

Unit 3

كن رشيقا لكن امنا Be fit, but be safe

عزيزى الطالب إليك مفردات الوحدة الثالثة . يرجى أن تقرأها قراءة جيدة وتتعرف على المعنى

Word formation

عزيزى الطالب الرجاء التعرف على نوع الكلمة و مشتقاتها

Word	Meaning	Word	Meaning
calm down =relax	يهدأ	heart	القلب
collapse = fall suddenly	ينهار	injury	إصابة
cover	يغطي	out of breath	لاهث
first aid kit	صندوق الاسعافات الأولية	warm up	إحماء
ground	الأرض	rate	معدل
Lie	يستلقي	sensible	معقول
Pulse	النبض	act	يتصرف
right = true	صحيح	activity	نشاط
sweat	يعرق	health = fitness × illness	صحة
thermal blanket	بطانية حرارية	sore throat	التهاب في الحلق
beat	ينبض / نبضة	bug	جرثومة / عدوى
chart	رسم بياني	coach	مدرب

Verb فعل	Noun اسم	Adjective صفة
Act	act / activity	active
*****	health	healthy
Injure	injury	injured
save	safety	safe

Everyday English

You should take things
more slowly.
OK, calm down.



عزيزى الطالب لاحظ التعبيرات التي نستخدمها في حياتنا اليوم

عزيزى الطالب هيا بنا نرى البطاقة الجديدة

بطاقة رقم (1) Card (1)

Learning Objectives :

الأهداف

By the end of this working sheet , you have to be able to :

عزيزى الطالب في نهاية البطاقة عليك أن تكون قادرا على :

1- To listen to some words and pronounce them correctly .
ان تستمع الى بعض الكلمات و تنطقهم جيدا .

2- To match two expressions together ..
أن توصل جملتين مع بعضهم



Listening

1. Dear student : Open your book page 31 Ex. 1 .
2. Read the words in the box then use the tape script to listen to them carefully
3. Listen to the words and pronounce them correctly .

1. عزيزى الطالب : افتح كتابك المدرسى صفحة 31 تمرين 1

2. إقرأ الكلمات ثم استخدم المادة السمعية لتستمع اليهم جيدا .

3. استمع للكلمات مرة أخرى ثم انطقهم جيدا .



Speaking

1. Match A with B

صل أ مع ب

A

1. Could you help me, please? ()
2. You should take things more slowly. ()
3. What's wrong with you? ()
4. How's your toothache? (2)

B

- Of course. What can I do for you?
- It's getting worse.
- I've had a bad flu.
- You're right..



دعنا عزيزي الطالب ننتقل لبطاقة أخرى

بطاقة رقم (2) Card (2)

Learning Objectives :

الأهداف

By the end of this working sheet , you have to be able to :

عزيزي الطالب في نهاية البطاقة عليك أن تكون قادرا على :

1- To read to answer comprehension .
questions

ان تقرأ لتجيب على أسئلة قطعة الفهم

2- To read and circle the odd
word out .

أن تقرأ و تحوط الكلمة الشاذة



Reading

1 . Read the following passage then answer the questions. اقرأ القطعة التالية ثم أجب على الاسئلة

Dr Blake is at Waleed's school, and he has been using charts to talk about health, sport and getting fit. Now he is answering questions.

Hello. I'm Julie Nixon. I started rock climbing last year, but I fell and broke my leg. Since then, I haven't been active enough, but I want to try something safer! What's your advice?

You feel that rock climbing is too dangerous for you, and yes, it is more dangerous than most sports. The safest activity is swimming, and that's also good for old injuries like yours.

But with all sports, always remember to warm up first. Do gentle exercises for the various parts of your body. This helps stop injuries.

(A) Read and mark the sentences true (✓) or false. (✗) اقرأ وضع صح أو خطأ

- () 1. Julie Nixon started rock climbing last year.
() 2. She broke her arm.

(B) Answer the following questions: أجب على الاسئلة التالية

1. What is Dr Blake talking about?
2. What's the safest activity for Julie?
3. The underlined word (it) refers to :
4. The best title for this passage is :

(E) Read again and find the following in the text: اقرأ وجد من القطعة

..... × forget × asking
Started = began = fitness

2. Read and Circle the odd one out.

- | | | | |
|---------|---------------|-----------|-----------|
| tall | - hard | - good | - fast |
| ear | - chart | - head | - heart |
| jumping | - swimming | - running | - walking |
| Ill | - tired | - fine | - sick |
| cold | - sore throat | - hot | - flu |



رائع ما قمت به عزيزي الطالب

لنرى بطاقة جديدة معاً

Learning Objectives :

الأهداف

By the end of this working sheet , you have to be able to :

عزيزى الطالب في نهاية البطاقة عليك أن تكون قادرا على :

- 1- To use comparative adjectives & أن تستخدم مقارنة الصفات و الاحوال .
2- To practice using too & not enough. too & enough adverb استخدام

Words & structures

عزيزى الطالب إقرأ القاعدة و الأمثلة جيدا لتتمكن من حل التمارين التالية

Structure: comparison of adjectives and adverbs مقارنة الصفات و الاحوال
Including the form (not) as ... as; too ... / (not) ... enough

Important rules.

1. When we compare things with **short** adjectives, we usually use **er / -est** forms.
2. When we compare things with **longer** adjectives, we usually use **more / most** forms.
3. When we compare **actions with regular adverbs** (short or long), we usually use **more / most** forms.
4. We can use the form **(not) as ... as** with both **adjectives** and **adverbs**

1. عند المقارنة بين الأشياء بالصفات القصيرة (من مقطع واحد) نضيف (er / est)
2. عند المقارنة بين الأشياء بالصفات الطويلة (أكثر من مقطع) نضيف (more / the most)
3. عند مقارنة الأفعال باستخدام الأحوال المنتظمة المنتهية ب ly نضيف (more / the most)
4. نستطيع أن نستخدم **(not) as ... as** مع الصفات و الأحوال.

Comparative and superlative adjectives:

مقارنة و تفضيل الصفات

	Example مثال	Comparative مقارنة	Superlative تفضيل
Short adjectives صفات قصيرة	Small	smaller than	the smallest
Long adjectives صفات طويلة	useful	more useful than	the most useful
Irregular adjectives صفات شاذة	Good	better than	the best
	bad	worse than	the worst





Writing

1-The yellow car is **big**.

The red car is **bigger** than the yellow one. (short adjective)

The black car is **the biggest** one.

2-The yellow car is **expensive**.

The red car is **more expensive** than the yellow one. (long adjective)

The black car is **the most expensive** one.

مقارنة الاحوال Comparative and superlative adverbs

	Example	Comparative	Superlative
Ending in – ly	quickly	more quickly than	the most quickly
Irregular adverbs	early/ fast/hard/late/	earlier/faster/harder	The earliest/ fastest/ hardest
	Well	better than	The best



احوال تنتهي ب Ending in – ly	احوال شاذة Irregular adverbs.
The bicycle moves quickly .	The bicycle moves fast .
The car moves more quickly than the bicycle.	The car moves faster than the bicycle.
The plane moves the most quickly .	The plane moves the fastest

1 .Choose the correct answer.

اختر الاجابة الصحيحة كما في المثال

1. Farah walks (**slower** –slow - slowly) than Sally .
2. Flu is (bad – worse than – the worst) cold.
3. You are not as (strong – stronger – the strongest) as you think.
4. Science is as (difficult – more difficult I most difficult) as Technology.
5. Your shirt is (expensive – more expensive than – the most expensive) my shirt.
6. Lamis is (good – better than – the best) student in the class.

2. Use : as .. as..

استخدم as..as كما هو في المثال

1. The lion is **big**. The tiger is **big**.
The lion is **as big as** the tiger. (adjective)
2. Zaina sings **beautifully**. Jana sings **beautifully**.
Zaina sings **as beautifully as** Jana. (adverb)
3. Dania writes **carefully**. Ameer writes **carefully**
Dania Ameer .
4. History is **difficult**. Geogaphry is **difficult**.
.....

3. Use : not as .. as...

استخدم not as .. as كما هو في المثال

1. **Nablus** is bigger than **Gaza** .
Gaza is **not as big as** Nablus. (short adjective)
2. **Fares** reads better than **Ali** .
Ali doesn't read **as good as** Ali . (irregular adjective)
3. **Malak** dresses more smartly than **Heba** .
Heba Malak .
4. **June** is longer than **February**.
FebruaryJune .

Structure(too and (not) enough)

1. We use **too ... and (not) ... enough** when we **compare things with the right quantity or standard**.
2. We use **too + adjective or adverb** when something is **more** than the right quantity or standard.
3. We use **not + adjective or adverb + enough** when something is **less** than the right quantity or standard.

1. نستخدم **too + adjective** / **not + adjective + enough** عندما نقارن الأشياء الموجودة فعلياً مع ما هو مطلوب أو لازم .
2. نستخدم **too + adjective** للدلالة على وجود الصفة / الحال بدرجة كبيرة أكثر من اللازم.
3. نستخدم **not + adjective + enough** للدلالة على عدم وجود الصفة / الحال بصورة كافية.

4. Rewrite the sentences using not ... enough

عند التحويل من too إلى not enough نحذف too ونضع بدلا منه not ثم نكتب عكس الصفة الموجودة ونتبعها بـ enough كما في المثال التالي.



1. The dress is **too expensive** to buy.
The dress is **not cheap enough**. (expensive x cheap)
2. The test is **too difficult** .
The test is **not easy enough**. (difficult x easy)
3. The bridge is **too low** for the lorry.
4. The road is **too narrow** for the bus.
5. The dress is **too expensive** for me.
6. The question is **too difficult**
7. The shirt is **too small** to wear
8. The room is **too dark** to see.....

استخدم عكس الصفات من القائمة (cheap – big – easy – wide – light- high)

5. Look at the pictures and write sentences using too..... and not ... enough

(too / not enough)

انظر الى الصورة واكتب جملا مستخدما

<p>1- The weights / heavy / for him. They / not light / for him.</p> <p>2- He / weak / to carry them He / not strong / to carry them</p>	
<p>3- The trousers / short / for him</p> <p>They / not long / for him</p>	

Card (4) بطاقة رقم (4)

الأهداف : Learning Objectives

By the end of this working sheet , you have to be able to :

- 1- To answer questions about sports : عزيزى الطالب فى نهاية البطاقة عليك أن تكون قادراً على .
- 2- To complete sentences using new words . أن تكمل الجمل مستخدماً المفردات الجديدة .
- 3-To do as shown between brackets . أن تفعل كما هو مطلوب بين الأقواس

Writing

1. Answer the following questions.

اجب على الاسئلة التالية

1. Have you ever had a sports injury?

.....

2. Why do you practise sports?

.....

2. Finish the following sentences .

أكمل الجمل بكلمة من

القائمة

calm down - sweating - collapsed - cover - first aid kit

1. Stop working under the sun . You are sweating .
2. Don't be afraid. Everything will be fine. Just _____.
3. A lot of buildings _____ during the war.
4. Could you _____ the baby? It's getting cold .
5. Ali has cut his finger. Get the _____ soon .

3. Finish the following sentences :

أكمل الجمل بكلمة من القائمة

ground - lie - pulse - right - (thermal) blanket

1. A _____ keeps you warm in cold weather.
2. _____ is the number of heart beats per minute.
3. Excellent. Your answer is _____
4. After lunch. My father likes to _____ on the sofa and watch TV.
5. We sat on the ground to eat our picnic lunch.

4. Finish the following sentences.

أكمل الجمل بكلمة من القائمة

rate - heart - injury - sensible - warm up - out of breath

1. If I run 100 metres. I soon get out of breath .
2. My heart _____ rises during exercise.
3. Be _____ after you've been ill. Don't do too much too soon.
4. Your _____ is the part that sends blood round the body.
5. It's a bad _____ . She broke her leg in three places.
6. Footballers usually _____ before they start the match.

5. Finish the following sentence .

أكمل الجمل بكلمة من القائمة

active - activities - gentle - charts - beats

1. When I run , my heart _____ faster.
2. I do some _____ exercises every morning.
3. We have different _____ during our English lessons.
4. I usually use so many _____ in my teaching as they are easier to understand.
5. Although Abu Ahmed is old , he is active .

6. Do as shown between brackets.

افعل كما هو مطلوب بين الاقواس

1. Sally did good in the exam . (Correct the mistake) (.....) صحح الفعل
3. Than – safe – **Better** – sorry. (Re-arrange) رتب
.....
4. The plane was flying very fast. (Make a question) كون سؤال
.....?



عزيزى الطالب أنت رائع اليوم . أنهينا بطاقات الوحدة الثالثة