complain | 40. quejarse |
| 41. to dedicate | 41. dedicar |
| 42. to do sit-ups | 42. hacer abdominales |
| 43. to enroll | 43. inscribirse |
| 44. to forget (about) | 44. olvidarse (de) |
| 45. to get tired | 45. cansarse |
| 46. to give permission | 46. dar permiso |
| 47. to go mountain climbing | 47. escalar montañas |
| 48. to have a cramp | 48. tener calambre |
| 49. to have fun | 49. divertirse |
| 50. to hurt (oneself) | 50. hacerse daño |
| 51. to injure (oneself) | 51. lastimarse |
| 52. to jump rope | 52. saltar a la cuerda |
| 53. to lift weights | 53. levantar pesas |
| 54. to lose weight | 54. bajar de peso |
| 55. to move | 55. moverse |
| 56. to put on weight | 56. aumentar de peso |
| 57. to relax | 57. relajarse |
| 58. to remember | 58. acordarse de |
| 59. to row | 59. remar |
| 60. to sprain | 60. torcerse |
| 61. to stay in shape | 61. mantenerse en forma |
| 62. to stretch | 62. estirarse |
| 63. to sweat | 63. sudar |
| 64. to train | 64. entrenarse |
| 65. track and field | 65. el atletísmo |
| 66. well-being | 66. el bienestar |
| 67. wrist | 67. la muñeca |

 Useful websites:

<https://www.youtube.com/watch?v=ZrGwXMbGb1g>

<https://www.youtube.com/watch?v=AlYpkpAB8k8>

<https://www.youtube.com/watch?v=NxQOHkjuybw>

<https://www.youtube.com/watch?v=pOg6y-Q59eM>

<https://quizlet.com/83307955/flashcards>

<https://quizlet.com/60410094/spanish-body-parts-flash-cards/>

Quizlet Extra Credit

<https://quizlet.com/11565379/ven-conmigo-2-chapter-5-5-1-flash-cards/>

<https://quizlet.com/2279965/spanish-ven-conmigo-level-2-ch-5-paso-1-vocab-flash-cards/>

<https://quizlet.com/9898927/ven-conmigo-2-chapter-5-3-flash-cards/>

<https://quizlet.com/11565379/ven-conmigo-2-chapter-5-5-1-flash-cards/>

<https://quizlet.com/448776/ven-conmigo-2-ch-5-paso-3-flash-cards/>

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**Verb Conjugations 5.1 http://www.spanishdict.com/**

**REVIEW OR –AR, -ER AND –IR CONJUGATIONS, IRREGULAR OF VERBS DAR AND DORMIR. AND REFLEXIVE VERBS INSCRIBIRSE**

|  |  |  |
| --- | --- | --- |
| DORMIR TO SLEEP | [**Present**](http://www.spanishdict.com/answers/100045/present-tense) | [**Preterite**](http://www.spanishdict.com/answers/100046/preterite-simple-past) |
| yo | duermo | dormí |
| tú | duermes | dormiste |
| él/ella/Ud. | duerme | durmió |
| nosotros | dormimos | dormimos |
| vosotros | dormís | dormisteis |
| ellos/ellas/Uds. | duermen | durmieron |

|  |  |  |
| --- | --- | --- |
| DAR TO GIVE | [**Present**](http://www.spanishdict.com/answers/100045/present-tense) | [**Preterite**](http://www.spanishdict.com/answers/100046/preterite-simple-past) |
| yo | doy | di | |
| tú | das | diste |
| él/ella/Ud. | da | dio |
| nosotros | damos | dimos |
| vosotros | dais | disteis |
| ellos/ellas/Uds. | dan | dieron |

|  |  |  |
| --- | --- | --- |
| **INSCRIBIRSE**  TO SIGN UP | **Present** | Preterite |
| Yo **me** | inscribo | inscribí |
| Tú **te** | inscribes | inscribiste |
| él/ella/  Ud.  **se** | inscribe | inscribió |
| Nosotros **nos** | inscribimos | inscribimos |
| Vosotros **os** | inscribís | inscribisteis |
| ellos/ellas  /Uds**. se** | inscriben | inscribieron |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **COMER TO EAT** | | |  | PRESENT | [**Preterite**](http://www.spanishdict.com/answers/100046/preterite-simple-past) | |
| yo | | |  | como | comí | |
| tú | | |  | comes | comiste | |
| él/ella/Ud. | | |  | come | comió | |
| nosotros | | |  | [**Present**](http://www.spanishdict.com/answers/100045/present-tense) | comimos | |
| vosotros | | |  | coméis | comisteis | |
| ellos/ellas/Uds. | | |  | comen | comieron | |  |  |  |
| **ASISTIR TO ATTEND** | [**Present**](http://www.spanishdict.com/answers/100045/present-tense) | | | [**Preterite**](http://www.spanishdict.com/answers/100046/preterite-simple-past) |
| yo | asisto | | | asistí |
| tú | asistes | | | asististe |
| él/ella/Ud. | asiste | | | asistió |
| nosotros | asistimos | | | asistimos |
| vosotros | asistís | | | asististeis |
| ellos/ellas/Uds. | asisten | | | asistieron |

# Informal or Tú commands in Spanish 5.2

SONG TO MEMORIZE THE COMMANDS

<https://www.youtube.com/watch?v=Np-iuXB3bzg>

<https://www.youtube.com/watch?v=AvUcZJ50ciw>

https://www.youtube.com/watch?v=nX3iBJWifaM

# <http://www.drlemon.com/Grammar/tu-command.html>

[Vocabulary](http://www.drlemon.com/Grammar/vocabulary.html)

The Informal commands (AKA Telling your family & friends to do stuff!)

When we are with friends, siblings or children, we can order them around more casually. There is a command form for this that is more casual than the [Formal Command](http://www.drlemon.com/Grammar/Formal-commands.html).

We can think of the formation of the **Tú** commands one of two ways:

|  |
| --- |
| * 1) In the affirmative commands you use the 3rd person (él, ella, usted) singular present tense; **- or -** * 2) In the affirmative commands you use the regular Tú present tense form, but drop the "s". |

For example, here are some common affirmative **Tú**commands:

|  |  |
| --- | --- |
| **Infinitive** | **Tú command** |
| Comer | **Come** |
| Hablar | **Habla** |
| Escribir | **Escribe** |
| Leer | **Lee** |
| Apagar | **Apaga** |

Hurrah! Not too difficult!

**And there are only 8 (eight!) irregular affirmative Tú commands:**

(you knew there had to be a couple):

|  |  |
| --- | --- |
| Decir | **Di** |
| Hacer | **Haz** |
| Ir | **Ve** |
| Ser | **Sé** |
| Poner | **Pon** |
| Venir | **Ven** |
| Tener | **Ten** |
| Salir | **Sal** |

**Forming the negative commands in the Informal is a bit trickier.**

The negative command form is actually the ***Tú*** form of the [Present Subjunctive](http://www.drlemon.com/Grammar/Subjunctive/sub-form.html) and therefore similar to the [Formal commands](http://www.drlemon.com/Grammar/Formal-commands.html) (except that we add the ***Tú*** marker: the "***s***".)

Let's take a look. To form the negative***Tú*** commands, you need to first remember how to form the First Person Singular (***Yo***) in the [Present Tense](http://www.drlemon.com/Grammar/Present.html).

Remember if the ***[Yo](http://www.drlemon.com/Grammar/irreg-yo.html)***[form is irregular](http://www.drlemon.com/Grammar/irreg-yo.html), the command will be irregular. Let's try using an irregular: ***Hacer***. First we start with the infinitive of***Hacer***:

1. We need to conjugate it in the first person: ***Hago***
2. Now let's drop the o so we are left with: ***Hag-***
3. Now we add the opposite ending***\**** which for *Hacer* is "***-as***", and add***No*** [because we are making a negative command]
4. And we have our negative *Tú* command: ***No hagas***

***\**** **By opposite ending we mean add the vowel ending of the other type verb: For verbs that end in "*-ar*", we add "*-es*" instead of "*-as"* and for verbs that end in "*-er/-ir*", we add "*-as*" instead of *"-es"***

All of the eight irregular affirmative commands follow the above pattern in the negative commands. (Note that Object pronouns **always**are placedbefore the verb in all negative commands.)

|  |  |
| --- | --- |
| *¡Di la verdad!* | Tell the truth! |
| *¡No digas realmente lo que pasó!* | Don't tell what really happened! |
| *¡Ven acá!* | Come here! |
| *¡No vengas acá!* | Don't come over here! |
| *¡Sal del carro!* | Get out of the car! |
| *¡No salgas del carro!* | Don't get out of the car! |
| *¡Ten cuidado!* | Be careful! |
| *¡No tengas cuidado!* | Don't be careful! |
| *¡Ponlo en la mesa!* | Put it on the table! |
| *¡No lo pongas en la mesa!* | Don't put it on the table! |
| *¡Hazlo!* | Do it! |
| *¡No lo hagas!* | Don't do it! |
| *¡Sé simpático!* | Be nice! |
| *¡No seas tonto!* | Don't be silly! |
| *¡Vete!* | Get out of here! (Get lost!) |
| *¡No te vayas!* | Don't go! |

Look at!

<http://senoritamortimer.weebly.com/level-two.html>

https://ssl.gstatic.com/ui/v1/icons/mail/images/cleardot.gif

Attachments area

Preview attachment VOCABULARY LIST.docx

**VERB CONJUGATIONS 5.3**

**acordarse to remember Present Indicative**

|  |  |
| --- | --- |
| **Yo me acuerdo** | **Nosotros nos acordamos** |
| **Tú te acuerdas** | **Vosotros os acordáis** |
| **Él se acuerda** | **Ellos se acuerdan** |

**acordarse Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me acordé** | **Nosotros nos acordamos** |
| **Tú te acordaste** | **Vosotros os acordasteis** |
| **Él se acordó** | **Ellos se acordaron** |

**Cansarse Present Indicative to get tired**

|  |  |
| --- | --- |
| **Yo me canso** | **Nosotros nos cansamos** |
| **Tú te cansas** | **Vosotros os cansáis** |
| **Él se cansa** | **Ellos se cansan** |

**Preterite cansarse**

|  |  |
| --- | --- |
| **Yo me cansé** | **Nosotros nos cansamos** |
| **Tú te cansaste** | **Vosotros os cansasteis** |
| **Él se cansó** | **Ellos se cansaron** |

**Lastimarse to injure oneself Present Indicative**

|  |  |
| --- | --- |
| **Yo me lastimo** | **Nosotros nos lastimamos** |
| **Tú te lastimas** | **Vosotros os lastimáis** |
| **Él se lastima** | **Ellos se lastiman** |

**Lastimarse Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me lastimé** | **Nosotros nos lastimamos** |
| **Tú te lastimas te** | **Vosotros os lastimasteis** |
| **Él se lastimó** | **Ellos se lastimaron** |

**Enfermarse to get sick to become ill Present Indicative**

|  |  |
| --- | --- |
| **Yo me enfermo** | **Nosotros nos enfermamos** |
| **Tú te enfermas** | **Vosotros os enfermáis** |
| **Él se enferma** | **Ellos se enferman** |

**Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me enfermé** | **Nosotros nos enfermamos** |
| **Tú te enfermaste** | **Vosotros os enfermasteis** |
| **Él se enfermó** | **Ellos se enfermaron** |

**Quejarse Present Indicative**

|  |  |
| --- | --- |
| **Yo me quejo** | **Nosotros nos quejamos** |
| **Tú te quejas** | **Vosotros os quejáis** |
| **Él se queja** | **Ellos se quejan** |

**Quejarse Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me quejé** | **Nosotros nos quejamos** |
| **Tú te quejaste** | **Vosotros os quejasteis** |
| **Él se quejó** | **Ellos se quejaron** |

**Olvidarse to forget Present Indicative**

|  |  |
| --- | --- |
| **Yo me olvido** | **Nosotros nos olvidamos** |
| **Tú te olvidas** | **Vosotros os olvidáis** |
| **Él se olvida** | **Ellos se olvidan** |

**Olvidarse to forget Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me olvidé** | **Nosotros nos olvidamos** |
| **Tú te olvidaste** | **Vosotros os olvidasteis** |
| **Él se olvidó** | **Ellos se olvidaron** |

**Divertirse to have fun Present Indicative SHOE VERB**

|  |  |
| --- | --- |
| **Yo me divierto** | **Nosotros nos divertimos** |
| **Tú te diviertes** | **Vosotros os divertís** |
| **Él se diviertió** | **Ellos se diviertieron** |

**Divertirse to have fun Preterite Indicative SANDAL**

|  |  |
| --- | --- |
| **Yo me divertí** | **Nosotros nos divertimos** |
| **Tú te divertiste** | **Vosotros os divertisteis** |
| **Él se divIrtió** | **Ellos se divIrtieron** |

**IRREGULAR VERBS**

**Hacerse daño to hurt oneself Present indicative**

|  |  |
| --- | --- |
| **Yo me hago daño** | **Nosotros nos hacemos** |
| **Tú te haces daño** | **Vosotros os hacéis** |
| **Él se hace daño** | **Ellos se hacen** |

**Hacerse daño Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me hice daño** | **Nosotros nos enfermamos** |
| **Tú te hiciste daño** | **Vosotros os enfermáis** |
| **Él se hizo daño** | **Ellos se enferman** |

**Torcerse to sprain Present Indicative**

|  |  |
| --- | --- |
| **Yo me tuerzo** | **Nosotros nos torcimos** |
| **Tú te tuerces** | **Vosotros os torcéis** |
| **Él se tuerce** | **Ellos se tuercen** |

**Torcerse to sprain Preterite Indicative**

|  |  |
| --- | --- |
| **Yo me torcí** | **Nosotros nos torcimos** |
| **Tú te torciste** | **Vosotros os torcisteis** |
| **Él se torció** | **Ellos se torcieron** |

**Romperse Present indicative**

|  |  |
| --- | --- |
| **Yo me rompo** | **nosotros nos rompimos** |
| **Tú te rompes** | **vosotros os rompéis** |
| **él se rompe** | **ellos se rompen** |

**Romperse en Preterit**

|  |  |
| --- | --- |
| **Yo me rompí** | **nosotros nos rompimos** |
| **Tú te rompiste** | **vosotros os rompisteis** |
| **él se rompió** | **ellos se rompieron** |

**This verb NOT reflexive**

**Tener calambre to have a cramp Present indicative**

|  |  |
| --- | --- |
| **Yo tengo un calambre** | **Nosotros tenemos un calambre** |
| **Tú te tienes un calambre** | **Vosotros os tenéis un calambre** |
| **Él se tiene un calambre** | **Ellos se tienen un calambre** |

**Tener un calambre**

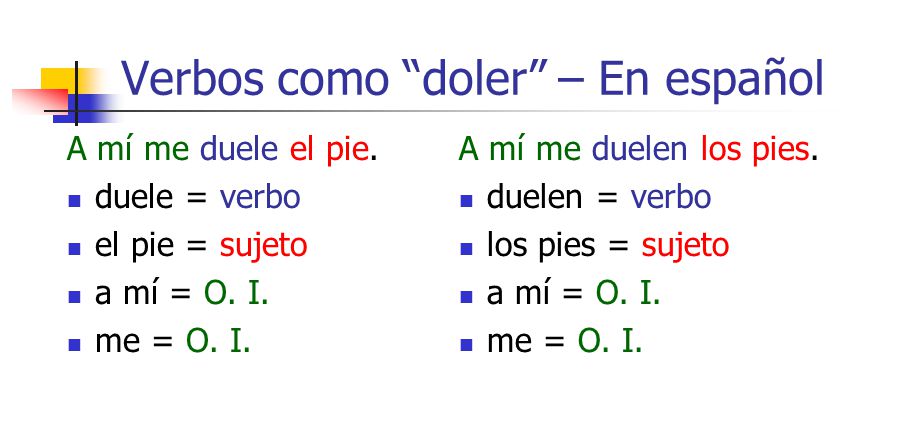
|  |  |
| --- | --- |
| **Yo tuve un calambre** | **Nosotros tuvimos un calambre** |
| **Tú te tuviste un calambre** | **Vosotros os tuvisteis un calambre** |
| **Él se tuvo un calambre** | **Ellos se tuvieron un calambre** |





El verbo DOLER (o → ue) ● Literally, it means to cause pain, but in English we use it in translating sentences with hurt.

SLIDES EXPLANING DOLER: http://slideplayer.es/slide/4633867/



**DOLER**



**DOLER**

*Pretérito*  
**A mí me  Duele                 Singular**

**A ti te                                                     Dolió                Verbs**

**A él le**

**A nosotros                                         Duelen            Plural**

**A vosotros                                           Dolieron             NO VERBS**

**A ellos**

**YOU TUBE VIDEOS BODY PARTS**

**VOCABULARY LIST.docx**

[Preview YouTube video Learn Spanish parts of the body with BASHO & FRIENDS [Episode Version]](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0" \t "_blank)

[[](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0)](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0" \t "_blank)

[[https://ssl.gstatic.com/docs/doclist/images/mediatype/icon_2_youtube_x16.png](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0)](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0" \t "_blank)

**[Learn Spanish parts of the body with BASHO & FRIENDS [Episode Version]](https://www.youtube.com/watch?v=ZrGwXMbGb1g&authuser=0" \t "_blank)**

[Preview YouTube video Head Shoulders Knees & Toes, Spanish version](https://www.youtube.com/watch?v=AlYpkpAB8k8&authuser=0" \t "_blank)

[[https://ssl.gstatic.com/docs/doclist/images/mediatype/icon_2_youtube_x16.png](https://www.youtube.com/watch?v=AlYpkpAB8k8&authuser=0)](https://www.youtube.com/watch?v=AlYpkpAB8k8&authuser=0" \t "_blank)

**[Head Shoulders Knees & Toes, Spanish version](https://www.youtube.com/watch?v=AlYpkpAB8k8&authuser=0" \t "_blank)**

[Preview YouTube video Cabeza, hombros, rodillas, pies - Canciones Infantiles - Toobys](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0" \t "_blank)

[[](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0)](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0" \t "_blank)

[[https://ssl.gstatic.com/docs/doclist/images/mediatype/icon_2_youtube_x16.png](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0)](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0" \t "_blank)

**[Cabeza, hombros, rodillas, pies - Canciones Infantiles - Toobys](https://www.youtube.com/watch?v=NxQOHkjuybw&authuser=0" \t "_blank)**

[Preview YouTube video Las partes del cuerpo in Spanish. Parts of the body in Spanish](https://www.youtube.com/watch?v=pOg6y-Q59eM&authuser=0" \t "_blank)

[[](https://www.youtube.com/watch?v=pOg6y-Q59eM&authuser=0)](https://www.youtube.com/watch?v=pOg6y-Q59eM&authuser=0" \t "_blank)

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**[Las partes del cuerpo in Spanish. Parts of the body in Spanish](https://www.youtube.com/watch?v=pOg6y-Q59eM&authuser=0" \t "_blank)**