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FIRST TERM
ENGLISH
GRADE 4



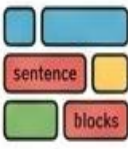
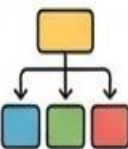
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NEW ACADEMY - TABLE OF CONTENTS

Grade 4, Unit 1: Health is Wealth

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Unit 1: Health is Wealth – Vocabulary Part 1

Number	Vocabulary with emoji	Part of Speech	Arabic Meaning	Example Sentence
1	 Fitness 	Noun	اللياقة البدنية	Fitness helps us stay healthy and strong.
2	 App 	Noun	تطبيق	I use a fun fitness app on my phone.
3	 Coach 	Noun	مدرب	Our sports coach teaches us new games.
4	 Stretch 	Verb	يتمدد / يمتد	Always stretch your muscles before exercise.
5	 Interesting 	Adjective	ممتع / شيق	Eating healthy food is very interesting.
6	 Smart 	Adjective	ذكي	Drinking water is a smart choice.
7	 Rest 	Noun	راحة	Getting enough rest is important for your body.
8	 Habit 	Noun	عادة	Brushing teeth is a healthy daily habit.
9	 Cycling 	Noun	ركوب الدراجات	Cycling in the park is great fun.
10	 Spend 	Verb	يقضي	Spend time playing outdoors every day.
11	 Wisely 	Adverb	بحكمة	Choose your snacks wisely.
12	 Sharp 	Adjective	حاد / ذكي	Sleep helps your brain stay sharp.
13	 Brain 	Noun	المخ	Your brain controls your whole body.

Unit 1: Health is Wealth - Vocabulary Part 2

Number	Vocabulary with emoji	Part of Speech	Arabic Meaning	Example Sentence
14	 Stadium	Noun	ملعب رياضي	We watched the football match at the big stadium.
15	 Walkathon	Noun	مسيرة مشي	Our school organized a walkathon for charity.
16	 Excited	Adjective	متحمس	The children were excited for sports day.
17	 Get ready	Verb Phrase	يستعد	It is time to get ready for school.
18	 Hydrated	Adjective	مرطب / مروي بالماء	Drink water to stay hydrated during exercise.
19	 Warm up	Verb Phrase	يسخن / يقوم بالإحماء	Athletes always warm up before running.
20	 Table tennis	Noun	تنس الطاولة	I play table tennis with my brother every weekend.
21	 Grain	Noun	حبوب	Rice and bread are good sources of grain.
22	 Energy	Noun	طاقة	Healthy food gives us energy to play and learn.
23	 Vitamin	Noun	فيتامين	Oranges are full of Vitamin C.
24	 Protein	Noun	بروتين	Eggs, meat, and beans are rich in protein.
25	 Dairy	Noun / Adjective	منتجات الألبان	Milk and cheese are important dairy products.
26	 Fats	Noun	دهون	Avocados contain healthy fats.

Unit 1: Health is Wealth - Vocabulary Exercises

 **Exercise 2:** Choose the correct answer from a, b, or c ☐

1.  Fitness helps us stay healthy and strong.
○ a) Brain b) Fitness c) Habit
2.  Always _____ your muscles before exercise.
○ a) stretch b) spend c) rest
3.  Drink water to stay _____ during exercise.
○ a) excited b) hydrated c) smart
4.  Rice and bread are good sources of _____.
○ a) grain b) dairy c) fats
5.  Milk and cheese are important _____ products.
○ a) protein b) dairy c) vitamin
6.  Our sports _____ teaches us new games.
○ a) app b) coach c) stadium
7.  The children were _____ for sports day.
○ a) excited b) sharp c) interesting

Unit 1: Health is Wealth - Vocabulary Exercises

Word Bank (Words 14-26):

(Stadium - Walkathon - Excited - Get ready - Hydrated - Warm up -
Table tennis - Grain - Energy - Vitamin - Protein - Dairy - Fats)

14. We watched the football match at the big _____.



15. Our school organized a _____ for charity.



16. The children were _____ for sports day.



17. It is time to _____ for school.



18. Drink water to stay _____ during exercise.



19. Athletes always _____ before running.



20. I play _____ with my brother every weekend.



21. Rice and bread are good sources of _____.



22. Healthy food gives us _____ to play and learn.



23. Oranges are full of _____ C.



24. Eggs, meat, and beans are rich in _____.



25. Milk and cheese are important _____ products.



26. Avocados contain healthy _____.



Unit 1: Health is Wealth - Vocabulary Exercises

 **Exercise 2:** Choose the correct answer from a, b, or c ☐

1.  Fitness helps us stay healthy and strong.
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2.  Always _____ your muscles before exercise.
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○ a) excited b) sharp c) interesting

Unit 1: Health is Wealth – Vocabulary Exercises

Exercise 3: Match Column (A) with Column (B)

Column (A)	Column (B)
English Word	Arabic Meaning
1. Cycling 	a. فيتامين
2. Warm up 	b. ملعب رياضي
3. Stadium 	c. ركوب الدراجات
4. Protein 	d. بروتين
5. Vitamin 	e. يقوم بالإحماء / يسخن

2. Grammar Guide & Exercises (القواعد والتدريبات)

Rule 1: Expressing Preferences (Like / Enjoy + v-ing)

• الشرح: نستخدم الأفعال (like / enjoy) للتعبير عن الأنشطة التي نحبها، التعبير ing ويكون الفعل الذي يليهما مضافا إليه.

- Structure: [Subject] + [Like / Enjoy] + [V + ing]
- Examples:
 - I like drawing.
 - She enjoys walking.

Rule 2: Future with "going to" (التعبير عن المستقبل)

• الشرح: نستخدم صيغة be going to للحديث عن الخطط المستقبلية المحسوبة.

- Structure: [Subject] + [be (am/is/are)] + [going to] + [Verb (base form)]
- Examples:
 - I am going to play football this afternoon.
 - Ali is going to do judo.

Rule 3: Imperatives (جمل الأمر وتقديم النصائح)

• الشرح: نستخدم مصدر الفعل عند إعطاء أوامر أو نصائح إيجابية، ونستخدم Don't + المصدر عند النهي عن شيء غير صحي.

- Examples:
 - Eat healthy food.
 - Sleep early.
 - Don't play video games for too long.

Unit 1: Grammar Focus on Preferences (الوحدة الأولى: التركيز على قواعد التفضيلات)

2. Grammar Guide & Exercises (القواعد والتدريبات)

★ RULE 1: EXPRESSING PREFERENCES (Like / Love / Enjoy + Verb-ing)

★ What does it mean?

We use like, love, enjoy to talk about things and activities that we like doing.
يعني بنستخدم like / love / enjoy لما نتكلم عن حاجة أو نشاط بنحبه أو بنستمتع بعمله.

★ The Rule

After like, love, or enjoy, when we talk about an activity, we use:

➤ Verb + ing

📌 Structure: Subject + like / love / enjoy + verb-ing

★ Examples:

1. I like playing football.
2. She likes drawing pictures.
3. Ali loves reading books.
4. We enjoy walking in the park.
5. They enjoy watching TV.

💡 Look carefully!

- ✗ I enjoy play football.
- ✓ I enjoy playing football.
- ✗ She likes draw.
- ✓ She likes drawing.

Remember:
After enjoy, we always use verb + ing.

👤 With different subjects

Subject	Verb	Example
I	like	I like playing.
You	like	You like swimming.
He	likes	He likes reading.
She	likes	She likes drawing.
We	like	We like cooking.
They	like	They like playing.

★ Don't forget! ★
With **he / she / it**, add **s** to like/love/enjoy:
He **likes** swimming.
She **enjoys** reading.
Ali **loves** playing football.

Unit 1: Health is Wealth - Vocabulary Exercises

★ Rule 1: Expressing Preference

like / love / enjoy + verb-ing

We use **like**, **love** or **enjoy** to talk about things we prefer or things we like doing.

I **like** playing soccer.
I **love** reading books.
I **enjoy** swimming.

Exercise 1: Choose the correct answer from a, b, or c.

1.  I _____ going to the gym. It keeps me healthy.
a) likes b) like c) liking

2.  She _____ stretching in the morning.
a) enjoy b) enjoying c) enjoys

3.  My brother _____ drinking water.
a) love b) loves c) loving

4.  We enjoy _____ healthy food like vegetables.
a) eat b) eats c) eating

5.  They _____ milk and cheese.
a) likes b) like c) liking

6.  He _____ playing video games.
a) enjoy b) love c) loves

7.  The children like _____ books.
a) read b) reads c) reading



RULE 2: FUTURE WITH "GOING TO"

be + going to + base verb



★ What does "going to" mean?

We use **be going to** to talk about something that we **plan** or **intend to do** in the **future**.



يعني بنستخدم going to لما يكون عندنا خطة أو نية لعمل شيء في المستقبل.

✚ The Rule

We need **three** important parts:

Subject + **am / is / are** + **going to** + **verb**



The verb after going to must be in the base form.



Examples



I am going to play football.



She is going to visit her grandmother.



He is going to study English.



We are going to watch a movie.



They are going to eat healthy food.





Choose the correct form of "be"

I → am

➤ I am going to...

I

He / She / It → is

➤ He is going to...



➤ She is going to...



It

You / We / They → are

➤ We are going to...



➤ They are going to...



Easy Table

Subject	Be	Example
I	am	I am going to play.
He	is	He is going to swim.
She		She is going to read.
It		It is going to rain.
You	are	You are going to study.
We		We are going to cook.
They		They are going to travel.

⚠ Very Important!

✗ She is going to playing.
✗ They are going to watched TV.
✗ I am going to studying.

✓ She is going to play.
✓ They are going to watch TV.
✓ I am going to study.

After going to, use the base form of the verb.

Future Time Expressions

We can use words and phrases such as:



- tomorrow
- next week
- this afternoon
- next month
- next week
- next year

➤ I am going to visit my aunt tomorrow.

➤ We are going to play football this afternoon.

Unit 1: Health is Wealth - Vocabulary Exercises

★ Rule 2: Going to (Future Plans)

am / is / are + going to + verb (infinitive)

Examples:

- I **am going to** play football.
- She **is going to** visit her grandma.
- We **are going to** watch a movie.



We use **going to** to talk about our **plans** and **intentions** for the future.

Exercise: Complete the sentences with the correct form of **going to** and the verb in brackets.

1. Ahmed _____ (play) football tomorrow.
2. She _____ (study) for her English test.
3. It _____ (rain) later.
4. I _____ (eat) healthy food.
5. He _____ (go) swimming next week.
6. We _____ (read) new books.
7. My family _____ (visit) the beach.
8. I _____ (go) to the park with my friends.
9. She _____ (cook) dinner tonight.
10. They _____ (ride) their bikes this weekend.

★ RULE 3: IMPERATIVES ★

Giving Orders, Instructions & Advice



What is an imperative?

We use an imperative to tell someone what to do.

نستخدم Imperatives لما ندي حد أمر، تعليمات، نصيحة أو توجيه.

Positive Imperative

► Base verb + ... We do not use a subject.

Examples:



Eat healthy food



Drink plenty of water



Wash your hands



Sleep early



Exercise every day



Brush your teeth



Quick Rule

Positive: Base verb

Eat healthy food.

★ RULE 3: IMPERATIVES ★

Giving Orders, Instructions & Advice



What is a negative imperative?

When we want to tell someone **NOT** to do something, we use:

➤ **Don't + base verb**

Negative Imperative

Examples:



Don't eat too much sugar.



Don't play video games for too long.



Don't forget to brush your teeth.



Don't drink soda.



Remember!

After **Don't**, use the base form of the verb.

✗ **Don't** playing video games.

✓ **Don't** play video games.

✗ **Don't** eats too much candy.

✓ **Don't** eat too much candy.

✗ **Don't** drinks soda.

✓ **Don't** drink soda.



Quick Rule

Negative: **Don't** + base verb

Don't eat too much junk food.

Unit 1: Health is Wealth - Vocabulary Exercises

★ Rule 3: Imperative (Giving Orders and Instructions and Advice)

Base verb + (conflict)

We use **imperatives** to give orders, instructions and advice.

Positive (Give orders / instructions)

The verb (base form)

- **Go** to your seat.
- **Open** your book.
- **Be** quiet.



Negative (Give orders / instructions)

Don't + base verb

- **Don't** run.
- **Don't** eat in class.
- **Don't** be late.



Advice

The verb (base form)

- **Study** hard.
- **Drink** water.
- **Take** a rest.



📌 Exercise: Choose the correct form (positive, negative or advice).

-  _____ your bag on the table. (Put / Don't put / Be)
-  _____ in the classroom. (Run / Don't run / Play)
-  _____ water. (Drink / Don't drink / Take)
-  _____ healthy food. (Eat / Don't eat / Choose)
-  _____ your book. (Read / Don't read / Study)
-  _____ TV for a long time. (Watch / Don't watch / Rest)
-  _____ kind to your friends. (Be / Don't be / Help)
-  _____ your bike safely. (Ride / Don't ride / Wear)
-  _____ early. (Go / Don't go / Sleep)
-  _____ to school on time. (Be / Don't be / Go)

الوحدة الأولى: الصحة هي الثروة

Unit 1: Health is Wealth

Grammar Exercises (تدريبات القواعد)

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

1. I enjoy _____ in the fresh air.

- a) running
- b) run
- c) ran

2. Don't _____ a lot of sweets! It's not healthy.

- a) ate
- b) eat
- c) eating

3. Sara is going to _____ to the gym tomorrow.

- a) went
- b) goes
- c) go

4. I like _____. It's my favourite exercise.

- a) hopping
- b) hop
- c) hopped

B) Combine the following:

• play + ing = _____

• swim + ing = _____

• draw + ing = _____

• skip + ing = _____



C) Look, read and complete the sentences:

• Ali is going to _____.

• They are going to _____.



الوحدة الأولى: الصحة هي الثروة

Unit 1: Health is Wealth

Passage 1: Small Healthy Habits

Kuwait News - 23rd of MAY

Mrs. Amal is talking about how to live a healthy lifestyle: "Small healthy habits can make a big difference."

1) Eat healthy food:



Start your day with a healthy breakfast like a cheese sandwich, fruit, and a glass of milk. During the day, have healthy snacks and don't forget to drink enough water to stay hydrated. Don't drink fizzy drinks.

2) Spend less time on TV and video games:



Don't play video games for too long. It is a waste of time. Spend less time on screens. Use your time wisely. Play with friends, go for a walk, help your family.

3) Sleep early: Go to bed early. Wear your pajamas, brush your teeth and sleep well. It helps your body grow strong and your brain stay sharp!



Vocabulary Note
(قاموس المفردات الجانبي)

- Healthy: صحي
- Lifestyle: نمط / أسلوب حياة
- Habits: عادات
- Hydrated: مرطب / مروي بالماء
- Brain: مخ / عقل

Questions:

- The best title for the passage could be:
* a) The Healthy Habits * b) Video Games * c) A Good Sleep * d) A Healthy Meal
- One thing that helps your brain stay sharp is:
* a) watching TV
* a) watching TV * b) playing video games * c) drinking fizzy drinks * d) sleeping well
- Answer the following question:
* What should you do to live a healthy lifestyle? _____

الوحدة الأولى: الصحة هي الثروة

Unit 1: Health is Wealth

نصوص القراءة والأسئلة

Passage 2: A Visit to Jeddah

Kuwait News - 2nd of AUGUST

Last holiday, Ali and his brother Khaled went to Jeddah with their family for five days. They travelled by plane. Jeddah is a big city with a beautiful beach. Ali and Khaled had a lovely time swimming and playing in the sand. The family enjoyed the sunshine. They also went fishing with their father and used a big net to catch fish.

On the last day, they visited a big farm. It was a dairy farm. They learned how to make yoghurt and cheese. Ali and Khaled were very happy. They had a great holiday.



Questions:

- The best title for the passage could be:
* a) Going Fishing * b) Lovely Beach * c) A Visit to Jeddah * d) The Farm
- The underlined word "lovely" means: * a) great * b) clean * c) big * d) sharp
- The underlined word "It" refers to: * a) sand * b) net * c) sunshine * d) farm
- The family stayed in Jeddah for: * a) three days * c) seven days * d) two days
- Answer the following questions:
* When did the family go to Jeddah? _____
* How did Ali and Khaled catch the fish? _____

Unit 1: Health is Wealth

Topic 1: Healthy Habits

 BODY FITNESS 	 CLEANLINESS 
Q1: Why is body fitness important?	clean .e ighd our body teeth
A1: Fitness helps us play and be strong.	Q2: How do you keep your body clean?
	A2: Wash with soap and brush your teeth.

TOPIC: HEALTHY HABITS

  HEALTHY FOOD 
Q3: What should you eat to be healthy?
A3: Eat lots of fruits and vegetables.

WRITE A SHORT PARAGRAPH (اكتب فقرة قصيرة)

[Draw a picture here]

.....

.....

.....

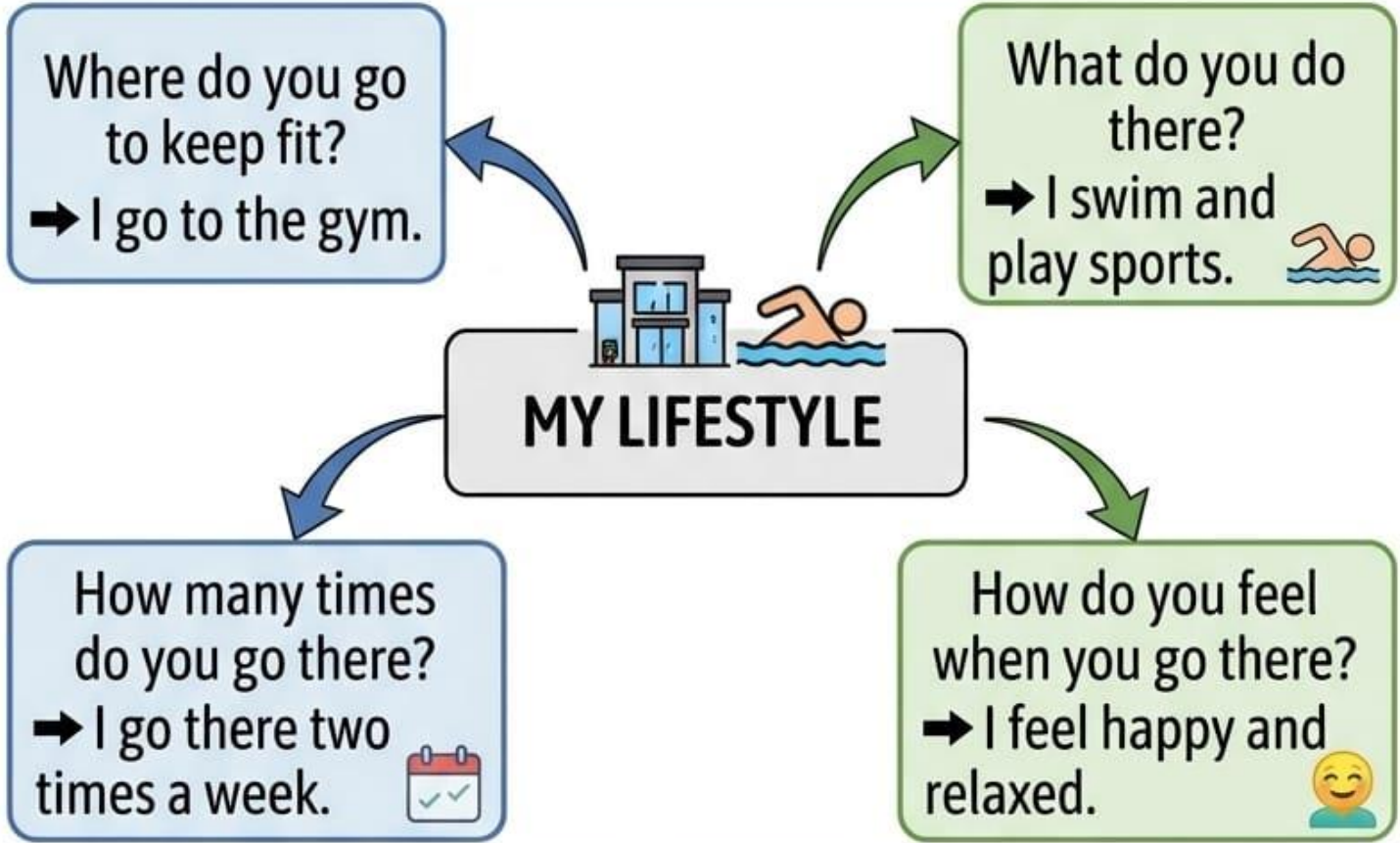
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MODEL ANSWER BOX (نموذج الإجابة)

A good healthy habit is eating fruits like apples and bananas. They give me energy to play and learn. It is important to stay healthy.

Topic 2: My Lifestyle / نمط حياتي

Graphic Organizer Flowchart



رسومات الطالب / Student Drawing

كتابة الفقرة / Paragraph Writing

.....

.....

.....

.....

.....

نموذج الإجابة / Model Answer

To keep fit, I go to the gym. At the gym, I swim and play sports with my friends. I go there two times a week. It is fun, and I feel happy and relaxed when I exercise.

PROGRESS TEST

Reading

Vocabulary

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

1. Brushing your teeth every night is a good 

a. habit

b. dairy

c. app

d. fitness

2. your free time reading a good book! 

a. Rest

b. Spend

c. Stretch

d. Help

3. Reem is because she always gets full marks. 

a. interesting

b. smart

c. sad

d. hydrated

4. We are going to the with my father next week. 

a. brain

b. energy

c. karate

d. walkathon

PROGRESS TEST

Reading

Writing

Grammar

A) Choose the correct answer from a, b or c

- I enjoy in the fresh air.
a. running b. run c. ran
- Don't a lot of sweets! It's not healthy.
a. ate b. eat c. eating
- Sara is going to to the gym tomorrow.
a. went b. goes c. go
- I like It's my favourite exercise.
a. hopping b. hop c. hopped

Spelling

A) Write the missing words to complete the sentences

- There are many useful on my phone.



- I always drink water to stay



B) Combine the following

- draw + ing = ...

- skip + ing = ...

PROGRESS TEST

Reading

A) Read the following passage, then choose the correct answer from a, b, c or d

Last holiday, Ali and his brother Khaled went to Jeddah with their family for five days. They travelled by plane. Jeddah is a big city with a beautiful beach. Ali and Khaled had a lovely time swimming and playing in the sand. The family enjoyed the sunshine. They also went fishing with their father and used a big net to catch fish. On the last day, they visited a big farm. It was a dairy farm. They learned how to make yoghurt and cheese. Ali and Khaled were very happy. They had a great holiday.



1. The **best title** for the passage could be

- a. Going Fishing b. Lovely Beach c. A Visit to Jeddah d. The Farm

2. The underlined word **lovely** in line 3 means 😊

- a. great b. clean c. big d. sharp

3. The underlined word **It** in line 7 refers to

- a. sand b. net c. sunshine d. farm

4. The family stayed in Jeddah for

- a. three days b. five days c. seven days d. two days

B) Answer the following questions

1. When did the family go to Jeddah?

.....

2. How did Ali and Khaled catch the fish?

.....

PROGRESS TEST

Reading

Writing

Fill in the graphic organiser, then use it to write a paragraph about your "Lifestyle". The following guide words may help you

gym - swim - play - two times - happy - relaxed

1. Where do you go to keep fit ?		2. What do you do there?
3. How many times do you go there?		4. How do you feel when you go there?

Title

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learning that makes a difference

