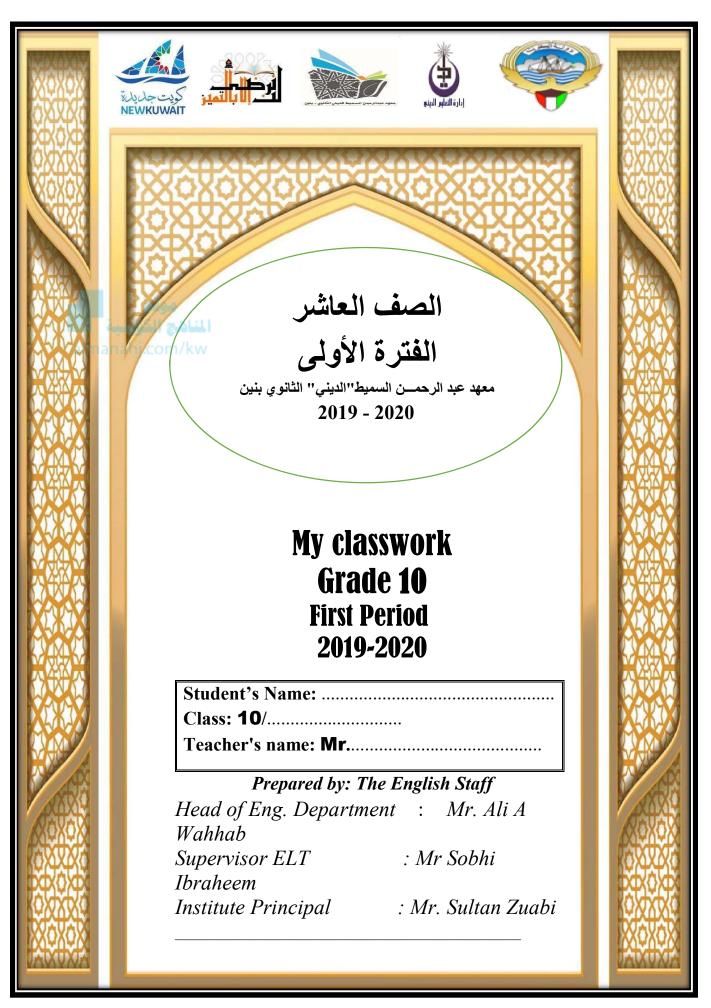




المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول				
كتاب الطالب في مادة اللغة الانكليزي <u>ة</u>	1			
مواضيع التعبير للصف العاشر	2			
مذكرة قواعد رائعة ومفيدة في مادة اللغة الانكليزية	3			
الكلمات الجديدة بالترجمة في مادة اللغة الانكليزية	4			
مذكرة ثانوية المباركية في مادة اللغة الانكليزية	5			



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Irregular Verbs							
bring	brought	brought	يحضر	Read	read	read	يقرا
build	built	built	يبني	Rent	rent	rent	يستأجر
buy	bought	bought	يشتري	Set	set	set	يۇسس
catch	caught	caught	يلحق	Wet	wet	wet	يبلل
fight	fought	fought	يقاتل	Upset	upset	upset	يضطرب
find	found	found	يجد	Become	became	become	يصبح
feed	fed	fed	يطعم	Begin	began	begin	يبدأ
feel	felt	felt	يشعر	Break	broke	broken	يکسر
get	got	got	يحصل	Choose	chose	chosen	يختار
hear	heard	heard	يسمع	Come	came	come	يأتي
keep	kept	kept	يحافظ	Drink	drank	drunk	يشرب
leave	left	left	يترك	Draw	drew	drawn	يرسم
lend	lent	lent	يقرض	Drive	drove	driven	يسوق
lose	lost	lost	يفقد	Eat	ate	eaten	يأكل
make	made	made	يصنع	Forget	forgot	forgotten	ينسي
meet	met	met	يقابل	Ride	rode	ridden	يقود شيئ
pay	paid	paid	يدفع نقود	Ring	rang	rung	يرن
say	said	said	يقول	See	saw	seen	يري
sell	sold	sold	يبيع	Speak	spoke	spoken	يتحدث
send	sent	sent	يرسل	Swim	swam	swum	يسبح
shine	shone	shone	يلمع	Write	wrote	written	يكتب
sit	sat	sat	يجلس	Know	knew	known	يعرف
sleep	slept	slept	ينام	Run	ran	run	یر کض
spell	spelt	spelt	يتهجى	Shake	shook	shaken	يهز
spend	spent	spent	يقضىي	Throw	threw	thrown	يلقي يوقظ
stand	stood	stood	يقف	Wake	woke	waken	يوقظ
stick	stuck	stuck	يلتصق	Steal	stole	stolen	يسرق
teach	taught	taught	يعلم	Do	did	done	يفعل
tell	told	told	يخبر	Forgive	forgave	forgiven	يسامح
think	thought	thought	يفكر	Mistake	mistook	mistaken	يخطأ
win	won	won	يفوز	Go	went	gone	بذهب
lay	laid	laid	يكمن	Bear	bore	borne	يتحمل
mean	meant	meant	يقصد	Bite	bit	bitten	يعض
have	had	had	يمتلك	Dream	dreamt	dreamt	يحلم
seek	sought	sought	يبحث عن	Fall	fell	fallen	يسقط
speed	sped	sped	يسرع	Fly	flew	flown	يطير
cut	cut	cut	يقطع	Give	gave	given	يعظي
hit	hit	hit	يرتطّم	Grow	grew	grown	ينمو
hurt	hurt	hurt	يؤذي	Hide	hid	hidden	يخبأ
let	let	let	يتركى	Rise	rose	risen	يرتفع

Irregular Verbs

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Module one

one "CULTURE"

<u>Unit one{ We are what we eat}</u>

No.	Word	P.O.S	Definition
1	absorb	V	take in or soak up by chemical or physical action
2	antioxidant	adj.	A substance that cleans the body form diseases.
3	caffeine	n	a stimulant found in tea and coffee
4	arthritis	n	A disease that causes inflammation to the joint.
5	calcium	n	Metallic element that forms bones and teeth.
6	cholesterol	n	A substance found in the blood causing a heart disease
7	combat	V	To reduce, destroy or prevent.
8	dietician	n	A professional who advises on healthy eating.
9	digestive	adj.	Relating to the digestion of food.
10	fiber	n	An important nutrient in wholegrain
11	iron	n	A mineral found in food.
12	metabolize	V	Change food into energy.
13	neutralize	V	To make a substance chemically neutral.
14	nutrition	n	The substances taken into body as food.
- <u>151a</u>	probiotic	adj.	Containing good bacteria to improve health.
16	protein	n	a natural substance that exists in foods
17	saturated fat	n	A substance in eggs and meat
18	stimulant	n	Substances that increase nervous activity
19	unsaturated fat	n	Unhealthy fats found in food
20	vitamin	n	A chemical substance in food
21	boost	V	To help something to increase or improve
22	comprise	V	Made up of – consist of.
23	obesity	n	A state of being unhealthily overweight.
24	fatigue	n	Extreme tiredness.
25	dehydration	n	The loss of water in the body.
26	deficiency	n	A lack or shortage.
27	grilled	adj	Cooked over the fire in a grill.
28	metabolism	n	The processes by which food is turned into energy
29	organic	adj	Food produced without the use of chemicals.
30	pomegranate	n	A round fruit that has a red skin and juicy red seeds
31	RDA	Abbr.	The recommended daily allowance of nutrients
32	sodium	n	A chemical found in salt.
33	supplement	n	A substance taken to add vitamins to a person's diet.
34	appeal to	V	attract one's interest.
35	atmospheric	adj	Pleasurable and interesting
36	crammed	adj	Full of healthy properties.
37	eatery	N	A restaurant or an eating place
38	fanatic	N	someone who likes something very much
39	irresponsibly	adv	In an irresponsible manner.
40	malnutrition	Ν	The lack of proper nutrition
41	salad bar	Ν	A place where different salads are served
42	specialty	Ν	A type of good food that a restaurant is famous for
43	vegetarian	adj	Someone who doesn't eat meat or fish
44	wholesome	adj	Conducting to good health and wellbeing.

No.	Word		Meaning	No.	Word		Meaning
1	absorb	v	يمتص	11	iron	n	حديد
2	antioxidant	adj	ضدالأكسدة	12	metabolize	v	تحويل الطعام الي طاقة
3	caffeine	n	كافيين	13	neutralize	v	ؾۜڂۑؚٞۮ
4	arthritis	n	الم المفاصل	14	nutrition	n	تغذية
5	calcium	n	كالسيوم	15	probiotic	adj	يحتوي على بكتيريا نافعة
6	cholesterol	n	كوليسترول	16	protein	n	بروتين
7	combat	v	يكافح	17	saturated fat	n	دهون مشبّعة
8	dietician	n	خبيرتغذية	18	stimulant	n	منبّة - محفز
9	digestive	adj	هضمي	19	unsaturated fat	n	دهون غيرمشبّعة
10	Fiber also	n	الياف	20	vitamin	n	فيتامين
	اناهم الحمدتية						

Unit 1 Lesson 1&2 SB. P 12,13

A-From a, b, c and d choose the right answer:

1- Sponge is commonly used in cleaning because it liquids a) neutralizes b) combats d) absorbs c) metabolizes 2-Raw vegetables and fruits are rich in a) *dieticians* b) toxins c) vitamins d) probiotics **3-** The process takes place in the stomach. b) crammed a) digestive c) saturated d) organic **4**-Good bacteria in probiotic drinks help..... the bad ones that cause illnesses. b) neutralize c) capitalize *d*)*metabolize* a) master 5- You should eat food that contains a lot of.....e.g. fruit, vegetables and bread. b) caffeine c) fibers a) dieticians d) unsaturated fats 6- drinks such as Actimel improves our immune system. b) probiotic c) arthritis d) iron a) caffeine 7- Caffeine is a that can prevent people from sleep. a) nutrition c) stimulant b) fiber d) vitamin 8- Eggs and meat contain a high level of b) iron. a) protein c) vitamine d) probiotic B-Fill in the spaces with the suitable word from the list:

11- Cancer, cholera andare different kinds of diseases.

- **12-** Lowering the rate ofis a must for fat people.
- **13-** People should all work together to diseases and starvation.
- 14- Most of the diabetic patients take insulin, which helps their bodies to sugar

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SET BOOK QUESTIONS

1- Islam ensures the importance of eating wisely. Explain

-To keep my body healthy and strong - To keep my soul and spirit strong, too.

- 2- What should you add to your daily diet to be in tip-top shape?
 - a- probiotic drinks b- green tea c- dark chocolate

3- It is said that probiotic drinks affect our immune system. How?

-They contain billions of "good" bacteria which neutralize the bad bacteria.

- 4- According to some dieticians "Dark chocolate" is very useful. Explain.
 - a- It is used to lower blood pressure. b- It improves the metabolism of sugar of diabetics.
- 5- Why do think most vegetables have more nutritional value when eaten raw?
 - Because the heat from cooking damages and kills some of the nutrients.

Unit 1 Lesson 3 WB pages 4 - 5							
No.	Word		Meaning	No.	Word		Meaning
1	boost	v		4	fatigue	n	
2	comprise	V		5	dehydration	n	
3	obesity	n					

A- From a, b, c and d choose the most suitable answer:

1- The English course a student's book, a workbook and an audio tape. a) boosts b) combats c) comprises d) digests 2- The government is spending 5 million dinars to fight overweight and annually. b) fibre c) obesity d) calcium a) iron *3-* Most of the players have suffered from after the match. b) obesity c) caffeine d) protein a) fatigue 4- Working under the sun for a long time can cause b) protein a) arthritis c) dehydration d) dietician 5- Dark chocolate the ability of the body to metabolize sugar. a) combats b) comprises c) boosts d) absorbs

Set book questions

1-Eating protein is very necessary for the athletes, why?

- Protein builds and repairs muscle tissue.

- It's highly important after recovering from injury.

2- Dieticians advise us to go on "a well- balanced diet ". Explain.

- A well-balanced diet should already contain the RDA of a variety of vitamins. *3-* Why do you think drinking water is useful for our bodies?

-That's because water makes up about 60 percent of your body weight.

- Water flushes toxins out of vital organs and prevents dehydration.

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Lessons 4-5 pages 14-15

No.	word	P.O.S	Meaning
1	deficiency	n	نقص
2	grilled	adj	مشوي
3	metabolism	n	تمثيل ُغذائي عضوي
4	organic	adj	عضوي
5	pomegranate	n	رمان
6	RDA	abbr	الغذاء الموصىي به والمسموح يوميا
7	sodium	n	صوديوم
8	supplement	n	مكمل غذائي

A-Fill in the spaces with suitable word from the list below:

(supplement - RDA - pomegranate - Metabolism) المح الكوانسة

1-...almanahj.com/kw stands for the recommended daily allowance of nutrients.

2-.....means the chemical process that changes food into energy.

3- The doctor advised me to take.....by adding vitamins.

B- From a, b, c and d choose the most suitable answer:

4- We should always	try to choose	and healthy ki	nds of food.	
a) probiotic	b) antioxidant	c) organic	d) fast food	
5- Your blood test re	vealed a	in some minerals and vitamins.		
a) metabolism	b) deficiency	c) supplement	d) sodium	
6- This restaurant is a	famous for	meat and fish s	pecialties.	
a) digestive	b) antioxidant	c) grilled	d) organic	

<u>Set book</u>

1-Doctors and dieticians recommend to benefit from the food pyramid, why?

- Because dark green vegetables are healthy and it varies necessary protein.

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<u>Grammar {adjectives / past simple and past continuous}</u>

	ives / past simpl	e and past contin	uousj
(Order of the adje	ectives	
	$\overline{\mathbf{V}}$		<u>REMEMBER</u>
1- He gave her six beautiful large	red roses.		Order of the
2- A <u>little old Chinese</u> man came to	adjectives:		
3- I keep all my money in a <u>small k</u>	1- Opinion		
<u>A-From a , b , c and d Choose th</u>		nswers	2- Size
1- Dad bought us two			3- Age
a) wooden attractive small		a small woodan	4- Shape
c) attractive wooden small			5- Colour
2- That is a	-		6- Origin 7- Material
a) red huge metal	-	netal red huge	
c) huge red metal			
<i>3</i> -Hamad is an	student	netal huge red	,
a) intelligent young Kuwaiti		na intelliaent Ki	umaiti
<i>c) intelligent Kuwaiti young</i> <i>4</i> – I bought that	car It was t	the best in the mar	r hi Net
a Amorican rod bio	b) hig t	ad Amorican	Ket.
c) rod hig American	d) Amo	vican hig rød	
a) American red big c) red big American 5-While we	in the restaurant	the lights went o	111
a) are eating b) eating	σ	c) were eating	d) ate
6- Our teacher	s come late vester	rdav	uj ule
a) doesn't b) isn'			d) hasn't
7- When you phoned me last night,			uj nusn i
a) take b) was t			d) took
8- The students were preparing for			
a) arrives b) has a			
<i>9-</i> She her bag while s			uj urriveu
a) lose b) losing		c) loses	d) lost
<u>C- Do as shown between brackets</u>	,		
10- The accident happened while w		et (C	orrect)
To The accident happened while w		(0	
	•••••		• • • • • • • • • •
11- I went to school. I saw my teach	ier.	(ioi	n with: While)
		0.01	
	•••••		
12-To be fit we should eat (healthy	and wise).	(Co	rrect)
	,	X	,
	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	••
13- We reach the station. The train	leaves.	(joi	in with: When)
		·	

Lessons 7-8 SB page 16-17					
No.	wrd	p.o.s	Meaning		
1	appeal to	V		يجذب/ يستهوي	
2	atmospheric	adj		مبھج محشو / ممتلئ ب	
3	crammed	adj		محشو / ممتلئ ب	
4	eatery	Ν		مطعم	
5	fanatic	Ν		متعصب	
6	irresponsibly	adv		باستهتار	
7	malnutrition	N		سوءالتغذذية	
8	salad bar	Ν		مكان للسلطات	
9	specialty	N		ميزة /خصوصية	
10	vegetarian	adj		نباتي-شخص لا يأكل اللحوم عدامة شريب	
11	wholesome	adj		صحي-بكامل قشرته	
A-From	a, b, c and d cho	ose the mo	st suitable answer:	ad autilia a consistant	
1- 1 ms re		•••••	is catering for hotels an	nd public occasions.	
a) sp	ecialty	b) dive	ersity c) obesity	d) deficiency	
-	king exercises and <i>nospheric</i>	-	foods such as grai	ins, beans meat and fruit. <i>d) wholesome</i>	
		• •	from rition c) salad bar		
a) fa		b) antioxid	versial ideas about Islam. <i>lants c) metabol</i> ord from the list:	lism d)dieticians	
(m	alnutrition- appea	al to - atmo	spheric – crammed - sal	ad bar - irresponsibly <u>)</u>	
5- Behav	ving		towards old people	e can hurt their feelings.	
6-Cartoon filmsmost children in the world.					
7- Let's have a room overlooking the sea. It's really a / an place.					
8- Many of the refugees are suffering from because of food shortage.					
9- Famous eateries are alwaysbecause of their tasty food and good service.					
<u>SET BOOK</u>					

1-When choosing a restaurant, what things do you consider most?

-The healthy food and the fast service they offer.

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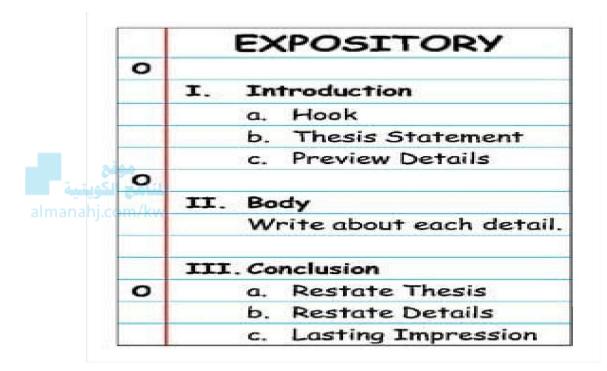
<u>III- Language Functions</u>
{Recommendations / Introducing oneself / opinion /planning}
A- What would you say in the following situations?
1-You want to introduce yourself to your new English teacher.
2- You went to a restaurant. You didn't enjoy the food. Express your opinion.
3 -Your brother says reading literature is a waste of time.
4- You want someone to show you the way to the Science Centre.
5 -Your dad has high_cholesterol and wants to order a burger and fries.
6-The English teacher has asked you about your plans when you leave school.

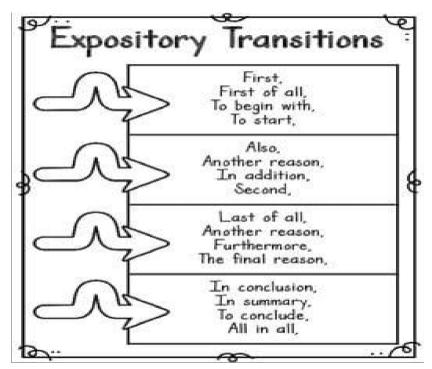
- Translate the following sentences into good English:



• Expository { ايضاحي- تفسيري - Writing

- in which author's purpose is to inform or explain the subject to the reader.
- It includes definitions , cause -and-effect relationships , comparison and contrast , illustrations and examples





Writing

"Good health is not something we can buy. However, it can be an extremely valuable thing". In (12 sentences – 140 words) write an expository essay, stating the importance of healthy food and the main components of a healthy diet.

<u>plan / outline</u>	
موقع المناهج الكويتية	
almanahj.com/kw	
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<u>Reading Comprehension & Summary Making</u> <u>Read the following passage then answer the questions below:</u>

If you have been reading fairy stories, you may believe that all wolves are harmful, and evil. They eat children, sheep and other small animals. They are aggressive and won't stop until they get what they want. There really isn't anything good to say about wolves. Or is there? Are wolves just misunderstood?

Wolves are actually nothing like the characters described in fairy stories. While it is true that their diet consists of deer, rabbits, and other small animals, wolves would never attack a child just for the sake of eating. Wolves have been known to attack people when they threaten them. This happens only **<u>rarely</u>**. Wolves are usually pretty shy animals. They stay within their own land and protect their own pack (group).

Wolves are meat eaters, and they must hunt to get their food. <u>They</u> are strong and fast and have sharp teeth. They use their sense of smell to find prey. Wolves hunt in packs and chase their prey until it gets tired. They usually hunt the weakest, slowest animal in a group. Wolves are not cruel; they are just good hunters.

Some wolves, such as the red wolf, are near <u>extinction</u>. Their homes are steadily disappearing as people spread their own homes further into the wilderness. Wolves have also been hunted extensively. Ranchers and farmers pose another threat to wolves. They become angry when wolves come onto their property and eat their chickens and sheep. This is a serious problem, because the farmers lose their animals, and the wolves get shot by the angry farmers. No one wins in this battle.

Wolves are an important part of the balance of nature. They hunt weak animals and help keep down the population of some animals such as deer. In many countries, it is now against the law to hunt wolves. Many zoos and scientists are working hard to protect wolves, because they understand just how important and misunderstood they really are.

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

1 -A suitable title for the passage is:	
a. Wolves in the Jungle	b. Wolves in Fairy Stories
c. The Red Wolf	d. True Facts about Wolves
2- The main idea in the last paragraph is:	
a. Reading fairy stories.	b. The importance of protecting wolves.
c. Wolves and angry farmers.	d. Wolves as good hunters.
3- The word " <u>extinction</u> " in paragraph 4 me	eans:
a. being rare.	b. being happy.
c. being famous	d. being shy.
4-The underlined word " <u>they</u> " in paragraph	a 3 refers to:
a. ranchers and farmers.	b. weak animals.
c. Wolves.	d. chickens and sheep.
	12

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- 5- According to the text, all the following sentences are true except:
 - a- Wolves attack people in case of a threat.
 - b- Wolves hunt animals for the sake of killing.
 - c- Wolves are shy animals.
 - d- Wolves prefer to hunt in groups.
- 6- People think that wolves are cruel and harmful because
 - a. they are aggressive b. they are cute
 - c. they are helpful d. they are generous

B) With reference to the passage answer the following questions:

7-How do wolves hunt?

.....

8- Why do farmers and ranchers kill wolves?

.....

C) Summary-making;

Researches show that people who do not smoke at all can suffer serious and life-threatening health problems, if they stay with smokers for long period of time. Scientists have proved that breathing passive smoke can be more dangerous than actually smoking cigarette. It can be dangerous because the smoke that is blown by the smoker in the air can affect the person standing or walking by the smoker. The non- smoker inhales smoke too without using a cigarette, passive smoking is very poisonous, and it has over four hundred chemicals.

In four sentences, summarize the paragraph to answer the following question: Researches and scientists prove that smoking cigarettes cause health problems. Justify.

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Unit Two Respecting cultures

No.	Word	P.O.S	Definition
1	aspiration	n	a hope or ambition of achieving something.
2	creed	n	Faith
3	delegate	n	a person sent or authorized to represent others
4	diversity	n	the state of being diverse; variety.
5	initiative	n	the ability to assess and initiate thing alone
6	interfaith	adj	Of, relating to , or between different religions
7	mentor	n	an experienced and trusted advisor.
8	seminar	n	a meeting for discussion or training.
9	tolerance	n	the ability to tolerate something .
10	adorn	n v	To make more beautiful or attractive
11	See See	v	To recall and show respect for someone or
	commemorate	·	something in public ceremony
12	cursive	adj	Written with the characters joined
13		V	To make something more attractive by adding
	embellish		attractive details
14		v	Express the meaning of something said or written by
	paraphrase		using different words
15	calligraphy	n	Decorative handwriting or handwriting lettering.
16	consistently	adv	Continuing to happen in the same way.
17	diverse	adj.	Showing a great deal of variety
18	inspirational	adj	Providing creative or spiritual inspiration.
19	master	v	To acquire complete knowledge or skill
20	richly	adv	In an elaborate, generous or plentiful way.
21	account	n	a report or description of an event or experience.
22	conduct	v	to organize and carry out
23	cover	V	to travel a particular distance
24	figure	n	Person of a particular kind, often important.
25	ground-	adj	Innovative; involving new discoveries.
	breaking		
26	high -ranking	adj	great, or greater than normal, in quantity
27	pilgrimage	n	a journey to a holy place
28	relevant	adj	Closely connected to the matter at hand.
29	Review	n	a critical evaluation of a book.

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Unit 2 Lessons 1-2 SB pages 18-19

No.	word	P.O.S	meaning	No.	word	P.O.S	meaning
1	aspiration	n	طموح	6	interfaith	adj	تداخل الأديان
2	creed	n	عقيدة	7	mentor	n	مستشار
3	delegate	n	مندوب	8	seminar	n	ندوة- حلقة نقاشية
4	diversity	n	نتوع	9	tolerance	n	تسامح
5	initiative	n	زمام المبادرة				

A- From a, b , c and d choose the right answer:

1- A mentor encourages in	ndividual	for education	and employment.	
a) tolerance	b) creed c) seminar d) aspiration			
2- We decorated our class	room with a	of flowe	ers, pictures and leaves.	
a. aspiration	b. diversity	c. interfaith	d. tolerance	
3 - Teachers can expand their knowledge by attending and workshops.				
a. initiatives m/kw	b. figures	c. seminars	d. reviews	
4- The United Nations end	courages	dialogue between	religions.	
a. crammed	b. interfaith	c. atmospheric	d. grilled	
5- We have to do our best to live in peace, we have to respect each other's				
a. creeds	b. figures	c. accounts	d. seminars	
B- Fill in the spaces with the right word from the list:				

(aspiration -creeds- mentor - seminars)

6-Because Islam is the religion of tolerance, calls for peace amongst all is a must

7-Those who need to work for the first time should consult a for advice and support.

8-Students can learn better when they participate inand discussions.

SET BOOK QUESTIONS

1- Mentors play great roles in their societies, how?

- They encourage individual aspirations and break down barriers in community.

- 2 From your opinion, what does the United Nations aim at?
 - a- spreading peace b- discussing disagreements among nations.
- **3**-Kuwait promotes the meetings of the UN in different ways. Mention some:

- Organizing conferences - Arranging seminars and programmers to raise awareness amongst citizens.

4- In what way can governments further the culture of peace and respect?

Raising awareness amongst citizens- respecting different cultures, religious and races

Unit 2 Lesson 3 WB pages 10 -11

No.	word	P.O.S	Meaning
1	adorn	v	يزين
2	commemorate	v	يكرم
3	cursive	adj	مكتوب بأحرف متصلة
4	embellish	v	يزخرف
5	paraphrase	v	يعيد صياغة

A-From a, b, c and d choose the correct answer:

1-Students will learn	how to	a paragraph in their own words.		
a-embellish	b- paraphrase	c- absorb	d- adorn	
2- Many paintings are	2	with colours using co	omputer program	
a-adorn	b- embellish	c- commemorate	d- paraphrase	
3-Thulth is a large an	d elegant	script.		

a-cursive b- crammed c- atmospheric d- vegetarian <u>B-Fill in the spaces with the most suitable words from the list below:</u> (grilled- commemorate - adorned)

- 1- The mosque dome is with Quranic Thuluth script.
- 2- Many countries the memory of their heroes.

SET BOOK QUESTIONS

1 –People differ in their religions and creeds; show how they should treat each other.

a-They should respect each other. b- They should respect their culture and creeds.

- 2-Why is it important to respect and tolerate other people and other religions?
 - a- To help spread peace worldwide. b- To end wars

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020

Lessons 4-5 SB pages 20-21 Unit 2

No.	word	P.O.S	Meaning
1	calligraphy	n	فن الخط
2	consistently	adv	بطريقة مستمرة
3	diverse	adj.	منتوع
4	inspirational	adj	ملهم
5	master	V	يثقن
6	richly	adv	بوفرة

A-From a, b, c and d choose the right answer:

1- She lived in Italy for s	several years but no	ever	the language.		
a- adorned	b- conducted	c- mastered	d- paraphrased		
2- I joined an institute for	or	So my handwriting	s very good now.		
a- diversity	b- calligraphy	c- creed	d- inspiration		
3- New York is a very cu	ulturally	city.			
a- diverse	b- digestive	c- crammed	d- cursive		
4- Arts, architecture and	calligraphy reflect	the	diverse Islamic culture.		
a- irresponsibly	b- richly	c- differently	d- consistently		
B- Fill in the spaces wit	h the right word	from the list:			
<u>(master-inspirational – richly – consistently - calligraphy)</u>					
5-The Islamic art has beento many artists nowadays.					
6is the Arabic decorative handwriting.					
7- Famous people like an	tists, etc	deny rumo	ours about their private life.		
8-I got the job because IEnglish in both speaking and writing.					
1 - What does the term 'I- It refers not only to the second se	slamic Art' refer to		erse Islamic culture as well.		

- **2-** Islamic art had inspired many artists worldwide. Mention Some.
 - a architecture b- calligraphy c- literature

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020 **<u>Grammar</u>** (present perfect, prepositions) Form: (have /has) + p.p. (The present Perfect) Keywords: already / just / ever /never /since / for / yet A- From a, b, c and d Choose the most suitable answers: 1- Now you can wipe the board. Ijustwriting *b- have finished c- finishing* d-has finished *a- finishes* **2-** The weather has been awful the beginning of the year. a- ago b-for c- since d- vet **3-**I Ahmed since we were at high school. a- Have ever seen b- see c- haven't seen d- never have seen 4-....his migration to Canada, my elder brother has never come back to Kuwait. b- Since c- already a- For d- yet 5-The weather awful, since the beginning of the year. b- have been c- is *d*-*were* a-has been 6-Have youtravelled to America? a) always b) vesterday d) yet c) ever 7-They havegone to the cinema in their lives. a) every b) ago c) never d) while **8**- He has stayed in France.....a couple of days. a) ago b) for c) vet d) since **9-**The Olympic Games started three weeks..... a) since b) never c) yet d) ago B) Do as shown between brackets : 1- We have visited three places since last holiday. (Ask a question) _____ 2- They have been reading English stories for three hours. (ask) _____

3- They have already finished writing the reports. (Negative)

Abdul-Rahman Al-Sumait Religious Institute - Sec. - Boys Grade 10 First Period 2019 -2020 Prepositions of place above behind between in in front of in front of next to on the left on the right under to

Prepositions of place

"by train,"," "by boat," "by plane"; "by land," "by sea," "by air"; "by bus, by bicycle"

"in a bus" or "on a bus"; "by motor-car" or "in a motor-car," "by taxi " or "in a taxi"; "in a cab," "in a carriage";

"on horseback," "on a donkey," "on a bicycle/ "; "on foot."

Prepositions of time

In: morning / evening /afternoon / May / 2009 / the end of the year

On: Monday/2nd Nov.

at: o'clock/night / midnight/ midday/ dawn / sunrise / sunset

for: 2 seconds / minutes /hours / one week /days / years

since: last week / 2013 / morning,

A)From a, b, c and d choose the correct answer:

1-We don't go to school .	Fridays	and Saturdays.		
a) with	<i>b) by</i>	c) of	d) on	
2-Sometimes I come to schoolbus.				
a) by	b) for	c) in	d) amongst	
3- Peace and tolerance	nati	ions or peoples of the world	d is a must nowadays.	
a) amongst	b) at	c) on	d) wit	

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Unit 2 Lessons 7-8 SB pages 22-23

No.	word	p.o.s	Meaning
1	account	n	تقرير
2	conduct	V	يؤدي/ينظم
3	cover	V	يقطع مسافة
4	figure	n	شخص
5	ground- breaking	adj	اكتشافا إبداعيا/ رائد
6	high -ranking	adj	ذو مقام رفيع
7	pilgrimage	n	الحج
8	relevant	adj	متصل ب/ مرتبط ب
9	Review	n	تتقيح/ نقد لكتاب/ مراجعه

A) From a, b, c and d choose the right answer:

1-	Muslims are	e requested to	make a	to Mecca at	least once	in their	lifetime.
	Triabilitio are	requested to	mane u			/ III tiltell	III CUIIIIC.

a) diversity (k, b) inspiration c) pilgrimage d) delegate

2-Kings and nobles are persons in their society.

a) richly b) relevant c) high-ranking d) inspirational

- **3**-Our team have..... a survey for the new project.
 - a) conducted b) involved c) covered d) mastered

B) Fill in the spaces with the right word from the list:

(covers – relevant – figure- review - account)

- **4**-Scientists are doing their best to find ... solutions for our problems.
- 5-Please, write a of the film "A trip to Kuwait towers".

6-This booka long period of the Prophet's life.

7- Mishary Alafassi is a famous Kuwaiti

SET BOOK QUESTIONS

1- Do you think that reading is useful to improve our skills? How?

- Yes, it develops reader's knowledge and imagination.

2-Why isn't it easy to read the Muqadema of Ibn Khaldoun?

- Because of its complex content and purpose.

3- What does Ibn Battuta's account include?

- It includes:	a-descriptions of his pilgrimages.	b- The cities he stayed in.
	c- Local tales	d- Sea – adventures

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020

Language Functions

(Suggestion – Asking for permission – Agreement – thankfulness - planning) A) What would you say in the following situations?

1-Suggest a way to improve your English.

2-You want to go to the WC. Ask your teacher for permission.

.....

3-Your cousin asked you about a book you have just finished reading.

.

4- Your classmate wants to buy a religious book. Recommend.

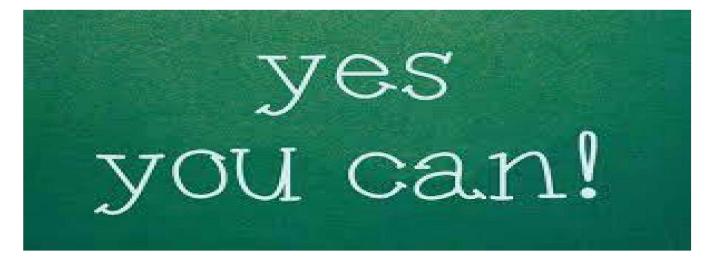
5- Your friend asks about your plans after graduation.

.....

<u>Translation</u> - Translate the following sentences into good English:

.

أحمد : عدد الدول الأعضاء في الأمم المتحدة هو 192 دولة .
سالم : هؤلاء الأعضاء يلتقوا دوريا لمناقشة الخلافات و الاتفاق



Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020

Writing

Peace is very important in today's world. *Plan and write an expository essay (12 sentences – 140 words)* stating the importance of world peace and the role of Kuwait to further the culture of peace.

	Plan / Outline	
	موقع	
al	manahj.com/kw	
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Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020 Module 2 {Free time} Unit 4{Computer games}

No.	Word	P.O.S	Definition
1	anti-reflective	Adj	incapable of reflecting light or other radiation
2	Artificial Intelligence	Ν	the theory and development of computers to things that usually
3	Compete	V	to make efforts to win something by defeating others
4	Competitive	Adj.	of, relating to, or characterized by competition
5	Console	Ν	a computer especially designed for playing games on
6	convoluted	Adj.	complicated and difficult to understand
7	discourse	Ν	speaking and conversation
8	Employ	V	to hire for work
9	naturalistic	Adj.	derived from or imitating real life
10	perception	Ν	the ability to see, hear or become aware
11	Rival	Ν	competing with a person or thing for the same objective
12	sensor	N	a device that detects or measures a physical property and records,
13 🔤	simulate	V	to imitate the character or feeling
14	speech	Ν	the ability of a computer to identify and respond to the
	recognition		sounds produced in human speech
15	visual effects	Ν	the graphics, sound, etc. used in films and computer games
16	wizard	Ν	a person who is very skilled in a particular field or activity
17	idle	Adj.	lazy, especially avoiding work
18	incredibly	Adv.	extremely or unusually
19	mundane	Adj.	lacking interest or excitement
20	out of shape	Adj.	unfit and unhealthy
21	analogue	Adj.	using physical quantities such as voltage, often contrasted to digital technology
22	computer- friendly	Adj.	able to use or be used by a computer
23	Drive	Ν	device that allows a computer to read discs
24	hold button	Ν	a button that pauses the game and prevents the game from being used momentarily
25	touch screen	Ν	a display device that allows a user to interact with a computer by touching areas on the screen
26	Wireless	Adj.	lacking or not requiring wires
27	arcade	N	a type of computer game
28	bonus	Ν	describing something extra, for good performance
29	breathtaking	Adj.	astonishing or awe-inspiring in quality, so as to take one's breath away
30	built-in	Adj.	forming a necessary part of a structure or device
31	Caller	N	a person who makes a telephone call
32	Exclusive	Adj.	restricted or limited to the person, group or area concerned
33	Helpline	N	a telephone service providing help with problems
34	Joystick	N	a lever that can be moved in several directions to control the
	-		movement of an image on a computer
35	Keypad	Ν	set of buttons used to control an electronic device
36	Mode	N	an option allowing a change in the method of operation of a device

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 - 2020

Unit 4 Lessons	1-2	SB	34 –	35
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No.	Word		Meaning	No.	Word		Meaning
1	anti-reflective	Adj	غیر عاکس	9	naturalistic	Adj.	طبيعي
2	Artificial Intelligence	N	الذكاء الإصطناعي	10	perception	N	ادر اڭ حسي
3	Compete	V	ينافس	11	Rival	N	منافس
4	Competitive	Adj.	تنافسي	12	sensor	Ν	جهاز حساس
5	Console	N	أتاري	13	simulate	V	يحاكي / يقلد
6	convoluted	Adj.	معقد	14	speech recognition	N	إدراك الكلام
7	discourse	Ν	کلا م/ حوار	15	visual effects	Ν	التأثيرات البصرية
8	Employ	V	يوظف	16	wizard	N	خبير نشغيل

A) from a, b, c and d choose the right answer

1-In the world cup ma	ny teams	to win the cu	ıp.		
a – employ	ny teams <i>b- simulate</i>	c- compete	d- replace		
2- Most famous direct	ors use	to attract a lot of viewers.			
a – console	b- perception	c- sensor	d- visual effects		
3- I liked yesterday's f	film especially the	between t	he hero and the heroine		
a- discourse	b- console	c- wizard	d- sensor		
	view,				
a- competitive	b- convoluted	d c- naturalistic	e d- rival		
	atmosphere in the				
-	b- convoluted				
-	s will be able to perform				
a-sensor b-		c- perception	d-wizard		
B) Fill in the blanks w					
	e / consoles/discourse /				
	irror and not a paper bec				
• •	tching on and off .I'll tal				
	between the two sides f	-	prrow.		
	ally		0° 1 1		
	vernment tries to				
12-Expert says that fur	ture		ic games.		
		Questions			
	at are the disadvantages	-	le games?		
t t	weak eyesight and bac				
1	er games we play nowad	•	1		
	owadays look more rea	listic and complicated			
-The characters are	more natural.	4 6 4 9			

3-Why will game designers be working hard in the future?

-To compete with the success of the Nintendo Wii

Unit 4 Lesson 3 WB page 28-29

Word		Definitions	Meaning
idle	Adj.	lazy, especially avoiding work	كسول
incredibly	Adv.	extremely or unusually	بشكل لا يصدق
mundane	Adj.	lacking interest or excitement	غیر مثیر / رتیب
out of shape	Adj.	unfit and unhealthy	بدین /شکل غیر
			صحى

A) Fill in the blanks with suitable words:

(idle - out of shape - incredibly - mundane)

1The traditional exercise machines are very to use.

2-The aptitude test to the elite school was..... difficult.

3- people are advised to practise more and have an active lifestyle.

Set book Questions

1-Many parents don't want their children to spend too much time playing computer games. Give reasons.

- Because computer games may make children idle and out of shape.

2-How can the new video games build up the players' muscles?

- By pulling or pushing the giant joystick.

3-What are the benefits of using new joystick games?

- They help players build up their muscles by pulling or pushing the giant joystick.



Lesson 4-5 SB page 36-37

No.	Words		Meanings		
1	analogue	Adj.	مواصفات قديمة		
2	computer-friendly	Adj.	ملائم للحاسب		
3	Drive	N	سواقة – مشغل القرص		
4	hold button	N	زر التوقف		
5	touch screen	N	شاشة لمس		
6	Wireless	Adj.	بدون سلك-لاسلكي		
A) From a, b, c and d choose the right answer					
1 Madam mahila nhanas hava wandarful					

1-Modern mobile phones have wonderful

	a-consoles	b- touch screens	c-perceptions	d- drives	
2-If	2-If you want to stop your game temporarily, you should press the				
	a- wireless	b- drive	c- hold button	d- out put	
3- W	ill you replace this	TV with	n a digital one, father?		
	a-computer friendly	b- analogue	c- discourse	d- video game	



Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020 **Grammar { The future tense / present continuous / the morethe more}** A) From a , b, c and d choose the right answer: 1- Dadto the fish market to get some fish for lunch. b- is going d-would a- are going c- shall 2-Studentsa test next week. a- will have b-had *c-would have d-were having* 3-Khalid to France to meet his friend within two days. a- travelled b- travels c- is travelling *d*- was travelling 4- The plane to take off soon. a- is going b- went c- was going d-going 5- The more you eat, theyou will be. a *a- fat* hj.com/kw *b- fatter* d- fattest *c-more fat* 6- The more you practice your English, the you will learn. *b- fast c- faster a- fastest* d- as fast **B)** Do as shown between brackets: 7- We (have) an oral exam next week. { correct } 8- Laptop computers will definitely (got) cheaper next year. { correct } 9- Mr. Ahmad teaches us English? { Question tag } { start with : Two letters } 10- Rashid wrote two letters yesterday. {change focus} 11-We are watching the programme. {complete} 12- The more weight you lose, the

Abdul-Rahman Al-Sumait Religious Institute - Sec. - Boys Grade 10 First Period 2019 - 2020

l-Term Mock Test- Gra	ide 10	J	ف الفترة تجريبي	
		<u>um & Writing (10 m</u>	<u>arks)</u>	
A) Choose the right		<u>Vocabulary</u> (3 m) , c and d :(3x1=3 M)	
		prevent people from		
b) nutrition		c) stimulant	-	
- Arts, architecture a	, u	,	diverse Islamic cultur	e.
b- Irresponsibly	b- richly	c- differently	d- consistently	
- In the world cup m	nany teams	to	win the cup.	
a – employ	b- simul	ate c- compe	te d- replace	
ناهج الكويتية almanabi.com/ku		I- Grammar(3m)		
b) Choose the corre	ct word from a, I	b, c and d:(3x1=3 N	<u>1)</u>	
- Hamad is an		student.		
a) intelligent your	ıg Kuwaiti	b) young inte	elligent Kuwaiti	
) intelligent Kuwaiti	i young	d) young Kuwaiti	intelligent	
- While we	in	n the restaurant , the	lights went off.	
a) are eating	<i>,</i> 0	,	re eating d) ate	
			2.4	
- The weather has be	een awful	the beginning	of the year.	
- The weather has be <i>a- ago</i>	een awful b- for	c- since	d- yet	
a- ago	b- for	c- since Writing (4Marks	d- yet	
<i>a- ago</i> eace is very importa	<i>b- for</i> nt in today's world	<i>c- since</i> <u>Writing (4Marks</u> d. <u>Write a report of 6</u>	<i>d- yet</i> <u>)</u> 5 sentences about the imp	ort
<i>a- ago</i> eace is very importat f world peace and t	<i>b- for</i> nt in today's world t he role of Kuwa	<i>c- since</i> <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u>	<i>d- yet</i> <u>)</u> 5 sentences about the imp	oort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction:	<i>b- for</i> nt in today's world the role of Kuwa	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>hit to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	<u>oort</u>
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction:	<i>b- for</i> nt in today's world the role of Kuwa	<i>c- since</i> <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>hit to further the cul</u>	<i>d- yet</i> <u>)</u> 5 sentences about the imp	oort
eace is very important f world peace and to Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	oort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	oort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	bort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	oort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	oort
<i>a- ago</i> eace is very importan <u>f world peace and t</u> Introduction: Body:	<i>b- for</i> nt in today's world t <mark>he role of Kuwa</mark>	<i>c- since <u>Writing (4Marks</u> d. <u>Write a report of 6</u> <u>ait to further the cul</u></i>	<i>d- yet</i> <u>5 sentences about the imp</u> <u>ture of peace.</u>	

Unit 4 Lesson 7&8 page 38-39							
No.	Words		Meaning	No.	Words		Meaning
1	arcade	Ν	لعبة كمبيوتر	6	Exclusive	Adj.	حصري
2	bonus	Ν	علاوة	7	Helpline	Ν	الخط الساخن / الطوارئ
3	breathtaking	Adj.	مثير	8	Joystick	Ν	عصبا االتحكم
4	built-in	Adj.	داخلي(مرکب به)	9	Keypad	Ν	لوحة مفاتيح صغيرة
5	Caller	Ν	المتصل	10	Mode	N	طريقة تشغيل
A) Fr	om a , b, c and	d ch	oose the right ans	wer			

1- Few sport channels had the rights to transmit the last World Cup. *a - antireflective b- exclusive c- positive d- negative*2-When you're in trouble, please call the for any assistance. *a - mode b- arcade c- wizard d- helpline*P) Fill in the spaces with the right words

B) Fill in the spaces with the right words.

ſ

(built- in / breathtaking / keypad / bonus)

1- In computer games the more points you win the more you get.

2-New mobiles are provided with cameras.

Language Functions

(Opinion / agreement / Disagreement /asking for advice /Suggestion/ Advice/ planning)

Asking for Advice	Giving advice and suggesting solutions.
1-What do you think I should do?	1-I think you should
2-What would you do if you were me?	2-If I were you, I'd
3-What would you do in my position?	3-If I were in your position, I'd
	4-Why don't you?
	5- What about?
A) Write what you would say in the follo	

A) Write what you would say in the following situations?

1- You saw an accident. Ask your friend for advice.

2-Your friend asks you about the best way to spend a nice holiday.

2- I our mend asks you about the best way to spend a mee honday.

3-Your friend is always complaining of a severe pain in his head.

.....

4-Your brother usually wastes a lot of time chatting on the Internet.

5- Your friend is asking about your favourite school subject.

.....

6- Your friend neglects his homework and spends long hours playing computer games.

.....

7- A friend asks about your plan for the weekend.

.....

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Writing

Computer and video games have become very popular among children these days.<u>Plan and</u> <u>write a report</u> of *(12 sentences)* about the bad effects of computer games and the role of parents in guiding their children.

N.B. Your report should have an Introduction, a Body and a Conclusion

<u>Plan / Outline</u>
ممقح
مونى المناهج الكويتية

Module 2 (Free time) – Unit 5 (Sports Psychology)

No.	Word	P.O.S	Definition
1	able-bodied	Adj.	Fit, strong and healthy : not physically disabled
2	adversity	Ν	Difficulties ; misfortune
3	equestrian	Adj.	Relating to horse riding
4	neurologist	Ν	a doctor who studies the nervous system
5	observe	V	to notice or perceive (something) and register it as being
			significant
6	Paralympics	Ν	An international Athletic competition for disabled athletes
7	phenomenon	Ν	A fact or situation that is observed to exist or happen
			especially
			one whose cause or explanation is in question
8	physiotherapy	Ν	A treatment that uses special physical exercises to treat
	Constant		injuries and diseases
9	rehabilitation	N	The helping of someone to live a healthy life again
10 2	Self-discipline	N	The ability focus and achieve your goals and resist
			temptations
11	Virtue	N	Behaviour showing high moral standards
12	interpersonal	Adj.	Relating to relationships or communication between people
13	Navigate	V	To travel on a set route, especially carefully or with difficulty
14	Personal	n	A fitness coach who works one-on-one
1.5	trainer		
15	Stamina	n	Physical and mental strength over a long period of time.
16	Aggression	Ν	Hostile or violent behavior towards another to attack or
17	• •	NT	confront
17	determination	N	Firmness of purpose ; resoluteness
18	Extrovert	N	An outgoing personality
19	Feedback	N	Advice or information about something done
20	Introvert	N N	A shy and typically self-centered person
21	Mentality		Attitude or way of thinking
22	motivation	N	The general desire of someone to do something
23	Opponent	Ν	Someone who competes against or fights another in a contest
24	anoutamanah:	N	game or argument Rehavior in sport that is foir honest and polite
24 25	sportsmanship stimulation	N N	Behavior in sport that is fair, honest and polite
23 26	Teammate	N	The interest or motivation in some thing A fellow member of a team
20		N N	A formal, usually written, request for something such as a
<i>∠</i> /	application	TN	job or club membership
28	badminton	N	A game with rackets in which a shuttlecock is played back
20	vaummuuli	1 N	and forth across a net
29	Gymnastics	N	Exercises developing or displaying physical agility and
27	Gymnastics	ΤN	coordination
30	Member	N	An individual belonging to a group such as a club or team
31	Sauna	N	A small room using hot-air for cleaning and refreshing the
51	Jauna	11	body
32	Solarium	N	A room with tanning beds, used for an artificial suntan
54		T.A.	is room with tanning ocus, used for an artificial sullan

				62 pag	,0 +0-+1]
No.	Words		Meaning	No.	Words		Meaning
1	able-bodied	Adj.	سليم جسديا	7	phenomenon	Ν	ظاهرة
2	adversity	N	صعوبات	8	physiotherapy	N	علاج طبيعي
3	equestrian	Adj.	متعلق بالفروسية	9	rehabilitation	N	اعادة تأهيل
4	neurologist	N	طبيب عصبية	10	Self-discipline	N	ضبط النفس
5	observe	V	يراقب	11	Virtue	N	فضيلة
6	Paralympics	Ν	الالعاب الاولمبية للمعاقين				
			للمعاقبين				

Lesson 1&2 page 40-41

Vocabulary Exercises

A: Fill in the spaces with the suitable word from the list:

(able-bodied, virtue, rehabilitation, phenomenon, observe, equestrian)

- 1- Disabled people must be sent to centers.
- 2- Global warming has become a dangerous..... nowadays.
- 3- A good Muslim must the five prayers at the mosque.
- 4- I think our team will win the match because all the players are

B) Choose the most suitable word from a, b, c and d:

5-You are always ne	rvous. You must see	e a			
a) Physiotherapy b) Neurologist		c) Paralympi	cs d) Diet i	nsider	
6- Our religion empl	nasizes	and r	respect of other	5.	
a) Self-discipline	b) phenome	non	c) adversity	d) rehabi	litation
7- Our neighbor Ahmad is a man of He always helps the needy.					
a- neurologist b- Paralympics c- virtue			d- self-discipline		
8- The road to happi	ness is paved with				
a- phenomenon	b- rehabilitation	c- adve	rsities a	-Paralympics	
9-They plan to hold	the Olympics'		events in a	nother part of the c	vity.
a- able-bodied	b- equestrian c	- built-in	d- exclusi	ve	
10- Disabled person	s need		treatm	ents to rehabilitate	them.
a) Self-discipline	b) phenome	non	c) adversity	d) rehabilitation	
		Set books			

1- The Paralympics are a good chance for the disabled athletes. How?

- They help the disabled to overcome adversity
- 2- Many virtues athletes observe in Ramadan. What are they?

- a) Self-discipline b- patience c- sacrifice

3-What has Kuwait done to help and support its disabled citizens?

- Kuwait was the first country in the Gulf region to develop a sport club specifically for the disabled.

4-We can do a lot to help the disabled. Mention two.

- We should support them to enhance self-confidence and provide suitable jobs for them

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020 Lesson 3 WB page 34-35

No.	Word		Meaning
1	interpersonal	Adj.	تواصلي
2	Navigate	V	يسافر - يقود
3	Personal trainer	n	مدرب خصوصي
4	Stamina	n	قدرة الاحتمال

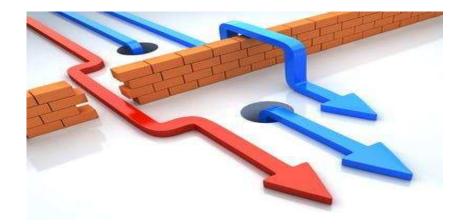
A) Choose the suitable answer from a, b, c and d:

1	communica	tion skills are tau	ght basically	v in advanced college	es.
a- Proud	b- Interperson	nal c-Ar	nalogue	d- Fierce	
2- Sailors have special	equipment to he	lp them		in the sea.	
a- observe	b- compete	c- navigate	d- employ		
3- Marathon runners ne	ed to have a larg	ge amount of			
a- personal trainer	b- stamina	c- adversity	d- virtu	е	
	Set	t books question	<u>S</u>		

1-What qualities should formula one drivers obtain?

They should be courageous and determined to win. Also they should have interpersonal skills 2- In your opinion, what are the qualities that marathon runners need?

They need high levels of willpower, stamina and endurance.



			Lesson 4-5	о бо ра	ge +2-+3)
No.	Words		Meaning	No.	Words		Meaning
1	Aggression	Ν	عدوانية	7	motivation	Ν	دافع-حافز
2	determination	Ν	عزم - إرادة	-	Opponent	Ν	خصم
3	Extrovert	Ν	شخص اجتماعي	-	sportsmanship	Ν	روح رياضية
4	Feedback	Ν	تغذية راجعة	10	stimulation	Ν	تحفيز - حث
5	Introvert	Ν	شخص انطوائي	11	Teammate	Ν	زميل في فريق
6	Mentality	Ν	عقلية طريقة تفكير				

Lesson 4-5 SB page 42-43

A) Fill in the spaces with the suitable word from the list:

(determination- motivation- feedback- introvert- extrovert)

- 1- Hamad doesn't socialize with other people. He is an /a..... boy.
- 2- Students with high learn better.
- 3- It is very important to give students on their mistakes.
- 4- Ahmed is an excellent engineer. He has a great for success.

B) - Choose the most suitable answers from a, b, c and d:

5- Israel has always been th	e main	of the Arab Nation.			
a) mentality	b) opponent	c) mot	ivation	d) feedback	
6- Good bacteria help the		of the d	ligestive s	ystem.	
a) determination	b) stimulation	c) feed	lback	d) sportsmanship	
7- Violent films encourage	more		among te	enagers.	
a- Sportsmanship	b- feedback	c-mentality	d- aggr	ession	

8- He has a strong in joining the faculty of medicine. *a- feedback b- teammate c- determination d- stimulation*9-The police caught the murderer but they didn't know histo do the crime. *a- mentality b- motivation c- teammate d- aggression*

Set books questions

1-What are the factors that help a sportsman, a worker, or a student to perform well?
 a)motivation b) stimulation c) feedback 2- How does personality affect the choice of sports?

- Extroverts usually prefer team games with open skills,

- Introverts prefer games with fine movements and closed skill

Abdul-Rahman Al-S	umait Religious Institu	ute – Sec Boys (Grade 10	First Period 2019	<u>-2020</u>
{Questions and in	nperatives;/ modal v	<u>Grammar</u> erbs "can- could	<u>– should</u>	<pre>– would"}</pre>	
A) Do as shown b	etween brackets:				
1- There are eleve	n players in a footbal	l team.	(Askac	question)	
•••••				•••••	
2- Always <u>respect</u>	s your classmates and	l <u>deals</u> with them l	honestly.	(correct)	
••••••	•••••	••••••		•••••	
3- If you feel sick,	doesn't takes medic	ine randomly.		(correct)	
•••••					
4-When I was a bo	y, I could			(complete)	
موقع					
	المتبادك				
	<u>st suitable answer fi</u>		_		
5- It is said that he	would hi	s brother tomorrow	<i>N</i> .		
a- saw	b- see	c- seen	d- ha	is seen	
	are you goi	ing to build your n	ew house	?	
a- Whose	b- Who	c-Where	d- 1	How many	
7	is the boss here	?		•	
a- When	b- Who	c- How man	v	d- what	
8	the door Ahmed, will	l you?			
	b- closed	-		d- close	

Lessons 7-8 SB page 44-45

No.	Words		Meaning	No.	Words		Meaning
1	application	Ν	طلب	7	Member	Ν	عضو (في فريق)
2	badminton	Ν	تنس الريشة	8	Sauna	Ν	حمام بخاري
3	Gymnastics	Ν	رياضة بدنية	9	Solarium	Ν	حجرة شمسية

A) Fill in the spaces with the suitable word from the list:

(gymnastics - members – application – solarium)

1-You must fill in this form to apply for the job.

2- The club...... have the privilege to use all the facilities.

3-We'd like to play many sports such as basketball, football and.....

B) Choose the most suitable word from a, b, c and d:

4- If y	ou feel tired, try taki	ng a		
	a) solarium	b) sauna	c) application	d) badminton
5		is a sport in which tw	o or four hit a shuttle	ecock.
	a) Badminton	b) application	c) gymnastics	d) member

Language Functions

G

Expressing opinion:	I think. in my opinion,
Agreement / disagreement:	I agree/ disagree, that's wrong, that's right.
Greeting and enquiring on the phone:	Hello, could I speak to, please?
Requesting politely:	Can I, please? Can you? / could you?
Expressing gratitude:	Thank you.
Apology:	Sorry. I apologize.

A- Write what you would say in the following situations:

1. You are asked to write a report, but you don't have time to do it.
2. Your friend says that smoking cigarettes can keep us fit and healthy.
3. The United Nations is leading a good policy in Syria.
4- Islam teaches us tolerance and forgiveness.
5- Your brother goes to the gym and wants to take steroid pills.
6- Your classmate invites you to their chalet to stay over for the weekend.
•••••••••••••••••••••••••••••••••••••••

<u>Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020</u> <u>Writing</u>

The Paralympics have become a long way from their humble beginnings.

<u>Plan and write an expository essay (12 sentences 140 words) about</u> the importance of the Paralympics and what Kuwait has done to help and support its disabled citizens.

Plan / Outline	
موقع المناهج الكويتية almanahj.com/kw	
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<u> Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020</u>

<u>Reading Comprehension & Summary Making</u> <u>Read the following passage and answer the questions below:</u>

Racing is one of the most popular forms of entertainment in the world today. However, not all racing is the same and each different type of racing requires specific qualities.

Formula One racing is one of the most competitive sports in the world. Although many people think they're good drivers, the racers who take part in Formula One take driving to a whole new level. They travel at **<u>breakneck</u>** speeds, often reaching over 350 kph, driving around courses that are often hard to navigate. The cars **<u>they</u>** drive are incredibly expensive and need constant work and repairs.

A formula one driver is usually backed up by a team of up to 20 engineers, mechanics and specialists, so Formula One drivers need to be able to work well with other people and have great interpersonal skills. However, when they are racing they can only rely upon themselves and their own judgement so they also have to be independent and sure of themselves. Formula One racing, despite all the safety precautions, can also be very dangerous because the speed of the cars is so fast and they race so close together. Formula One drivers need to be very <u>courageous</u>, very aware and always determined to win.

Another type of racing is Marathon racing. It was named after a famous battle in Marathon, Greece in 490 BCE. After the battle, a messenger ran 42 km from the battlefield to Athens and this is why the race is the distance it is today. Marathon runners are some of the hardest working athletes in the world. Although sprinters often receive more recognition, marathon runners have to work just as hard as them, and they run for hours, not seconds.

Although many marathon runners have personal trainers, they aren't allowed to assist the runners whilst they are racing. Marathon runners need to have an extraordinary level of willpower, incredible amounts of stamina and tremendous endurance, just to keep going over the 42 km. They are often quite introverted as marathon racing is such an individual sport. Marathon racing is not for glory-seekers as marathon runners receive less media attention than other athletes, such as sprinters, cyclists and swimmers. Marathon runners are often very modest because of this, even though they are completely committed to their event.

Finally, in sport, motivation is the most important for an athlete to win. Also, all athletes need a good leader or a coach to train them and give them the useful feedback to improve performance.

<u>A) From a , b ,c and d choose the correct answer :</u>					
1- The best title for this article is					
a- Glory seekers b- Types of racing					
c- The origin of Marathon racing d- Safe types of entertainment					
2- The underlined pronoun <u>they</u> in the second paragraph refers to					
a. people b. cars c. drivers d. courses					
3- The underlined word courageous in the third paragraph means:					
a. very brave b. careful c. strong d. well trained					
38					

Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020 4- Which of the following is NOT TRUE, a formula one driver **doesn't need**: a. to be determined to win b. stamina and endurance c. great interpersonal skills d. to be independent 5- Marathon racing is named after : a. a famous battle b. a famous player c. a clever actor d. an intelligent scholar 6- The purpose of the writer is to..... a – underestimate racing b- encourage people to play sports c. warn people against sports d- show the difference & similarities between each type **B)** Answer the following questions: 7- What qualities does a Marathon runner need to be successful? 8- Why are Marathon runners usually modest?

المناهج الكويتية

Summary Making

It wasn't until 1874 that the first truly modern bicycle appeared on the scene. Invented by another Englishman, H. J. Lawson, the safety bicycle would look familiar to today's cyclists. The safety bicycle had equal-sized wheels, which made it much less prone to toppling over. Lawson also attached a chain to the pedals to drive the rear wheel. By 1893, the safety bicycle had been further improved with air-filled rubber tires, a diamond-shaped frame, and easy braking. With the improvements provided by Lawson, bicycles became extremely popular and useful for transportation. Today, they are built, used, and enjoyed all over the world.

In four sentences of your own, summarize the paragraph to answer the following question:

* How would the safety bicycle look familiar to today's cyclists?

<u>Translation</u> Translate the following into English:
<u>Transtate the following into English:</u> عصام: أن شخصية الانسان لها تاثير على نوع الرياضة التي يفضلها و على ادائه ايضا.
علي : هذا صحيح. فالأشخاص الاجتماعيون يفضلون الالعاب الجماعية و الكثير من التشجيع بينما يفضل الاشخاص الانطوانيون عادة العابا تطلب الهدوء و التركيز.
······································

Module two {Free time} – Unit 6{Nature}

No.	Word	P.O.S	Definition	
No.	Word	P.O.S	Definition	
1	conservation	n	The protection of natural life	
2	deserve	V	To be worthy of something as a reward	
3	effluent	n	Liquid waste into a sea or river	
4	fauna	n	The animals of a certain period	
5	fence off	V	To enclose a place with a fence	
6	flora	n	The plants of certain area or period	
7	hectare	n	A distance of 10,000 square meters	
8	marsh	n	A low wet area has water all the time	
9	propagation	n	The breeding of animals and plants by natural process	
10	sanctuary	n	The place of refuge and safety	
11 a	vegetation m/k	<u>n</u>	Plants considered collectively	
12	call	n	The characteristic sound of a bird	
13	genus	n	One of the groups of animals or plants	
14	pesticide	n	A chemical substance used to kill insects	
15	poacher	n	A person who hunts animals illegally	
16	under part	n	The underside of an animal's body	
17	widespread	adj	Found or distributed over a large area	
18	aggressive	adj	Behave as if wants to fight	
19	fierce	adj	Angry or ready to attack	
20	herbivore	n	An animal that feeds on plants	
21	hostile	adj	Unfriendly	
22	proud	adj	To feel happy to do something well	
23	stubborn	adj	Unwilling to change his mind	
24	sustenance	n	Food or drink regarded as a source of strength	
25	tame	adj	Not dangerous, domesticated	
26	adjacent	adj	next to something	
27	bed out	V	to transfer a plant from seed tray to a garden plot.	
28	carbon	n	a poisonous gas made by burning carbon	
	monoxide			
29	cleanup	n	the removal of waste from land	
30	exotic	adj	unusual related to foreign country	
31	finance	V	to supply with money	
32	global	adj	related to the whole world	
33	imperative	adj	essential, vital important	
34	mammal	n	a warm blooded animal	
35	nest	n	the bird's house	
36	on behalf of	Ph. v.	in the interest of someone or group	
37	toxin	n	poisons, harmful substances	

No.	Word	P.O.S	Meaning
1	conservation	n	حماية
2	deserve	V	يستحق
3	effluent	n	تدفق مخلفات سائلة
4	fauna	n	حيوانات حقبة ما
5	fence off	V	يسور / يحيط بسور
6	flora	n	نبتات منطقة او حقبة ما
7	hectare	n	هکتار (مقیاس مساحة)
8	marsh	n	مستنقع
9	propagation	n	تکاثر
10	sanctuary	n	ملجأ
11	vegetation	n	الحياة النباتية
A) From	na, b, c and d	choose th	ne right answer

Lessons 1-2 SB page 46-47

almananj.com/kv

1- Rare animals can	be protected by offeri	ing them a suitable		
a) sanctuary	b) fence	c) marsh	d) v	egetation
2-Look at your dirty	y shoes. You must hav	e walked in a		
a) hectare	b) marsh	c) fauna	d) conserv	vation
3- There is somethin	ng wrong with the pipe	es that caused all this		
a) sanctuary	b) vegetation	c) effluent	d) fence	
4-The elderly peopl	eto	be helped and respect	cted.	
a) refuge	b) fence	c) deserve	d) cancel	
5-The hill had been	to sto	p animals grazing on	it.	
	b) enclosed	, -		d) deserved
6-Fire has destroyed	1 25 thousand	of the	forest.	
a) propagation	b) hectares	c) fau	ina	d) vegetation

Set book questions

1- Why are Natural Reserves such as Al Jahra pool Nature Reserve important? They provide protection for plants and animals.

2- What benefits does AL- Jahra Reserve provide for the region?

- It has been a center for:

2) Propagation. 3) Education 4) Research. 1) Conservation.

3-How does Al Jahra Pools Nature Reserve offer protection for birds?

a- provides a refuge b- controls trespassing c- protects their habitat from destruction

4-How important are animals in the modern world?

a) medical research b) pet. c) source of food

- 5- What can we do to protect wild animals and birds?
- a) protecting their habitat from destruction b) offering a refuge from hunting

Unit **6** Lesson 3 WB page 40-41

No.	Word	P.O.S	Meaning
1	call	n	صياح
2	genus	n	نوع (فصيلة من الحيوانات او النباتات)
3	pesticide	n	مبيد حشري
4	poacher	n	صياد
5	under part	n	الجزء السفلي من جسم الحيوان
6	widespread	adj	واسع الانتشار
	l in the blanks	with anitable work	da

A) Fill in the blanks with suitable words:

{pesticide / call / widespread / poachers}

1-Farmers spray trees with to protect them from insects and diseases.

2-Nowadays the touch screen mobiles are all over the world.

3- Overhunting by greedy sometimes causes the extinction of some animals.

Set book questions

1- Why are some animals in danger of extinction?

Hunting, habitat destruction, forest fires, and the use of pesticides

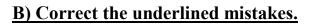


Unit 6 Lesson 4-5 SB page 48-49

No.WORDP.O.SMeaning1aggressiveadjي/ عدواني2fierceadj			
	C1		
2 fierce adi			
5	عنيف		
	آكل العشب		
	عدائ		
	فخور		
6 stubborn adj	عنيد		
7 sustenance n	غذاء		
8 tame adj	أليف		
A) Choose the correct definition of the underlined words			
1-What a shame! The policeman hit the suspect in a/an way to catch hi	n		
a- tame d- aggressive	2		
2- All children are of their parents.			
a-hostile.com/kw b-proud c-unfriendly d-stubborn			
3- The climbers were trapped by a storm which went on for days.			
a-unfriendly b-fierce c-stubborn d-domesticated			
4-The city is encircled by a army so we can't go anywhere.			
a-tame b-ready c-hostile d-domestic			
<u>Grammar {Quantity words/ Present perfect and present perfect continuous / }</u>			
Countable and Uncountable nouns Quantity words			
1-"Any" is used with <u>negative</u> and <u>question</u> .			
-Ex: Do you know <u>any</u> one here?			
-I don't know <u>any</u> student in the class.			
2-"How many" for questions with countable nouns.			
-EX: <i>How many</i> cars do you have?			
3- "Many" is used with countable nouns.			
-EX: <i>Many</i> birds are standing at the window.			
4-"How much" for questions with uncountable nouns.			
-Ex: How <i>much</i> food do you eat?			
5- "Much" is used with uncountable nouns.			
-EX: Cars cause <u>much</u> pollution.			
4- "A little" is used with uncountable nouns.			
-EX: We need <u>a little</u> bread for the birds			
5- "A few" is used with countable nouns.			
-EX: My brother has <i>a few</i> friends.			
-EX: My brother has <u>a few</u> friends. 6- "A lot of, some" are used for both countable and uncountable nouns.			
-EX: My brother has <u>a few</u> friends. 6- "A lot of, some" are used for both countable and uncountable nouns.			

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A) From a, b, c and d	l choose the r	nost suitable word:		
1-Have you got		CDs with you?		
a- few	b- some	c- any	d- 1	nuch
2-How	boc	oks do you have ?		
a. many	b. much	c. often	<i>d. c</i>	old
3-Salem doesn't have.		friend		
a. some	b. much	c. any	a	l. few
4-We need		bread for today.		
a. a little	b. a few	c. any	<i>d</i> .	too
5-How	tea	have we got?		
a. many used a bla almanahj.com/kw	b. much	c. often	d.	old

<u>* Present perfect and present perfect continuous</u>
Present perfect: have / has + P.P.
Present perfect continuous: have / has + been + v-ing



1- I have been studying English since grade one.	(ask a question)
2-I (wait) for you in the park for an hour. (correct th	e verb)
3- <u>Much</u> seabirds are becoming extinct because of oil p	pollution. (correct)
4- I have got many brothers and sisters. (mal	ke negative)
5-The question was very difficult . It took a long time.	(Use : Not only)
6- The weather was cold. I couldn't go out. (Use : so that)



Unit 6 Lesson 7-8 SB page 50-51

No.	WORD	P.O.S.	Meaning
1	adjacent	adj	متاخم / مجاور
2	bed out	v	يفرش العشب
3	carbon monoxide	n	أول أكسيد الكربون
4	cleanup	n	تطهیر / تنظیف
5	exotic	adj	دخيل / غريب
6	finance	v	يمد / يمول
7	global	adj	دولي / عالمي ملح / ضروري
8	imperative	adj	
9	mammal	n	الثدييات
10	nest	n	عُش الطائر بالنيابة عن
11	on behalf of	Ph. v.	بالنيابة عن
12	toxin	n	سام

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Fill in the spaces with a word from the list:

<u>(Cleanup – nest – finance – imperative – exotic – on behalf of – global – mammals)</u>

1- Pollution is aproblem that we should solve.

2- It's.....to find a solution to traffic jam problem.

3- We will start our project when we know who will us, we don't have enough money.

4- Ali will speak..... all his colleague because he is a courageous boy.

5- I'll take part in thecampaign which will start with the beach.

6- We shouldn't hunt that bird over there. It's a poor one in its

7- Some haircuts and ways of wearing are..... They are not traditional.

Focus on - SB P. 52 set book questions

1- Kuwait is a shopper's paradise. Explain!

- It has some of the best stores and shopping centers in the Middle East 2- What makes a mall a successful destination for shopping?

- The design, prices, service, and the quality of goods

<u>Abdul-Rahman Al-Sumait Religious Institute – Sec. - Boys Grade 10 First Period 2019 -2020</u> <u>Writing</u>

A nature reserve is a protected area of importance to wildlife and to provide special opportunities for study and research, **plan and write an expository essay (12 sentences 140 words)** about the goals of establishing a nature reserve and what we can do to protect animals.

Plan / Outline
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