

EL PROFESSOR

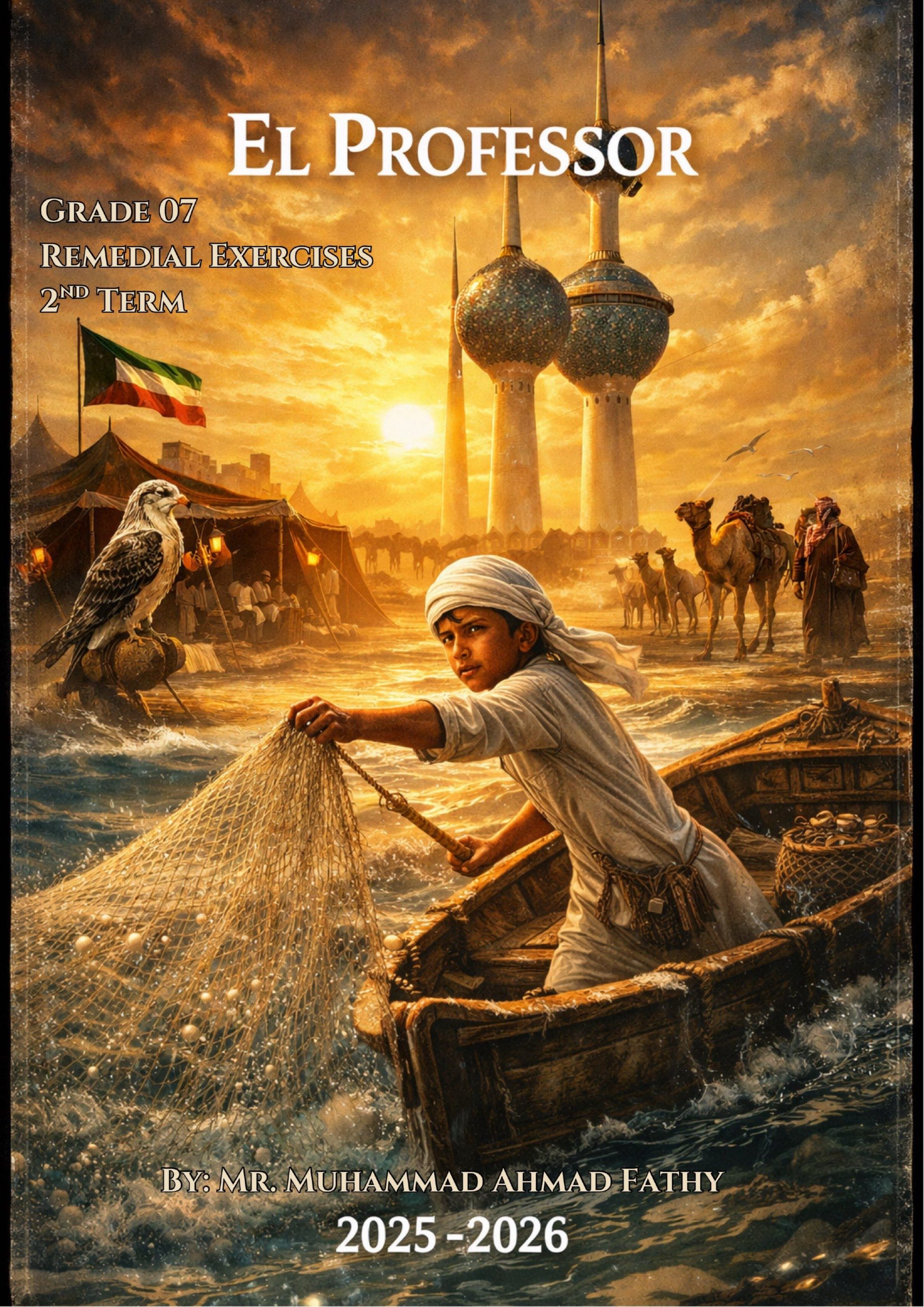
GRADE 07

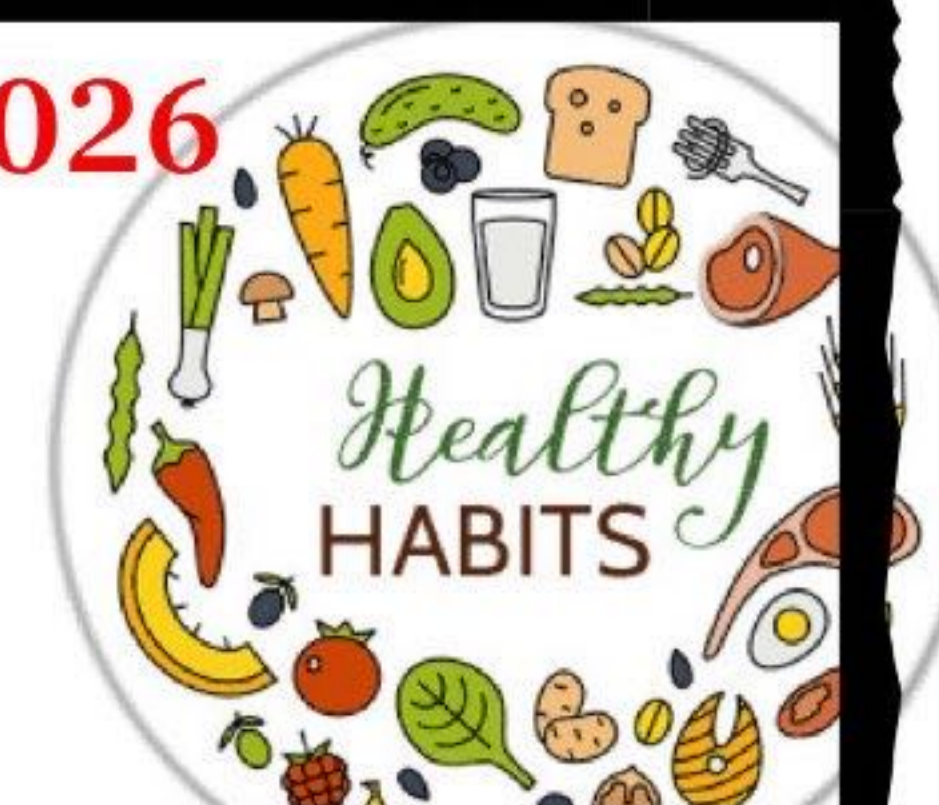
REMEDIAL EXERCISES

2ND TERM

BY: MR. MUHAMMAD AHMAD FATHY

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Grade 07 - Vocabulary - 2nd Term - 2025-2026**Unit 5 : Healthy Habits for Lifelong Wellness****Unit 5 : Healthy Habits for Lifelong Wellness****U.5-L.1 Taking care of your mind and body P.19****U.5-L.5 Lessons for body and mind P.24**

strength	(n.)	قوة	control	(v.)	يسيطر - يتحكم
well-being	(n.)	الصحة - العافية	emotion	(n.)	عاطفة - شعور
balance	(n.)	توازن	unfair	(adj.)	غير عادل
calm	(adj.)	هادئ	dynamic	(adj.)	نشط - حيوي
proper	(adj.)	صحيح - مناسب	decision	(n.)	قرار
main	(adj.)	رئيسي - أساسي	individual	(adj.)	فردى
growth	(n.)	نمو	courage	(n.)	شجاعة
concentration	(n.)	تركيز	depend on	(Ph. v.)	يعتمد على
perform	(v.)	يؤدي	achieve	(v.)	يحقق - ينجز
nutrient	(n.)	عنصر غذائي	physically	(adv.)	بدنياً - جسدياً
function	(n.)	وظيفة	mentally	(adv.)	ذهنياً - عقلياً
correctly	(adv.)	بشكل صحيح	movement	(n.)	حركة
limit	(v.)	يحد من - يقلل	train	(v.)	يتدرب
tiredness	(n.)	تعب / إرهاق	strategically	(adv.)	بشكل استراتيجي
repair	(v.)	يصلح	leadership	(n.)	قيادة
stress	(n.)	ضغط	teammate	(n.)	زميل في الفريق
completely	(adv.)	بشكل تام - تماماً	rise	(v.)	ينهض
steady	(adj.)	ثابت / مستقر	failure	(n.)	فشل
			victory	(n.)	فوز - انتصار

Linkers

Because	Also	First	Finally	Therefore	In addition	For example	next
بسبب	أيضاً	أولاً	أخيراً	لذلك	بالإضافة	على سبيل المثال	التالي

Grammar	1	Be + used to + ing
	2	Preposition of Movement (across-towards-through-into-over-around)

I. “Vocabulary”

A) Choose the correct answer from a,b,c and d:-

1. Healthy food helps build body and protect people from many diseases.
a. leadership b. tiredness c. strength d. emotion
2. Professional athletes must hard every day to improve their skills.
a. perform b. train c. achieve d. control
3. Making a decision during an important match can change the result completely.
a. main b. steady c. unfair d. proper
4. The students answered the exam questions after reading carefully.
a. correctly b. strategically c. physically d. mentally
5. Too much homework can cause mental and affect students negatively.
a. balance b. courage c. stress d. victory
6. Success in life often good planning, hard work, and strong teamwork.
a. controls b. depends on c. limits d. repairs
7. The coach stayed and gave clear instructions to the players.
a. main b. individual c. proper d. calm
8. The team played and followed the coach's plan to achieve victory.
a. strategically b. physically c. honestly d. wrongly
9. Lack of sleep and poor diet usually lead to extreme during the day.
a. growth b. movement c. tiredness d. emotion
10. Doctors work carefully to injured muscles so patients can return to normal life.
a. perform b. rise c. limit d. repair
11. Cristiano Ronaldo is a very player who moves quickly and reacts fast on the field.
a. dynamic b. main c. individual d. proper
12. Continuous effort and patience help students their academic goals.
a. depend on b. train c. achieve d. limit

B) Fill in the spaces with words from the list:-

strength - calm – depend on - correctly – train

12. Lifting light weights at a young age can help improve muscle
13. Young players need to regularly to develop their skills.
14. He stayed while explaining his idea to the class.
15. Good exam results often serious revision and practice.

dynamic – perform - stress - strategically – depend on

16. Long hours of work without rest may increase levels.
17. The coach prefers players who move fast on the field.
18. The team planned before starting the match.
19. Actors must confidently in front of the audience.

physically - well-being – control – rise - tiredness

20. Daily walking has a positive effect on people's
21. Too much screen time can lead to eye pain and
22. Players should be ready before joining the competition.
23. Anger can quickly if people do not relax.

unfair – achieve - leadership – depend on - completely

24. A good captain shows strong during difficult games.
25. It is to judge someone without listening to them.
26. Adham was satisfied with his progress this term.
27. Team success does not one player only.

II. “Reading Comprehension”

Read the following passage carefully, then answer the questions that follow:

"Anime" is a Japanese cartoon style that is popular in films and television shows. It often combines colourful drawings with action stories. Much of "Anime" is made for children but some has adult stories. "Anime" is now popular all around the world.

"Anime" started in the 1900s. Modern "Anime" began in 1956 when Japan's first modern studio opened. Osamu Tezuka was the first artist to create one of the most popular "Anime" called "Astro Boy". It was about a robot boy and his adventures.

The popularity of "Anime" continued to grow in 1980s. The "Anime" style arrived at the USA and Japanese artists worked on several cartoons like "Transformers". In the 1986 an amazing "Anime" was introduced known as "Dragon Ball". It tells a story of a boy searching for 7 dragon balls. In 1970s, Japanese artists came up with the idea of super robots "Anime" and there were many incredible TV shows like "Mazinger Z" and "Grendizer".



Miyazak, a talented artist, expressed his love for "Anime" with his magical films. He works at Studio Ghibli which is known for its high quality in filmmaking. Miyazaki made a lot of movies like "Spirited Away" and "Howl's Moving Castle"

A. From a, b, c or d, choose the most suitable answer:

09. The best title for this passage would be:

- | | |
|-----------------------|-----------------|
| a. History of "Anime" | b. Action Films |
| c. Japanese Artists | d. Watching TV |

10. The underlined word “colourful” in the 1st paragraph means: -

- | | |
|--------------------|--------------------|
| a. black and white | b. without colours |
| c. full of colours | d. with one colour |

11. The underlined word “which” in the 4th paragraph refers to: -

- a. Studio Ghibli
- b. Anime
- c. Films
- d. Love

12. Osamu Tezuka was a Japanese artist who created

- a. Magazine Z
- b. Dragon Ball
- c. Astro Boy
- d. Transformers

13. According to the passage, ONE of the following sentences is FALSE:

- a. Making modern “Anime” started in Japan in 1956.
- b. “Dragon Ball” is about a boy looking for seven dragon balls.
- c. The idea of super robots “Anime” came up in the 1990s.
- d. “Anime” TV shows are made for both children and adults.

14. The main purpose of the writer for writing this passage is to:

- a. advise people not to watch cartoon.
- b. talk about his favourite stories of all time.
- c. inform people about some facts about “Anime”.
- d. compare Japanese cartoon with American ones.

B. With reference to the passage, answer the following questions:-

15. What did the Japanese artists work on when they were in the USA?

.....

16. How did Miyazaki express his love for “Anime”?

.....

III. "GRAMMAR"

Be + used to + v. ing

القاعدة دي بتستخدم علشان نقول إن الشخص متعود على حاجة
يعني الحاجة دي مش غريبة عليه وبيعملها أو بيشفوها بشكل طبيعي.

❖ مهم جدًا:

بعد used to لازم بييجي فعل ing + أو اسم.

Form

❖ التركيب:

Subject + be (am / is / are / was / were) + used to + V. ing / noun

Examples

I am used to waking up early.

أنا متعود أصحى بدري.



❖ أمثلة

Mr. Muhammad is used to working long hours.

مستر محمد متعود يشتغل ساعات طويلة.



They are used to the noise.

هم متعودين على الازعاج.



Negative

❖ النفي:

Subject + be + not + used to + V.ing / noun

I am not used to staying up late.

أنا مش متعود أسهر.

Question

❖ السؤال

Be + subject + used to + V.ing / noun ?

Are you used to driving at night?

هل أنت متعود تسوق بالليل؟



❖ فرق مهم ⚠

❌ I am used to study

✅ I am used to studying

A) Choose the correct answer from a,b,c and d:

1. I am used to early every morning because I have to prepare breakfast.
a. wake b. waking c. will wake d. woke
2. They..... working in a calm place, so they can focus easily.
a. am used to b. use to c. using to d. are used to
3. Adham is used to spicy food because my family loves it, even though it makes me sweat.
a. eat b. will eat c. eating d. ate
4. The man driving long distances without needing a break.
a. will use to b. use to c. are used to d. is used to

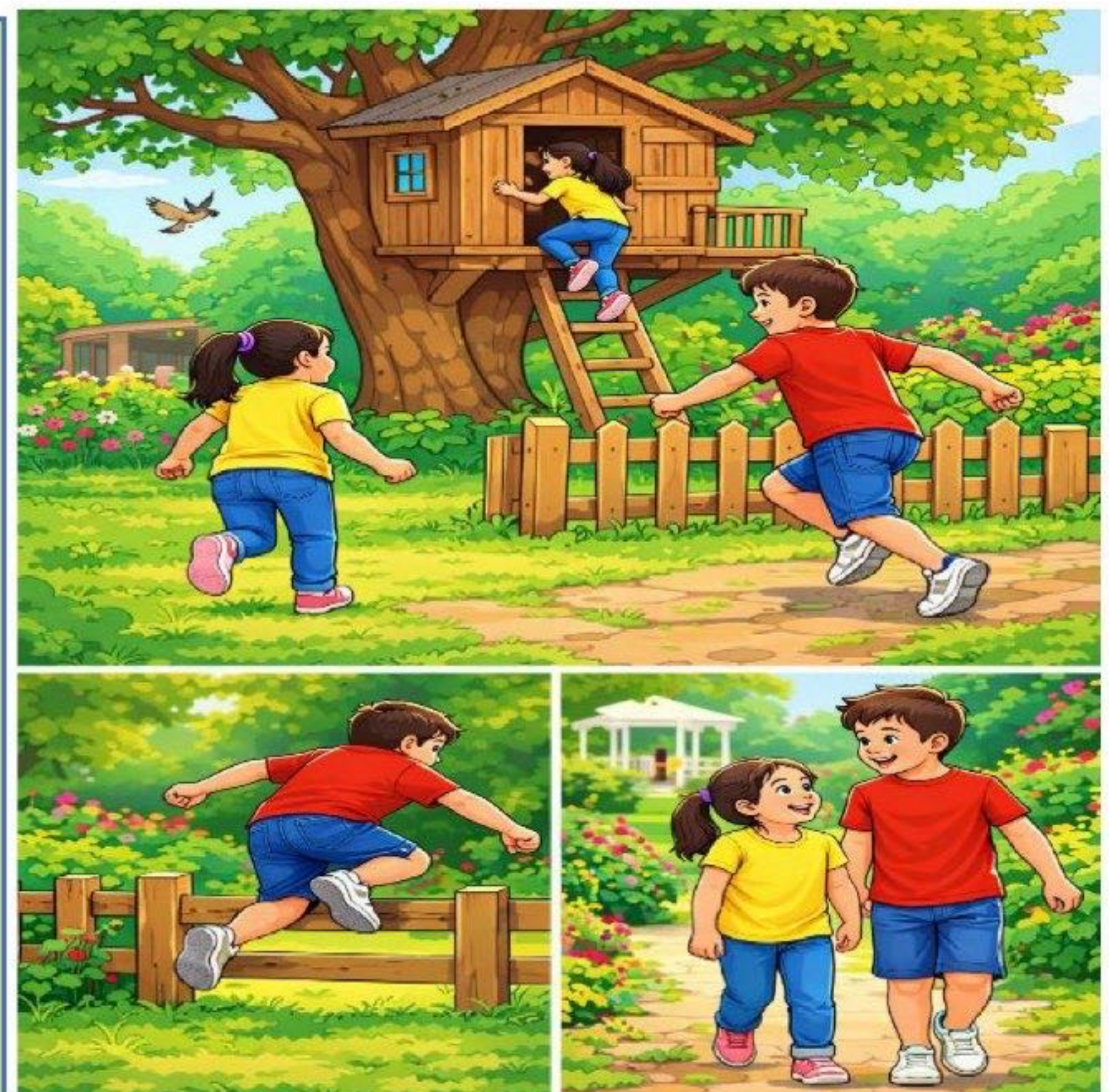
B) Do as shown between brackets:

5. I am used to waking up early before sunrise to go jogging.
..... . (Negative)
6. They are used to studying hard for exams and finishing all their projects.
..... . (Negative)
7. He is used to driving long distances without needing a break
..... . (Negative)
8. She is used to living alone in a small, comfortable apartment.
..... . (Negative)
9. Hana is used to speaking English with her teacher every day in class.
..... (Ask a question)
10. The boys are used to playing football every weekend with their friends.
..... .(Ask a question)
11. Adham is used to waking up early to walk before school.
..... .(Ask a question)

Prepositions of Movement

(across – towards – through – into – over – around)

Adham and Hana are siblings who walked across the garden to play together, then they ran towards the old tree when they heard a bird, the bird flew through the branches quickly, Hana climbed into the small wooden house near the tree, Adham jumped over a little fence to follow her, and finally they walked around the garden happily.



Preposition	Meaning	Examples
across	عبر	The cat runs across the street.
towards	تجاه	He walks towards the school.
through	من خلال	We run through the park.
Into	إلى (من الخارج للداخل)	He puts the bags into the bag.
Over	أعلى	The bird flies over the tree.
around	حول	The walk around the garden.

C) Choose the correct answer from a,b,c and d:

- Hana walked slowly the old library, carrying a heavy bag full of books and notebooks.
 a. over b. towards c. through d. over
- Cristiano Ronaldo ran quickly the goal and scored an amazing goal for his team.
 a. over b. towards c. through d. over
- The eagle flew gracefully the mountains, searching for its prey below
 a. into b. around c. over d. through

IV. Writing

"Living a healthy life means having good habits and doing sports to keep the body and mind healthy."

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.**

Introduction:

.....

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

Topic sentence:

.....

Supporting details:

.....

.....

.....

Concluding sentence:

.....

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

Topic sentence:

.....

Supporting details:

.....

.....

.....

Concluding sentence:

.....

Conclusion:

.....

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