



لا تنسونا من صالح دعائكم بظهر الغيب
اللهم رضاك و الجنة

Teach_me_Plz

1 Match the descriptions of the sports with the pictures. Write the names of the sports.

1. You throw a long, thin object as far as possible. **Throwing the javelin**
2. You run very fast for a short distance. **Sprinting**
3. You play this game in a team and throw the ball into a basket. **Basketball**
4. You use a machine with pedals. **Cycling**
5. You have to jump very high. **High Jump**
6. You put special shoes on your feet. Then you can move fast on ice. **Skating**



2 Label the picture with these words.

shoulder / lungs / wrist / heart / muscles

1. **muscles**

2. **lungs**

3. **heart**

4. **shoulder**

5. **wrist**



3 Complete the advice with an -ing form or an infinitive.

1. It is important **to do exercises daily .**

2. **Eating healthy food** **is good for you.**

3. It's easy **to follow a diet to keep fit .**

4. **Having too much chocolate** can damage your health.

5. **Seeking advice** helps you learn better.

4 Write two sentences about two different people.

	Favourite Activity	How often	Today
Ibrahim	Football	twice a week	football practice
Hanan	Drawing	every weekend	a portrait
Hamad	Chess	every evening	read a book about a chess
Rashed	Tennis	once a week	a game with a friend

- Ibrahim plays football twice a week.
- Today he is practising football.

Hanan likes drawing every weekend . Today she is painting a portrait .
Hamad plays chess every evening . Today he is reading a book about chess .
Rashed plays tennis once a week . Today he is playing a game with a friend .

5 Use some of the adverbs of frequency to write sentences about one of your friends. Can the rest of the class guess who he/she is?

100%

Always

Usually

Frequently

Often

Sometimes

Occasionally

Rarely

Never

0%

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He / she always smiles.

1. He usually goes to school by car .

2. He frequently goes home by bus .

3. He often plays football with us during break .

4. He sometimes plays some tricks on his classmates .

5. He rarely misses his lessons .

6. He never speaks loudly with his teachers .

6 Follow the instructions.

1. My brother (walk) to school every day.

(Correct the verb)

walks

2. He is listening to music at the moment.

(Make negative)

isn't listening

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3. Omar goes camping during his holidays.

(Make negative)

doesn't go

4. My friends travel to Italy every year.

(Ask a question)

Where does your friend travel every year ?

5. The students are working on the science project now.

(Ask a question)

What are the students doing now ?

فضل الدعاء للمسلمين بظهور الغيب

ما من عبد مسلم يدعو لأخيه
بظهور الغيب إلا قال الملك :
ولك بمثل

[رواه مسلم]

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