PRIME ACADEMY
STATE OF E - LEARNING

سؤال الكلمات
Vocabulary Section



Strength
القوه

Exercise gives us strength to do our daily work

التمارين تعطينا القوة لنقوم بأعمالنا اليومية



Well-being
الصحه الجيده

Good sleep and doing exercies are important for our well-being

النوم الجيد وممارسة التمارين الرياضية مهمان من أجل صحتنا الجيدة



Balance
توازن

Students need to balance between their study and rest

يحتاج الطلاب إلى تحقيق توازن بين دراستهم وراحتهم

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سؤال الكلمات
Vocabulary Section



Proper
مناسب (او) صحيح

Proper way of eating helps our bodies stay fit and healthy

الطريقة الصحيحة في الأكل تساعد أجسامنا على البقاء لائقة وصحية



Proper
مناسب (او) صحيح

Don't call people at night,you have to choose a proper time to do it

لا تتصل بالناس ليلًا، يجب أن تختار وقتًا مناسبًا للقيام بذلك



Main
رئيسي واساسي

Water is the main source of life and the sun is the main source of energy

الماء هو المصدر الرئيسي للحياة، والشمس هي المصدر الرئيسي للطاقة

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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- Exercise gives us -------- to do our daily work

A. main | B. strength | C. proper | D. stress

2- Good sleep and doing exercies are important for our -----

A. main | B. well-being | C. failure | D. stress

3- Students need to ------- between their study and rest

A. balance | B. achieve | C. limit | D. steady

4- ------- way of eating helps our bodies stay fit and healthy

A. Decision | B. Concentration | C. Proper | D. Growth

5- Water is the main ----- of life and the sun is the main source of energy

A. source | B. strength | C. decision | D. stress

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Vocabulary Section



Growth
نمو

Children have to eat healthy food for proper growth

يجب على الأطفال تناول طعام صحي من أجل نمو صحيح



improve
يحسن ويطور

Reading improves our thinking and imagination skills

القراءة تُحسّن مهارات التفكير والخيال لدينا



Concentration
تركيز

A quiet place helps us to have concentration in our study

المكان الهادئ يساعدنا على التركيز في دراستنا

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سؤال الكلمات
Vocabulary Section



Perform
يؤدي

The team performed well in the match and won the trophy

أدّى الفريق أداءً جيدًا في المباراة وفاز بالكأس



nutrients
عناصر غذائيه

Fruits and vegetables have many nutrients for the body

الفواكه والخضروات تحتوي على العديد من العناصر الغذائية المفيدة للجسم



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اختر الاجابه الصحيحه

Choose the correct answer



1- Children have to eat healthy food for proper -------

A . tiredness | B . steady | C . growth | D . stress

2- Reading ------- our thinking and imagination skills

A . balances | B . improves | C . performs | D . repairs

3- A quiet place helps us to have ------- in our study

A . tiredness | B . concentration | C . nutrients | D . stress

4- The team -------- well in the match and won the trophy

A . balanced | B . limited | C . performed | D . repaired

5- Fruits and vegetables have many ----- for the body

A . tiredness | B . concentration | C . nutrients | D . stress

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سؤال الكلمات
Vocabulary Section



Function
يـعمل

The machine doesn't function properly,so we have to repair it

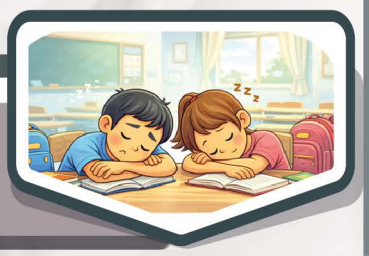
الآلة لا تعمل بشكل صحيح، لذلك علينا إصلاحها



limit
يحد من استخدام الشئ
(يقلل)

People should limit their use of sugar and salt to maintain healthy

يجب على الناس تقليل استخدامهم للسكر والملح للحفاظ على صحتهم



tiredness
التعب والارهاق

After a long day at school,students felt a lot of tiredness

بعد يوم طويل في المدرسة، شعر الطلاب بالكثير من التعب

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سؤال الكلمات
Vocabulary Section



Repair
يصلح

I decided to repair my broken phone instead of buying a new one

قررتُ إصلاح هاتفي المكسور بدلًا من شراء هاتف جديد



Stress
توتر وقلق

Students always experience stress before their final exams

يعاني الطلاب دائمًا من التوتر قبل امتحاناتهم النهائية



Steady
ثـابتة

We should make steady healthy habits to have a strong body

يجب ان نفعل عادات صحيه ثابته من اجل الحصول علي جسم صحي وقوي

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STATE OF E - LEARNING

يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- The machine doesn't ------- properly,so we have to repair it

A. balance | B. improve | C. function | D. limit

2- People should ------ their use of sugar and salt to maintain healthy

A. steady | B. improve | C. function | D. limit

3- After a long day at school,students felt a lot of -------

A. steady | B. concentration | C. nutrients | D. tiredness

4- I decided to ----- my broken phone instead of buying a new one

A. balance | B. repair | C. improve | D. limit

5- Students always experience ----- before their final exams

A. steady | B. concentration | C. nutrients | D. stress

6- We should make ------ healthy habits to have a strong body

A. steady | B. concentration | C. tiredness | D. stress

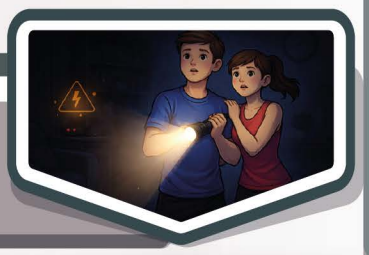
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سؤال الكلمات
Vocabulary Section

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بشكل كامل
(تماما)

Completely



The light suddenly went out and the room was completely dark

انقطعت الكهرباء فـجأه والغرفه كانت مظلمه(تماما)

بشكل صحيح

Correctly



Healthy food helps the body function correctly

الطعام الصحي يساعد الجسم أن يعمل بشكل صحيح

بشكل استراتيجي

strategically



The team members played strategically to win

لعب أعضاء الفريق بشكلٍ استراتيجي للفوز

PRIME ACADEMY
STATE OF E - LEARNING

سؤال الكلمات
Vocabulary Section



Mentally ذهنيا

Students should be mentally prepared for their test

يجب على الطلاب أن يكونوا مستعدين ذهنيًا لاختبارهم



Physically جسديا

Doing sports daily helps us stay physically strong

ممارسة الرياضة يوميًا تساعدنا على البقاء أقوياء جسديًا



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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- The light suddenly went out and the room was --------- dark

A. physically | B. mentally | C. strategically | D. completely

2- Healthy food helps the body function -------

A. physically | B. mentally | C. correctly | D. strategically

3- The team members played --------- to win

A. physically | B. mentally | C. elderly | D. strategically

4- Doing sports daily helps us stay ----- strong

A. physically | B. elderly | C. correctly | D. strategically

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سؤال الكلمات
Vocabulary Section



Calm
هادئ

We should be quiet and calm in public places

يجب ان نكون هادئين في الأماكن العامه



Control
يتحكم

Players must control their actions during the match

يجب على اللاعبين التحكم في تصرفاتهم أثناء المباراة



emotions
مشاعر

Face emotions can sometimes show you what people feel

تعابير الوجه يمكن أن تُظهر أحيانًا ما يشعر به الناس

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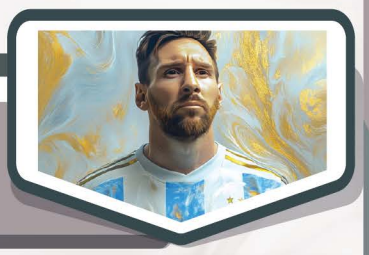
سؤال الكلمات
Vocabulary Section



Unfair
غير عادل
(ظلم)

It was unfair for our team to lose the final match

كان من غير العادل أن يخسر فريقنا المباراة النهائية



Dynamic
نشيط وحيوي

Messi is a dynamic football player.He is regarded the best in the world

ميسي لاعب كرة قدم نشيط وحيوي، فهو يُعتبر الأفضل في العالم



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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- We should be quiet and ----- in public places

A . dynamic | B . unfair | C . steady | D . calm

2- Players must ----- their actions during the match

A . control | B . unfair | C . steady | D . emotion

3- Face ----- can sometimes show you what people feel

A . balance | B . strength | C . steady | D . emotions

4- It was ------ for our team to lose the final match

A . dynamic | B . unfair | C . steady | D . emotion

5- Messi is a/an ----- football player.He is regarded the best in the world

A . dynamic | B . unfair | C . stress | D . emotion

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سؤال الكلمات
Vocabulary Section



Decision
قرار

We should learn from elder people wisdom to make proper decisions in our life

يجب أن نتعلم الحكمة من الكبار لاتخاذ قرارات صحيحة في حياتنا



Individual
فردي

Swimming is an individual sport that helps people stay fit and improves their physical health

السباحة رياضة فردية تساعد الناس على البقاء لائقين بدنيا و وتُحسّن صحتهم الجسدية



Courage
الشجاعه

The firefighter showed great courage when they put out the fire

أظهر رجال الإطفاء شجاعة كبيرة عندما أطفأوا الحريق

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سؤال الكلمات
Vocabulary Section



depend on
يعتمد علي

Success depends on determination and hard work

يعتمد النجاح على الإصرار والعمل الجاد



achieve
يحقق

She works hard to achieve her goals and dreams

هي تعمل بجد لتُحقق اهدافها واحلامها



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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- We should learn from elder people wisdom to make proper------ in our life

A . decision | B . individual | C . stress | D . emotion

2- Swimming is a/an ------- sport that helps people stay fit and improves their physical health

A . decision | B . individual | C . stress | D . emotion

3- The firefighter showed great ------ when they put out the fire

A . emotion | B . individual | C . stress | D . courage

4- Success --------determination and hard work

A . depends on | B . tiredness | C . stress | D . controls

5 She works hard to ------ her goals and dreams

A . emotion | B . balance | C . achieve | D . control

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سؤال الكلمات
Vocabulary Section



Movement
حركه

Daily movement is important for a healthy and strong body

الحركة اليومية مهمة لجسم صحي وقوي



Train
يتدرب او يُدرب

Chess trains the brain to think well

الشطرنج يدرّب العقل على التفكير الجيد



Teammates
زملاء الفريق

Players should help their teammates if they want to win easily

يجب على اللاعبين مساعدة زملائهم في الفريق إذا أرادوا الفوز بسهولة

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سؤال الكلمات
Vocabulary Section



leadership
القياده

The team captain showed a leadership during the match and supported his teammates

أظهر قائد الفريق روح القيادة أثناء المباراة وظل يدعم زملائه بالفريق



Rise
ينهض (او) يشرق

The sun rises from the east every day

تُشرق الشمس من الشرق كل يوم



Rise
ينهض (او) يشرق

We should rise and try again after every failure in our life

يجب أن ننهض ونحاول مرة أخرى بعد كل فشل في حياتنا

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سؤال الكلمات
Vocabulary Section



Failure
فشل

Don't give up after failure.You have just to learn from your mistakes

لا تستسلم بعد الفشل، عليك فقط أن تتعلم من أخطائك



Victory
نصر

The team celebrated their victory after the end of the match

احتفل الفريق بالنصر بعد انتهاء المباراه



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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- Daily -------- is important for a healthy and strong body

A. failure | B. tiredness | C. movement | D. victory

2- Chess ------ the brain to think well

A. failure | B. unfair | C. steady | D. trains

3- Players should help their -------- if they want to win easily

A. failure | B. movement | C. leadership | D. teammates

4- The team captain showed a ----- during the match and supported his teammates

A. failure | B. movement | C. leadership | D. individual

5- We should ------ and try again after every failure in our life

A. movement | B. unfair | C. tiredness | D. rise

6- Don't give up after -----.You have just to learn from your mistakes

A. failure | B. movement | C. leadership | D. individual

7- The team celebrated their ---- after the end of the match

A. victory | B. movement | C. leadership | D. individual

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PRIME ACADEMY
STATE OF E - LEARNING

اسألة الامتحانات الخاصة بالوحدة الخامسة

1- She jumps the rope with perfect .....

A. stress | B. balance | C. repair | D. growth

2- He needs better ..... during math class.

A. tiredness | B. nutrient | C. concentration | D. strength

3- The tree shows rapid ..... this spring.

A. limit | B. calm | C. well-being | D. growth

4- Apples contain many important ..... for health.

A. function | B. nutrients | C. stress | D. perform

5- His ..... helps carry and lift heavy boxes easily.

A. strength | B. tiredness | C. steady | D. main

6- Too much work can create daily ..... to workers.

A. well-being | B. repair | C. stress | D. nutrient

7- Long meetings cause extreme ..... to people and students.

A. concentration | B. proper | C. growth | D. tiredness

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اسألة الامتحانات الخاصة بالوحدة الخامسة

8- Fresh air improves our ..... and makes us happy and active.

A. well-being | B. limit | C. balance | D. correctly

9- Broken clocks no longer ..... after falling.

A. perform | B. function | C. calm | D. strength

10- Parents should ..... playing time for their children.

A. repair | B. limit | C. growth | D. concentration

11- Singers ..... songs at the stage.

A. function | B. calm | C. tiredness | D. perform

12- Workers will ..... roads damaged by heavy rain.

A. concentration | B. well-being | C. repair | D. main

13- If you felt angry just take a deep breath and you will feel .....

A. steady | B. main | C. calm | D. completely

14- Breakfast provides the ..... source of energy for school.

A. calm | B. main | C. strength | D. stress

15- Follow the directions to complete the work .....

A. correctly | B. mentally | C. calm | D. nutrient

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اسألة الامتحانات الخاصة بالوحدة الخامسة

16- The soldiers showed great ..... during the battle.

A. failure | B. courage | C. decision | D. emotion

17- The captain thanked his ..... for teamwork.

A. teammates | B. leadership | C. movement | D. victory

18- She needs to ..... her anger and to keep calm.

A. rise | B. train | C. depend on | D. control

19- The sun begins to ..... in the morning.

A. rise | B. achieve | C. fail | D. lead

20- Players should ..... daily for the final match.

A. train | B. decide | C. emotion | D. move

21- The exam result will ..... your effort and study.

A. unfair | B. victory | C. individual | D. depend on

22- Athletes must stay ..... fit.

A. strategically | B. emotionally | C. physically | D. dynamically

23- The game was ..... to our team and we lost.

A. dynamic | B. unfair | C. emotional | D. leader

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اسألة الامتحانات الخاصة بالوحدة الخامسة

24- Good ..... brings success.

A. leadership | B. movement | C. failure | D. rise

25- They worked hard to ..... the goal.

A. control | B. achieve | C. depend | D. train

26- We sometimes use ..... to express our feelings.

A. decision | B. emotion | C. movement | D. victory

27- The dancer made an amazing ..... in front of the audience.

A. leadership | B. failure | C. individual | D. movement

28- Losing the game was a ....., but the team didn't give up.

A. victory | B. courage | C. failure | D. teammate

29- She is a ..... person full of energy.

A. unfair | B. dynamic | C. mental | D. strategic

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سؤال القواعد
Grammar Section

Be am is are → Used to

ing ← هـــات بعدها

يلا بينا على الحل

اختر الاجابه الصحيحه
Choose the correct answer



1-She is used to_____in a big city

A . lives | B . living | C . lived | D . live

2-Are they used to_____in the sea ?

A . swam | B . swim | C . swims | D . swimming

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يلا بينا على الحل

3- I am not used to____fast

A . run | B . running | C . ran | D . runs

4- He_____used to working at night

A . isn't | B . don't | C . does | D . did

5-_____you used to going out in rainy weather ?

A . Are | B . Was | C . Do | D . Did

6-Isn't he used to_____English?

A . spoke | B . speaks | C . speaking | D . speak

7-They aren't used to_____vegetables

A . eat | B . eating | C . eats | D . ate

8-_____she used to walking to school?

A . Is | B . Did | C . Does | D . Was

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يلا بينا على الحل

1-Hamad is used to(wake up) at 6:00 a.m every day (Correct)

2-They are used to (play) football (Correct)

3-I (be) used to staying in hot weather (Correct)

4-He was not used to (drive) long distances (Correct)

5-You (be) used to studying hard (Correct)

6-He is used to (wake) early (Correct)

7-She (be) not used to cooking (Correct)

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سؤال القواعد
Grammar Section

صيغه النفي
Negative

USED TO
Negative

am

am not

is

isn't

are

aren't



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سؤال القواعد
Grammar Section

صيغه السؤال
Question

USED TO Question

1	2	3	4
اداه استفهام	فعل مُساعد مثل is – are	فـاعـل أول كلمة بالجملة	فـعـل used to + ing



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أدوات الإستفهام

Where
أين
للسؤال عن مكان

Why
لماذا
للسؤال عن السبب

Which
أي
للأختيار بين مجموعة إختيارات

How
كيف
للسؤال عن الوسيلة والطريقة

What
ما أو ماذا
للسؤال عن شئ ما

When
متى
للسؤال عن الوقت

Who
من
للسؤال عن الشخص العاقل

Whose
بتاع مين
للسؤال عن ملكية شئ ما

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How long
كم المُده
للسؤال عن المده

How often
كم مره
للسؤال عن عدد المرات

How many
كم للعدد
للسؤال عن عدد اشخاص او عدد اشياء

وخليك عارف ان اداه الاستفهام دي **لازم** نحط وراها مباشره الشئ الي عايزين عدده

How many teeth
كم عدد الاسنان

How many books
كم عدد الكتب

How many cars
كم عدد السيارات



يلا بينا على الحل

1-My brother is used to doing yoga every weekend

_ (Negative)

_ (Question)

2- I'm used to eating healthy food

_ (Negative)

_ (Question)

3- She is used to reading books

_ (Negative)

_ (Question)



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يلا بينا على الحل

4- The cat is used to sleeping outside

_ (Negative)

_ (Question)

5- Children are used to sharing toys

_ (Negative)

_ (Question)

6- We are used to reaching home by car

_ (Negative)

_ (Question)



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سؤال القواعد
Grammar Section

Prepositions of movement

حروف الجر مع الأماكن

INTO ← يدخل الي مكان ما



He decided to go into his room and stay alone

قرر ان (يدخل الي) غرفته ويجلس بمفرده



The student stepped into his classroom and started to listen to the teacher

الطالب (دخل إلى) فصله وبدأ يستمع إلى المعلم



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سؤال القواعد
Grammar Section

OVER ← فوق



The player kicked the ball so hard that it flew over the goalkeeper

اللاعب ركل الكرة بقوة لدرجة أنها عبرت (فوق) حارس المرمى



The plane will fly over the city

الطياره سوف تُحلق (فوق) المدينه

ACROSS ← عبر شئ ما



He always walks across the park with his friend

هو دائمًا يمشي (عبر) الحديقة مع صديقه



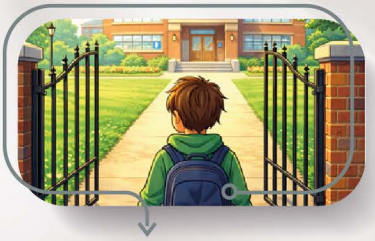
He went across the bridge to reach his destination

لقد ذهب (عبر) الجسر ليصل الي وجهته

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سؤال القواعد
Grammar Section

TOWARDS ← نحو



He heads towards the school gate

هو ماشي (نحو) بوابة المدرسة



The dog ran towards the ball

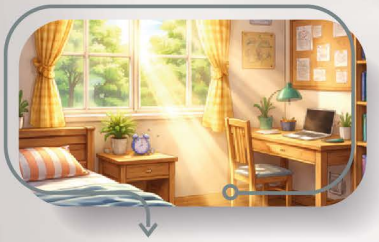
الكلب جرى (نحو) الكرة

THROUGH ← من خلال



We walked through the jungle

لقد تمشينا (من خلال) الغابه



The light came through the window

الضوء دخل (من خلال) الشباك

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سؤال القواعد
Grammar Section

AROUND ← حول



He turns around the corner near the bakery

هو يلف (حول) الزاوية بالقرب من المخبز



The kids sat around the table

الأطفال جلسوا (حول) الطاولة



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سؤال القواعد
Grammar Section

ملحوظه مهمه تذاكرها بذمه

نحو TOWARDS

Towards the goal	نحو المرمى
Heads towards	يتجه نحو

عبر ACROSS

across bridge	عبر الجسر
across field	عبر الملعب

فوق OVER

Fly over	يطير فوق
Bounce over	يقفز فوق

من خلال THROUGH

Through the tunnel	من خلال النفق
Through the jungle	من خلال الغابة

داخل INTO

Into the pool	داخل حمام السباحة
Steps into the classroom	يدخل جوه الفصل

حول AROUND

Around the cones	حول مخاريط التدريب
Turn around	يدور حول

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يلا بينا على الحل

اختر الاجابه الصحيحه

Choose the correct answer



1- The player ran quickly ---------the net and scored an amazing goal

A. over | B. through | C. towards

2- Hana walked slowly----the old library.She enjoyed the books over there

A. over | B. through | C. towards

3- The birds flew----------the mountains searching for preys

A. over | B. through | C. into

4- My friends and I were walking--------the lake

A. over | B. around | C. into

5- My mum always goes------the kitchen to make the food

A. over | B. around | C. into

6- He rides his bike ------- the gate

A. over | B. through | C. into

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PRIME ACADEMY
STATE OF E - LEARNING

اسألة الامتحانات الخاصة بالوحدة الخامسة

1- The player kicked the ball so hard that it flew ____ the goalkeeper and landed over 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-The player runs_____the field with his teammates

A. at | B. over | C. across | D. under

5-The runner moves_____the cones

A. into | B. over | C. into | D. around

6-The players goes_____the goal to score

A. around | B. over | C. into | D. towards

7-She is used to walking_____the tunnel

A. around | B. over | C. through | D. at

8-The boy turns -------the corner near the bakery

A. around | B. over | C. through | D. at

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PRIME ACADEMY
STATE OF E - LEARNING
ONLINE EDUCATION

أسألة الامتحانات الخاصة بالوحده الخامسه

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9- Hamad is used to __________ up early in the morning.

A. wake | B. waking | C. woke | D. wakes

10- The team is not used to __________ in cold weather.

A. train | B. trains | C. training | D. trained

11- Salma is used to __________ her homework after school.

A. doing | B. did | C. do | D. does

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

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

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

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موضوع التعبير

المخطط



Healthy Lifestyle

Introduction

Living a healthy life leads to happiness and improve our well-being

Paragraph (1): What healthy habits improve our well-being

Topic sentence

Healthy habits are important in our life

Supporting details

- Eating fruits and vegetables
- Drinking enough water
- Getting enough sleep
- Playing sports daily

Concluding sentence

By following these healthy habits, we can live a happy and healthy life

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موضوع التعبير

المخطط



Paragraph (2): How playing sports keeps our bodies strong and active

Topic sentence

Playing sports is a great way to stay active and strong

Supporting details

- improves our muscles and bones
- feels energetic
- reduces stress
- increases concentration

Concluding sentence

Playing sports is fun and it keeps our bodies healthy and active

Conclusion

In conclusion, by eating healthy, sleeping well, and playing sports, we can live a strong and active life

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PRIME ACADEMY
STATE OF E - LEARNING

موضوع التعبير



Healthy Lifestyle

موضوع التعبير(الحياه الصحيه)

Living a healthy life leads to happiness and improve our well-being. Also,healthy habits are important in our life.For example,eating fruits and vegetables helps us stay strong and active.Drinking enough water is important for keeping our body hydrated and healthy.Getting enough sleep also plays a big role in maintaining good health.By following these healthy habits, we can live a happy and healthy life.

Also,playing sports is a great way to stay active and strong.It helps to improve our muscles and bones, making our bodies stronger.Playing sports also reduces stress and helps us feel more relaxed and happy.It increases our concentration during the day to help us do our daily activities.It also helps us stay active and energetic.Playing sports is fun, and it keeps our bodies healthy and active.In conclusion, by eating healthy, sleeping well, and playing sports, we can live a strong and active life

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