



Al-Azhar Al-Sharif
Presidency of Al-Azhar Institutes

A-LEVEL

ENGLISH

for

Al-Azhar Paragons

Secondary Two
Term 1

Workbook

First Draft Edition

2024 - 2025



غير مصرح بتداول الكتاب خارج معاهد الأزهر الشريف

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Arab Republic of Egypt

First Draft Edition, 2024

Deposit: 19000/2023



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Unit 1

Migration



Migration

Exercise 1:

- **Fill in the gaps in the passage with a word from the box (some words can be used twice), then answer the questions that follow:**

terrorism	migration	persecution	violations
migrants	refugees	asylum seekers	

Migration wasn't really a problem a long time ago. Many countries welcomed because they needed workers. The USA, Australia and Canada encouraged millions of people to come and live in their countries. However, immigration is becoming a problem. Many countries are trying to control immigration, because at election time, and who have left their countries seeking protection from and or demanding human rights make it a major issue.

But it might be too difficult or dangerous for those people to stay in their own countries. For example, children, women and men escape from, war, hunger, extreme poverty, or from the consequences of climate change or other natural disasters.

..... might believe that they have a better chance of finding work in another country because they have the education or capital to seek opportunities elsewhere. Others might want to join relatives or friends who are already living abroad. Or they might seek to start or finish their education in another country. There are lots of different reasons for people to start a journey to build a life in a new country.

Exercise 2:

Read the passage in exercise 1 again, then answer the following questions:

- 1 Why is immigration a problem in some countries?
- 2 What does the underlined pronoun those in paragraph (2) refer to?
- 3 How do climate changes affect people's move from a country to another?
- 4 Why do people migrate?
- 5 Find the synonym of the underlined word "chance" in the passage.
- 6 Think of other reasons the people have to start a new life in a new country.

Exercise 3:

Write Synonyms and Antonyms:

Word	Synonym	Antonym
escape	flee
change	keep
education

Exercise 4:

Use the synonyms and antonyms of the table in Ex.3 in sentences on your own:

- 1 He was accused of trying to flee away from the scene of the accident.
- 2
- 3
- 4
- 5

6

7

8

9

Exercise 5:

- **Write five sentences about causes of migration using the words in the box:**

environmental factors	educational purposes	war
reunite family	personal needs	

People may choose to immigrate for a variety of reasons,

1

2

3

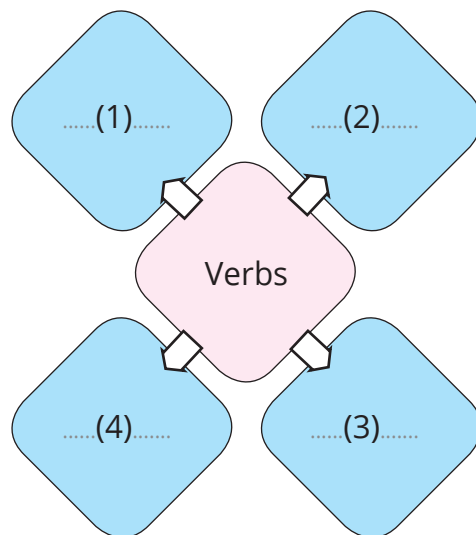
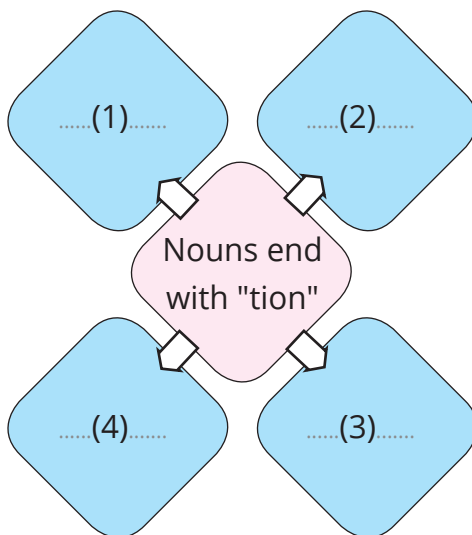
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Exercise 6:

- **A) Complete the diagrams with words from exercise 1:**



B) Use your findings in sentences on your own:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Exercise 7:

Writing:

- ◆ Write an introduction to a 3-paragraph persuasive essay about "Species Migration".
- ◆ Use the sample introduction paragraph below to help you write your own.

"Species Migration"

Species migration is the seasonal event where animals move from one preferred location to the next as the ecosystem changes throughout the year. This travel takes a huge amount of energy for the migrating animals, but there are survival advantages. There are many different types of migration depending on the animal such as travelling east and west, north and south, round trips by land, river and sea, elevating gain and losses and moving up or down rivers and lakes.

"Species Migration"

Introduction:

.....

.....

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What does Migration Bring?

Exercise 1:

Match the words 1-5 with their correct definitions a-f:

Word			Definition	
1	conservative	a	the state of being different.
2	Stereotype	b	make a marked change in the form, nature, or appearance .
3	diversity	c	a person who adheres to traditional values.
4	transform	d	a regular payment made by the state to people of or above the official retirement age and to some widows and disabled people.
5	pension	e	an oversimplified image or idea of a particular type of person or thing.
			f	provide (someone) with a reason for doing something.

Exercise 2:

Use the words in the box in sentences on your own:

conservative stereotype diversity transform terrific pension

1 A little creativity can transform an ordinary occasion into a special event.

2

3

4

5


6

Exercise 3:

 **Listen to the following sentences to identify the glottal stop "t":**

- 1 The lesson is very important.
- 2 I like to eat butter and jam.
- 3 The weather is very hot.
- 4 I felt better after having a drink of water.
- 5 What time did you get there?
- 6 Shut the door and sit down.
- 7 Don't stay out too late.

Exercise 4:

 **Rewrite the following sentences using the present perfect passive form:**

- 1 The man has driven the car for 4 hours.

The car has been driven for 4 hours.

- 2 Ali and Gamal have never played rugby.



- 3 Have they found the keys?



- 4 We have not sold the bike.



- 5 The HR manager has interviewed the candidates.



- 6 Has the postal department released a new stamp?



- 7 They haven't cheated anybody.



- 8 I have placed an order for a digital camera.



Exercise 5:

Change into the present perfect active voice:

1 A new shop has been opened.

They have opened a new shop.

2 The tickets have been bought by Nasser.



3 The sandwiches have been forgotten.



4 The kitchen has not been cleaned.



5 The waste products have been left here since last February.



6 A telegram has not been received by me..



7 Has the secret been kept?



8 Why has a lie been told by you?

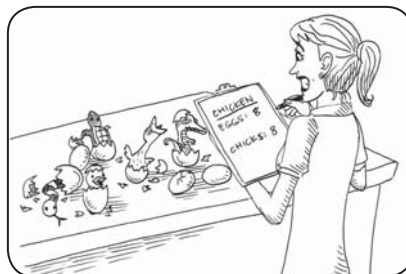


Exercise 6:

Match the statements (1-4) with the proverbs (a-d):

1 I've studied so hard, I'm sure I'll pass the exam.

a Don't count on your chicken before they are hatched.



2 I've sent him to tennis lessons, but he's just not interested in sport.

3 This computer has become useless! The keyboard is so slow.

4 I've already come to a conclusion: we will get in each other's way.

b Too many cooks spoil the broth.



c A bad work man blames his tools.



d You can lead a horse to water but you can't make it drink.



Exercise 7:

Writing:

- ◆ Write the main body to a 3-paragraph persuasive essay about "Species Migration".
- ◆ Use the sample body paragraph to help you write your own.

One reason species migration occurs is due to the variation in seasonal temperatures throughout the year. This can be for the animal's comfort, but it is usually because of food availability. For example, an animal that prefers warmer temperatures but lives in the north will remain in the north until temperatures begin to drop resulting in a migration to a warmer climate. Other reasons include more favourable living or breeding conditions for example fish moving up or down river based on their breeding cycles. Temperature elevation is another factor for animals' migration.

Exercise 1:

Fill in the gaps in the passage with words from the box:

instinct	wanderlust	optical illusion	primitive
dazzling	spectacles	anticipated	much-revered

For many people spring begins when birds return, filling neighbourhoods and parks with their songs. The annual migration of birds is one of the world's great wildlife spectacles. But migration is not just for the birds! As it turns out, many kinds of animals share the(2)..... spirit of migration.



When you think about migration, you probably think of birds. That is because birds are all around us and we notice when they leave and return. Migration is a(3)..... in all species.

Birds, mammals, fish, and even insects migrate. Deer, elk, and bighorn sheep, migrate. Snakes migrate to other sites in the fall. Spotted frogs migrate to springs to lay eggs. The(4)..... butterflies fly south to winter in Mexico, seems like an(5)..... Some species of dragonfly migrate along the Pacific coast in the fall. So migration is really not just for the birds!

Many animals migrate to northern regions during the summer, because the long summer days mean that there is always plenty of food. In the autumn, when the weather gets colder, many animals migrate south to find food and warmer weather. Some animals migrate every year, doing the two journeys in one year, but others migrate only if they need searching for food or warm weather.



Exactly how animals migrate has been one of the great mysteries of science. Before people even knew about migration, **they** had some very unusual explanations for the seasonal movement of birds. Some thought that birds spent the winter under the mud of lakes. Other ancient scientists thought that one kind of bird turned into a different kind of bird in the winter! In some countries there's an annual festival that is dedicated to the highly(6)..... and(7)..... arrival of the endangered species like black-necked crane.

Today we know these explanations are not even close to being correct, but migration is still a bit of a mystery. Scientists are much closer to understanding this mystery.

Exercise 2:

• **Choose the correct answer from a, b, or c:**

- 1] Peoples know about migration in Spring.
 a elk b birds c a&b
- 2] Migration is a / an in all creatures.
 a instinct b kind c mystery
- 3] In the autumn, many animals migrate to find food and warmer weather.
 a north b south c a&b
- 4] The underlined pronoun "they" refers to
 a animals b people c scientists
- 5] Some animals migrate a year.
 a once b twice c three times

Exercise 3:

Read the article again. Are these statements True (T) or False (F)? Justify for your answers.

- 1 Migrating animals do not return to their original homes. (.....)
- 2 Many animals make the same journeys as their parents did. (.....)
- 3 Animals migrate at the same time every year. (.....)
- 4 It is believed that migration has helped certain animals to survive. (.....)
- 5 Animals migrate for the same reasons. (.....)

Exercise 4:

Write synonyms and antonyms:

Word	Synonym	Antonym
wanderlust	discourage
primitive	ancient
dazzling

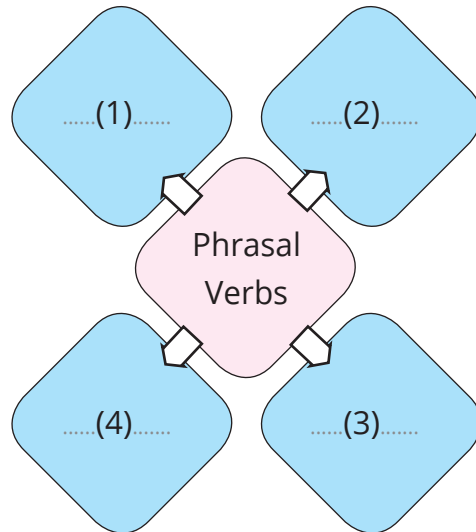
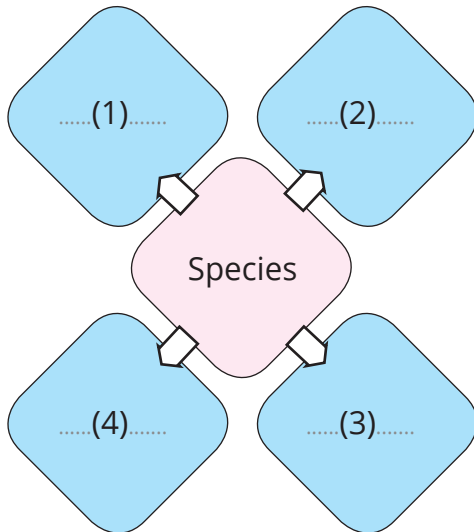
Exercise 5:

Use the synonyms and antonyms of the table in Ex.4 in sentences on your own:

- 1 Don't let one failure discourage you, try again.
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Exercise 6:

A) Complete the diagrams with words from exercise 1:



B) Replace the verbs with a suitable phrasal verb and make any necessary changes:

- 1 The truth proved to be stranger than we knew. turn out
- 2 Our holiday changed to a nightmare. turn into
- 3 I think things are going to be fine.
- 4 He became a top-class player.

Exercise 7:

Write five sentences about Animals' Migration using the words in the box to help you:

Migration has captured the interest of humans for centuries

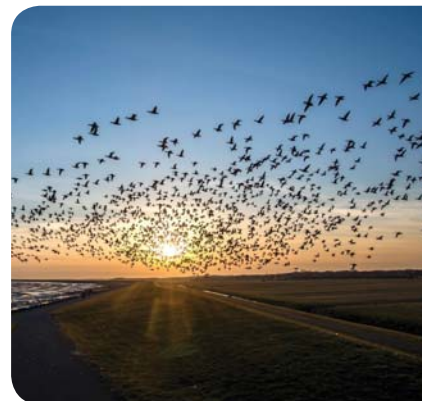
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Exercise 8:

Writing:

- ◆ Write a conclusion to a 3- paragraph persuasive essay about "Species Migration".
- ◆ Use the sample conclusion to help you write your own.

"Species Migration"

Conclusion:

Climate change is affecting the migration patterns of animals all over the world. As average temperatures are rising, many animals have to keep up with the changing climate. Many bird species and butterfly species for example are migrating weeks earlier than normal as temperatures rise. When species migrate, they leave behind the diseased and injured thus preventing spread. However, global warming is causing more species to remain in one location most of the year making the transmission of infectious diseases much easier. For an individual animal, it's better if it doesn't have to expend the energy to migrate, but this can be bad for the species.

"Species Migration"

Conclusion:

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Migrants' Life

Exercise 1:

Match the words 1-7 with their correct definitions a-f:

Word		Definition	
1	plethora	a	a system of money, in general use, in a particular country
2	horizon	b	rules or expectations that are socially enforced
3	currency	c	to have a clear meaning
4	make sense	d	a large or excessive amount of something
5	shock	e	a power beyond one's control
6	norms	f	the limit of a person's knowledge, experience, or interest
7	weird	g	critical condition brought on by the sudden drop of something
		h	suggesting something supernatural; unearthly

Exercise 2:

Use the words in the box in sentences of your own:

weird | plethora | horizon | currency | shock | norms | make sense

1 She scored well above the norm in math.

2

3

4

5

6

Exercise 3:

● In which of the following sentences the words "weird" and "make sense" are used properly:

- 1 I can't understand this question as it makes sense.
- 2 Alan is so different. He's weird.
- 3 The antonym of the word "weird" is normal.
- 4 We read the recommendations and thought they made sense
- 5 He is a nice person ! He is so weird.

Exercise 4:

● Fill in the gaps with the proper idiom:

comfort zone

break out of

horizons

in the flesh

- 1 Travelling certainly broadens your
- 2 We must all get used to stepping outside our normal
- 3 Meeting the president gave my confidence a real boost.
- 4 She longed to the daily routine.

Exercise 5:

● Writing

- ◆ Edit and publish your final persuasive essay about "Species Migration".
 - ◆ Exchange what you have written with other students in your group.
 - ◆ Correct and improve each other's writing.

"Species Migration"

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.....

.....



Unit 2

Human Values



Exercise 1:

● **Fill in the gaps in the passage with a word from the box:**

deserve	virtues	trustworthy	sympathetic	realized
across	qualities	upheld	come	

Human values are the that guide us to take into account the human element when we interact with other human beings. Human values are seen as a set of involving honesty, respect, acceptance, consideration, appreciation, listening, openness, empathy and love towards other human beings. Our values are important because they help us to grow and develop. They help us to create the future we want to experience.

Values differ greatly among individuals. The character of each person is shaped by the set of values he/she Along with our study in schools, we are also educated to follow certain values throughout life.

People learn most of their values in the early years of their life from those they see around them. Children and absorb these values from their parents and teachers. Families and educators play a crucial role in building values in children and students as they see **them** to be role models.

One also learns about the morals of the good life from the holy and religious books. Childhood and the teenage period is the most crucial phase in a person's life because it is at this time that one cultivates most of his normal values. Human values are formed by different stages and incidents they in one's life, especially in the teenage and college life. Education without values tends to make a man miserable. Hence, it becomes of the utmost importance to impart correct and positive values among children and students.



People with the right values in lifeto be a pillar for the development of society and the nation. They will not only go in the right direction themselves but also teach others to do the same. With the right beliefs and values, one can make the right decisions in life. Being towards others, self-discipline, having courage and integrity will not only help one to climb the ladder of success but also make one strong, so that he can make breakthroughs in all obstacles and challenges in life.



Exercise 2:

Answer the following questions:

- 1] According to the writer, "Values differ greatly among individuals". Discuss
- 2] Why are human values important to a society?
- 3] What does the underlined pronoun **them** in paragraph 3 refer to?
- 4] How do the young learn values?
- 5] What are the most critical phases in a person's life? Why?

Exercise 3:

Write synonyms and antonyms:

Word	Synonym	Antonym
trustworthy	unreliable
right	correct
miserable

Exercise 4:

Use the synonyms and antonyms of the table in Ex.4 in sentences on your own:

- 1 I know the correct answer to the question.
- 2
- 3
- 4
- 5
- 6

Exercise 5:

Write five sentences about kindness using the words in the box:

good deeds	care	compassionate	effect	peace	society
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I hope that peace spread all over the world

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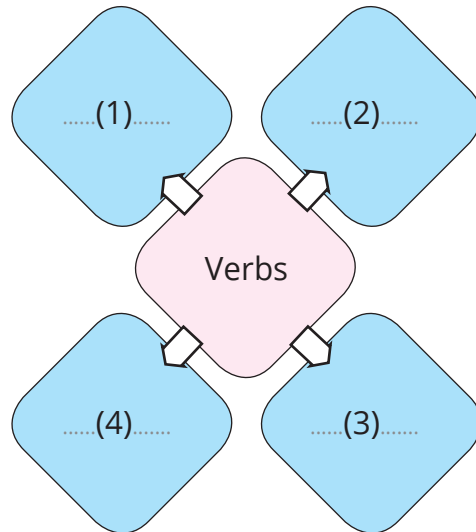
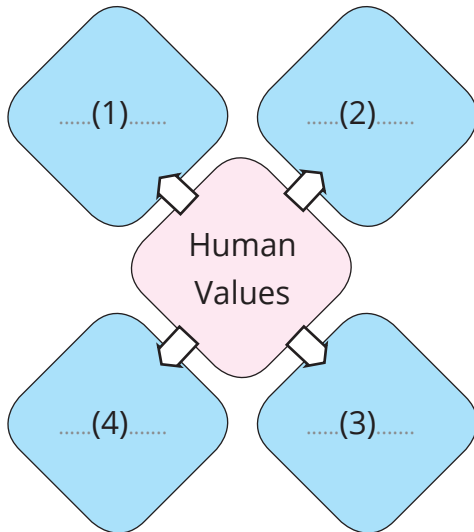
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Exercise 6:

Complete the word diagram with words from EX.1:



Exercise 7:

Writing:

- Write an introduction to a 3-paragraph expository essay about "Truthfulness".
- Use the sample introduction to help you write your own.

"Cooperation"

Introduction:

Cooperation is an effective and important tool especially in creating a favorable environment that enhances productivity. However, in order to enhance cooperation there is need for every individual to know more about one another. Knowing more about each other will enable the parties interacting or cooperating to understand the strengths and weaknesses of each other hence complementing and supplementing in instances or circumstances that are required.

"Truthfulness"

Introduction:

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Exercise 1:

Match the words 1-6 with their correct definitions a-f:

Word			Definition	
1	rumour	b	a	an act of removing someone from their job
2	fire	b	a currently circulating story or report of uncertain or doubtful truth
3	credit for	c	easy to see, recognize, or understand
4	genuinely	d	the act or process of examining a crime, problem, statement to discover the truth
5	obvious	e	believe that someone is good at something
6	investigation	f	in a truthful way
			h	the ability of a customer to obtain goods or services before payment

Exercise 2:

Use the words in the box in sentences on your own:

rumour fire credit for genuinely obvious investigation

- 1 She accused him of starting rumors about her.
- 2
- 3
- 4
- 5
- 6

Exercise 3:

- Read words 1–4 aloud and write the correct diphthongs (/aɪ/ - /əʊ/ - /eɪ/ - /aʊ/) for each word. Then, match words 1–4 to a rhyming words a–d:

1	/aʊ/ crowd	b	a	grey
2	/ - - / coat	b	loud
3	/ - - / try	c	thought
4	/ - - / day	d	high

Exercise 4:

- Listen and check your answers using your digital dictionary to exercise 2. Then, listen again and repeat.

Exercise 5:

- Complete the sentences with a rhyming pair of words in exercise 3. Then, listen and check.

- 1 It was a cloudy, and the sky was
- 2 My grandparents have that they hate their new
- 3 The boys wanted to to jump very
- 4 There was a big, so the party was

Exercise 6:

Complete the following sentences with the correct prepositions:

- 1 What's the advantage making this place popular?
- 2 Stop it Sam! Don't make arguments your little sister.
- 3 This outbreak has made the relationship the two countries better.
- 4 Don't let your children play games too much. Otherwise, their addiction the game is worrying.
- 5 The teacher is trying to make a better approach the naughty boy.
- 6 There's been a lot of concern the club's activity during the night.
- 7 The damage the lungs cannot be recovered.
- 8 I have difficulty doing this exercise.

Exercise 7:

Find and correct the mistakes in the following sentences:

- 1 People around the world have shown a lot of concern in the new viruses. about
- 2 Are you looking up this book?
- 3 The relationship about these two countries has been improving.
- 4 The story against Romeo and Juliet will live forever.
- 5 Why do you always blame me to everything?
- 6 As soon as we arrived to London, we called our friends.

Exercise 8:

● **Fill in the gaps with a preposition and complete using the verb in brackets.**

- 1 My grandmother is bad at remembering the dates. (to remember)
- 2 We are looking forward from you. (to hear)
- 3 He usually takes part (to volunteer)
- 4 She carried until 2 am. (to chat)
- 5 They are excited time together. (to spend)
- 6 I promise you tomorrow. (to help)

Exercise 9:

● **Listen again to task 3 in your SB, p.49 (The audio about rumours), then match the idioms with the definitions:**

- 1 to allow people to believe that you did something that deserves praise or special attention to take credit for
- 2 in a powerful position
- 3 to be in a position where someone is pleased with you and nice to you
- 4 to say nothing
- 5 to be excluded
- 6 to be made public

Exercise 10:

● **Writing:**

- ◆ Write the main body to a 3-paragraph expository essay about "Truthfulness".
- ◆ Use the sample body paragraph to help you write your own.

Body:

In contrast, in a situation of two family members who are planning to take a vacation together with a situation of motorists who are simultaneously using intersecting streets, it is evident that in the former situation there is no need to understand each other's abilities, qualities, strengths, and weaknesses since they have anything special to achieve. On the latter situation, the two motorists do not need to know the strengths and weaknesses of each other since they are at an intersecting road. Despite the fact that the motorists understand the rules and regulations of the traffic and they are not going towards the same direction, there is still a need for them to follow the rules and regulations of going through the intersection.

Body:

Moral Values in Islam

Exercise 1:

- **Fill in the gaps about Moral values in Islam with words from the box:**

impel

compassion

ethical

solidarity

discriminated

Moral values in Islam aim to determine human activity in a Muslim society, and to promote and control their behavior to the benefit of the whole society and its individuals, and to bring for all individuals a good conclusion in the other life.

Islam attaches great importance to the needs of all human beings, with special concern for the needy, weak, and poor. Based on such noble principles as peace,(1)....., and mercy, the richness of notions corresponding to(2)..... such as Ramah, merhamah, Rahim, Ghafur, and Rahman indicates the importance of compassion in Islam. From an Islamic view, compassion is the reflection of Allah on what He creates; the Prophet Muhammad is the best example for teaching Muslims how to be compassionate.



A Muslim is expected to not only be(3)....., but also enjoin ethics. Islam instructions(4)..... the individual to work to reduce the suffering of others, and to treat every human being with absolute equality and respect.

Islam is also concerned with the moral health of the society, so everything that leads to the welfare of the individual and the society is morally good in Islam, and whatever is harmful is morally bad.

Given its importance to a healthy and just society, Islam protects people from being(5)..... It stands in the way of discrimination and matters that lead to the spreading of discrimination. Islam supports morality and matters that lead to the enhancement of morality.

Morality in Islam addresses every aspect of a Muslim's life, from greetings to international relations. It is universal in its scope and in its applicability.

Exercise 2:

Read the text again. Are these statements True (T) or False (F)? Justify for your answers.

- 1 Moral values aim to bring a good conclusion for Muslims after death. (.....)
- 2 Only people with disability are of great interest in Islam. (.....)
- 3 Islam urges individuals to treat each other with exception. (.....)
- 4 Islam is concerned with all sides of Muslim's life. (.....)
- 5 Moral values are global teachings. (.....)



Exercise 3:

✎ **Answer the following questions:**

- 1 "A Muslim is expected to not only be ethical, but to also enjoin ethics." Discuss
- 2 With the help of Islamic subjects, give an example demonstrating how compassionate Prophet Muhammad was.

Exercise 4:

✎ **Write synonyms and antonyms:**

Word	Synonym	Antonym
promote	encourage / enhance
suffering	Joy / happiness
impel

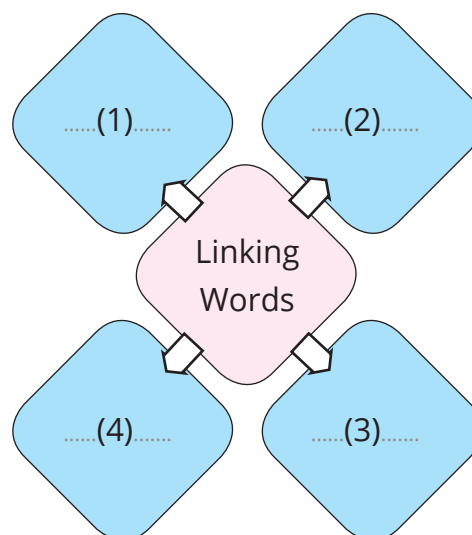
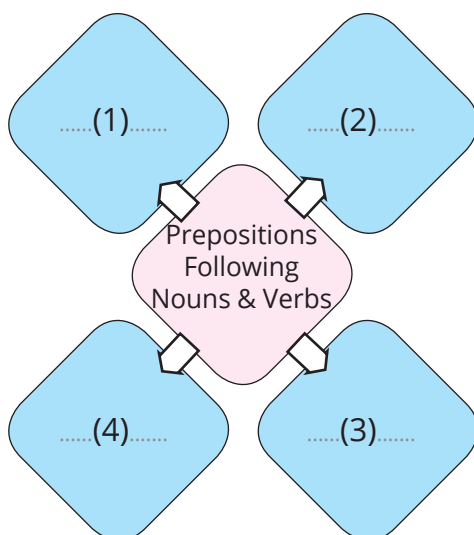
Exercise 5:

✎ **Use the synonyms and antonyms of the table in Ex.4 in sentences on your own:**

- 1 Teachers should encourage their students to answer the questions.
- 2
- 3
- 4
- 5
- 6

Exercise 6:

Complete the diagrams with words from exercise 1:



Exercise 7:

Write five sentences about charity using the words in the box to help you.

charity	third pillar	Zakat	donations
purify	equal	society	voluntary

Being caring and compassionate for one's fellow, human beings are a central part of Islam

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Exercise 8:

Writing.

- ◆ Write a conclusion to a 3- paragraph expository essay about "Truthfulness".
- ◆ Use the sample conclusion below to help you write your own.

"Cooperation"

Conclusion:

Cooperation is an essential skill that helps in achieving success both professionally and personally. It is important because it helps to achieve goals, resolve conflicts, build relationships, improve communication, and learn new skills.

"Truthfulness"

Conclusion:

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Exercise 1:

Match the words 1-8 with their correct definitions a-i:

Word		Definition	
1	phenomenon	b	a the process of supporting a statement by evidence
2	reference	b repeat or copy out (words from a text or speech written or spoken by another person)
3	validation	c trick or deceive (someone)
4	confirmation	d mention or refer to
5	quote	e something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting
6	factual	f the action of making or declaring something legally or officially acceptable
7	hoax	g destroy or damage (public or private property)
8	vandalize	h based on or restricted to facts
			i absence of truth or accuracy

Exercise 2:

Use the words in the box in sentences on your own:

phenomenon	reference	validation	confirmation
hoax	vandalize	factual	quote

1 Gravity is a natural phenomenon.

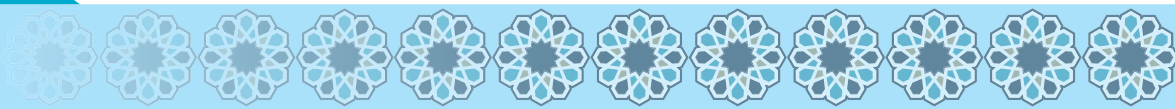
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Exercise 3:

● **In which of the following sentences the words "factual" and "quote" are used properly.**

- 1 The H.R manager aims to correct important factual errors as soon as he can. **correct**
- 2 I realized she quoted passages from Shakespeare in her book.
- 3 Dalia's story is not true because she wrote factual information about her life story.
- 4 Adam repeated the poem of Ahmad Shawky. He didn't quote it.
- 5 The reporter quoted the police chief as saying that an investigation would be started soon.

Exercise 4:

● **Use the following idioms in sentences on your own:**

in a nutshell	in no way	at face value
spreads like wildfire	thought nothing more of it	

1 Can you tell me your complaint in a nutshell?

2

3

4

5

Exercise 5:

● **Writing:**

- ◆ Edit and publish your final expository essay about "Truthfulness".
 - ◆ Exchange what you have written with other students in your group.
 - ◆ Correct and improve each other's writing.

"Truthfulness"

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Unit 3

Beyond the Frontier



Space Exploration

Exercise 1:

● **Fill in the gaps in the passage with a word from the box:**

prelude entrepreneurs leap stamp colonization fiction

For many years, travelling was really a Recently, a growing number of people have talked about the real possibility of sending people to Mars. One of the problems with such a trip, however, has been the cost US 10 billion dollars (US\$10,000,000,000) to send just one person to the red planet. However, in the early 2000s things began to change. We've also seen the rise of private space such as Elon Musk, a billionaire businessman, who announced his plan to lower the cost of sending people to Mars. Musk is the CEO of SpaceX, a company that he created, and he hopes to change the world by selling tickets to Mars, a for mankind, for only US \$200,000.

How can he do this? The answer is technology. With new technology, he believes, his company will be able to make the long trip to Mars affordable. Moreover, NASA planned to resume human missions to the moon in the mid-to-late 2020s, as a to astronauts eventually traveling to

Mars. He plans to send the first human to Mars before 2030, and after that his company wants to send one million people to Mars in the next 40 to 100 years. To do this, SpaceX needs to build about 1,000 spaceships. Why does Elon Musk want to do this? He wants to do this Space because he hopes people will build a city on Mars, a city that will be a second home for humans. Such a city on another planet should increase the chances that humanity will survive far into the future. What do you think about Elon Musk's plan to sell affordable tickets to Mars? Would you like to travel to Mars and your footprints on, as Neil Armstrong did on the Moon?



Exercise 2:

Match the words on the left with their meanings on the right:

Word			Meaning
1	survive	to say something publicly to many people
2	affordable	not too expensive: able to be bought
3	technology	1	to continue to live or exist
4	announce	people in general
5	CEO	computers and rockets, for example
6	possibility	a person who has one billion (1,000,000,000) dollars
7	humanity		the Chief Executive Officer (leader) of a company
8	billionaire		something that may be true

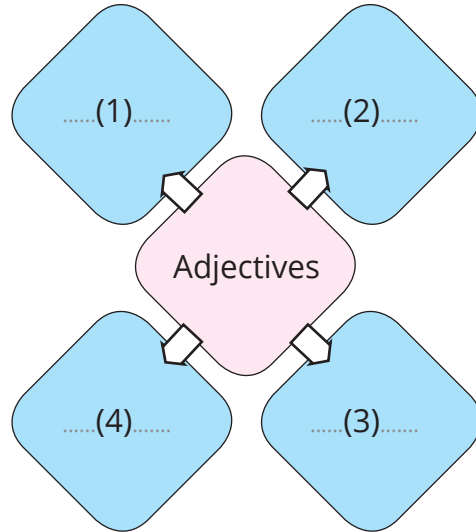
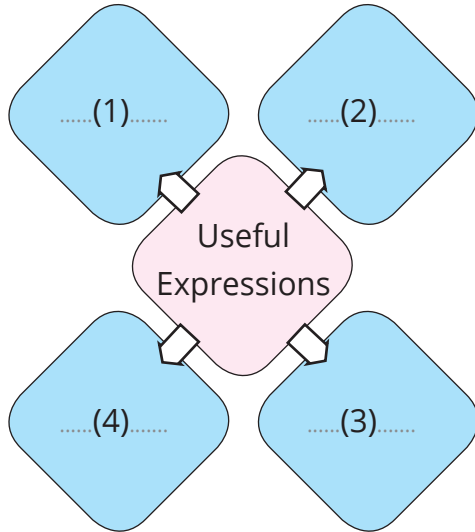
Exercise 3:

Answer the following questions:

- 1 Do you think many people will buy a ticket to Mars? Why? / Why not?
- 2 Would you like to travel to Mars and live there? Why? / Why not?
- 3 What might be a good name for the first city on Mars? Why?
- 4 What might an average day on Mars be like for the first people to live there?
- 5 What jobs will people do? What will they eat? What will they do for fun?

Exercise 4:

Complete the diagrams with words from exercise 1:



Exercise 5:

Write five sentences about causes of living on Mars using the phrases in the box:

new forms of transportation

new human history

human extinction

develop scientific research

similar planet to Earth

new model of society

Finding life on another planet would be the greatest scientific discovery of our lifetimes.

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Exercise 6:

Writing:

- ◆ Write an introduction to a 3-paragraph argumentative essay about "Second Home on Space".
- ◆ Use the sample introduction to help you write your own.

"Space Tourism"

Introduction:

Traveling through space has been a childhood dream for many individuals across the globe. With rapid advancements made in the field of science and technology over the past few decades, this dream might actually become a reality in the future. However, in my opinion, space tourism might have some serious consequences on both the people and the environment.

"Second Home on Space"

Introduction:

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Space Investment of Computer

Exercise 1:

Write the synonym of the following words:

Word	Synonym
priority	main concern
poverty
viable
resolved
commercial
budget

Exercise 2:

Use the synonyms from EX.1 in sentences on your own:

1 The main concern at the moment is to determine the level of preparation of companies and workers for the elections.

2

3

4

5

6

Exercise 3:

Fill in the gaps with a word from the box and make any necessary changes:

poverty resolve priority budget viable commercial

1 The parties hoped the crisis could be resolved peacefully.

2 The government's is to build more power plants.

3 The engineers struggled initially to make the project

- 4] means to deal with something successfully.
- 5] The World Bank Organization describes as it is hunger and lack of shelter.
- 6] Each company is fighting to protect its own interests.
- 7] The film has a million-dollar
- 8] Education is a top for any country seeking progress.
- 9] He is a television director as well.

Exercise 4:

• **Listen to the following sentences and identify the places where linking vowel to vowel occur and write the linking sound (y/w):**

- 1] Let's take a break ,then try again after lunch. (..y..)
- 2] They are going to buy energy efficiency appliances. (.....)
- 3] Do you know anyone that can help translate this? (.....)
- 4] The value of their house fell drastically. (.....)
- 5] My car is very old. (.....)
- 6] At least he asked for permission. (.....)
- 7] Let's go over the documents tomorrow afternoon. (.....)

Exercise 5:

• **Fill in the gaps with the suitable relative pronoun:**

with whom

who

that

whom

whose

- 1] The only thing that matters is to find our way home.
- 2] The woman I marry should be a good cook.
- 3] The driver finishes his contract at the end of the season, doesn't want to talk about his future.
- 4] She was loved by the people she worked.
- 5] Mrs. Maryam, books are best-sellers, doesn't like publicity.



Exercise 6:

Join the sentences using the proper relative clause:

- 1 The summer was long and hot. I graduated from university in the summer.

The summer when I graduated from university was long and hot.

- 2 The woman is coming tonight. Her car is a BMW.



- 3 He worked for a man. The man used to be an athlete.



- 4 I broke the plate. The plate was a wedding present.



- 5 The book is very interesting. The book is about Japanese culture.



- 6 The policeman received an award for excellent service. He is a friend of mine.



- 7 I can remember the park. We played Frisbee in it.



Exercise 7:

Find the mistakes, correct them and rewrite the sentences:

- 1 The robber stole the car who the lady parked in front of the supermarket.

The robber stole the car which the lady parked in front of the supermarket.

- 2 Yesterday, I saw a car that was really old.



- 3 Muhammad is the boy whose I met on Friday.



- 4 This is the hotel Sami stays when he's in London.



- 5 Is this the remote control is out of order?



Exercise 8:

Writing:

- ◆ Write the main body to a 3-paragraph argumentative essay about "Second Home on Space".
- ◆ Use the sample body paragraph to help you write your own.

"Space Tourism"

Body:

Despite this, space tourism is very harmful and has proved to be a major source of environmental pollution. It involves the launch of space shuttles which release huge quantities of exhaust and fumes into the atmosphere. This, in turn, results in global warming as well as ozone depletion. For example, in a study made by the Geophysical Research Letters in 2010, it has been predicted that space tourism might cause a loss of ozone cover by 1.7% in the tropics and about 5-6% at the poles. The increased air pollution can also result in the development of serious pulmonary diseases like lung cancer and asthma.

Additionally, with the available technology, space tourism is quite dangerous for people. For example, people get exposed to radiation which might be detrimental in the long run. For example, astronauts have a risk of developing cancer due to their increased exposure to radiation in space. There have also been several instances of astronauts being killed during space missions.

Space tourism is quite costly and therefore, requires huge investments. This money could, instead, be used for more meaningful purposes, for example, to help the people during the famine, war, and disease.

"Second Home on Space"

Body:

Life as an Astronaut

Exercise 1:

Fill in the gaps about "*Daily Routine in Space!*" with words from the box and make any necessary changes:

claustrophobia	bulky	savor	rinsless	susceptible
osteoporosis	razor	sip	density	

Do you want to live in space? The best place to live in space is on the International Space Station. It is a place for people to learn more about space. It is located between 330 and 435 kilometers above the earth. So, if you suffered from, it would be particularly unfortunate to go there. Life on the Space Station is different. On the Space Station, people wear space suit. When they eat breakfast, they must eat food they first bring with them from Earth. Each bulky space suit is fitted with an In-suit Drink Bag providing 32 fluid ounces of water, which can be from a straw. They also have a set includes toothpaste, a toothbrush, dental floss, a and a comb.



They wake up and brush their teeth, take showers and wash their hair like many people on Earth. But they must be very careful because they don't have to use lots of water. For those who a nice hair wash, must use special soap and shampoo. Again, they must be careful because they don't want their food to float away! After people on the Space Station finish breakfast, they start their work.

They don't have to take a bus or a taxi. Their work is on the Space Station! After work, the people there must do exercise. It is not easy to stay strong in space, being in space makes them to a condition similar to and may suffer a significant loss of bone mineral So, they exercise for more than two hours every day. They can exercise with running machines and cycling machines. For fun, people on the Space Station can read books, watch movies, listen to music and look out the windows at Earth one time every week, they can also talk with their friends and families back home.

Exercise 2:

✿ **Write "T" (True) or "F" (False) next to each statement and correct the false one(s):**

- 1 The Space Station is the best place to live on Earth. (.....)
- 2 The Space Station is located 534 kilometers above Earth. (.....)
- 3 People can take showers on the Space Station. (.....)
- 4 People on the Space Station go to work before they eat breakfast. (.....)
- 5 You must exercise a lot on the station. (.....)
- 6 You can read books and listen to music on the station. (.....)

Exercise 3:

✿ **Answer the following questions:**

- 1 Why do people wear bulky suit in Space?
- 2 How can people drink water in Space?
- 3 Why should people exercise for more than two hours daily?
- 4 According to the topic, explain the sentence "They don't want their food to float away!"
- 5 What are the activities people can do in space?



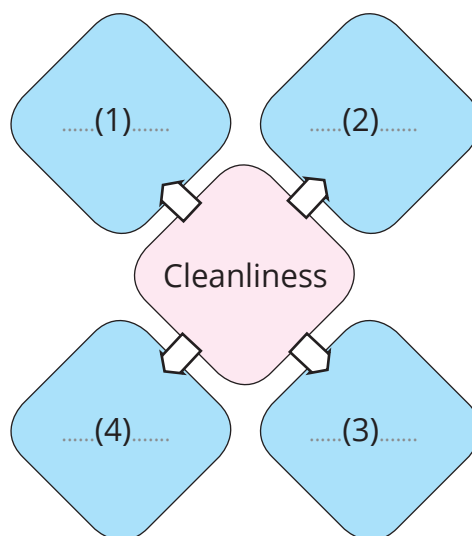
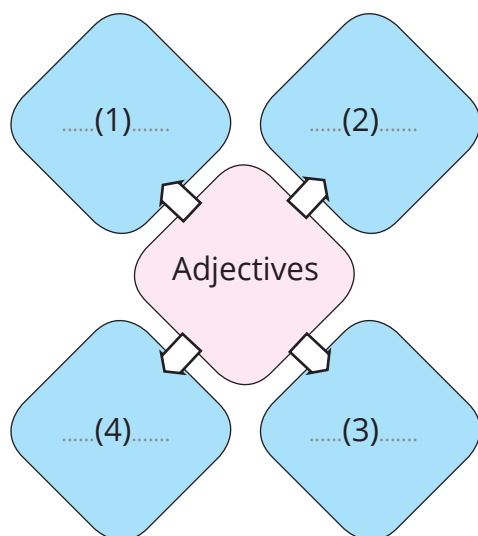
Exercise 4:

• **Discuss the following questions with your classmates:**

- 1 Do you want to live in space? Why? / Why not?
- 2 Do you think there will be schools in space? If yes, will they look like?
- 3 What would you like to do in your free time in space?

Exercise 5:

• **Complete the diagrams with words from exercise 1:**



Exercise 6:

• **Write five sentences about "The Benefits of NASA" using the words in the box to help you:**

Inventions	study Earth hurricanes and wildfires
scientific advancements	inspire future generations.

Finding life on another planet would be the greatest scientific discovery of our lifetimes.

.....

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Exercise 7:

Find your question by rolling your dice twice:

- The 1st roll determines the number on the top. The 2nd roll determines the number on the left. Talk for one / two minute(s) about that topic. Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".

	1	2	3	4	5	6
1	Ask any question!	Describe the moon.	Would you like to be an astronaut? Why? / Why not?	How will space travel be different in 100 years?	How is the Earth different from other planets?	Describe the solar system.
2	Why is space travel important?	Should schools teach more science?	Do you think there is life on other planets?	Ask any question!	Why is space travel so difficult?	Why do astronauts need space suits?
3	Describe the universe.	Should schools teach more science?	Do you think there is life on other planets?	Describe a telescope.	Would you like to be an astronomer? Why (not?)	Ask any question!
4	Describe a spaceship or a rocket.	Ask any question!	Do you like to watch science fiction movies?	Talk about any story about space travel.	Describe a black hole.	Compare airplanes and spaceships.
5	Talk about an eclipse you saw.	How will space travel be different in 1000 years?	Why is space travel so expensive?	Compare any two planets in our solar system.	Ask any question!	How has space travel changed our lives?
6	Talk about any movie about space travel.	Why can't birds fly in space?	Ask any question!	Would you like to live on another planet?	Do you believe in UFOs? Why? / Why not?	Compare the sun and the moon.

Exercise 8:

Writing:

- ◆ Write a conclusion to a 3-paragraph argumentative essay about "Second Home on Space".
- ◆ Use the sample conclusion to help you write your own.

"Space Tourism"

Conclusion:

In conclusion, it can be said that although space tourism might be useful for making scientific advancements. Yet, the drawbacks completely outweigh the positive impacts.

"Second Home on Space"

Conclusion:

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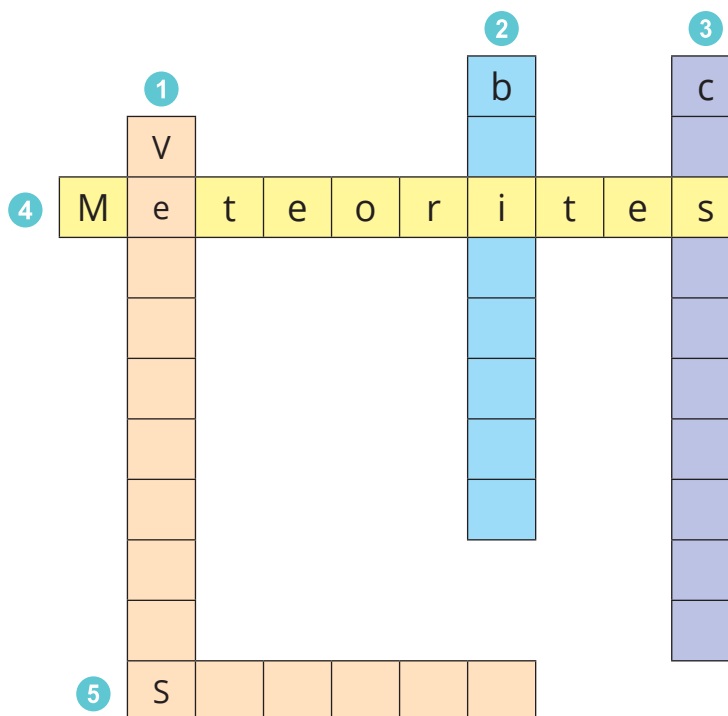
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Exercise 1:

Work out the words in the word search game:

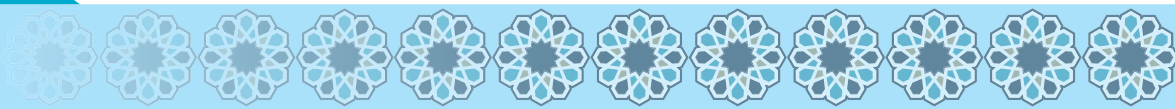


- 1 plants
- 2 a snowfall with storms
- 3 a person who is hurt or killed during an accident, war etc
- 4 Pieces of rocks fallen to the earth from outer space. meteorites
- 5 a swift attack

Exercise 2:

Fill in the gaps with the suitable word from Exercise 1:

- 1 We couldn't reach our family's house because of the blizzard.
- 2 Having in some areas can slow down the process of erosion.
- 3 There were many to due to intense bombing in that region.
- 4 Most that fall to Earth come from the Asteroid.
- 5 He heard the clock ten.



Exercise 3:

● **Paraphrase the following sentences. You can listen again to task 3 in your SB p. 102:**

1 It's unknown whether there are any casualties.

If there have been any casualties, it is unknown.

2 It is often difficult to calculate the number of such large impacts on earth because erosion and vegetation make it difficult to spot them.



3 We might be able to determine the threat they pose on mankind.



4 We'll keep you up-to-date on any developments here.



Exercise 4:

● **In which of the following sentences the words "casualties" and "strike" are used properly:**

1 During the war, doctors and nurses are sent because there are no casualties.

2 Children were among the first casualties in the war.

Exercise 5:

● **Fill in the gaps with the proper idiom:**

on another planet

aim for the stars

at the drop of a hat

do without

1 Being on the committee is one involvement I could do without.

2 If you do something, you do it immediately without stopping to think about it.

3 The place is so dazzlingly beautiful you feel like you are

.....


- 4 My parents always taught me to when I was growing up.
- 5 Some days that girl seems as if she's
- 6 When choosing a career path, don't settle
- 7 I can't just travel I have to coordinate my time off with my coworkers.
- 8 I was running late this morning, so I had to coffee.

Exercise 6:

 **Answer the following questions:**

- 1 Would you like to become an astronaut? Why?
- 2 When was the last time you watched / read a new story about space?

Exercise 7:

 **Read the sentences below. Circle the numbers that best express your opinions. Then, compare your answers with your classmates. Give reasons:**

1	It would be fun to be an astronaut.	1	2	3	4	5
2	Every country should spend money to send astronauts into space.	1	2	3	4	5
3	The moon belongs only to the country that sends people to live there.	1	2	3	4	5
4	Astronomy is interesting.	1	2	3	4	5
5	There is intelligent alien life on other planets.	1	2	3	4	5
6	In twenty or thirty years, there will be people living on the moon.	1	2	3	4	5
7	Space travel is dangerous.	1	2	3	4	5
8	The earth isn't round, it's flat.	1	2	3	4	5



9	China will soon become the leader in space exploration.	1	2	3	4	5
10	It's fun to watch science fiction movies about space travel.	1	2	3	4	5
11	It is important to send people to live on Mars.	1	2	3	4	5
12	There are other planets in the universe that are the same as Earth.	1	2	3	4	5

1 I agree completely

4 I mostly disagree

2 I mostly agree

5 I disagree completely

3 I'm not sure

Exercise 8:

Writing:

Edit and publish your final argumentative essay about "Second Home on Space".

- ◆ Exchange what you have written with other students in your group.
- ◆ Correct and improve each other's writing.

"Second Home on Space"

Conclusion:



Unit 4

Sports Psychology



Sports Psychology

Exercise 1:

- Fill in the gaps in the passage about "*Sports Psychology*" with a word from the box:

recognition	execute	grasp	intellect
integral	potential	self-efficacy	trigger

Perhaps the recognition goes to the earliest known formal study of the mental processes involved in sports can be attributed to Triplett in 1898. Triplett explored the positive effect of having other competitors to race against in the new sport of cycling. He found that the presence of others enhances(2)..... and triggers the performance of well-learned skills.

Athletes spend vast amounts of time and energy on their physical fitness, technical skills, and equipment. And yet, that can only ever be a / an(3)..... part of the success story. Sports place great pressure on the competitor's mind in competition and in training, and that pressure must be supported by reliable psychological constructs.



The abilities to maintain focus under such pressure enable athletes to both(4)..... their skills and develop them under pressure as they attempt to reach their performance(5)..... and also control actions during extreme circumstances that affect their(6)..... This can be strengthened by the mental training and skills a sports psychologist provides.



Sport psychologists(7)..... the increasing importance of the human mind as mental preparation helps ready the individual and team for competition and offers an edge over an **adversary** while optimizing performance. Not only that, but the skills learned in sports psychology are transferable; we can take them to other domains such as education and the workplace.

Exercise 2:

✎ **Match the words in the box to their meanings:**

vast	enhances	reliable	pressure	transferable	domain
1	able to be trusted to do or provide what is needed.	(reliable)			
2	capable of being moved or transferred from one place or situation to another.	(.....)			
3	very great in size, amount, or extent.	(.....)			
4	an area of knowledge or activity.	(.....)			
5	to increase or improve (something).	(.....)			
6	the action of pressing or pushing against something.	(.....)			

Exercise 3:

✎ **State whether the following sentences are true or false and correct the false ones:**

- 1 Encouragement helps decrease the well-learned skills for athletes. (.....)
- 2 Working under pressure motivates athletes to develop their skills. (.....)
- 3 Mental training helps athletes to overcome the problems they experience. (.....)
- 4 Skills learned in sports psychology can't be transferred to other fields. (.....)

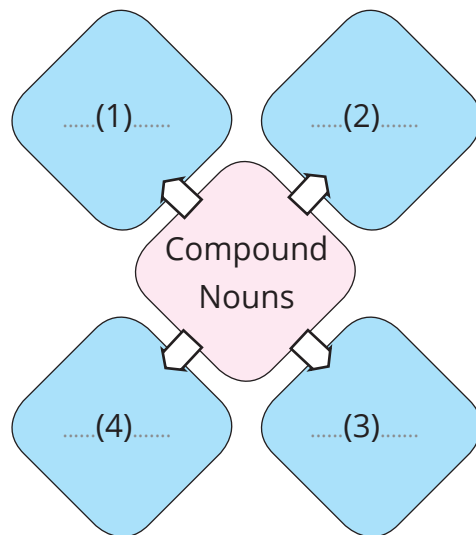
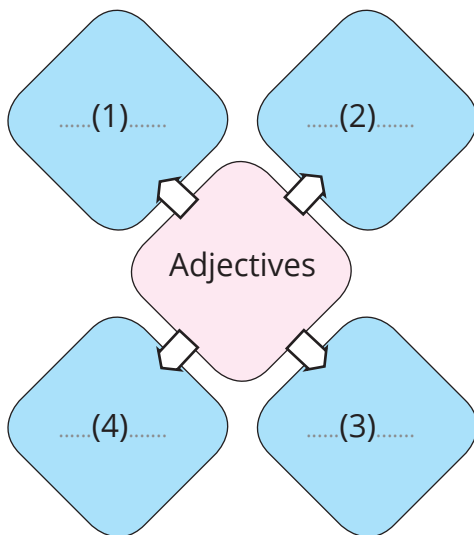
Exercise 4:

Read the passage again, then answer the following questions:

- 1 What is the main idea of paragraph 1?
- 2 What is the main idea of paragraph 2?
- 3 What is the synonym of the underlined word adversary in paragraph 4?
- 4 According to the passage, "skills learned in sports psychology are transferable". What do you think these skills are?

Exercise 5:

Complete the diagrams with words from exercise 1:



Exercise 6:

Write five sentences about "*Things Athletes Do to Achieve Success*" using the words in the box:

believe in being their best

positive energy

successful people

patience, and persistence

realistic goals

Successful athletes tend to do things just a little differently than most of us.



Exercise 7:

Writing:

- ◆ Write an introduction to a 3-paragraph of an expository essay about "The Benefits of Sport".
- ◆ Use the sample introduction to help you write your own.

"Athletes as Role Models"

Introduction:

True role models are those who possess the qualities that we would like to have. Role models are those who have affected us in ways that influence us to be better people. They are people whom others imitate and look for guidance. There are good role models who inspire greatness in others and bad role models who have bad influences.

"The Benefits of Sport"

Introduction:

Exercise 1:

✎ **Write the synonym of the following words:**

Word	Synonym
tow
complicated
penalize
amateur

Exercise 2:

✎ **Fill in the gaps with a word from the box:**

penalizes

amateur

tow

complicated

- 1 The instructions were so complicated I just couldn't follow them.
- 2 The new law the taxpayers who can least afford to pay.
- 3 If one vehicle another, it pulls it along behind it.
- 4 Ekrami began his playing career as an goalkeeper.
- 5 The math problem is extremely
- 6 A person who does something for enjoyment, not money is a/ an
.....
- 7 "The current law new media and is astonishingly unfair to Internet radio," Pandora said on its website.

Exercise 3:

- Read words 1-4 aloud and write the correct diphthongs /ɪə/ - /ɔɪ/ - /eə/ for each word. Then, match words 1-4 to a rhyming words a-d:

1	/ɪə/ appear	d	a	annoy
2	/ - - / wear	b	clear
3	/ - - / here	c	stairs
4	/ - - / destroy	d	career

Exercise 4:

- Choose the correct answer from a, b or c:

- 1 I am afraid Tim is very sick,?
 - a isn't he
 - b is he
 - c am I
- 2 Sheena won't mind if I use her book,?
 - a won't she
 - b will she
 - c does she
- 3 The girl is playing the piano,?
 - a is she
 - b is the girl
 - c isn't she
- 4 Rita never acts so rudely,?
 - a is she
 - b doesn't she
 - c does she
- 5 It was very humid today,?
 - a is she
 - b wasn't she
 - c wasn't it
- 6 He's still sleeping,?
 - a is not he?
 - b isn't he?
 - c wasn't he?
- 7 You do go to school,?
 - a do you?
 - b aren't you?
 - c don't you?
- 8 Let's go for a walk,?
 - a shall we?
 - b shan't we?
 - c will we

Exercise 5:

Spot and correct the mistakes in the following sentences:

- 1 Ahmad is from Mumbai, is he? isn't he
- 2 We are late for the movies, are we?
- 3 I was wrong about this, didn't I?
- 4 You have done your homework, haven't I?
- 5 Please stop talking, do you?
- 6 Nobody has called for me, has he?
- 7 None of those customers were happy, weren't they?
- 8 I'm never on time, am I?
- 9 I said that already, did I?
- 10 We'd been working, had we?

Exercise 6:

Writing:

- ◆ Write the main body to a 3- paragraph expository essay about "The benefits of sports".
- ◆ Use the sample body paragraph to help you write your own.

"Athletes as Role Models"

Body:

Athletes can be good role models in terms of demonstrating how to be professional. Though professional athletes get individualized attention because of their talent, being an effective team player is a major part of their job. Off the court or field, players engage in community service projects with fellow teammates, which also portray how working together, effectively, can achieve an even greater goal. Many players have also established foundations that help a population for which the player has a special interest.

Many times we find that young people look up to athletes. There are countless community centers that offer different athletic programs. Many times there are young people with endless talent and ability, striving to be just like their favorite athletes. There are a number of good athletes that display an incredible amount of perseverance in their everyday lives. This alone serves as inspiration to young people.

"The Benefits of Sport"**Body:**

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I'm Possible

Exercise 1:

● **Fill in the gaps about the Olympics with words from the box:**

committee

sum up

postpone

transform

doubt

To sum up, the athletes competed in the first Olympic Games in Greece almost three thousand years ago in 776 BC. Every four years, people from Greek city-states (and later the Roman empire) travelled to a place called Olympia to watch the games, which continued until 393 AD. **They** lasted from between one and five days, and only men were allowed to compete in the games. Many of the sports events were similar to those found in today's modern games where athletes run, jump and throw.

The modern Olympic Games began with the creation of the International Olympic (the IOC) in 1894 and Greece was the first country to hold the games, in the city of Athens, in 1896. Fourteen countries with 241 athletes competed in forty-three events. Although some people wanted to the games to Athens every four years, the IOC decided to have them in



different countries and cities. In 1900, they were held in Paris and women were allowed to compete in the games for the first time. The first Winter Olympic Games were held in 1924 and athletes competed in events such as skating and ice hockey. Over 200 countries now compete in the Summer Olympic Games. The number of events has increased to 300 events and instead of five days of competition, the games now last for seventeen days.

There are some problems, however. There were no Olympic games held in 1916, 1940 and 1944. They were because of war. Also, some athletes use drugs to help **them** win. In addition, the games are very expensive and many people this day would happen. The 2014 Winter Games in Sochi, for example, cost \$US50 billion. Nevertheless, the Olympic Games continue to be extremely popular all over the world.

Exercise 2:

Read the passage again then, answer the following questions:

- 1 What is the main idea of the article?
- 2 Where did the Olympic Games first begin?
- 3 In paragraph 1, what does the underlined pronoun 'They' refer to?
- 4 According to the article, what couldn't women do in the first Olympic Games?
- 5 What does the article say about the use of drugs in the Olympics?

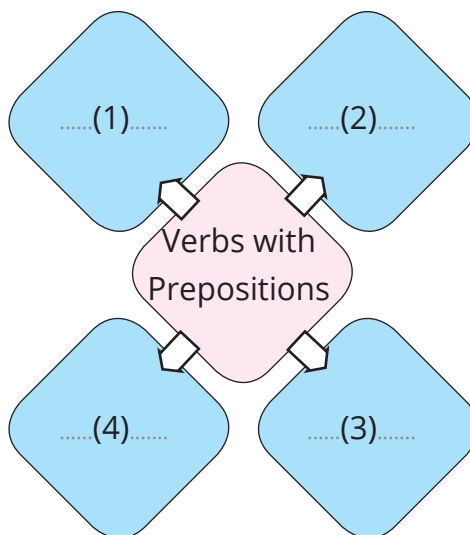
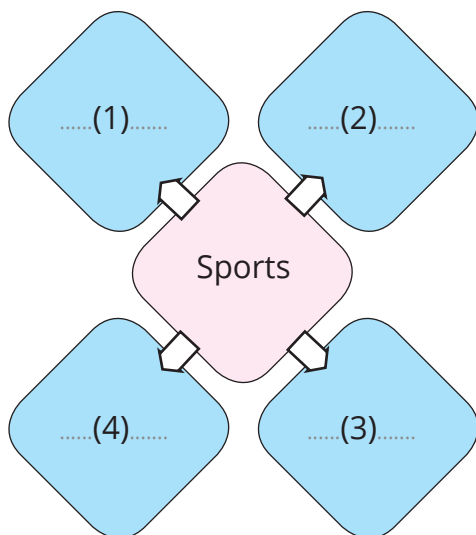
Exercise 3:

Choose the correct answer from a, b or c:

- 1 Men like to watch the Olympic Games more than women.
a True **b** False **c** It doesn't say
- 2 After the first Olympic Games in 776 BC, how long did they continue in Greece?
a about one thousand years
b about two thousand years
c about three thousand years
- 3 Where were the first modern Olympic Games held?
a Athens **b** the IOC **c** in fourteen different countries
- 4 What was most special about the 1900 Olympics?
a Some people wanted the games to be in different places.
b Women competed in the games.
c They were held in Paris.
- 5 In Paragraph 3, what does the underlined pronoun 'them' refer to?
a drugs **b** the games **c** athletes

Exercise 4:

Complete the diagrams with words from exercise 1:



Exercise 5:

Write five sentences about "*The Olympics*" using the words in the box to help you:

around the world	competitions	every four years	IOC
the governing body	opening ceremony	closing ceremony	medals

The modern Olympic Games or Olympics are the leading international sporting events featuring summer and winter sports competitions

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Exercise 6:

Writing.

- ◆ Write a conclusion to a 3-paragraph expository essay about "The benefits of sport".
- ◆ Use the sample conclusion below to help you write your own.

"Athletes as Role Models"

Conclusion:

In short, there are good role models in all areas of sports. From golf to soccer, to the most popular television sports, like football and basketball. Even to the less televised sports like cricket and lacrosse. Though athletes may not know that being looked up to, they have to conduct themselves and perfect their craft in their sport as if they are. professional athletes function as perfect role-models for people who want to be professional athletes, but if a person wants them to be a role-model for a role other than athlete, then it all depends on which athlete and which role.

"The Benefits of Sport"

Conclusion:

The Benefits of Sport

Exercise 1:

- **Fill in the gaps with the suitable word from the box and make any necessary changes:**

carry out

release

euphoria

outweigh

bond

- 1 He is expected to be from hospital today.
- 2 Empathy strengthens social in the society.
- 3 There was after the elections.
- 4 The building work was by a local contractor.
- 5 The medical benefits of x-rays far the risk of having them.
- 6 Samy and Nader are friends. They have a that allows them to trust each other with all their thoughts and secrets.
- 7 To something or someone is to set it free, like a caged animal or a prisoner.
- 8 He asked me to let him think about the issue and some research.

Exercise 2:

- **Which of the following sentences the words "*euphoria*" and "*release*" are used properly:**

- 1 To suffer from depression is a state of euphoria. (incorrect)
- 2 The judge released the prisoner and set him free.
- 3 Students suffer greatly from euphoria during exams.
- 4 He released the bird by keeping it in the cage.
- 5 Eating dark chocolate gives some people a sense of euphoria.

Exercise 3:

● **Fill in the gaps in the passage with the suitable sentence 1-6:**

- 1 If done regularly, it will guarantee a more flexible, fitter body.
- 2 This is important as this can lead to injuries.
- 3 By now you should be influenced a little by these arguments.
- 4 It is one of the best ways to maintain a perfect balance.
- 5 There are numerous benefits exercise can have on you.
- 6 You should include stretching in your exercise.

Exercise is essential for your overall well-being and there are plenty of reasons why you should do it. (1) It is one of the best ways to maintain a perfect balance. Especially, when all around you seems more and more unbalanced and the world becomes ever fast and furious.

(2) It can improve muscle tone, strength along with promoting good posture. Other benefits include helping to prevent those muscles' imbalances. (3) It can also improve the condition of the heart and lungs and blood circulation. Probably all these reasons might make you consider taking it up.

However, did you know that exercise helps to ease depression and tiredness and that it helps to regulate sleep patterns? (4) If not, common sense alone should tell you that exercise is good for you. There are plenty of types of exercise you can do - aerobics, jogging, working out with free weights, working on weight machines.

(5) The reason for this is that it improves flexibility and helps you to maintain correct posture and to prevent muscle strains and injuries caused by overuse. (6)





So, stretching should play an important part in your exercise routine, which should be performed both slowly and precisely. Therefore, the best exercise, involves good warm-ups and stretching exercises, an energetic workout and definitely a cool-down period.

Exercise 4:

● **Paraphrase the following sentences using your own words:**

1 Exercise is essential for your overall well-being.

Exercise is necessary for your whole health.

2 Probably, all these reasons might make you consider taking it up.



3 It can improve muscle tone, strength along with promoting good posture.



4 What should be performed both slowly and precisely?



Exercise 5:

● **Answer the following questions:**

1 What are the types of exercise you can do?

2 Why is it important to stretch before doing exercise?

3 According to the writer, there are some benefits of exercise, what are they?

Exercise 6:

Fill in the table below using words from the text:

Word	Meaning	Synonym
imbalance	the state or condition of lacking balance, as in proportion or distribution
	the state of being happy, healthy, or successful
	viewed as a whole or in general
	used to describe something that is done with great energy, effort, speed, or violence
	the activity of straightening the arms and legs and tightening the muscles

Exercise 7:

Writing:

- ◆ Edit and publish your final expository essay about "The Benefits of Sport".
- ◆ Exchange what you have written with other students in your group.
- ◆ Correct and improve each other's writing.

"The Benefits of Sport"

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