

تم تحميل هذا الملف من موقع المناهج الكويتية



الملف مذكرة علا الشاملة

[موقع المناهج](#) ← [المناهج الكويتية](#) ← [الصف العاشر](#) ← [لغة انجليزية](#) ← [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

كتاب الطالب في مادة اللغة الانكليزية	1
مواضيع التعبير لصف 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

موقع
المناهج الكويتية
almanahj.com/kw

ENGLISH

SEMESTER ONE

10



موقع
المناهج الكويتية
almanahj.com/kw

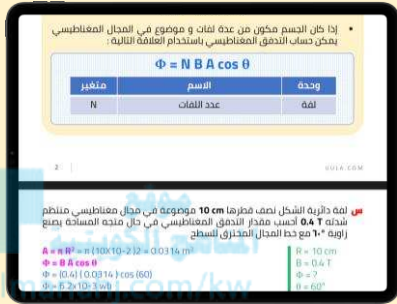
ENGLISH

SEMESTER ONE

10

شلون تتفوق بحراستك

طريقة علا المتكاملة للدراسة تشمل الاستفادة من المذكرة و الفيديوهات و الاختبارات



⚠ علا تخلي المذكرة أقوى

تبي أعلى الدرجات؟ لا تعتمد على المذكرة بروحها - ادرس صح من الفيديوهات و الاختبارات

اختبارات ذكية تدريك

حل الاختبارات الالكترونية أول بأول عشان ترفع مستواك



فيديوهات تشرح لك

تابع الفيديوهات و انت تدرس المذكرة عشان تضبط الدرس



.....

اشترك بالمادة

احرص على تفعيل اشتراكك عشان تستفيد كثر ما تقدر



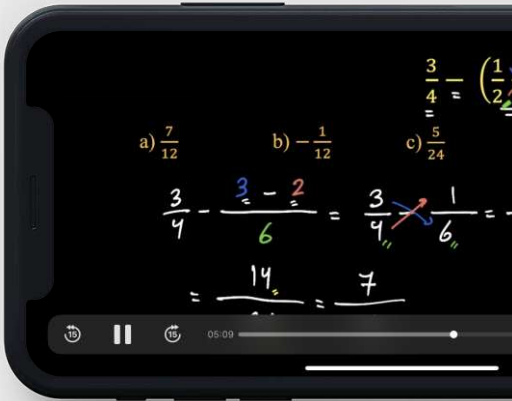
اكتشف عالم التفوق مع باقات علا ادرس جميع مواد مرحلتك باشتراك واحد بسعر خيالي

المنقذ

أقوى مذكرة صارت الحين أقوى و أقوى مع خاصية
المنقذ للمساعدة الفورية

شنو المنقذ؟

امسح الباركود بكاميرا تلفونك
وتعرف على طريقة استخدام المنقذ



شنو فائدة هالخاصية؟

أول ما تحتاج مساعدة بالمادة , المنقذ بينقذك .

امسح الباركود بكاميرا التلفون أو اضغط عليه إذا كنت فاتح
المذكرة من جهازك و يطلع لك فيديو الشرح.

TABLE OF CONTENTS

01

MODULE 3

- 5 UNIT 1 : WE ARE WHAT WE EAT
- 14 UNIT 2 : RESPECTING CULTURES
- 22 UNIT 3 : INSPIRING ARCHITECTURE

02

MODULE 4



29

UNIT 4 : COMPUTER GAMES

37

UNIT 5 : SPORTS PSYCHOLOGY

03

IRREGULAR VERBS - تصاريف الأفعال

- 47 IRREGULAR VERBS - تصاريف الأفعال

UNIT 1 : WE ARE WHAT WE EAT



Unit 1			
Word	Meaning	Word	Meaning
absorb	يمتص	arthritis	التهاب المفاصل
antioxidant	مطهر-مضاد أكسدة	caffeine	مادة الكافيين
calcium	كالسيوم	cholesterol	كولسترول
combat	يحارب - يقاوم	dietician	اخصائي تغذية
digestive	يساعد على الهضم	fibre	ألياف
iron	حديد	metabolize	يحرق الدهون
neutralize	يعادل	nutrition	تغذية
probiotic	محتوي بكتيريا نافعة	protein	بروتين
Saturated fat	دهون مشبعة	Unsaturated fat	دهون غير مشبعة
stimulant	محفز	vitamin	فيتامين
grilled	مشوي	deficiency	نقص
organic	عضوي	metabolism	حرق الدهون
RDA	القيمة الغذائية اليومية	pomegranate	رمان
supplement	مكمل غذائي	Sodium	صوديوم
atmospheric	ذو أجواء مريحة	Appeal to	يناسب - يلائم
eatery	مطعم	crammed	مزدحم
irresponsibly	بشكل غير مسؤول	Fanatic	محب - مشجع
Salad bar	ركن سلطة	Malnutrition	سوء تغذية
		wholesome	متكامل

الكلمات في هذا الجدول ملغية وغير مطلوبة لهذا العام الدراسي
ولكن تم وضعها لمن يرغب بالاستفادة منها في كتابة التعبير

Word	Meaning	Word	Meaning
boost	يعزز - يقوي	comprise	يتكون من
dehydration	جفاف	fatigue	اجهاد - تعب
obesity	سمنة		

Q If you eat healthy food, your body

becomes healthier, and if you eat unhealthy food, however, your body becomes weaker and catches diseases.



Q How to keep a healthy lifestyle:

Eat healthy food: eat enough protein, carbohydrates, minerals and vitamins and avoid fatty food.

Play sports: walking, swimming, jogging ...etc.

Get enough sleep: get 6 to 8 hours of sleep every night.

Q Green tea is rich in antioxidants that help in removing harmful substances from the body and combat diseases.

Q Coffee contains caffeine that helps in helps in boosting your energy.
However, you should avoid cream, caramel and sugar when you drink it.

Q Dark chocolate helps in

Lowering blood pressure and improves the metabolism of sugar for diabetics

Q The advantages of the vegetarian diet:

It's good for weight loss, and your body will get so many vitamins.

Q The disadvantages of the vegetarian diet:

It lacks the important protein. It doesn't have enough iron and calcium.

Q People like fast food because

- They're cooked faster so you don't have to wait
- It's cheaper than properly cooked food
- Fast food restaurants are easier to reach as they have drive-thru and delivery services

ملاحظة

أسئلة السبوك في هذا المربع ملغية وليست مطلوبة لهذا العام الدراسي و لكن ممكن الاستفادة منها للتعبير

Q Water is important because it

Water forms 60% of our bodies.

Q Drinking 6-8 glasses of water

Drinking 6-8 glasses of water everyday prevents dehydration.

It's never been easier to eat healthily. Some might argue that fast food
and high-sugar snacks are easier and cheaper than eating healthily. But
what could be healthier (and tastier!) than home-made meals, full of the
natural and nutritious ingredients our bodies need? Our skin, muscles,
bones, brain and heart are all maintained by the good nutrition we eat.

Past Simple & Past Continuous



Q The keywords of the past simple:

Yesterday, ago, last, in the past

Q I called her last night to check on her.

Q I didn't call her last night to check on her.

Q I found your key 2 days ago. I left it on your desk.

Q I didn't find your key 2 days ago. I didn't leave it on your desk.

Q The keywords of the past continuous:

When – while – as
almanahj.com/kw

Q I was studying English when you came in.

Q I was cooking dinner when the lights went off.

Q You came in while I was studying

Q The lights went off while I was cooking dinner.

Q You came in as I was studying.
I was studying English as you came in.

Q You were talking on the phone at 9:00 o'clock yesterday.
You weren't talking on the phone at 9:00 o'clock yesterday.

Q She was arguing about the test when the teacher gave the results.
She wasn't arguing about the test when the teacher gave the results.

Adjectives Order



Number	One – three – a hundred – a dozen – kilogram - kilometer
Opinion	Nice – beautiful – amazing – pretty – strange – awkward - ugly
Size	Big – small – huge – tiny – little – wide - narrow
Age	Old – young – new – up-to-date
Shape	Round – triangular – square – thin – fat – tall – short - long
Color	Red – blue – green – yellow – black – white – transparent
Origin	Kuwaiti – Saudi – American – British – Chinese - Scottish
Material	Wooden – cotton – metal – plastic - silk
Purpose	Sleeping – cosmetic – cleaning – recording - storage

- Q** I loved your **new, red, cotton** shirt.
[red – new – cotton]
- Q** Let's buy **two, beautiful, Chinese** tables.
[two, Chinese, beautiful]
- Q** She had a **strange, little, recording** camera.
[recording, strange, little]

PRACTICE

Smart Quizzes



Writing



Writing the outline:

Introduction: المقدمة

Q Hook: أي شيء يشد القارئ: مثلا بيت شعر - أمثال - حكم - حقائق - معلومات عامة - معلومات صادمة

Q Thesis: جملة واحدة تحتوي على الأفكار المطلوبة مني براس السؤال، هدفها تبين لي الموضوع يتكلم عن شنو

The body:

Q Body 1: الفكرة الأولى

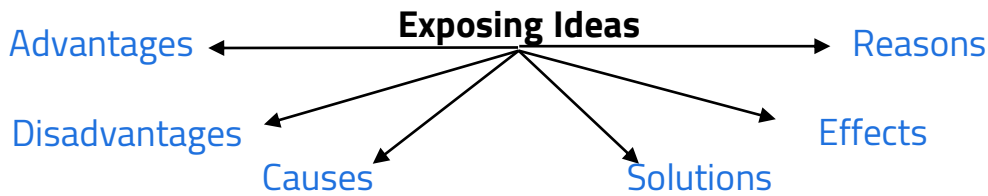
الأفكار الجزئية
المنهج الكويتية
almanahj.com/kw

Q Body 2: الفكرة الثانية
الأفكار الجزئية

Q The Conclusion: الخاتمة
نصيحة - رأي - طول - اقتراحات

U U L A

The Expository Essay



Example 1:

Q Introduction:

In Kuwait, hundreds of people die every year because of car accidents
There are many cause of car accidents and the government must solve this problem.

The body: [المنهج الكويتية
almanahj.com/kw](http://almanahj.com/kw)

Q Body 1:

The causes of car accidents

Q Body 2:

Solutions for the problem of car accidents.

Q The Conclusion:

In my opinion / I advise you / I suggest

Example 2:

Q Introduction:

Vegetarian diet has proven to be one of the most successful diets for weight loss
There are many advantages and disadvantages for following the vegetarian diet

The body:

Q Body 1:

The advantages of the vegetarian diet

Q Body 2:

The disadvantages of the vegetarian diet

Q The Conclusion:

In my opinion / I advise you / I suggest

Writing Practice



Vegetarian diet is one of the most controversial diets nowadays. In 12 sentences write a persuasive essay about the advantages and the disadvantages of the vegetarian diet.

Q Introduction:

In this essay, I will write about the advantages and disadvantages of the vegetarian diet.

The body:

Q Body 1: Advantages

- Vitamins and fibres
- Maintaining and losing weight

Q Body 2: Disadvantages

- Imbalanced diet
- Causes malnutrition

Q The Conclusion:

All in all, going on a vegetarian diet is very beneficial for the health.

People nowadays have different opinions about the vegetarian diet. In this essay, I will write about the advantages and disadvantages of the vegetarian diet.

There are many advantages of going on a vegetarian diet. The first advantage is that it has many vitamins and fibres. The fruits and vegetables that are included in the diet are very rich in vitamins that nourish the body and skin. The second advantage is that it helps in maintaining and losing weight. This is because the vegetarian diet is usually low in calories.

There are many disadvantages to going on a vegetarian diet. First of all, it's an imbalanced diet. This means that despite having so many vitamins and fibres, it still lacks the important proteins and elements. Second of all, it could cause malnutrition. Some people who went on the vegetarian diet have reported feeling dizzy and unenergized.

All in all, going on a vegetarian diet is very beneficial for the health. However, you should first consult your dietician instead of going on it without any consultation.





Unit 2			
Word	Meaning	Word	Meaning
aspiration	الطموح	calligraphy	فن الخط
creed	عقيدة	consistently	بشكل مستمر
delegate	مندوب	diverse	مختلف
diversity	تنوع	inspirational	مُلهم
initiative	مبادرة	master	يتقن
interfaith	متعلق بالأديان	richly	بشكل مكثف
tolerance	تسامح	account	تقرير
mentor	مرشد - مدرب	conduct	ينفذ
seminar	مؤتمر	cover	يقطع مسافة
pilgrimage	حج	figure	شخصية
relevant	مناسب	ground- breaking	رائع - مذهل
review	يراجع	high- ranking	ذو مكانة مرموقة

الكلمات في هذا الجدول ملغية وغير مطلوبة لهذا العام الدراسي ولكن تم وضعها لمن يرغب بالاستفادة منها في كتابة التعبير

Word	Meaning	Word	Meaning
adorn	يجمل - يزين	embellish	يزين - يزخرف
commemorate	يستذكر	paraphrase	يعيد صياغة
cursive	خط مزخرف		

Q Respect means
To treat people nicely and with appreciation.



Q Islam taught us to
Respect each other and treat each other with kindness.

Q The culture of peace is

It's respecting everyone of different religions, cultures and races and to follow the human manners and apply them to all humanity.

Q Kuwait's role to further the culture of peace:

- Kuwait has organized conferences to promote mutual understanding and respect.
- Kuwait has arranged seminars and programs to raise awareness.
- Kuwait has sponsored many conferences about religious tolerance.

With all of these activities, Kuwait is an exemplar of the kind of

tolerance, dignity and respect that all people should aspire to in the

 المناهج الكويتية
almanahj.com/kw

hope of making the modern world a better place. As Ban Ki-moon, the

Secretary-General of the UN has said, "One of the great challenges of

our time must now surely be to ensure that our rich cultural diversity

makes us more secure — not less."

Sometimes respect between cultures happens in the smallest forms. In 2002, the United States Postal Service issued a special stamp to honour and commemorate Islamic culture. The blue postage stamp was adorned with gold Arabic calligraphy, in celebration of both Eid al-Fitr and Eid al-Adha. The text reads both 'Eid mubarak' in Arabic and 'Eid Greetings' in English, providing a simple bridge between languages and customs. Eid mubarak translates literally as 'blessed festival and can be paraphrased as, 'May your religious holiday be blessed'.

Present Perfect



- Q The keywords of the present perfect:
Just – yet – already – never – ever – since – for
- Q Has / have + P.P
- Q I **have** just **submitted** my homework.
I **haven't** **submitted** my homework yet.
- Q She **has** never **slept** early.
- Q We **have** already **joined** the group.
We **haven't** **joined** the group yet.

- Q She **has waited** for that moment since last year.
She **hasn't waited** for that moment since last year.

Preposition



Q ON:

- I was born on the 20th of November 2014.
- I will visit my uncle on Sunday.
- Put the books on the desk.
- I forget my wallet on the train.

Q IN:

- I was born in November.
- She graduated from school in 2015
- Put the books in the box.
- We study in a nice classroom.

Q AT:

- I woke up at midnight.
- Let's meet up at 2 o'clock.
- I'm at the university now.
- We will meet at the national park later.

Q BY:

- Our students come to school by the school bus.
- Travelling by train is fun.
- I'm standing by the grocery store.
- The chair is by the desk

Q Between:

بمعنى (بين) اذا كان عندي شيئين فقط
The house is between the trees

Q Among:

بمعنى (بين) اذا كان عندي اكثر من شيئين
The house is among the trees



Writing



Writing the outline:

Introduction: المقدمة

Q Hook: أي شيء يشد القارئ: مثلاً بيت شعر - أمثال - حكم - حقائق - معلومات عامة - معلومات صادمة

Q Thesis: جملة واحدة تحتوي على الأفكار المطلوبة مني براس السؤال، هدفها تبين لي الموضوع يتكلم عن شئو

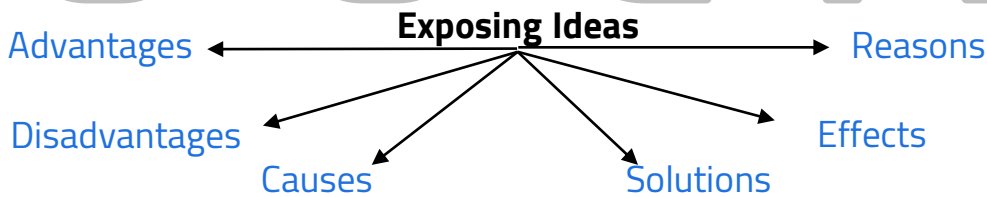
The body:

Q Body 1: الفكرة الأولى
الأفكار الجزئية

Q Body 2: الفكرة الثانية
الأفكار الجزئية

Q The Conclusion: الخاتمة
نصيحة - رأي - طول - اقتراحات

The Expository Essay



Example 1:

Q Introduction:

In Kuwait, hundreds of people die every year because of car accidents
There are many cause of car accidents and the government must solve this problem.

The body:

Q Body 1:

The causes of car accidents

Q Body 2:

Solutions for the problem of car accidents.

Q The Conclusion:

In my opinion / I advise you / I suggest

Example 2:

Q Introduction:

Vegetarian diet has proven to be one of the most successful diets for weight loss
There are many advantages and disadvantages for following the vegetarian diet

The body:

Q Body 1:

The advantages of the vegetarian diet

Q Body 2:

The disadvantages of the vegetarian diet

Q The Conclusion:

In my opinion / I advise you / I suggest

Writing Practice



Respect is a very big concept. In 12 sentences write an expository essay discussing the importance of respect to the society and ways of showing respect to others.

Q Introduction:

In this essay, I will write about the importance of respect to the society and ways of showing respects to others.

The body:

Q Body 1: The importance of respect

- keeping peace
- strengthening the society

Q Body 2: Ways of showing respect

- Not involve ourselves in private matters
- listen well and never interrupt.

Q The Conclusion:

To conclude, respect is earned and not demanded.

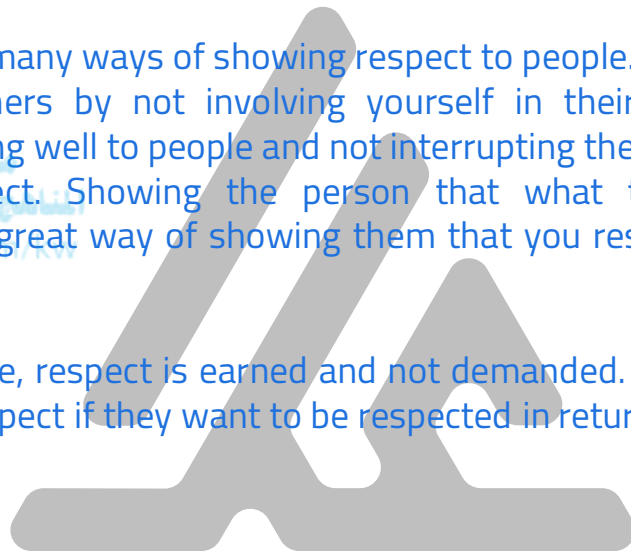


Every person on this earth has the right to be respected. In this essay, I will write about the importance of respect to the society and ways of showing respects to others.

Respect is very important to any society. First of all, respect ensures peace. This means that if citizens were taught to respect each other regardless of their differences, tolerance amongst them will increase, and they will be able to live together in harmony. Consequently, hatred and discrimination crime levels will decrease. In addition, respect will eventually strengthen the society. All citizens will understand that they're equal and that they need each other to live in peace.

There are many ways of showing respect to people. First, you can show respect to others by not involving yourself in their personal matters. Second, listening well to people and not interrupting them is another way of showing respect. Showing the person that what they are saying is important is a great way of showing them that you respect their thoughts and ideas.

To conclude, respect is earned and not demanded. People should treat others with respect if they want to be respected in return.



UNIT 3 : INSPIRING ARCHITECTURE



Unit3			
Word	Meaning	Word	Meaning
concrete	خرساني	design	تصميم
drill	يحفر	Evoke	يثير المشاعر
Expressionist	معبر	chic	أنيق
forecourt	ساحة	governmental	حكومي
foundation	ساس البناء	modernistic	حديث
framework	الهيكل العام	public	عام
geometric	هندسي	residential	سكني
Renowned	مشهور	spacious	واسع
slightly	بدرجة خفيفة - قليلًا	state	حكومي
studio	ستوديو	sturdy	ثابت
venue	مسرح-صالة- ملعب	substantial	مهم
advocate	يدعم	apprehensive	قلق
benefit	يستفيد	council	مجلس
detrimental	مدمر	influx	تدفق
objective	هدف	profitable	مربح
voice	يعبر		

الكلمات في هذا الجدول ملغية وغير مطلوبة لهذا العام الدراسي
ولكن تم وضعها لمن يرغب بالاستفادة منها في كتابة التعبير

Word	Meaning	Word	Meaning
boutique	محل صغير- بوتيك	gourmand	محب للأكل
brand	ماركة	mainstream	شائع
edutainment	وسائل ترفيه تربية	State of the art	حديث

Q Inspiring architecture are buildings that
Look very special, different, and breath-taking



Q The importance of the inspiring architecture:

- They attract tourists
- They beautify the country
- They create a lovely view
- They grab people's interest and attention

Q Malls are a destination for people to

They are a destination for people to gather, shop, eat and have a good time.

Q What makes a mall a destination for shoppers?:

- Different stores
- Different brands
- Sales and offers
- Unique boutiques
- Great atmosphere
- Suitable prices

360° Kuwait is a monumental shopping centre being built in the South

Surra area of Kuwait City. The centre contains copious shops, from large

department stores selling mainstream brands to smaller boutiques,

alongside all your favourite sports, music, electronics and games stores.

Comparatives & Superlatives



The Comparatives:

- Q Nicer than Smarter than
- Q more amazing than more beautiful than
- Q more organized than more special than
- Q My office is closer to my house than yours.
- Q Your dress is more beautiful than the one I saw yesterday.

The Superlatives:

- Q the nicest the smartest
- Q the most amazing the most beautiful
- Q the most organized the most special
- Q My office is the closest among all the other offices.
- Q This is most beautiful dress I have ever seen.

Compound Adjectives



- Q They live in a building of 3 stories.
They live in a 3-story building
- Q He won a race of 5 kilometers.
He won a 5-kilometer race.
- Q We had a meal of 3 dishes.
We had a 3-dish meal.
- Q I watched a movie of 90 minutes.
I watched a 90-minute movie



Writing



Writing the outline:

Introduction: المقدمة

Q Hook: أي شيء يشد القارئ: مثلا بيت شعر - أمثال - حكم - حقائق - معلومات عامة - معلومات صادمة

Q Thesis: جملة واحدة تحتوي على الأفكار المطلوبة مني براس السؤال، هدفها تبين لي الموضوع يتكلم عن شئو

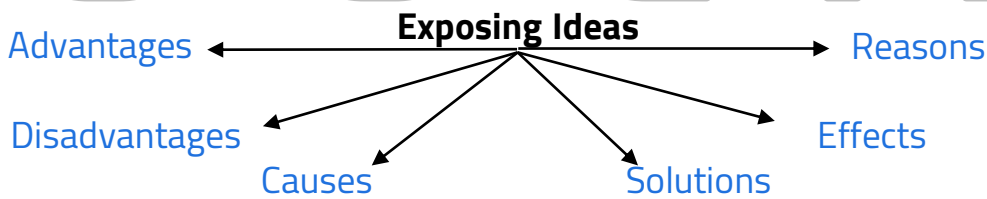
The body:

Q Body 1: الفكرة الأولى
الأفكار الجزئية

Q Body 2: الفكرة الثانية
الأفكار الجزئية

Q The Conclusion: الخاتمة
نصيحة - رأي - طول - اقتراحات

The Expository Essay



Example 1:

Q Introduction:

In Kuwait, hundreds of people die every year because of car accidents
There are many cause of car accidents and the government must solve this problem.

The body:

Q Body 1:

The causes of car accidents

Q Body 2:

Solutions for the problem of car accidents.

Q The Conclusion:

In my opinion / I advise you / I suggest

Example 2:

Q Introduction:

Vegetarian diet has proven to be one of the most successful diets for weight loss
There are many advantages and disadvantages for following the vegetarian diet

The body:

Q Body 1:

The advantages of the vegetarian diet

Q Body 2:

The disadvantages of the vegetarian diet

Q The Conclusion:

In my opinion / I advise you / I suggest



The government is planning to build new modern buildings in Kuwait city. In 12 sentences write an expository essay about the importance of inspiring architecture in buildings and how you would suggest the new buildings should look like.

Q Introduction:

In this essay, I will write about the importance of inspiring architecture in buildings and how I would suggest the new buildings that the government will build should look like.

The body:

Q Body 1: The importance of inspiring architecture

- They beautify the country
- They attract tourists

Q Body 2: suggestions for the new buildings

- Should reflect the culture of the country
- Long towers to attract the eyes of people

Q The Conclusion:

In conclusion, buildings have a great role in the country.



The government has decided to build new buildings in Kuwait city. In this essay, I will write about the importance of inspiring architecture in buildings and how I would suggest the new buildings that the government will build should look like.

Building buildings with inspiring architecture is very important. First, inspiring architecture play a part in beautifying the country. The participate in giving an attractive look to the city. Second, they attract tourists. Buildings with unique designs usually grab the tourists' attention and make them curious about the idea of the reason behind the design.

If the government is planning on building more unique buildings and also profit from them, they should make sure that those buildings are designed in a special way. A first suggestion would be that the new buildings reflect the culture of the country. They could be built to look like something that represent our ancestors' history and struggles. For example, they can build places that look like ships or tents. A second suggestion would be building long towers instead of short building to attract the eyes of the people. Longer towers can also serve as a tourist destination to give the tourists a good view at the city.

In conclusion, buildings have a great role in the country. They could be the reason for flourishing the economy and attracting the tourists.



UNIT 4 : COMPUTER GAMES

Unit 4			
Word	Meaning	Word	Meaning
Anti reflective	مضاد انعكاس	rival	منافس
Artificial Intelligence (AI)	الذكاء الاصطناعي	sensor	جهاز استشعار
compete	ينافس	simulate	يحاكي الواقع
competitive	تنافسي	Speech recognition	يتحكم به عن طريق الصوت
console	جهاز ألعاب	Visual effects	مؤثرات بصرية
convoluted	معقد	wizard	ذكي
discourse	حوار	Computer-friendly	يعمل على الكمبيوتر
employ	يوظف	Hold button	زر إيقاف مؤقت
naturalistic	مماثل للطبيعة	wireless	الاسلكي
perception	إدراك	Bonus	علاوة
analogue	ساعة كلاسيكية	caller	المتصل
drive	محرك أقراص	helpline	خط مساعدة
touchscreen	شاشة لمس	joystick	جهاز التحكم باللعبة
arcade	العاب كلاسيكية	mode	حالة
breathtaking	خلاب	exclusive	حصري
Built in	مدمج	keypad	لوحة مفاتيح

الكلمات في هذا الجدول ملغية وغير مطلوبة لهذا العام الدراسي
ولكن تم وضعها لمن يرغب بالاستفادة منها في كتابة التعبير

Word	Meaning	Word	Meaning
mundane	ممل	idle	كسول
Out of shape	غيرلائق صحيا	incredibly	بشكل ال يصدق

Q Computer games in the past:

- They were simpler
- The graphics were bad
- The movement of the characters was limited



Q Computer games nowadays:

- They are more convoluted
- The graphics have been improved
- There is 3D gaming
- There is online and multiple player gaming modes
- The characters look realistic and have naturalistic movements
- There is simulation gaming

Q Computer games in the future:

- Games will be even mor complicated
- There will be no consoles or joysticks
- The games will be so realistic
- More simulation games will be created
- There will be 4D games in which you will engage your senses.

Q The advantages of computer games:

- Playing video games is fun
- It could enhance your imagination
- It teaches you to solve problems

Q The disadvantages of computer games:

- They waste our time if they weren't useful games.
- Spending too much time on video games could make you idle and lazy.
- Some video games are addictive and disconnect you from communicating with others

Future Simple



Q The keywords of the future simple:

Soon - Tomorrow – later – tonight – this evening- next (week, month, year...) – The following (week, month, year ..)

Q will + V(inf.)

Q I will travel to London next month.

Q We will give our presentation later tonight.

Q They will visit us soon.

Q V(be) + going to + V(inf.)

almanahj.com/kw

Q I am going to travel to London next month.

Q We are going to give our presentation later tonight.

Q They are going to visit us soon.

Q V(be) + V(ing)

Q I am travelling to London next month.

Q We are giving our presentation later tonight.

Q They are visiting us soon.

The more ... the more



Q If your food is good, you will have a nice party.

The better your food, the nicer the party.

Q If you show a nice smile, your friends will be happy.

The nicer your smile, the happier your friends.

Q If you work hard, your achievements will be big.

The harder you work, the bigger your achievements will be.

Q If you study, you will succeed.

The more you study, the more you succeed

Q If you sell products, you will earn money.

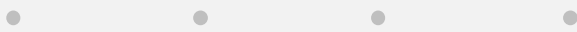
The more you sell products, the more you will earn money.

Q If you drive more, you will be experienced

The better your experience, the more you will have job opportunities.

PRACTICE

Smart Quizzes



Writing



Writing the outline:

Introduction: المقدمة

Q Hook: أي شيء يشد القارئ: مثلا بيت شعر - أمثال - حكم - حقائق - معلومات عامة - معلومات صادمة

Q Thesis: جملة واحدة تحتوي على الأفكار المطلوبة مني براس السؤال، هدفها تبين لي الموضوع يتكلم عن شنو

The body:

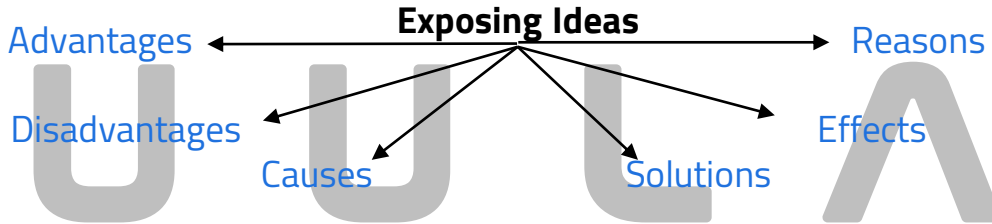
Q Body 1: الفكرة الأولى

الأفكار الجزئية
المنهج الكويتية
almanahj.com/kw

Q Body 2: الفكرة الثانية
الأفكار الجزئية

Q The Conclusion: الخاتمة
نصيحة - رأي - طول - اقتراحات

The Expository Essay



Example 1:

Q Introduction:

In Kuwait, hundreds of people die every year because of car accidents
There are many cause of car accidents and the government must solve this problem.

The body:

Q Body 1:

The causes of car accidents

Q Body 2:

Solutions for the problem of car accidents.

Q The Conclusion:

In my opinion / I advise you / I suggest

Example 2:

Q Introduction:

Vegetarian diet has proven to be one of the most successful diets for weight loss
There are many advantages and disadvantages for following the vegetarian diet

The body:

Q Body 1:

The advantages of the vegetarian diet

Q Body 2:

The disadvantages of the vegetarian diet

Q The Conclusion:

In my opinion / I advise you / I suggest

Writing Practice

People from all ages nowadays play videogames. In 12 sentences write an expository essay about the advantages and disadvantages of playing videogames.

Q Introduction:

In this essay, I will write about the benefits of video games and how video games benefit the players' skills and social life

The body:

Q Body 1: The benefits of videogames on the skills:

- promotes creativity
- improves health

Q Body 2: The benefits of videogames on social life:

- making new friends online
- improving communication skills

Q The Conclusion:

In conclusion, videogames are double-edged weapons.



Video games can be harmful, but can also be useful. It depends on the players themselves. In this essay, I will write about the benefits of video games and how video games benefit the players' skills and social life.

There are many benefits of videogames on the players' skills. First, they promote creativity. A lot of videogames nowadays help players to improve their creative side because they involve simulation. Second, videogames can improve health. This is mainly because many games nowadays involve full-body movement instead of just controlling a joystick. This will help players to be more active and probably lose some weight too.

There are also many benefits of videogames on the players' social life. First, players can make new friends online. It's easier to make friends through online videogames because mostly those players share the same interests. Second, videogames can participate in improving the players' communication skills. Players nowadays communicate with people from all over the world through a microphone or texting. They also communicate using different languages.

In conclusion, videogames are double-edged weapons. The players can either benefit from them or not depending on the choices they make.



UNIT 5 : SPORTS PSYCHOLOGY

Unit 5			
Word	Meaning	Word	Meaning
adversity	صعوبات	phenomenon	ظاهرة
equestrian	فروسي	physiotherapy	عالج طبيعي
neurologist	طبيب أعصاب	rehabilitation	إعادة تأهيل
observe	يلاحظ	Self-discipline	ضبط النفس
Paralympics	الألعاب الأولمبية للمعاقين	virtue	فضيلة
aggression	عدوان	determination	تصميم - عزم
extrovert	اجتماعي	introvert	منطوي
feedback	انطباع - التغذية الراجعة	mentality	عقلية
motivation	تحفيز	opponent	خصم
sportsmanship	روح رياضية	stimulation	تحفيز
teammate	عضو في فريق	application	تطبيق
badminton	الريشة	gymnastics	الجمباز
member	عضو	sauna	ساونا
solarium	جهاز تسمير البشرة		

**الكلمات في هذا الجدول ملغية وغير مطلوبة لهذا العام الدراسي
ولكن تم وضعها لمن يرغب بالاستفادة منها في كتابة التعبير**

Word	Meaning	Word	Meaning
interpersonal	بين الأشخاص	navigate	يتنقل \ يتحرك
Personal trainer	مدرب شخصي	stamina	لياقة بدنية

Q What is the Paralympics?

It's a sport competition for the disabled.



Q The importance of the Paralympics:

- It makes the disabled feel as capable as the able-bodied people.
- It encourages the disabled and gives them a feeling of accomplishment.
- It enables the disabled to be involved in the society.
- It enables the disabled to represent their country and win titles for them.

Q Kuwait's role towards the disabled:

Kuwait is the first country in the gulf to develop a sport club for the disabled.

Q How can we help the disabled?

- It's our responsibility to encourage them, help them to improve their talents, involve them more in the society.
- We must not use their parking area, help them to cross the street and carry things for them.

Q The introverted personality:

They are shy and isolated. Their aggression is indirect. They play solo and concentration sports like tennis, golf and chess.

Q The extroverted personality:

- They are outgoing and sociable.
- Their aggression is direct.
- They play team-sports like football and basketball.
- They play aggressive sports like boxing.

Kuwait was the first country in the Gulf region to develop a sport club specifically for the disabled. Established in 1977, the Kuwait Disabled Sports Club now has more than 1,500 members. The track and field stadium is equipped with a digital screen and a physiotherapy section.

Question Formation

UULA.COM
 موقع
 UULA
 almanahj.com/kw



Q The WH-Questions:

- What الأشياء - الأحداث When متى
- Where الأماكن Why لماذا

Q The helping verbs:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> V(be) <p>Is
Am
Are
Was
were</p> | <ul style="list-style-type: none"> V(have) <p>Have
Has
Had</p> | <ul style="list-style-type: none"> Modals <p>Can - Could
Shall - Should
Will - Would
May - might
must</p> |
|---|---|--|

Q My teacher will explain the lesson tomorrow on social media to help us.

- What will my teacher explain?
- When will my teacher explain the lesson on social media?
- Where will my teacher explain the lesson?
- Why will the teacher explain the lesson on social media tomorrow?

Q I am doing my homework right now in my room because I have other things to do later.

- What are you doing right now?
- When are you doing your homework?
- Where are you doing your homework right now?
- Why are you doing your homework right now in your room?

Q No helping verbs?



Do	Does	Did
Play	Plays	Played
cook	cooks	Cooked
		Wrote
		went

Q My parents bought a new house near the beach because they want to enjoy the lovely view.

- What did your parents buy?
- Where did your parents buy a new house?
- Why did your parents buy a new house?

Q My father walks in the neighborhood every morning to lose some weight.

- When does your father walk in the neighbourhood?
- Where does your father walk every day?
- Why does your father walk in the neighbourhood?



Modals



Q Can

- I can write my name with my eyes closed.
- My father can hold his breath for 2 minutes

Q Could

- I could run faster when I was younger.
- She could swim for a whole 30 minutes in the past

Q Should

- You should do your homework since you have time.
- You should buy that dress. It looks nice on you.
- You should always do your best at anything you do.

almanahj.com/kw

Q Would

- I would study if I had time.
- If you listened, you would learn.
- They would leave if the music stopped.

Question Tag:

Is Am Are Was Were
Have Has Had



Q She is a teacher, **isn't she** ?

Q The boys are excited about that trip, **aren't they** ?

Q My mother hasn't arrived, **has she** ?

Q I am not expelled from the institute, **am I** ?

Q I am expelled from the institute, **aren't I** ?

Q You will submit the homework, **won't you** ?

Q You won't submit the homework, **will you** ?

- Q You played football when you were little, **didn't you** ?
- Q You stay up all night, **don't you** ?
- Q She works at a restaurant, **doesn't she** ?
- Q You'd rather work hard, **wouldn't you** ?
- Q You'd like to study engineering, **wouldn't you** ?
- Q You'd better leave, **hadn't you** ?
- Q Let's go shopping, **shall we** ?
- Q Let us go shopping, **will you** ?
- Q Close the door, **will you** ?
- Q Work harder, **will you** ?

PRACTICE

Smart Quizzes



U U L A

Writing



Writing the outline:

Introduction: المقدمة

Q Hook: أي شيء يشد القارئ: مثلا بيت شعر - أمثال - حكم - حقائق - معلومات عامة - معلومات صادمة

Q Thesis: جملة واحدة تحتوي على الأفكار المطلوبة مني براس السؤال، هدفها تبين لي الموضوع يتكلم عن شنو

The body:

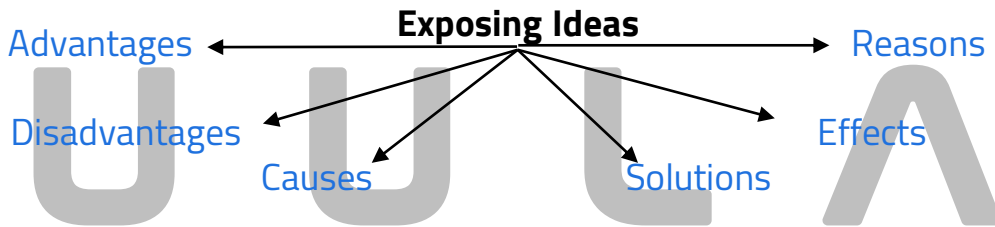
Q Body 1: الفكرة الأولى

الأفكار الجزئية
المنهج الكويتية
almanahj.com/kw

Q Body 2: الفكرة الثانية
الأفكار الجزئية

Q The Conclusion: الخاتمة
نصيحة - رأي - طول - اقتراحات

The Expository Essay



Example 1:

Q Introduction:

In Kuwait, hundreds of people die every year because of car accidents
There are many cause of car accidents and the government must solve this problem.

The body:

Q Body 1:

The causes of car accidents

Q Body 2:

Solutions for the problem of car accidents.

Q The Conclusion:

In my opinion / I advise you / I suggest

Example 2:

Q Introduction:

Vegetarian diet has proven to be one of the most successful diets for weight loss
There are many advantages and disadvantages for following the vegetarian diet

The body:

Q Body 1:

The advantages of the vegetarian diet

Q Body 2:

The disadvantages of the vegetarian diet

Q The Conclusion:

In my opinion / I advise you / I suggest

Writing Practice

The disabled people are facing many difficulties nowadays. In 12 sentences write an expository essay about the difficulties they face explaining the importance of setting rules to protect the rights of the disabled.

Q Introduction:

In this essay, I will write about the difficulties the disabled face and the importance of setting rules to protect their rights.

The body:

Q Body 1: the difficulties the disabled face

- Their parking spots are being used
- No disabled entrance and seating in some places

Q Body 2: the importance of setting rules

- disabled will be treated equally to the able-bodied
- disabled will feel they are part of the society

Q The Conclusion:

All in all, the disabled are citizens who have equal rights in this society.



There are many challenges facing the disabled in our country. In this essay, I will write about the difficulties the disabled face and the importance of setting rules to protect their rights.

There are many difficulties the disabled face in our country. For example, their parking spots are being used by the able-bodied everyday. Unfortunately, the able-bodied use those parking spots because they are closer to the entrance of the building, but they completely ignored the fact that there might be disabled people who need those spots more. Another example is the disabled entrance and seating. Some buildings do not have special entrance for the disabled which makes it difficult for them to enter the building. In addition, some places like restaurants and coffeeshops are not facilitated with disabled seating.

Setting rules to protect the right of the disabled is very important. First, the disabled will be treated equally to the able-bodied. If their right were violated, the law will be enforced and their rights will be protected. Second, setting strong rules that protect the disabled will make them feel they are part of the society. Therefore, they will work hard to serve this society in the different fields, such as the Paralympics.

All in all, the disabled are citizens who have equal rights in this society. Therefore, strict rule should be made to ensure their rights are not violated.



تصارييف الأفعال - IRREGULAR VERBS

المعنى	V(1)	V(2)	V(3) / p.p
يكون	Is / am / are	Was / were	been
يصبح	Become	Became	Become
يبدأ	Begin	Began	Begun
يضرب	Beat	Beat	beaten
ينحني	Bend	Bent	Bent
يعض	Bite	Bit	Bitten
ينفخ	Blow	Blew	blown
ينزف	Bleed	Bled	bled
يكسر	Break	Broke	Broken
يحضر	Bring	Brought	Brought
يذيع	Broadcast	Broadcast	Broadcast
يشترى	Buy	Bought	Bought
يبني	Build	Built	Built
يحرق	Burn	Burnt	Burnt
يصطاد	Catch	Caught	Caught
يختار	Choose	Chose	Chosen
يأتي	Come	Came	Come
يكلف	Cost	Cost	Cost
يقطع	Cut	Cut	Cut
يفعل	Do	Did	Done
يملك	Have	Had	Had
يرسم	Draw	Drew	Drawn
يحلم	Dream	Dreamt	Dreamt
يشرب	Drink	Drank	Drunk
يقود	Drive	Drove	Driven

المعنى	V(1)	V(2)	V(3) / p.p
يحفر	Dig	Dug	dug
يموت	Die	Died	Died
يأكل	Eat	Ate	Eaten
يسقط	Fall	Fell	Fallen
يشعر	Feel	Felt	Felt
يهرب	Flee	Fled	fled
يطعم	Feed	Fed	fed
يحفر	Dig	Dug	dug
يتشاجر	Fight	Fought	Fought
يجد	Find	Found	Found
يؤسس	Found	Founded	Founded
يطير	Fly	Flew	Flown
ينسى	Forget	Forgot	Forgotten
يحصل على	Get	Got	Got
يسامح	Forgive	Forgave	Forgiven
يجمد	Freeze	Froze	Frozen
يذهب	Go	Went	Gone
يعطي	Give	Gave	Given
ينمو \ يزرع	Grow	Grew	Grown
يعلق	Hang	Hung	Hung
يسمع	Hear	Heard	Heard
يختبئ	Hide	Hid	Hidden
يضرب	Hit	Hit	Hit
يمسك	Hold	Held	Held
يؤلم	Hurt	Hurt	hurt
يبقي	Keep	Kept	Kept
يعرف	Know	Knew	Known
يتعلم	Learn	Learnt	Learnt

المعنى	V(1)	V(2)	V(3) / p.p
يرحل \ يترك	Leave	Left	Left
يعير	Lend	Lent	lent
يسمح	Let	Let	let
يضع جانبا	Lay	Laid	Laid
يستلقي	Lie	Lay	Lain
يكذب	Lie	Lied	Lied
يضيء	Light	Lit	lit
يضيع	Lose	Lost	Lost
يجعل \ يصنع	Make	Made	Made
يعني	Mean	Meant	Meant
يلتقي	Meet	Met	Met
يدفع	Pay	Paid	Paid
يضع	Put	Put	Put
يثبت	Prove	Proved	Proved/proven
ينسحب	Quit	Quit	Quit
يقرأ	Read	Read	Read
يركب	Ride	Rode	Ridden
يرن	Ring	Rang	Rung
يصعد \ يرتقي	Rise	Rose	Risen
يركض	Run	Ran	Run
يقول	Say	Said	Said
يرى	See	Saw	Seen
يبيع	Sell	Sold	Seen
يرسل	Send	Sent	Sent
يجهز	Set	Set	set
يخيط	Sew	Sewed	Sewn
يهز	Shake	Shook	Shaken

المعنى	V(1)	V(2)	V(3) / p.p
يتساقط (الشعر او أوراق الشجر)	Shed	Shed	Shed
يلمع	Shine	Shone	Shone
يظهر	Show	Showed	Shown
يغلق	Shut	Shut	shut
يغني	Sing	Sang	Sung
يغرق	Sink	Sank	Sunk
يجلس	Sit	Sat	Sat
ينام	Sleep	Slept	Slept
يتحدث	Speak	Spoke	Spoken
يقضي	Spend	Spent	Spent
يهجأ (يقرأ حرف حرف)	Spell	Spelt	Spelt
يسكب	Spill	Spilt	Spilt
يدور	Spin	Spun	spun
ينتشر	Spread	Spread	spread
يقف	Stand	Stood	Stood
يفهم	Understand	Understood	Understood
يسرق	Steal	Stole	Stolen
يلتصق	Stick	Stuck	Stuck
يقرص \ يلسع	Sting	Stung	Stung
تفوح منه رائحة كريهة	Stink	Stank	Stunk
يصعق	Strike	Struck	Struck
يسبح	Swim	Swam	Swum
يتورم	Swell	Swelled	Swollen
يتأرجح	Swing	Swung	swung
يشم	Smell	Smelt/smelled	Smelt/smelled
يأخذ	Take	Took	Taken
يُعلم	Teach	Taught	Taught

المعنى	V(1)	V(2)	V(3) / p.p
يخبر	Tell	Told	Told
يمزق	Tear	Tore	Torn
يفكر	Think	Thought	Thought
يرمي	Throw	Threw	Thrown
يخضع لـ	Undergo	Underwent	undergone
يستيقظ	Wake up	Woke up	Woken up
يرتدي	Wear	Wore	Worn
يكتب	Write	Wrote	Written
يفوز	Win	Won	Won

موقع
المنهاج الكويتية
almanahj.com/kw



U U L A