



### Segment 13 (Units 25–28)

#### *Move better*

#### Previewing: Freeze Frame

Watch the video until your teacher pauses it. Answer the questions below. You can guess if you're not sure.

1. Who are the people?
2. Where are they?
3. What actions are they demonstrating?
4. What do you think this show is about?

#### Gist Viewing: Normal Viewing

Watch the entire video. Were your answers correct?

#### In-Depth Viewing

Read the statements below. Then watch the video segment again and complete the statements.

1. The first tip about moving that the shows suggests is to \_\_\_\_\_ your boxes.
2. It's important to wrap breakable items with plenty of \_\_\_\_\_ .
3. Bubble wrap is another type of wrapping that is good for packing very \_\_\_\_\_ items.
4. Putting boxes together is easy if you follow the \_\_\_\_\_ .