



**Irish Heart
Foundation**
The National Stroke & Heart Charity



Acmhainní Bhreise

Litriú





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Gael Linn

Torthaí ag Corraí

lth.
12

úll	<i>apple</i>
cíobhaí	<i>kiwi</i>
líomóid	<i>lemon</i>
banana	<i>banana</i>
cleimintín	<i>clementine</i>
mealbhacán	<i>melon</i>
rúbarb	<i>rubharb</i>
annan	<i>pineapple</i>
neachtairín	<i>nectarine</i>

seac léimní	<i>jumping jack</i>
preab	<i>bounce</i>
léim	<i>jump</i>
ciceáil	<i>kick</i>
ardaigh	<i>raise</i>
leag	<i>rest</i>
gach re lámh	<i>alternating hands</i>





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Gael Linn

Damhsa na Láimh

lth.
22

crágshnámh

front crawl

snámh uchta

breaststroke

lapaireacht

paddling

snámh droma

backstroke

síobshiúl

hitchhike

ag greadadh

flapping

ordóg

thumb

coim

waist

gualainn

shoulder

uillinn

elbow

sciatháin

wings

speach

kick

srian an chapail

horse rein





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Gael Linn

Déan a Mhalairt

lth.
32

(téigh ar do) gogaide

squat

méara na gcos

tip-toes

crom síos

bend down

ardaigh

raise

tóg coiscéim

take a step

leag

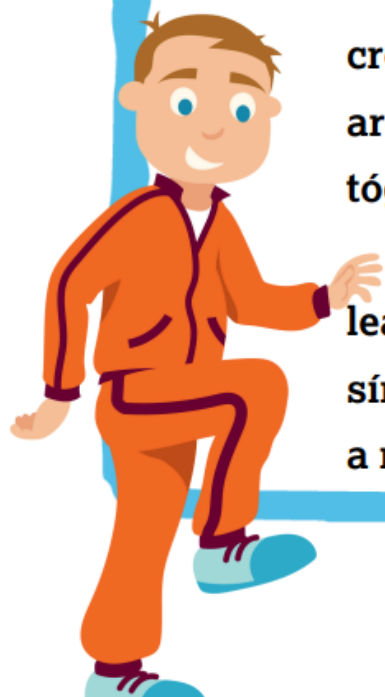
place

sín suas

stretch up

a mhalairt

its opposite



Pocléim Pinn Luidhe

lth.
13

ar leataobh	<i>sideways</i>
chun tosaigh	<i>forwards</i>
siar	<i>backwards</i>
go hingearach	<i>vertically</i>
go cothrománach	<i>horizontally</i>
preabscaradh	<i>split bounce</i>

leag	<i>place (v)</i>
luasc	<i>rock (v)</i>
coinnigh	<i>keep (v)</i>
preab	<i>bounce (v)</i>





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Gael Linn

Cluichí Bualadh Bos

lth.
24



bosa	<i>palms</i>
cosa	<i>feet</i>
glúine	<i>knees</i>
féirín	<i>present</i>
mín	<i>soft</i>

cuimil	<i>rub</i>
buail	<i>clap</i>
(do bhosa)	
dorn	<i>fist</i>