ENGLISH WAY

Grade 7

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Grade 7 - Unit 5

Word	Meaning (Arabic)	Common Collocations (from Text)	Arabic Meaning of Collocations	
Balance (n)	توازن	living in balance, mental balance, emotional balance, maintain balance, restore balance	العيش في توازن , التوازن العقلي , التوازن العاطفي , الحفاظ على التوازن , استعادة التوازن	⚖️ 🧘
Concentration (n)	تركيز	improve concentration, mental concentration, full concentration, concentration skills, concentration level	تحسين التركيز , التركيز العقلي ,التركيز الكامل ,مهارات التركيز ,مستوى التركيز	🧠 🎯
Growth (n)	نمو	personal growth, physical growth, intellectual growth, healthy growth, emotional growth	النمو الشخصي ,النمو الجسدي ,النمو العقلي, النمو الصحي ,النمو العاطفي	🌱 📈
Nutrient (n)	مغذيات	essential nutrients, nutrients for health, rich in nutrients, nutrient-rich food, nutrient intake	المغذيات الأساسية , المغذيات للصحة ,غني بالمغذيات ,طعام غني بالمغذيات ,تناول المغذيات	🥦 🍎
Strength (n)	قوة	physical strength, mental strength, inner strength, strength training, strength of character	القوة البدنية ,القوة العقلية ,القوة الداخلية , تدريب القوة ,قوة الشخصية	💪 🧠
Stress (n)	ضغط عصبي	manage stress, reduce stress, stress relief, stress level, work-related stress	إدارة الضغط, ,تقليل الضغط, تخفيف الضغط , مستوى الضغط , الضغط المرتبط بالعمل	😩 💼
Tiredness (n)	تعب	reduce tiredness, overcome tiredness, feeling of tiredness, tiredness at work, tiredness after exercise	تقليل التعب ,التغلب على التعب ,شعور بالتعب ,التعب في العمل ,التعب بعد التمرين	😴 💤

Well-being (n)	رفاهية	physical well-being, mental well-being, promote well-being, sense of well-being, achieve well-being	الرفاهية البدنية , الرفاهية العقلية ,تعزيز الرفاهية ,إحساس بالرفاهية ,تحقيق الرفاهية	💖🏃
Function (v)	يعمل أو يؤدي وظيفة	function properly, function correctly, function well, fully function, malfunction	يعمل بشكل صحيح , يعمل بشكل دقيق ,يعمل بشكل جيد ,يعمل بالكامل ,خلل في الوظيفة	⚙️🔧
Limit (v)	يحد	limit stress, limit intake, limit sugar, limit time, limit access	يحد من الضغط ,يحد من تناول ,يحد من السكر ,يحد من الوقت , يحد من الوصول	🚫🍭
Perform (v)	يؤدي	perform well, perform tasks, perform duties, perform exercises, perform a role	أداء جيد ,أداء المهام , أداء الواجبات ,أداء التمارين ,أداء دور	🏅🎭
Repair (v)	يصلح	repair damage, repair equipment, repair mistakes, repair relationship, repair devices	إصلاح الأضرار , إصلاح المعدات , إصلاح الأخطاء , إصلاح العلاقة ,إصلاح الأجهزة	🔧🛠️
Calm (adj)	هادئ	calm mind, stay calm, calm environment, calm behavior, calm reaction	عقل هادئ ,البقاء هادئًا ,بيئة هادئة , سلوك هادئ ,رد فعل هادئ	😌🌿
Main (adj)	رئيسي	main goal, main idea, main factor, main topic, main task	الهدف الرئيسي , الفكرة الرئيسية , العامل الرئيسي , الموضوع الرئيسي , المهمة الرئيسية	⚡💡
Proper (adj)	مناسب	proper rest, proper diet, proper way, proper behavior, proper tool	راحة مناسبة ,حمية مناسبة ,طريقة مناسبة ,سلوك مناسب ,أداة مناسبة	✅🍽️
Steady (adj)	ثابت	steady growth, steady progress, steady improvement, steady routine, steady performance	نمو ثابت ,تقدم ثابت , تحسين ثابت ,روتين ثابت ,أداء ثابت	🔄💪

Correctly (adv)	بشكل صحيح	function correctly, follow instructions correctly, perform tasks correctly, speak correctly, write correctly	يعمل بشكل صحيح , اتباع التعليمات بشكل صحيح ,أداء المهام بشكل صحيح ,التحدث بشكل صحيح ,الكتابة بشكل صحيح	✔️ 📝
Completely (adv)	تمامًا	feel completely relaxed, completely finished, completely satisfied, completely different, completely healthy	شعور بالاسترخاء التام ,انتهى تمامًا , راضٍ تمامًا ,مختلف تمامًا ,صحي تمامًا	👌 😌
Courage (n)	شجاعة	show courage, have courage, find courage, courage to act, bravery and courage	إظهار الشجاعة , امتلاك الشجاعة ,إيجاد الشجاعة ,الشجاعة للعمل ,الشجاعة والشجاعة	🦸 🔥
Decision (n)	قرار	make decision, wise decision, final decision, tough decision, important decision	اتخاذ قرار ,قرار حكيم , قرار نهائي ,قرار صعب ,قرار مهم	📝 🤔
Emotion (n)	عاطفة	express emotion, control emotion, strong emotion, emotional reaction, emotional state	إظهار العاطفة , السيطرة على العاطفة , عاطفة قوية ,رد فعل عاطفي ,حالة عاطفية	😢 😡
Failure (n)	فشل	face failure, failure in life, failure to achieve, personal failure, failure experience	مواجهة الفشل ,الفشل في الحياة ,الفشل في الإنجاز ,الفشل الشخصي ,تجربة الفشل	😞 💔
Leadership (n)	قيادة	show leadership, leadership skills, strong leadership, leadership qualities, good leadership	إظهار القيادة ,مهارات القيادة ,قيادة قوية , صفات القيادة ,قيادة جيدة	👨‍💼 💼
Movement (n)	حركة	physical movement, movement of body, movement in sports, slow movement, fast movement	حركة جسدية ,حركة الجسم ,حركة في الرياضة ,حركة بطيئة , حركة سريعة	🏃 💨
Teammate (n)	زميل في الفريق	work with teammate, teammate support, teammate attitude, teammate cooperation, great teammate	العمل مع زميل في الفريق ,دعم زميل في الفريق ,سلوك زميل في الفريق ,تعاون زميل في الفريق ,زميل	🤝 🏆

			في الفريق رائع	
Victory (n)	نصر	achieve victory, victory in sports, victory in battle, sweet victory, hard-earned victory	تحقيق النصر, النصر في الرياضة, النصر في المعركة, النصر الحلو, النصر المكتسب بصعوبة	🏅🏆
Achieve (v)	يحقق	achieve goals, achieve success, achieve dreams, achieve results, achieve targets	تحقيق الأهداف , تحقيق النجاح, تحقيق الأحلام, تحقيق النتائج, تحقيق الأهداف	🎯🏆
Control (v)	يسيطر	control emotions, control thoughts, control behavior, control situation, control performance	السيطرة على العواطف, السيطرة على الأفكار, السيطرة على السلوك, السيطرة على الموقف, السيطرة على الأداء	🎮👮
Depend on (ph.v)	يعتمد على	depend on others, depend on experience, depend on support, depend on technology, depend on friends	الاعتماد على الآخرين, الاعتماد على الخبرة , الاعتماد على الدعم , الاعتماد على التكنولوجيا, الاعتماد على الأصدقاء	🤝🔗
Rise (v)	ينهض	rise above, rise early, rise up, rise in power, rise in popularity	الارتفاع فوق , النهوض مبكرًا , النهوض, الارتفاع في القوة, الارتفاع في الشعبية	🌅🚀
Train (v)	يدرب	train for sport, train hard, train muscles, train mind, train body	التدريب على الرياضة, التدريب الشاق, تدريب العضلات, تدريب العقل, تدريب الجسم	🏋️🤸
Dynamic (adj)	ديناميكي	dynamic team, dynamic personality, dynamic environment, dynamic change, dynamic movement	فريق ديناميكي , شخصية ديناميكية , بيئة ديناميكية, تغيير ديناميكي, حركة ديناميكية	💥⚡
Individual (adj)	فردي	individual sport, individual effort, individual responsibility, individual choice, individual needs	رياضة فردية, جهد فردي, مسؤولية فردية, اختيار فردي ,	👤🏃

			احتياجات فردية	
Unfair (adj)	غير عادل	**unfair treatment, unfair decision, unfair rules, unfair judgment, unfair behavior**	معاملة غير عادلة , قرار غير عادل ,قواعد غير عادلة ,حكم غير عادل ,سلوك غير عادل	⚖️ 🚫
Mentally (adv)	عقليًا	**mentally strong, mentally prepared, mentally focused, mentally challenged, mentally exhausted**	قوي عقليًا ,مستعد عقليًا ,مركز عقليًا , متحدى عقليًا ,مرهق عقليًا	🧠 💡
Physically (adv)	بدنيًا	**physically active, physically fit, physically strong, physically demanding, physically healthy**	نشط بدنيًا ,لائق بدنيًا , قوي بدنيًا ,مرهق بدنيًا ,صحي بدنيًا	🏃 💪
Strategically (adv)	استراتيجيًا	**strategically planned, strategically important, strategically positioned, strategically placed, strategically used**	مخطط استراتيجيًا , مهم استراتيجيًا , موضع استراتيجيًا , موضوع استراتيجيًا , مستخدم استراتيجيًا	🎯 📊

Vocabulary: Choose the correct answer from a, b, c, or d

1. The team was able to _____ their goal in the championship game.
   a) Control b) Achieve c) Repair d) Perform

2. He showed great _____ when he continued to work despite the difficulties.
   a) Failure b) Courage c) Emotion d) Victory

3. To improve your health, it's important to get the right _____ in your diet.
   a) Strength b) Growth c) Nutrient d) Balance

4. The manager made the final _____ about which candidate to hire.
   a) Control b) Leadership c) Function d) Decision

5. In order to stay healthy, it's important to train both _____ and _____.
   a) Calm b) Physically c) Mentally d) Strategically

6. To complete the project, the team needs to work _____ and avoid distractions.
   a) Completely b) Calm c) Steady d) Correctly

7. The coach's _____ guided the team to a national championship.
   a) Emotion b) Leadership c) Function d) Growth

8. You need to _____ to the teacher's instructions if you want to succeed in class.
   a) Achieve b) Control c) Depend on d) Limit

9. The athlete showed _____ by winning the race after months of training.
   a) Stress b) Emotion c) Victory d) Failure

10. The student was able to _____ on the task after a short break.
    a) Limit b) Perform c) Function d) Concentrate

11. The doctor will _____ the patient's wound to help it heal.
    a) Control b) Perform c) Repair d) Rise

12. He was _____ for the job after gaining more experience.
    a) Main b) Steady c) Completely d) Correctly

13. The constant _____ caused her to feel exhausted.
    a) Growth b) Stress c) Tiredness d) Balance

14. She showed her _____ in the face of a tough challenge.
    a) Decision b) Calm c) Failure d) Courage

15. The teacher asked for a _____ response from the students to the question.
    a) Mentally b) Correctly c) Steady d) Completely

16. The manager gave the _____ to the team to work on a new project.
    a) Leadership b) Victory c) Function d) Decision

17. The team's _____ will help them win the game if they stay focused.
    a) Balance b) Calm c) Strength d) Victory

18. The person had the _____ to lead the group through difficult situations.
    a) Leadership b) Courage c) Control d) Emotion

19. He continued to perform _____ even when the odds were against him.
    a) Completely b) Strategically c) Steady d) Correctly

20. The company wanted to improve the _____ of its operations to reduce waste.
    a) Function b) Performance c) Strength d) Growth

21. It's important to maintain a _____ approach when making decisions.
    a) Correct b) Strategic c) Calm d) Steady

22. The team celebrated their _____ after a long and hard-fought competition.
    a) Victory b) Decision c) Failure d) Performance

23. The athlete made the _____ to keep going despite the injury.
    a) Emotion b) Courage c) Decision d) Failure

24. The doctor recommended a _____ treatment plan for his recovery.
    a) Calm b) Proper c) Steady d) Correctly

25. The students showed _____ during the difficult exam period.
    a) Emotion b) Calm c) Strength d) Stress

26. The runner showed _____ after crossing the finish line first.
    a) Calm b) Victory c) Growth d) Emotion

27. The teacher gave a _____ explanation of the assignment to the class.
    a) Steady b) Main c) Completely d) Correctly

28. It's important to _____ others for advice and support in difficult situations.
    a) Achieve b) Control c) Depend on d) Perform

29. The manager will _____ the schedule to ensure everything runs smoothly.
    a) Repair b) Control c) Limit d) Perform

30. The athlete needs to stay _____ in the final moments of the game to win.
    a) Calm b) Mentally c) Steady d) Physically

Grammar Box:

be + used to + verb + ing

We use **be** + ***used to*** + ***verb*** + ***ing*** to talk about **something that feels normal** or **familiar** now.

Remember: be = am/ is/ are

✔ Affirmative Sentences:

- I **am** used to **waking** up early.
- She **is** used to **walking** every day.

✘ Negative Sentences:

- He **is not** used to **drinking** coffee.
- They **are not** used to **sleeping** early.

? Yes / No Questions

Am / Is / Are + subject + used to + verb (+ ing)

- **Is** Hamad used to **studying** at night?
- **Are** your brothers used to **going** to the gym?

Answer: Yes, he **is**. / No, he **isn't**.

? Wh- Questions

Wh- + am / is / are + subject + used to + verb (+ ing)

- What **are** you used to **doing** after school?
- Who **is** she used to **helping** at home?

Answer: I **am** used to **doing** my homework after school.

Choose the correct answer from a, b, c, or d:

1. Hamad is used to _____ up early in the morning.
   a) wakes b) waking c) wake d) woke
2. The team is not used to _____ in cold weather.
   a) training b) train c) trains d) trained
3. Salma is used to _____ her homework right after school.
   a) did b) do c) does d) doing
4. I _____ used to exercising every day.
   a) am b) is c) are d) was
5. They _____ not used to waking up early on weekends.
   a) is b) am c) were d) are
6. Are you used to _____ late at night?
   a) staying b) stay c) stays d) stayed
7. She _____ used to walking long distances every morning.
   a) is b) am c) are d) was

8. We _____ used to taking public transport to work every day.
   a) are b) am c) is d) was

9. I _____ not used to eating spicy food.
   a) am b) is c) were d) are

10. He _____ used to reading before bed every night.
    a) is b) am c) was d) are

11. Are they used to _____ in the rain for long hours?
    a) walk b) walks c) walked d) walking

12. I _____ used to waking up at 5 AM every day.
    a) am b) was c) is d) are

13. She _____ not used to going to bed late.
    a) is b) am c) was d) are

14. They _____ used to working in the office on weekends.
    a) are b) am c) is d) were

15. We _____ used to traveling abroad for holidays.
    a) are b) am c) is d) were

16. He _____ not used to sleeping in a noisy room.
    a) was b) is c) am d) are

17. Are you used to _____ your breakfast at 7 AM?
    a) eat b) eats c) eating d) ate

18. They _____ used to living in a big city.
    a) are b) am c) is d) were

19. I _____ used to working on weekends.
    a) am b) is c) was d) are

20. She _____ used to doing yoga in the morning.
    a) is b) am c) are d) was

21. Are we used to _____ in the same team for every project?
    a) works b) working c) worked d) work

22. He _____ used to being awake at night.
    a) is b) am c) are d) was

23. I _____ not used to eating so much at dinner.
    a) am b) is c) are d) was

24. We _____ used to getting up early during the summer.
    a) are b) am c) is d) were

25. Are they used to _____ their homework before dinner?
    a) doing b) do c) did d) does

26. My parents _____ used to taking long walks after dinner.
    a) are b) am c) is d) were

27. You _____ used to studying in the library every evening, right?
    a) are b) am c) is d) were

28. She _____ used to watching movies on weekends.
    a) is b) was c) am d) are

29. We _____ not used to living in a small town.
    a) are b) am c) is d) was

30. He _____ used to working in a team.
    a) is b) am c) are d) was

31. I _____ used to drinking coffee every morning.
    a) am b) is c) are d) was

32. Are you used to _____ your work in the morning?
    a) doing b) do c) did d) does

33. They _____ used to driving to work every day.
    a) are b) is c) am d) was

34. He _____ not used to going to the gym regularly.
    a) was b) is c) am d) are

35. We _____ used to traveling by train every year.
    a) were b) am c) is d) are

2. Do as shown between brackets.

1. Huda is used to (read) before sleeping. (Correct the verb)

2. The twins are used to taking the bus to school. (Make negative)

3. Ahmed is used to drinking eight glasses of water a day. (Form a question)

4. Sara is used to (wake) up early in the morning. (Correct the verb)

5. They are used to playing soccer after school. (Make negative)

6. I am used to walking to work every day. (Form a question)

7. We are used to (study) for long hours. (Correct the verb)

8. You are used to eating healthy food. (Make negative)

9. The children are used to watching cartoons on weekends. (Form a question)

10. She is used to (go) to the gym three times a week. (Correct the verb)

11. My parents are used to traveling abroad every summer. (Make negative)

12. He is used to (write) emails for work. (Correct the verb)

13. They are used to sleeping late on weekends. (Form a question)

14. I am used to (cook) dinner for my family. (Correct the verb)

15. We are used to drinking coffee in the morning. (Make negative)

16. He is used to (drive) a car to work every day. (Correct the verb)

17. You are used to going to bed early. (Form a negative question)

18. They are used to (wear) uniforms at school. (Correct the verb)

19. She is used to running five kilometers every day. (Make negative)

20. We are used to (travel) by train when we go to the city. (Correct the verb)

across	towards	through	into	over	Around
عبر	نحو	من خلال	بداخل	فوق	حول
Layla is walking across the bridge	**Saleh kicked the ball towards the goal.**	**She is walking through the tunnel**	**The swimmer jumped into the pool**	**The ball went over the net.**	**They are running around the cones**

Grammar Box: Prepositions of Movement	Use **prepositions of movement** to show **direction** or how someone/something **moves** from one place to another.	
Preposition	**Meaning**	**Example**
across	from one side to the other **(over a surface)**	Layla is walking across the bridge.
towards	in the direction of something/someone	Saleh kicked the ball towards the goal.
through	from one side to the other **(inside a space)**	She is walking through the tunnel.
into	from outside to inside	The swimmer jumped into the pool.
over	above or higher than	The ball went over the net.
around	in a circular way	They are running around the cones.

Choose the correct answer from a, b, c, or d:

1. The player kicked the ball so hard that it flew _____ the goalkeeper and landed in the crowd.
   a) through b) over c) across d) into

2. Layla is walking _____ the bridge.
   a) into b) across c) over d) through

3. The ball bounced _____ the net and went out of bounds.
   a) into b) around c) over d) through

4. He ran _____ the field to reach the goal.
   a) across b) around c) under d) over

5. The cat jumped _____ the box.
   a) over b) through c) into d) around

6. The children are running _____ the cones in the playground.
   a) into b) around c) across d) through

7. She is walking _____ the tunnel.
   a) into b) through c) over d) around

8. They ran _____ the park towards the trees.
   a) across b) into c) over d) through

9. The ball flew _____ the net and scored a goal.
   a) through b) over c) across d) around

10. The dog jumped _____ the fence and ran across the yard.
    a) into b) over c) around d) through

11. He walked _____ the path and saw a beautiful flower garden.
    a) into b) across c) over d) around

12. The team ran _____ the cones during the relay race.
    a) through b) around c) into d) over

13. The boat sailed _____ the river towards the island.
    a) across b) over c) through d) into

14. He jumped _____ the small puddle on the ground.
    a) across b) into c) over d) around

15. The students walked _____ the corridor to the classroom.
    a) into b) through c) across d) over

16. She is moving _____ the street towards the school.
    a) over b) into c) across d) around

17. They ran _____ the stairs to catch the bus.
    a) through b) over c) into d) around

18. He went _____ the door to see who was outside.
    a) over b) around c) through d) into

19. The soccer ball rolled _____ the goalpost and went outside the field.
    a) over b) across c) around d) into

20. The runner went _____ the finish line first.
    a) across b) into c) through d) over

21. The bird flew _____ the tree and landed on the roof.
    a) into b) around c) across d) over

22. The children are walking _____ the playground, playing with their toys.
    a) around b) across c) over d) into

23. He ran _____ the river towards the waterfall.
    a) into b) over c) across d) through

24. The coach stood _____ the field, watching the players practice.
    a) across b) through c) around d) over

25. The ball went _____ the window and broke it.
    a) around b) over c) through d) into

26. She ran _____ the stairs to meet her friend at the top.
    a) over b) through c) into d) across

27. The children are moving _____ the garden, picking flowers.
    a) through b) over c) around d) across

28. He is running _____ the path towards the park.
    a) over b) across c) around d) into

29. The dog ran _____ the yard and chased after the squirrel.
    a) through b) around c) into d) over

30. The swimmer swam _____ the pool to the other side.
    a) across b) over c) through d) into

31. The hikers climbed _____ the mountain to reach the summit.
    a) into b) over c) across d) through

32. The car drove _____ the tunnel to reach the other side.
    a) around b) across c) through d) over

33. The bird flew _____ the sky and landed on a tree branch.
    a) around b) over c) through d) into

34. They ran _____ the hallway and entered the classroom.
    a) over b) across c) into d) around

35. She looked _____ the window and saw the snow falling outside.
    a) across b) through c) around d) over

Writing

Plan and write a report of two paragraphs discussing the healthy habits we follow to improve our well-being **and** explaining how playing sports keeps our bodies strong and active.

Healthy Habits

Healthy habits are good. 😊🍏, العادات الصحية جيدة. 😊🍏

Eating healthy food is important. 🍎🥦, تناول الطعام الصحي مهم. 🍎🥦

Drinking water helps us stay strong. 💧💪, شرب الماء يساعدنا على البقاء قويين. 💧💪

Sleeping well keeps us rested. 😴🛏️, النوم الجيد يبقينا مسترخين. 😴🛏️

Being happy and relaxed is good. 😊🧘, الشعور بالسعادة والاسترخاء جيد. 😊🧘

Playing Sports

Sports are fun. ⚽🎾, الرياضة ممتعة. ⚽🎾

Sports make us strong. 💪🏃, الرياضة تجعلنا أقوياء. 💪🏃

Sports keep us active. 🏃🏀, الرياضة تبقينا نشيطين. 🏃🏀

Sports make us happy. 😀⚽, الرياضة تجعلنا سعداء. 😀⚽

Sports are interesting. 💖🏃, الرياضة ممتعة. 💖🏃

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