

Health is Wealth



bear	دب	snack	وجبة خفيفة
everyone	كل واحد	spend	يقضي
judo	رياضة الجودو	spent	قضى
cycling	ركوب الدراجة	pajamas	بيجاما
favourite	مفضل	relax	يسترخي
keep fit	يبقى رشيق	relaxed	استرخى
exercise	يتدرب	deep	عميق
trip	رحلة	fresh air	هواء نقي
stadium	استاد	comb	يمشط
his highness	سموه	clip	يقص
Amir	الامير	clipped	قص
seat	مقعد	nail	ظفر
mostly	على الاغلب	pyramid	هرم
match	مباراة	fat	سمين
event	حدث	dairy	مصنوع من البن
phone	يتصل تليفونيا	grain	حبة
phoned	اتصل تليفونيا	cereals	حبوب
useful	مفيد	golf	لعبة القلف
lifestyle	أسلوب حياة	hockey	لعبة الهوكي
habit	عادة		



يتعلم الطالب أسلوب تعبيرات التحية:

Good morning	صباح الخير
Good afternoon	تحية بعد الظهر
Good evening	مساء الخير
Good night	تصبح علي خير
Good bye	مع السلامة
Good luck	حظ سعيد
How are you	كيف حالك
I am fine, thank you	انا بخير شكرا
Nice to meet you.	مسرور بلقائك
Welcome/ Hello	مرحبا

يضاف للفعل ing بعد كلمة like :

I like swimming.

She like reading.

We like playing football.

Choose:

1- I like fish and rice.

a- eat

b- eats

c- eating

2- My sister likes..... stories.

a- read

b- reading

c- reads

3- My dad and mum likeon the beach.

a- walking

b- walked

c- walks

تصريفات الأفعال

Conjugations of verbs

أفعال منتظمة

الأفعال المنتظمة: هي الأفعال التي يضاف إليها (ed) عند تحويلها للماضي.

المعنى	1- مضارع	2- ماضي
يصلي	pray	prayed
يلعب	play	played
يعيش	live	lived
ينظر	look	looked
يحب	like	liked
يقيس	try on	Tried on

أفعال غير منتظمة

الأفعال الشاذة: هي الأفعال التي لا يضاف إليها (ed) عند تحويلها للماضي.

يقابل	meet	met
يقول	tell	told
يجد	find	found
يبيع	sell	sold
يسبح	swim	swam
يأتي	come	came
يشترى	buy	bought
يذهب	go	went
يصنع	make	made
يكتب	write	wrote
يمتلك	have/has	had
أكون/يكون	am/is	was
يكونوا	are	were

Present Simple المضارع البسيط

○ يتكون المضارع البسيط من التصريف الأول:

I You We They	play	with a ball every day.
He (Ali) She (Huda) It (Cat)	plays	

○ نضيف للفعل (s) اذا جاء بعد (he – she – it) او أي اسم مفرد:

- Ali usually prays in the mosque
- Haya always helps her mum.
- This shop sells necklaces.

○ يأتي المضارع البسيط مع:

every....	كل	always	دائما
usually	عادة	sometimes	احيانا

Choose the correct verb:

- 1- Hani sometimes (play – played – plays) tennis.
- 2- I (eat – ate – eats) meat every day.
- 3- She (live – lives – living) in Kuwait City.
- 4- We (read – reading – reads) English at school.

Past Simple الماضي البسيط

○ يتكون الماضي البسيط من التصريف الثاني:

- I visited my uncle yesterday.
- We met Sara last week.

○ يأتي الماضي البسيط مع:

yesterday	أمس	Last..... الماضي
ago	منذ	In the past	في الماضي

Choose the correct answer:

- 1- Yesterday, Salma (visit – visited – visits) Nora.
- 2- We (buy – bought – buys) a new villa last week.
- 3- Salem (swim – swam – swimming) in the sea yesterday.
- 4- Mum (made – make – makes) a cake last night.
- 5- I (went – go – goes) to the zoo last Friday.

Possessive
adjectives

صفات
الملكية



pens

I	My pens	أقلامي
You	Your pens	أقلامك
He	His pens	أقلامه
She	Her pens	أقلامها
We	Our pens	أقلامنا
They	Their pens	أقلامهم

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Choose the correct answer:

- Ali has a brother. name is Fahd.
a. Her b. His c. Our
- They have a car. car is new.
a. Our b. Their c. My
- I also have a car. car is black.
a. His b. Her c. My
- My friend has a new house. house is beautiful.
a. Her b. His c. My
- We are having a party. party is on Thursday.
a. He b. She c. Our

Future

المستقبل

يتعرف الطالب على المستقبل الذي يتكون من:

I	am	الفعل بدون اضافة + going to
He / She / It (اسم مفرد)	is	
You / we/ They	are	

I am **going to** play football next Friday.

He is **going to** watch a film tonight.

We are **going to** visit London in the future.

* يأتي المستقبل مع:

tomorrow	غدا	next..... القادم
tonight	الليلة	in the future	في المستقبل

Choose:

1. I am (go – will go – going) to go to the club **tomorrow**.
2. Amal is (go – going – goes) to travel to Bahrain **next** month.
3. The boys **are going** to go shopping (yesterday – tonight – now).
4. Ali (is going – go – goes) to meet his uncle **tomorrow**.
5. My mother is going to (make – makes – making) a cake **tonight**.

Exercises	تدريبات
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I- Reading Comprehension**Read the following passage and answer the questions:**

Fahad is ten years old. He's in grade four. He has two sisters and one brother. He likes playing football after school. He goes to the gym on Monday. He goes with his friend Sami. **They** eat healthy food to keep fit. They met Brainy at the Gym. Brainy is a funny bear.

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

- 1- **They** refers to
- a) Fahad b) Sami c) Sami and Fahad d) Mum
- 2- Fahad goes to the gym on.....
- a) Monday b) Wednesday c) Sunday d) Tuesday
- 3- Brainy is a
- c) lion d) parrot a) Monday b) bear

B) Answer the following questions:

4- What does Fahad like doing after school?

.....

5- How many sisters and brothers does Fahad have?

.....

II- language Form & MeaningII- Vocabulary

Choose the correct answer from a, b and c:

1- The is my favourite animal.

- a- judo b- bear c- trip d- hockey

2- I always go to the..... to watch football matches.

- a- golf b- habit c- stadium d- pyramid

3- My mother always me when she is out.

- a- phones b- spends c- clips d- combs

4- Kuwait Towers are my..... place.

- a- fat b- useful c- deep d- favourite

5- your nails weekly.

- a- Clip b- phone c- comb d- relax

6- Walking in the is good for health.

- a- cereals b- fresh air c- grain d- pajamas

7- My mum asks me to my hair before going to school.

- a- comb b- exercise c- clip d- relax

8- My sister eats a between meals

- a- bear b- snack c- event d- seat

9- My friend fell because he sat on a broken.....

- a- hockey b- golf c- snack d- seat

10- His Highness Amir Sobah opened Jaber Al-Ahmad

- a- Trip b- Event c- Stadium d- Lifestyle

B) Grammar

Choose the correct answer from a, b and c:

1- My father and I liketo the stadium.

- a- go
- b- goes
- c- went
- d- going

2- Yesterday, wein the swimming pool.

- a- swims
- b- swam
- c- swimming
- d- swam

3- I alwaysin the mosque.

- a- pray
- b- prays
- c- prayed
- d- praying

4- We areto have a party next Thursday.

- a- going
- b- going
- c- will go
- d- go

5- Huda bought a new dress. dress is red.

- a- She
- b- His
- c- Her
- d- He

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III- Writing

Write a short paragraph of (4 sentences) with the help of pictures and guide words about (Sports Day)



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(favourite – sport – tennis) (club – every Sunday) (go – friends)

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