

## Unit one

1	Sprinting	(n.)	رياضه الركض - الجري لمسافه قصيره
2	Extremely	(Adv.)	للغايه - جدا
3	Resistance	(n.)	مقاومه
4	Flexible	(Adj.)	مرن
5	Session	(n.)	جلسه
6	Regimen	(n.)	رجيم - نظام غذائي
7	Cool down (ed)	(PhV.)	يهدئ
8	Promise (d)	(v.)	يوعد
9	Arrow	(n.)	سهم
10	Strict	(Adj.)	شديد صارم
11	Risk	(n.)	مخاطرة
12	Obesity	(n.)	البدانه - سمنه
13	Amount	(n.)	كميه
14	gain	(v.)	يحصل علي
15	Lack (ed)	(V.)	ينقص - يفتقر الي
16	Adequate	(Adj.)	كاف

## Unit two

1	Lead - led -led	(V.)	يقود - يؤدي الي
2	Theme	(n.)	موضوع
3	Provide ( d )	(V.)	يمد
4	Cavern	(N.)	كهف
5	Voluntary	(Adj.)	تطوعي
6	Native	(Adj.)	أصلي
7	Recently	(Adv.)	حديثا
8	Achieve ( d )	(V.)	يحقق
9	Improve ( d )	(V.)	يحسن
10	Require ( d )	(V.)	يتطلب
11	Master ( d )	(V.)	يتحكم-يجيد
12	Frequently	(Adv.)	مرارا
13	Infection	(n.)	عدوي
14	Sight	(n.)	رؤيه
15	Determination	(N.)	تصميم -إصرار
16	Overcome - overcame - overcome	(v.)	يتغلب علي
17	Barrier	(N.)	مانع - حاجز
18	Inspire ( d )	(v.)	يلهم
19	Incredibly	(adv.)	شيء لا يصدق
20	Capable	(adj.)	قادر علي

**Grammar : Gerund & Infinitive:**

**Gerund**

1-The -ing form " Gerund " at the beginning of the sentences. في بدايه الجملة.

Ex: **Swimming** is good exercise.

2- The -ing form " Gerund " after some words like: good for , good at ,enjoy , interested in , love , spend

Ex: He is **good at reading** English.

I **spend** two hours **playing** tennis.

Press-up is **good for building** our muscles.

3- The -ing form " Gerund " or" infinitive ": after some words : like ,hate, dislike prefer , try

Ex: He **likes reading** English.

I **like to read** English.

**Infinitive: المصدر**

- We use the infinitive after : **It's difficult / It's easy /It's good / It's important / promise / need**

Ex: It's **important to learn** English.

Ex: I **promise to do** my best to get full marks.

\*\*\*\*\*

**1- present simple tense:**

**Key words** الكلمات الدالة

\*always

\*often

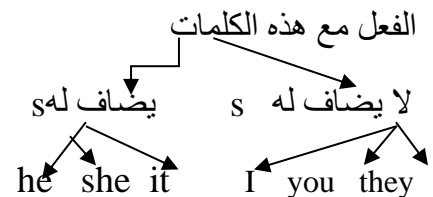
\* usually

\* never

\*sometimes

\*every

we



**Negative :**

١- الفعل بالمصدر بنفيه ب don` t

٢- الفعل المزود ب s بنفيه ب doesn` t ثم نضع الفعل بالمصدر

\*\* She **learns** English .

She **doesn` t learn** English.

\*\*They **make** a cake.

They **don` t make** a cake.

**Unit 1 Page 16**  
**Adverbs of Frequency**

<b>100% Always</b>	I <b>always</b> brush my teeth at night
<b>90% Usually</b>	I <b>usually</b> walk to work.
<b>80% Normally / Generally</b>	I <b>normally</b> get good marks.
<b>70% Often / Frequently</b>	I <b>often</b> read in bed at night.
<b>50% Sometimes</b>	I <b>sometimes</b> sing in the shower
<b>30% Occasionally</b>	I <b>occasionally</b> go to bed late.
<b>10% Seldom</b>	I <b>seldom</b> add salt to my food.
<b>5% Hardly ever / Rarely</b>	I <b>hardly ever</b> get angry.
<b>0% Never</b>	<b>Vegetarians never</b> eat meat

**Forming questions ( السؤال تكوين )**

<b>What</b>	ما - ماذا	<b>How</b>	كيف للحال - الوسيلة
<b>Who</b>	من للعاقل	<b>How long</b>	كم للمدة
<b>When</b>	متي للزمن	<b>How many</b>	كم للعدد
<b>Where</b>	أين للمكان	<b>Why</b>	لماذا للسبب
<b>How often</b>	عدد المرات	<b>How much</b>	كم الثمن - الكمية

Question word + auxiliary verb + subject + main verb + the rest of the sentence.  
( اداة الاستفهام ) ( فعل مساعد ) ( فاعل ) ( فعل اساسي ) ( باقى الجملة )

**Example:**

- Ali usually writes his homework at night.

When does Ali write his homework?

\*\*\*\*\*

**Present Continuous المضارع المستمر**

<b><u>Key words</u></b>			
*now	الان	*listen !	استمع مازال still
*look	انظر	* at the moment	في هذه اللحظة

عندما نرى هذه الكلمات نضع قبل الفعل ( am + is + are ) و نزود ing للفعل

I	am / 'm	drawing	a picture.
He She It	is / 's	sleeping	in the room.
You We They	are / 're	watching	a film.

**Ex.**

Look ! Birds ( fly ) high in the sky .                      are flying

**Negative النفي**

- \*I'm → I'm not
- \*is → isn't
- \*are → aren't

Ex. We **are writing** our homework now. ( Negative )  
We **aren't writing** our homework now.

Ex. They **are reading** Their stories now. ( Ask )  
What are they reading now?

\*\*\*\*\*

Unit 2 (grammar) Page 22

**Present Perfect**

already , just, recently, lately, not yet, never, ever

		+	-	?
I We You They	Have V3	have played	haven't played	Have...
He She It	Has V3	has played	hasn't played	Has...

**Examples:**

1-Arwa has already made a cake. (Positive)

2-She has not made a cake yet. (Negative)

3- Has she ever made a cake ? (Question)

\*\*\*\*\*

**Unit 2 Page 24**

**Grammar : Expressing purpose: التعبير عن الغرض**

**To : Inf.** مصدر

**In order to : Inf.** مصدر

**So that :** Is followed by a sentence with " **will, can , shall.....**" If it's present tense.

لو كان الزمن مضارع

**So that :** Is followed by a sentence with " **would, could , should.....**" If it's past tense.

لو كان الزمن ماضي

**So that :** Is followed by a sentence يتبعها دائما جمله تامه

**Ex.:**

1-I study hard **in order to -to** get high marks.

2-We eat healthy food **so that** we can be fit.

3-She slept early yesterday **so that** she could go to her work on time.

4-Ali joins a sports club. He wants to improve his skills. ( **So that ...**)

Ali joins a sports club **so that he can** improve his skills.

5-Ali joined a sports club. He wanted to be fit. ( **So that ....**)

Ali joined a sports club **so that** he could be fit.

6-Ali joined a sports club. He wanted to be fit. ( **in order to ....**)

Ali joined a sports club **in order to** be fit.

## تصريفات الأفعال

المعنى	Infinitive	Past	Past Participle
يرى	see	saw	seen
يأكل	eat	ate	eaten
يذهب	go	went	gone
يشترى	buy	bought	bought
يمسك	catch	caught	caught
يحضّر	bring	Brought	brought
يدرس	teach	taught	taught
يفكر	think	thought	thought
يتكلم	speak	spoke	spoken
يكسر	break	broke	broken
يعطي	give	gave	given
يقود	drive	drove	driven
يجد	find	found	found
يلقي	throw	threw	thrown
يكتب	write	wrote	written
يتعلم	learn	learnt	learnt
ينام	sleep	slept	slept
ياخذ	take	took	taken
يقضي	spend	spent	spent
يطير	fly	flew	flown
يشعر	feel	felt	felt
يحتفظ	keep	kept	kept

**Unit one**

Name :.....

Date :.....

**1) Choose the correct answer from a, b , c & d**

- 1- After the heart attack, the doctor put him on a regular .....  
a) regimen                      b) session                      c) arrow                      d) sprinting
- 2- My friend collected a large .....of money to charity organizations.  
a) arrow                      b) obesity                      c) risk                      d) amount
- 3- A lot of children all over the world are suffering from .....  
a) amount                      b) obesity                      c) arrow                      d) session
- 4- Smoking increases the .....of lung cancer and heart diseases.  
a) obesity                      b) sprinting                      c) resistance                      d) risk

Name :.....

Date :.....

**2) Fill in the spaces with the most suitable words in the list :-**  
(strict - gain –adequate – promised)

- 1- I don't have .....time to prepare food for twenty guests.
- 2- Some people .....weight because of eating too much junk food.
- 3- Governments should set .....rules for not using disabled parking areas.
- 4- My daughter .....me to be at home before ten o'clock at night.

Name :.....

Date :.....

**3) Fill in the spaces with the most suitable words in the list :-**  
(adequate - extremely –strict –flexible)

- 1- Stretching activities like yoga make us more .....
- 2- Clean water is .....important for having a healthy life.
- 3- Students told their teacher that they don't have .....time to finish their projects.
- 4- Vegetarian people follow .....diet that includes vegetables, grains and fruits.



Name :.....

Date :.....

**4) Choose the correct answer :-**

Look!Ahmed ( **play - is playing - are playing** ) football very well. He always ( **trains - train – training** ) twice a week. I think it's easy to ( **being - be – is** ) a good footballer because he is interested in ( **watch - watching - watches** ) football matches on TV.

Name :.....

Date :.....

**5)Do as required**

1- We like playing music every day. (Make negative)

.....

2-She always plays sport in the club. ( Ask a question )

.....

3-We usually travel in summer . ( Make negative )

.....

4-Sara often ( **read** ) English books ( Correct the verb )

.....

Name :.....

Date :.....

**6)Do as required :**

1- ( **Surf** ) the internet is a good source of information. (Correct the verb)

.....

2-She is practising sport now . (Make negative)

.....

3- We ( **play** ) tennis at the moment (Correct the verb)

.....

4-Sara is watching a nice movie now. ( Ask a question )

.....

\*\*\*\*\*

**Unit two**

Name :.....

Date :.....

**1) Choose the correct answer from a, b , c &d**

1- It's very dangerous for people to live in dark.....in the mountains.

- a) infection      b) cavern      c) sight      d)theme

2- Kuwait always .....poor countries with money and food.

- a)provides      b)leads      c) improves      d)overcomes

3- He needs a great.....and skill to win the final match.

- a) determination      b) obesity      c) barrier      d)infection

4- If you want to .....a new hobby, you should practise it daily.

- a)lack      b)provide      c) overcome      d)master

Name :.....

Date :.....

**2)Fill in the spaces with the most suitable words in the list :-**

( native - requires – voluntary – achieved - overcome )

1-This woman spent most of her life in .....work.

2-To improve your English, you should listen to ..... speakers.

3-She finally .....her ambition to become a wealthy woman.

4-Getting high marks .....hard work and patience.

Name :.....

Date :.....

**3)Fill in the spaces with the most suitable words in the list :-**

( sight - infection - recently –frequently–barriers )

1-Laziness is one of the biggest .....to success.

2-He had a terrible accident but Dr. managed to save her .....

3-My older sister has .....moved to a new house.

4-Lazy people .....neglect their works.

Name :.....

Date :.....

**4) Choose the correct answer :-**

I ( **has - have - having** ) been to Dubai since last holiday. It ( **were - was – be** ) a fantastic holiday. I hope to buy a new house in Dubai ( **to - in order to – so that**) I can stay there for a long time .Have you ever ( **be - being - been**) there?

Name :.....

Date :.....

**5)Do as required**

1- We have visited the museum. (Make negative)

.....

2-Yes,Sara has lived in Dubai. ( Ask a question )

.....

3-I studied hard. I wanted to get high marks . ( Join )

.....

4-Have you ever ( **speak** ) French? ( Correct the verb )

.....

Name :.....

Date :.....

**6)Do as required :**

1- Have you ever ( **win** ) a prize? (Correct the verb)

.....

2-He went to bed early. He wanted to catch the bus. (Join : to..)

.....

3- He plays sports daily. He wants to be fit. (join : in order to )

.....

4-Sara has read many English stories. ( Ask a question )

.....

\*\*\*\*\*

### Writing 1

Keeping fit is very important. Plan and write a report of two paragraphs ( **not less than 10 sentences**) about keeping fit explaining the importance of keeping fit and how to keep fit.

Your writing should include a topic sentence, supporting details and a conclusion.

"Plan"

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

<b>Planning (3marks)</b>	<b>Exposition of ideas coherence (10 marks)</b>	<b>Paragraphing and number of sentences (3marks)</b>	<b>Grammar (1 mark)</b>	<b>Spelling (1 mark)</b>	<b>Handwriting &amp; punctuation (2marks)</b>	<b>Total 20 marks</b>

2 marks to be deducted from the total mark for changing the format  
Off point planning/topic receive zero

**Writing 2**

There're a lot of physically challenged people in our life. Write a report of **10** sentences in two paragraphs about "**the disabled people's life and how we can help them.**"

Write your topic here

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Planning <b>(3marks)</b>	Exposition of ideas coherence <b>(10 marks)</b>	Paragraphing and number of sentences <b>(3marks)</b>	Grammar <b>(1 mark)</b>	Spelling <b>(1 mark)</b>	Handwriting& punctuation <b>(2marks)</b>	Total <b>20 marks</b>

2 marks to be deducted from the total mark for changing the format  
Off point planning/topic receive zero

## II - Reading Comprehension :-

**Read the following passage, then answer the questions below:- (234words)**

Every year many people are involved in road accidents. Some people are killed and many are injured or hurt. So, it's important to learn to use the roads **properly** and safely. No sane person would like to be involved in accidents as the roads are very busy nowadays. We should be very careful when crossing one or use overhead bridge whenever one is available. Never cross a road by dashing across it. Some of us take the bus to school. It's important that we don't try to get on or off a bus while it is still moving. I tried to get on a moving bus once. **It** dragged me a short distance and nearly ran over me. I was lucky to escape with only some scratches on my legs. A suddenly lurch can send us knocking our heads against something hard.

Using a bicycle can be dangerous too. We must pay attention on the road and never cycle too far out of the middle of the road. We must make sure that our bicycles are in good condition with brakes, lights...etc.

However, there is no guarantee that we will never be involved in accidents. The important thing is to stay alert at all times while using roads. We shouldn't use the mobile phones while driving. We should use the seat belt. If we use the roads carelessly, we may never use them again.

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

**1- The most suitable title for this passage is-----.**

- a) Bus accidents    b) Road accidents    c) Riding bicycles    d) Children accidents

**2- The synonym of the word "properly" in line 2 is-----.**

- a) in a correct way    b)in a wrong way    c) carelessly    d)safely

**3- The underlined pronoun" It "in line 7 refers to-----.**

- a) Overhead bridge    b) the bus    c) the bicycle    d) accident

**4- The main idea of the 2<sup>nd</sup> paragraph could be-----.**

- a) Using bicycles safely    b) crossing the roads    c) crossing the bridge    d) Being injured

**5- What is the author's purpose in writing the 3<sup>rd</sup> paragraph?**

- a) to tell people how to avoid road accidents.  
b) to advise people to use the bicycle.  
c) to warn people not to use the cars.  
d) to complain about the bad effects of accidents.

**6- Riding a bicycle can be dangerous when-----.**

- a) our bicycles are in good condition.
- b) we cycle in the middle of the road .
- c) we never cycle in the middle of the road.
- d) we use the roads safely.

**B) Answer the following questions:-**

7-How did the moving bus almost run over the writer?

.....

8-In your opinion, Why do road accidents happen?

.....

---

Mrs. Zainab