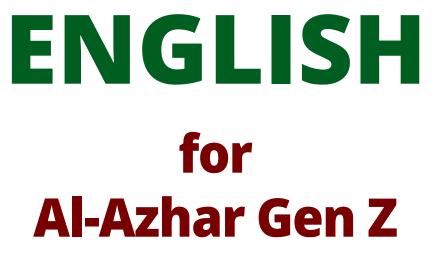


Al-Azhar Al-Sharif Presidency of Al-Azhar Institutes



Preparatory Three Term 1

Student's Book

First Draft Edition

2024 - 2025



A-LEVEL

غير مصرح بتداول الكتاب خارج معاهد الأزهر الشريف

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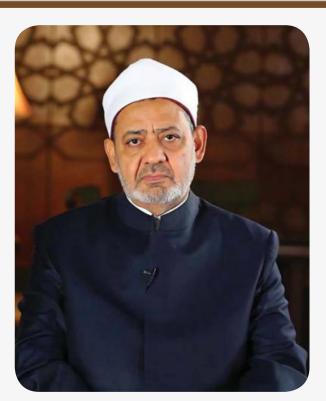
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Scope and Sequence

Unit	Reading Activities	Writing Activities	Listening Activities	Speaking Activities	Grammar
(1) The Holy Mosque	Understanding specific information about the history of The Holy Mosque& Pilgrimage	Narrative essay writing about The Castle of Saladin (a short report)	Understanding specific information about Al- Masjid an- Nabawi	Talking about the significance of The Holy Mosque and Al-Masjid An-Nabawi	The Passive Progressive - Impersonal Passive - Causative Verbs
(2) Smart World around You	Deducing meaning from context related to Technology in our Daily Life & Modern Technology in Education	Blog Writing	Modern Technology in Industry, Health Care and Space Exploration	Talking about the importance of Modern Technology	Future Forms / Reported Speech / Modals
(3) Time Management	Understand most of the implied meaning from a text about Time Management	C.V. Writing	Understand specific information from a listening text about Organizing Your Time	Talking about Time Management	Perfect Forms, Prepositional Phrase & Compound Adjectives
(4) Human Brain	Understanding the main points from a text about Brain	Diary Writing	Understanding the main points from a listening text about A Sound Mind in a Sound Body	<i>Discussion Related to How to Enhance Mind Abilities</i>	Simple Forms - Countable - Uncountable Nouns - Noun quantifiers

Vocabulary	Pronunciation	Language Functions	Critical Thinking	Research Time	Project Time
Adjectives + Nouns Collocations Idioms related to places	The Triphthongs / aɪə/	Making and Responding to Polite requests	Discussing the The Holy Mosque Versus Al- Masjid An- Nabawi	Doing Research on the Significance of The Holy Mosques	Doing a presentation about a Chart of the Rituals Sequence of Pilgrimage
noun plus noun collocationIdioms related to computer science	Triphthong /eɪə/	Offering Help	Discussing the significance of Different Uses of Modern Technology	Doing Research about Using Technology in Building	Interpreting a Quranic verse addressing of modern technology
Prepositional Phrase Idioms related to Time Management	Triphthong /əʊə/	Asking for Opinions	Generating some critical responses about time management	Doing Research about How Successful People Manage Their Time	Interpreting a Quranic Verse about the Significance of Time
adverb plus adjective collocations Idioms related to the Brain	The Triphthong /aʊə/	Opening Conversations	Developing new idea about the importance Right and Left Brain	Doing Research about the right and left brain	Interpreting a Quranic verse related to The Brain in the Holy Quran

Unit 1	Tł	ne Holy Mosque	1
	Lesson 1	The Holy Mosque	2
	Lesson 2	Al-Masjid an-Nabawi	18
	Lesson 3	Pilgrimage (Hajj)	31
Unit 2	Smart	World around You	48
	Lesson 1	Technology in our Daily Life	49
	Lesson 2	Modern Technology and Life Aspects	65
	Lesson 3	Modern Technology in Education	76
Unit 3	Tin	ne Management	90
	Lesson 1	Time Management	91
	Lesson 2	Time Management Significance	107
	Lesson 3	Mastering Time Management	116
Unit 4		Human Brain	131
	Lesson 1	Human Brain	132
	Lesson 2	A Sound Mind in a Sound Body	149
	Lesson 3	Keep Your Brain Healthy	164



Unit 1 The Holy Mosque



- ★ Reading: The Holy Mosque
- ★ Writing: Short Report Writing (The Castle of Saladin)
- ★ Listening: Al-Masjid An-Nabawi
- ★ Speaking: The Significance of The Holy Mosque and Al-Masjid An-Nabawi
- ★ Vocabulary: Adjectives + Nouns Collocations
- ★ Grammar: The Passive Progressive Impersonal Passive Causative Verbs
- **★ Language Functions:** Making and Responding to Polite requests
- Pronunciation: The Triphthong /aiə/
- *** Research:** Significance of the Holy Mosques
- ★ Critical Thinking: The Holy Mosque Versus Al-Masjid An-Nabawi
- ★ Project: Chart of the Rituals Sequence of Pilgrimage

Lesson 1

Unit

The Holy Mosque

ILOs By the end of the lesson, pupils should be able to:

- ★ recall facts and figures about the Holy Mosque to activate previously acquired knowledge to aid text comprehension.
- ★ work out the meaning of new vocabulary using word definition.
- \star scan a text about the Holy Mosque to identify specific information.
- ★ use the new learnt vocabulary in a meaningful context using digital resources and e-dictionaries.
- ★ use adjective plus noun collocations to demonstrate lexical richness.
- ★ take part in a conversation about the Holy Mosque.
- ★ use the passive progressive forms accurately in writing.
- + write an introduction to a short report about a famous landmark properly.

Pre-reading (Get Ready)

I can recall facts and figures about the Holy Mosque to activate previously acquired knowledge to aid text comprehension.

Task 1

In groups, try to fill in the table with the missing information about the Holy Mosque. You can use the internet if needed.

Fact/Figure	Description
Location	
Significance	The most sacred site in Islam. It is the direction that Muslims face when they pray. It is also the place where pilgrims perform the hajj.
Founder	The prophet Ibrahim (Abraham) and his son Ishmael
Age	Unknown, but it is believed to have been built over 4,000 years ago
Size	Covers an area of more than 400,000 square meters
Capacity	
Notable Features	
Services	
Renovation/ Expansion	



Target Vocabulary

I can work out the meaning of new vocabulary using word definition.

Task 2

The following are words extracted from the following text. Match the words in column (A) with their definitions in column (B).

	Word		Definition	
1	Holiest site		Α	A duty or responsibility that must be fulfilled
2	Obligation		В	The quality of being applicable to all people or things
3	Universality		С	Something that provides stability and a sense of security
4	Inclusivity		D	A place considered sacred and of great importance
5	Anchor		E	The state of being united and supportive of each other
6	Profound		F	Gifts or benefits that are considered to come from a higher power
7	Blessings	•••••	G	Having a deep and meaningful impact
8	Unity and solidarity		H	The quality of including people from all backgrounds and cultures

Task 3

Fill in the blanks: Fill in the blanks with the appropriate vocabulary words from the text.

spiritual	emotional	holiest site	profound	obligation	unity	solidarity		
1 The	1 The Holy Mosque is considered the in Islam because it							
houses the Kaaba.								

2 The Hajj is an _____ for all able-bodied Muslims to perform at least once in their lifetime.



- 3 The Holy Mosque represents the and of the Muslim community.
- The Holy Mosque is not just a physical structure, but a _______ and ______ anchor for Muslims.
- 5 The sight of the Kaaba and the experience of performing the Hajj create a and life-changing impact on many Muslims.

Get Ready (Pre-reading Questions)

Target Vocabulary

Holiest – Destination - Ethnicity - Symbolizes – Solidarity -Submit - Enduring – Devotion - Gratitude - Inclusivity – Blessings - Universality - Anchor – Profound – Impact - Instilling.

Task 4

I can scan a text about the Holy Mosque to identify specific information.

ScanthetextbelowabouttheHolyMosque

and answer the following questions.

- What is the holiest site in Islam?
 - A The Holy Mosque
 - в The Kaaba
 - C The Prophet's Mosque
 - D The Dome of the Rock
- Who built the Kaaba according to the text...?
 - A The Prophet Ibrahim (Abraham) and his son Ismail (Ishmael)
 - B The Prophet Muhammad
 - c The Ottoman sultan Selim I
 - D The Saudi government



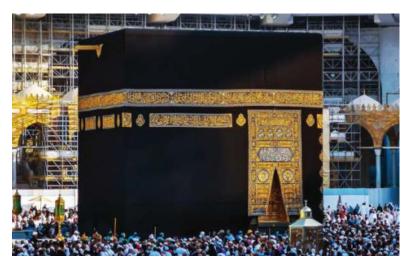
Scanning a Text

When scanning a text to locate specific information, it's important to keep your focus on the task at hand and avoid getting distracted by irrelevant details. One effective strategy is to identify keywords or phrases that are likely to be related to the information you are looking for, and then quickly scan the text for those specific words or phrases. Additionally, headings, subheadings, and bullet points can often provide useful clues to help you locate information more efficiently. Remember to stay focused, use keywords, and scan for important markers in the text to quickly find the information you need.



- **3** Where is the Holy Mosque located?
 - A In the city of Mecca in Saudi Arabia
 - B In the city of Medina in Saudi Arabia
 - **C** In the city of Jerusalem in Palestine
 - **D** In the city of Tehran in Iran

The Holy Mosque, also known as Masjid al-Haram, is considered the holiest site in Islam because it houses the Kaaba, a cube-shaped structure draped in black cloth that was built by the Prophet Ibrahim (Abraham) and his son Ismail (Ishmael) as a house of worship for One God. The Kaaba is considered the first house of worship on Earth and is the most sacred site in Islam.



Located in the city of Mecca in Saudi Arabia, the Holy Mosque is the destination of millions of Muslims every year, especially during the Hajj (pilgrimage). The Hajj is one of the five pillars of Islam, which is an obligation for all able-bodied Muslims to perform at least once in their lifetime, provided that they can afford it and are not prevented by any obstacles. During the Hajj, pilgrims perform a series of rituals that include circling the Kaaba seven times, walking between the hills of Safa and Marwa, standing in prayer on the plain of Arafat, and staying in Mina on the days of Tashreeq. Unit

For Muslims all over the world, the Holy Mosque represents the unity and solidarity of the Muslim community. It is a place where Muslims from diverse backgrounds come together in worship, demonstrating the universality and inclusivity of Islam. The mosque also serves as a reminder of the importance of the five pillars of Islam, which are the foundation of the Muslim faith.



The Holy Mosque is not just a physical structure, but a spiritual and emotional anchor for Muslims. It inspires a sense of humility, devotion, and community among Muslims who visit it. The sight of the Kaaba, the experience of performing the Hajj, and the atmosphere of the Holy Mosque create a profound and life-changing impact on many Muslims, instilling a deep sense of gratitude and appreciation for the blessings of Allah.



In summary, the Holy Mosque is the holiest site in Islam, located in the city of Mecca in Saudi Arabia. It is a place where millions of Muslims from all over the world come together in worship and perform the Hajj (pilgrimage). The mosque represents the unity and solidarity of the Muslim community and serves as a reminder of the importance of the five pillars of Islam. It is not

just a physical structure, but a spiritual and emotional anchor for Muslims, inspiring a sense of humility, devotion, and community.

Unit

Post Reading Questions

Task 5

- P Choose the correct answer from a, b ,c or d:
 - The Holy Mosque is also known as ...
 - A Masjid al-Haram B Kaaba
 - C Safa and Marwa D Arafat
 - 2 What are the rituals that pilgrims perform during the Hajj (pilgrimage)?
 - A Circling the Kaaba, walking between the hills of Safa and Marwa, and standing in prayer on the plain of Arafat.
 - **B** Praying, fasting, and giving charity.
 - **C** Kissing the Black Stone, drinking Zamzam water, and sacrificing a sheep only.
 - Reading the Quran, performing ablution, and wearing a white garment.

- 3 What is the significance of the Holy Mosque for Muslims?
 - A It is a physical structure that represents the power and authority of Islam.
 - **B** It is a spiritual and emotional anchor that inspires humility, devotion, and community among Muslims.
 - **c** It is a political site where Muslim leaders gather to make important decisions.
 - **D** It is a cultural landmark that celebrates the diversity and richness of Islamic art and architecture.
- 4 The Kaaba is considered the most sacred site in Islam because it is the _____.
 - A place where the Prophet Muhammad received the revelation of the Quran.
 - **B** site of the first mosque ever built in Islamic history.
 - **c** location of the tomb of the Prophet Ibrahim.
 - b house of worship built by the Prophet Ibrahim and his son Ismail for Allah.
- 5 The purpose of the Hajj (pilgrimage) is to _____.
 - A show off one's wealth and status among other Muslims.
 - **B** earn forgiveness for one's sins and achieve spiritual purity.
 - c demonstrate one's physical strength and endurance.
 - p gain knowledge and wisdom from the Islamic scholars and leaders.



- 6 How does the Holy Mosque serve as a symbol of the universality and inclusivity of Islam?
 - A By excluding non-Muslims from entering the mosque.
 - **B** By emphasizing the importance of the five pillars of Islam.
 - **C** By welcoming Muslims of all races, nationalities, and backgrounds to worship together.
 - **D** By promoting a different interpretation of Islamic doctrine.
- 7 The word "obligation" in the context of the text means

A a duty or responsibility that must be fulfilled.

- **B** a gift or benefit that is considered to come from a higher power.
- **c** the state of being united and supportive of each other.
- **D** the quality of including people from all backgrounds and cultures.
- 8 What is a synonym for the word "profound" as used in the text?
 - A Shallow C Insignificant
 - B Superficial D Meaningful
- What is an antonym for the word "inclusivity" as used in the text?
 - A Tolerance

C Diversity

B Integration

D Exclusivity

Unit

Vocabulary and Dictionary Work

I can use the new learnt vocabulary in a meaningful context using digital resources and e-dictionaries.

Task 6

Use your e-dictionary to complete the following table. The first example is done for you.

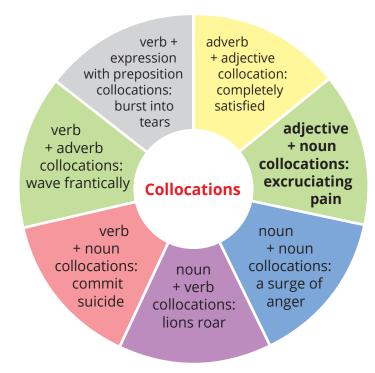
Word	Part of speech	Usage in a sentence
Destination	noun	At the border, you will be asked your destination and how long you plan to stay
Solidarity		
Devotion -		
Inclusivity		
Anchor		
Profound		
Gratitude		
Blessings		
Universality		



Vocabulary Focus

I can use adjective plus noun collocations to demonstrate lexical richness.

(Adjectives plus nouns collocations)





Adjective Collocations

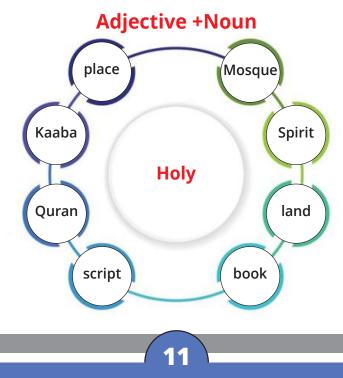
In lesson 1, we studied Adverb + Adjective collocation, in this lesson we will study the adjective + noun collocations (e.g., deeply thinker- heavy traffic).

Here are a few examples of adjective + noun collocations.

- **Deep:** Deep feeling, deep holes, deep trouble, deep sleep.
- •**Heavy:** Heavy rainfall, a heavy drinker, heavy snow, heavy traffic.
- **Strong:** Strong smell, strong body, strong sense, strong denial.
- •**Big:** Big disappointment, big failure, big mistake, big surprise.

Task 7

Complete the following table. You might use examples from the text:



Unit

	Collocation	Collocation in a sentence
1	Holy Mosque	
2	Profound blessing	
3	Inclusive community	
4	Sacred rituals	
5	Spiritual anchor	"The Holy Mosque in Mecca serves as a spiritual anchor for Muslims around the world, providing a sense of connection to their faith and a source of comfort and guidance in times of need."
6	Universal appeal	
7	Emotional experience	
8	Profound significance	
9	Obligatory duty	



Task 8

Complete the adjective + noun collocations in each sentence by adding one of the following adjectives.

strong	heavy	bad	long	high
Our flight		d due to the	0	0
2 We were a				
3 After the			•	
4 He earns a	a sa	alary working	g as a banker	in the city.
5 It's a	way fro	m Mecca to	Madina. We	won't get the
in a day.				
6 Salem a		oker. He's a	lways got a	cigarette in h
mouth.				
7 l'm not su	rprised he's	got such	breath	n. He eats gar
with every	, v meal.	0		C
5		offee if I'm o	ning to stay	v awake for t
meeting.				valuta satshu

I hadn't seen him in a time, so it was lovely to catch up.

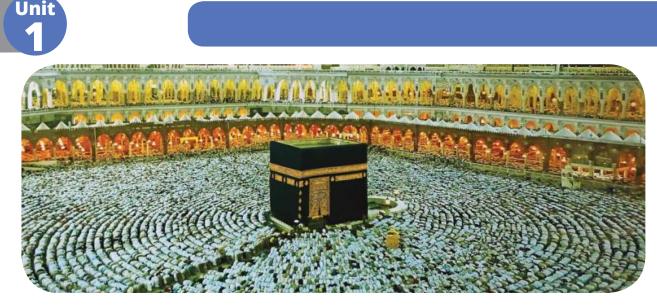
Read to Speak

I can take part in a conversation about the Holy Mosque.

Task 9

In pairs or small groups discuss the following questions on the Holy Mosque:

What challenges does the Holy Mosque face in terms of maintaining its religious significance while also accommodating the needs of a growing number of pilgrims each year?



- 2 How does the Hajj (pilgrimage) to the Holy Mosque serve as a symbol of Muslim unity and solidarity, and what role can it play in fostering greater interfaith understanding and cooperation?
- In what ways does the Holy Mosque reflect the diversity of the Muslim community, and how can this diversity be celebrated and promoted in the context of the Hajj (pilgrimage)?

Grammar File

I can use of the passive progressive forms accurately in writing.

Task 10

Choose the correct answer to complete the following sentences:

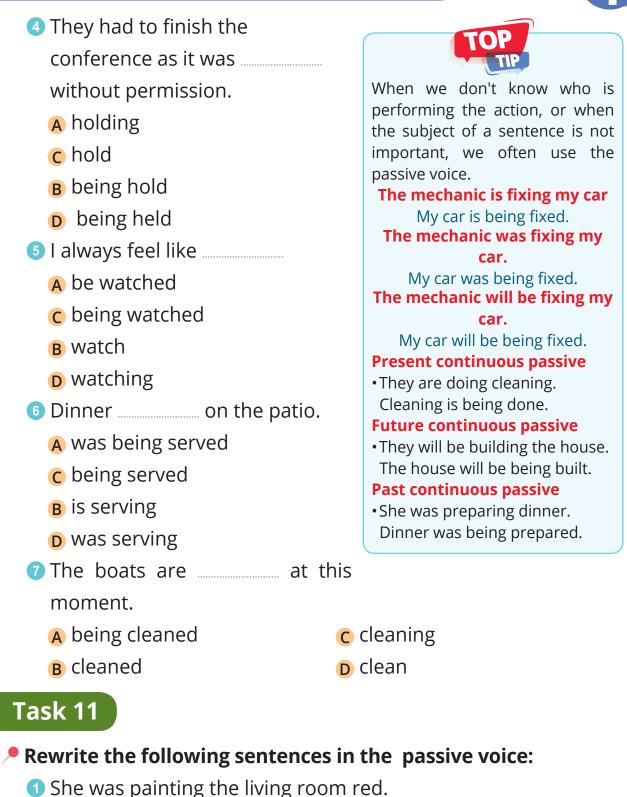
- 1 New expansions at the moment in the Holly mosque
 - A are done c will do
 - **B** are being done
- **2** The boys are _____ to the soccer match now.
 - A driving
 - B drive
- **D** is being driven 3 The ruins will _____ tomorrow.
- A be being removed
 - **B** be removing

D are doing

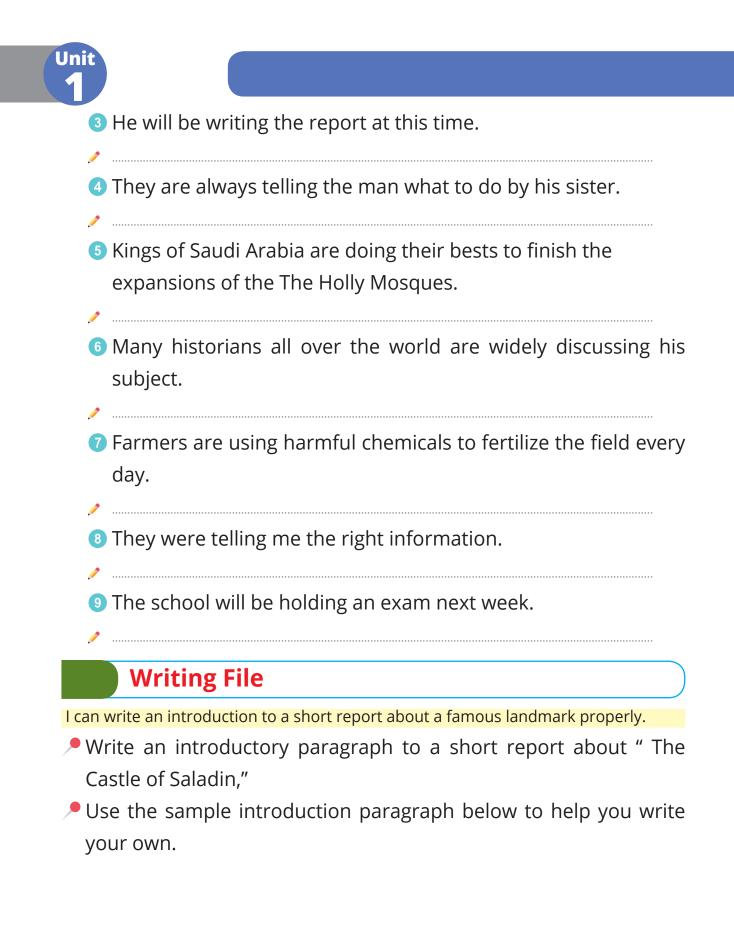
c being driven

- c remove
 - p remove





2 Someone is helping you with your homework.





The Mosque of Muhammad Ali

On the morning of June 30th, 2023, students from Omar ibn al-Khattab Elementary School in downtown Cairo visited the iconic Mosque of Muhammad Ali. The visit was part of the school's cultural education program, aimed at exposing students to different religious and cultural practices in Egypt. The Mosque, also known as the Alabaster Mosque, is located in the Citadel of Cairo and is one of the most popular tourist destinations in the city. The students were accompanied by their teachers and tour guides who provided them with historical and cultural information about the mosque. The visit was an opportunity for the students to learn about the Islamic faith and the role of mosques in the lives of Muslims. The visit was conducted in a respectful and informative manner, providing the students with a valuable cultural experience.

	Areportisanaccount
The Castle of Saladin	of a particular subject
Introduction:	- a description of the facts. You
	may be asked to write a report
	about events you have been to for
	your coursework.
	How to write a good report:
	1. Describe the facts carefully. Try
	not to be biased but explain
	exactly what happened and if
	you can, why.
	2. Describe the scene-think about
	the six major questions: what
	happened, where and when it
	took pace, who was involved,
	how it happened and why.
	3. if you can answer all these
	questions, you'll write a clear
	report.
	The secret of a good reporting is
	good descriptive writing.

Al-Masjid an-Nabawi

ILOs By the end of the lesson, pupils should be able to:

- ★ recall facts and figures about Al-Masjid an-Nabawi to activate previously acquired knowledge to aid podcast comprehension.
- ★ identify specific information in a listening text about Al-Masjid an-Nabawi.
- ★ use the new learnt vocabulary in a meaningful context.
- ★ take part in a conversation about both the Holy Mosque and Al-Masjid an-Nabawi.
- ★ pronounce the triphthong /aɪə/ properly.

Unit

Lesson 2

- \star make use of personal and impersonal passive correctly in writing.
- ★ ask and respond for help using a number of expressions in a speaking context.
- \star write a body to a short report about a famous landmark properly.
- ★ conduct research highlighting the mosque significance in Islam.

Get Ready (Pre-listening Activity)

I can recall facts and figures about Al-Masjid an-Nabawi to activate previously acquired knowledge to aid podcast comprehension.

Target Vocabulary

established-subjected to-persecution-oppressed-headquarters - evolved - crucial decisions - reside - the centre of all activity consult - buried



Task 1

In groups, try to fill in the table with the missing information about Al-Masjid an-Nabawi. You can use the internet if needed.

Fact/Figure	Description	Remarks
Location	Medina, Saudi Arabia	
Significance		
Founder		
Age		
Size		
Capacity		
Notable Features	Green Dome, Rawdah	
Services		
Renovation/ Expansion		

Task 2

Match the words from column "A" with their synonyms in column "B".

	Word	Definition	
1	Established	 A	important choices, critical judgments,
2	Subjected to	 В	oppression, mistreatment, discrimination
3	Persecution	 С	live, dwell, inhabit
4	Oppressed	 D	suppressed, subjugated, mistreated



5	Headquarters	 E	founded, created, set up	
6	Evolved	 F	centre, main office, central location	
7	Crucial decisions	 G	funeral	
8	Reside	 H	exposed to, faced with	
9	Consult	H	developed, progressed, advanced	
10	Burial	H	seek advice from, ask for guidance,	

Listening Focus

I can identify specific information in a listening text about Al-Masjid an-Nabawi.

Task 3

Listen to the following podcast entitled: "Mosques Around the World: Al-Masjid An-Nabawi" then answer the following questions:

Post-listening questions

- According to the podcast, Al-Masjid An-Nabawi Mosque is known for _____.
 - A being a centre of activity and decision-making for the Muslim community.
 - **B** being the largest mosque in Medina.
 - **c** being the oldest mosque in Medina.
 - D None of the above.





- 2 What role did the mosque play in the establishment of the Muslim state?
 - A It was the headquarters for the establishment of the Muslim state.
 - **B** It was a place for prayer only.
 - **C** It was a centre for trade.
 - D None of the above.
- What kind of activities took place in the courtyard of Al-Masjid An-Nabawi?
 - A Occasions of joy, happiness, and celebration
 - B Training for warfare
 - C Both a and b
 - D None of the above
- Why is the room where the mother of believers was buried not accessible to the public?
 - A lt is under construction.
 - **B** Different walls have been built around the room.
 - **C** It is not considered important.
 - D None of the above.
- What kind of classes are offered in Al-Masjid An-Nabawi?
 - A Islamic classes and programs
- **B** Science classes

C History classes

- D None of the above
- 6 How does visiting Al-Masjid An-Nabawi affect people?
 - A It brings them closer to Allah.
- **B** It makes them rich.
- **C** It makes them famous.
- D None of the above.

Unit

- Why is the final resting place of the Prophet Muhammad a powerful image?
 - A It speaks to the ethos of being a Muslim.
 - B It is a beautiful image.
 - **c** It is a popular tourist destination.
 - D None of the above.
- 8 What does the term "revered" mean in the context of the audio text?
 - A Respected and admired
 - c Ignored and neglected
 - B Hated and despised
 - D None of the above
- What does the term "parliament" mean in the context of the audio text?
 - A group of people who meet to make laws
 - B A place of worship
 - c A market
 - D None of the above
- What does the term "ethos" mean in the context of the audio text?
 - A The characteristic spirit of a culture or community
 - B A type of food
 - **C** A type of clothing
 - None of the above



Vocabulary Focus

I can use the new learnt vocabulary in a meaningful context.

Task 4

Fill in the spaces with one of the following words in the box below:

established	subjected to	persecution	oppressed
crucial decisions	resided	the centre of all activity	established
headquarters	evolved	buried	consult

- The Muslim community was ______ persecution during the early days of Islam, but they persevered and eventually the Muslim state.
- 2 The Prophet Muhammad (PBUH) and his followers were by the Meccan authorities, which led to their migration to Medina where they a new community.
- 3 Al-Masjid An-Nabawi was the ______ from where everything then ______ in terms of the establishment of the Muslim state and the development of Islam as a religion.
- All of the ______ that took place with regard to the progress of the Muslim community were made at Al-Masjid An-Nabawi.
- 5 The Prophet Muhammad (PBUH) ______ in Medina and was ______ in a room adjacent to Al-Masjid An-Nabawi.
- 6 People would come to Al-Masjid An-Nabawi to with the head of the community and make important decisions related to Islam.



- The Muslim community has faced various forms of throughout history, including discrimination and marginalization, but they have always persevered.
- 8 Al-Masjid An-Nabawi is not just a place of prayer, it is the within the Muslim community where people come together to learn and grow.

Listen to Speak

I can take part in a conversation about both the Holy Mosque and Al-Masjid an-Nabawi.

Task 5

- In small groups of 4-5 students discuss and answer these questions:
 - Why do these two mosques have immense significance for the Muslims worldwide?
 - 2 Why do you think the Prophet Muhammad (PBUH) built Al-Masjid an-Nabawi immediately after the immigration from Mecca to Medina?







Pronunciation Focus

I can pronounce the triphthong /aiə/ properly.

Task 6

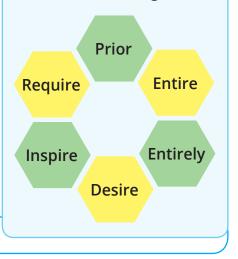
Circle the words in the box that have the triphthong /aiə/.

hour	fire	slower	player	our
year	buyer	flyer	higher	fewer
inquire	oasis	inchoate	mower	royal
shower	stereo	desire	radio	hire
lower	power	require	entirely	

\mathbf{O}

Triphthong

It is a glide from one vowel to another and then to a third. **ai** +schwa = **aiə** e.g.: 'Tire'



Grammar Focus

I can make use of personal and impersonal passive correctly in writing.

Top Tip

Personal and Impersonal Passive

When in the active voice we refer to something which is said, is considered, is believed, etc..., then in the passive voice we can use impersonal or personal structure.

IMPERSONAL STRUCTURE

It is +past participle + (that) clause. They say, consider, hope, think, expect ... (ACTIVE) It is said, considered, hoped, thought, expected ... (PASSIVE) They believe (that) he is involved in the scandal. It is believed (that) he is involved in the scandal.



PERSONAL STRUCTURE

In the personal structure we start with the subject of the subordinate clause and transform the verb of the main clause into the passive voice. Finally, we add the verb of the subordinate clause in its infinitive form.

They hope he is alive.

He is hoped to be alive.

People believe that she knows the truth.

She is believed to know the truth.

Task 7

- Rewrite the following sentences starting with the words in brackets:
 - They expect that the strike will end soon. (It is expected...) (The strike is...)
 - A

B

B

2 The police believe that the thieves broke the window to get into the house. (It is believed...) (The thieves are...)

A

3 The police have reported that Ali caused the accident. (It has been reported...) (Ali has been reported...)

B 4 They think he is having an affair.(It's thought...)(He is thought...)

Α.....

Α



Muslims believe that Al-Masjid an-Nabawi is the second most important mosque. (It is believed...) (Al-Masjid an-Nabawi is believed...)



6 The Muslims understand that Al-Masjid an-Nabawi holds deep historical and spiritual significance.(It is understood...) (Al-Masjid an-Nabawi is ...)

Α.....

B

- All Muslims know that the two Mosques are places of tranquillity and spiritual solace. (It is known...) (The two Mosques are known...)

Language Functions

I can ask and respond for help using a number of expressions in a speaking context.

Task 8

What would you say in the following situations?

- You want your friend to help you with your homework.
- You:
- Friend:
- 2 You have a task that you're struggling with and need some help.
- You:
- Friend:

Polite requests • Could you ... • Can you ... • I wonder if... • Would you mind ... • Could I ask you to... Response

- Yes, of course!
- Sure!
- I am sorry!
- No, not at all!

Unit Sou want your uncle to contribute his skills and knowledge to a team effort. You: Uncle: 4 You want someone to lend you a hand with your school project. You: Friend: Sou require assistance with a complex problem that requires someone's guidance. You: Father: 6 Your friend wants to borrow your English book but you need it. Friend: You: A man wants you to show him the way to the nearest library. Man: You: 8 You are having lunch and want your sister to pass the salt. You: Sister: You: Writing Focus I can write a body to a short report about a famous landmark properly

Write a body paragraph to a short report about "the Castle of Saladin,".

Use the sample body paragraph below to help you write your own.



The Mosque of Muhammad Ali

Body paragraph:

• Historical Background:

Muhammad Ali Pasha built the Mosque in the 19th century. The construction of the mosque lasted from 1830 to 1848. It was intended to rival the grandeur of Ottoman mosques in Istanbul.

• Architectural Features

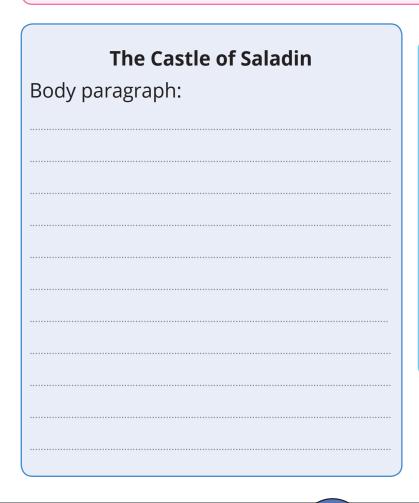
The mosque showcases a blend of Ottoman and Islamic styles with a central dome and four minarets. Intricate interior decorations, including calligraphy and tilework, add to its allure. The use of alabaster for the exterior walls gives it a unique appearance.

• Cultural Significance:

The Mosque holds great cultural importance as a revered place of worship and a symbol of national pride. Its stunning architecture and spiritual ambiance attract visitors from around the world.

• Preservation and Restoration:

Efforts have been made to preserve and restore the mosque, ensuring its historical and cultural significance endures for future generations.





A report writing format includes:

Body: it describes the

- 1. Subheading,
- 2. The data that was collected represented in analysis, findings, and evidence related to the topic and discussed with reasons.

The body makes up the majority of the entire report. The body is usually broken into subsections, with subheadings that highlight the further breakdown of a point. Unit

Research Time

I can conduct research highlighing the mosque significance in Islam.



- Why are mosques considered the beacons for all Muslims?
- What are the holiest mosques? Where are they?
- Why do these mosques gain the highest rank in the Muslim society?

Pilgrimage (Hajj)

Lesson 3

Unit

ILOs By the end of the lesson, pupils should be able to:

- use scanning reading strategy to locate specific information in a text about Pilgrimage.
- ★ use skimming reading strategy to get the main ideas (the gist) of a text about pilgrimage.
- use the summarizing reading strategy to discern the most important ideas in a text about pilgrimage.
- ★ work out the meaning of new vocabulary using word definition.
- ★ take part in a conversation about Pilgrimage.
- ★ recognize new idioms about places.
- ★ use causative verbs properly in writing.
- ★ write a conclusion of a short report properly.
- ★ carry out a project about a Quranic Verse about Pilgrimage.

Pre-reading (Get Ready)

I can use scanning reading strategy to locate specific information in a text about Pilgrimage.

Target Vocabulary

Pilgrimage - tradition - embark - spiritual - reverence - majestic focal point - unifying - devotion - supplications - transformation - self-reflection - indelible - gratitude - pursuit

31



- Using the scanning tips, you learnt in the previous unit, answer the following questions based on specific information that can be located directly within the provided text below:
 - Where is the Hajj (pilgrimage) annually held?
 - A Cairo, Egypt
 - c Istanbul, Turkey
 - B Mecca, Saudi Arabia
 - Dubai, UAE
 - 2 How many times do pilgrims walk between the hills of Safa and Marwa during Hajj?
 - A Three times C Five times
 - B Seven times D Ten times
 - 3 What is the significance of the Kaaba in Mecca during Hajj?
 - A It symbolizes the unity of Muslims worldwide.
 - A lt represents the wealth of the Muslim community.
 - A It is a place of historical importance.
 - A It is a reminder of the equality among believers.
 - Which ritual takes place on the ninth day of the Islamic month of Dhul-Hijjah?
 - A Tawaf
 - A Arafat

- A Sa'i
 A Stoning of the Devil
- 5 What event does the Hajj (pilgrimage) conclude with?
 - A Celebration of Eid al-Adha
 - B circumambulation of the Kaaba
 - c Prayer at the plain of Arafat
 - D Throwing pebbles at pillars representing Satan



Scanning

Remember! scanning is a reading strategy used to lookforspecificinformation in the text. This is a birdseye approach of looking for information with the goal to locate particular facts. To scan effectively,

- 1. Search for keywords, one at a time, while jumping around the passage
- 2. Scan through the passages rapidly until you find the keyword you search for
- 3. Read the surrounding material carefully, decide if you've found what you need.



Pilgrimage (Hajj)

Read the following passage, then answer the questions:

I can use skimming reading strategy to get the main ideas (the gist) of a text about pilgrimage.

Pilgrimage, also known as Hajj, is an annual religious journey that holds great significance for Muslims worldwide. It is a time when millions of believers from various corners of the globe gather in Mecca, Saudi Arabia, to fulfil one of the Five Pillars of Islam. This sacred journey is a testament to the unity, devotion, and spiritual growth of the Muslim community.



Hajj is considered one of the most important acts of worship in Islam. It symbolizes the unity of Muslims worldwide, regardless of their nationality, race, or social status. It serves as a reminder of the equality and brotherhood among believers. The pilgrimage also allows Muslims to seek forgiveness, purify their souls, and strengthen their relationship with Allah. At the heart of the Hajj (pilgrimage) lies the Kaaba, a sacred structure located in the center of the Grand Mosque in Mecca. The

Kaaba was built by the Prophet Abraham and his son Ishmael as a place of worship dedicated to Allah. During Hajj, pilgrims circumambulate the Kaaba counterclockwise seven times, symbolizing their devotion and submission to Allah.

Unit



Before embarking on the Hajj journey, pilgrims enter a state of purity known as Ihram. Men wear two white, seamless cloths, while women dress modestly, covering their bodies except for their hands and faces. The Ihram attire represents equality and simplicity, reminding pilgrims that they are all equal before Allah, regardless of their worldly possessions or social status.

- Hajj consists of several rituals that pilgrims perform over a span of five to six days. These rituals: include:
 - **1** Tawaf: Pilgrims perform the seven circumambulations around the Kaaba, expressing their devotion and unity.
 - 2 Sa'i: Pilgrims walk between the hills of Safa and Marwa seven times, reenacting the search for water by Hajar, the wife of Prophet Abraham.
 - 3 Arafat: On the ninth day of the Islamic month of Dhul-Hijjah, pilgrims gather at the plain of Arafat. They spend the day in prayer, seeking forgiveness, and reflecting on their lives.



- Stoning of the Devil: Pilgrims throw pebbles at three pillars representing Satan, symbolizing their rejection of evil temptations.
- 5 Eid al-Adha: The Hajj (pilgrimage) concludes with the celebration of Eid al-Adha, the Festival of Sacrifice.



Muslims worldwide commemorate the willingness of Prophet Abraham to sacrifice his son, as an act of obedience to Allah.

The Hajj (pilgrimage) is a profound spiritual journey that unites Muslims from diverse backgrounds, fostering a sense of brotherhood and devotion. It is a time of reflection, forgiveness, and seeking closeness to Allah. Through the rituals of Hajj, Muslims reaffirm their faith, purify their souls, and find solace in the unity of the global Muslim community.



Task 2

- Using skimming tips you learnt in the previous unit, answer the following questions which target the main idea (the gist) of a text.
 - **1** What is the main purpose of the Hajj (pilgrimage) for Muslims worldwide?
 - A To celebrate the Festival of Sacrifice.
 - **B** To seek forgiveness and purify their souls.
 - **C** To demonstrate their social status and wealth.
 - **D** To commemorate the building of the Kaaba.



- 2 How does the Hajj (pilgrimage) promote unity among Muslims?
 - A By emphasizing the historical importance of Mecca
 - **B** Through the celebration of Eid al-Adha
 - **C** By encouraging pilgrims to wear Ihram attire

Skimming Remember!

Skimming is a reading strategy of reading to get the main ideas of a text (the gist) that allows you to read more in less time.

- D By symbolizing the devotion and submission to Allah
- 3 What role does the Kaaba play during the Hajj (pilgrimage)?
 - A lt serves as a place of historical interest.
 - B It represents the unity and devotion of Muslims.
 - **c** It symbolizes the search for water by Hajar.
 - **D** It is a location for prayer and reflection on lives.
- Which of the following best describes the Hajj (pilgrimage)?
 - A time of reflection and seeking closeness to Allah.
 - B An annual gathering of Muslims for festivities.
 - **C** A historical event that took place in Saudi Arabia.
 - D A celebration of the Five Pillars of Islam.

Task 3

Post Comprehension: Answer the following Questions

- What is the Hajj (pilgrimage)?
 - A An annual religious journey for Muslims
 - B A festival celebrated by Muslims worldwide
 - c A historical event in Saudi Arabia
 - D A gathering of diverse communities
- 2 How times do pilgrims circumambulate the Kaaba during Hajj?
 - A Three times

C Five times

B Seven times

D Ten times



- 3 What does the Ihram attire symbolize for the pilgrims during Hajj?
 - A Their devotion to Prophet Abraham
 - B Their equality before Allah
 - c Their preference for simplicity
 - D Their connection to the Grand Mosque
- 4 Why is the Kaaba significant to Muslims during the Hajj (pilgrimage)?
 - B It is a place of historical importance
 - B It symbolizes their unity and devotion
 - B It was built by Prophet Muhammad
 - B It represents the wealth of the Muslim community
- What is the purpose of the ritual of "Stoning of the Devil" during Hajj?
 - A To seek forgiveness for past sins
 - **B** To express unity among pilgrims
 - **C** To reject evil temptations
 - D To commemorate the sacrifice of Prophet Abraham
- 6 In what ways does the Hajj (pilgrimage) promote a sense of unity among Muslims?
 - A By emphasizing the historical significance of Mecca
 - B Through the performance of Tawaf and Sa'i rituals
 - C By requiring pilgrims to wear Ihram attire
 - D Through the celebration of Eid al-Adha
- How does the Hajj (pilgrimage) impact the spiritual growth of the Muslim community?
 - A By fostering a spirit of competition among believers
 - C Through the reflection and prayer at the plain of Arafat
 - **D** By encouraging pilgrims to showcase their social status
 - E Through the luxurious accommodations provided to pilgrims



- What does "circumambulate" mean in the context of the text?
 - A To celebrate joyously
 - B To walk around something in a religious ritual
 - c To engage in deep reflection
 - D To perform a traditional dance
- 9 What is the significance of the term "Ihram" during the Hajj (pilgrimage)?
 - A lt refers to the final day of the journey.
 - **B** It represents the sacred structure in Mecca.
 - c It denotes a state of purity and devotion.
 - **D** It symbolizes the feast at the end of the rituals.
- What is the meaning of the word "devotion" as used in the passage?
 - A sacred structure
 - B Deep religious commitment and dedication
 - **c** The act of gathering in a specific location
 - D The celebration of Eid al-Adha

I can use the summarizing reading strategy to discern the most important ideas in a text about pilgrimage.

- Using the top tips you learnt on how to summarize a text effectively, summarize the text above in not more than 50 words.
- Summary:







Summarizing

Remember! Summarizing is a reading strategy that teaches students how to discern the most important ideas in a text, how to ignore irrelevant information, and how to integrate the central ideas in a meaningful way.

Vocabulary Focus

I can work out the meaning of new vocabulary using word definition.

Work in pairs or in small groups to match the word in column (A) with its definition in column (B), then use it in a sentence of your own.

Unity Devotion Symbolize Purify Spiritual Attire Dedicated Submission
Symbolize Purify Spiritual Attire Dedicated
Purify Spiritual Attire Dedicated
Spiritual Attire Dedicated
Attire Dedicated
Dedicated
Submission

(B) Description

A strong feeling of love, loyalty, or dedication towards someone or something

To cleanse or make something pure or free from impurities

The state of being united or joined together as a whole

To represent or stand for something else

Relating to your spirit rather than to your body

The state of being completely controlled by a person or a group, and accepting that you have to obey them

Dressed in a particular way

To give all your attention and effort to one particular thing



Read to Speak

I can take part in a conversation about Pilgrimage.

Task 5

In pairs or small groups, discuss the following points:

- Pilgrimage as one of the most important pillars of Islam.
- The benefits of Pilgrimage.

Idioms Focus

I can recognize new idioms about places.

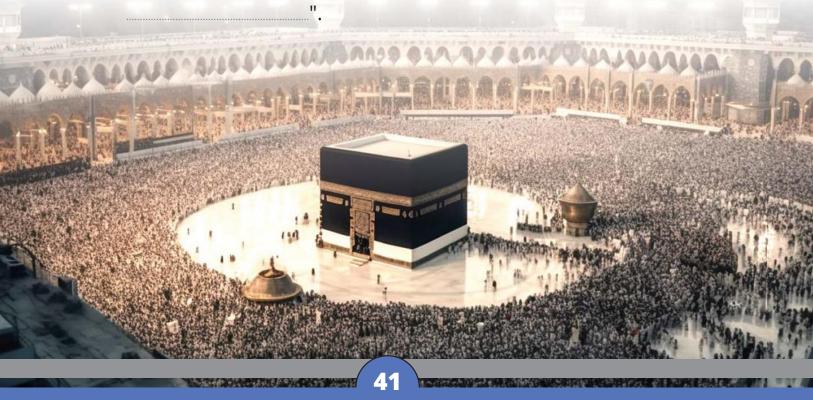
	Idiom	Meaning	
0	All roads lead to Mecca	Various methods will lead to the same result	
e.g.	No matter which route you t	ake, you'll reach the city.	
2	Hit the road	To begin a journey	
e.g.	lt's time to hit the road and	start our adventure.	
3	A stone's throw away	Very close in distance	
e.g. The café is just a stone's throw away from my office.			
4	On top of the world	Feeling extremely happy and successful	
e.g.	e.g. Winning the competition made her feel on top of the world.		
6	In the heart of the city	In the central or busiest part of a city	
e.g. Their apartment is located in the heart of the city.			
6	A place in the sun	A favourable or advantageous position	
e.g. After years of hard work, he finally found his place in the sun.			



Use the idioms in the box to complete the sentence. One of them will be used twice.

all roads lead to Mecca	in the heart of the city	a stone's throw away
hit the road	a place in the sun	on top of the world

- 1 "She was feeling extremely happy and successful after receiving the scholarship. She was ______".
- 2 "We need to start our project and begin working on it. It's time to ______".
- 3 "The new café is located very close to the office. It's just
- In the same of the same of
- ⁽⁶⁾ Aly has been working hard for years. Finally, he got



Unit

Grammar Focus (Causative Verbs)

TOP

Causative verbs: A causative verb

I can use causative verbs properly in writing.

Task 7





8 This machine will help y	ou faster.
A work	B working
c to be worked	vorked
🧐 I will let you	if you complete the task first.
A be gone	B go
c going	D to go
• He helped the convict	from the prison.
A escaped	B escaping
c to be escaped	D escape

Find and correct the mistakes in the following sentences:
He always has me to do his work.
Nada will make me preparing her homework.
Nada will make me preparing her homework.
He makes me to laugh whenever I am down.
The teacher let the students to discuss among themselves.
Amin allowed him to driving his car.
He helps me prepared my presentations.

The teacher helped me understanding the topic.

Α.....

B



Writing Focus

I can write a conclusion of a short report properly.

Write a concluding paragraph to a short report about " the Castle of Saladin,"

Use the sample conclusion paragraph below to help you write your own.

The Mosque of Muhammad Ali

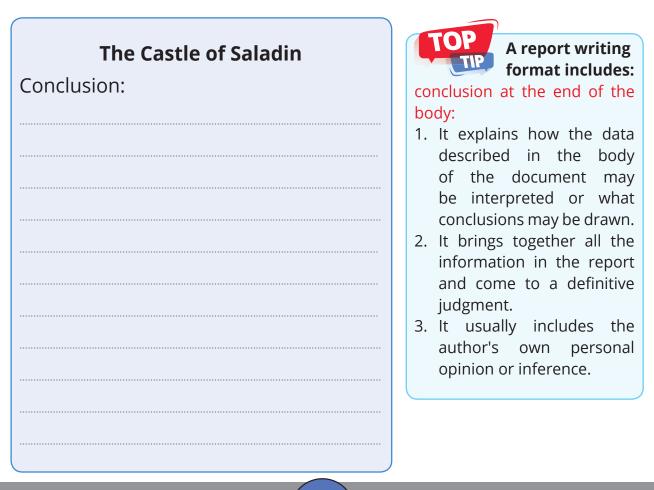
The Mosque of Muhammad Ali holds great cultural importance as a revered place of worship and a symbol of national pride. Its stunning architecture and spiritual ambiance attract visitors from around the world. It is believed that efforts have been made to preserve and restore the mosque, ensuring its historical and cultural significance endures for future generations.

Interpretation

Conclusion:

Definitive judgment

Author's opinion





Write a short report about a historical place you have visited.

()



Punctuation Marks



The two dashes - ...-Dashes can be used to interrupt the flow of a sentence and insert additional information or thoughts. This use is similar to parentheses but gives more emphasis to the interruption.

• Ex: The benefits of Pilgrimage - such as strengthening faith, personal growth, social bonding, and cultural exchange-are invaluable for Muslims seeking spiritual enrichment.

Task 10

- Insert the dashes in their proper places in the following sentence.
 - The city was bustling with activity people rushing, cars honking, vendors calling out creating a vibrant atmosphere.
 - 2 His dream of becoming an astronaut a childhood ambition he held onto tightly never wavered.
 - 3 The recipe called for various ingredients flour, eggs, sugar, butter, cinnamon creating a perfect cake.
 - The storm grew in intensity dark clouds, thunder, rain pouring forcing everyone indoors.



Project Time

I can carry out a project about a Quranic verse about Pilgrimage.

In small groups 3-5 students plan a presentation to be delivered to the whole classmates about the following points:



(And proclaim to the people the Hajj [Pilgrimage]; they will come to you on foot and on every lean camel; they will come from every distant pass)

- In the shade of the following Quranic verse tell how its interpretation is related to the topic of the unit.
- The applicable concepts you have gained and intend to inspire.
- A wall chart design of the rituals sequence of Pilgrimage.



Unit 2 Smart World around You



- ★ Reading: Technology in Our Daily Life
- ★ Writing: Blog Writing
- ★ Listening: Modern Technology in Industry, Health Care and Space Exploration
- ★ Speaking: Modern Technology
- ★ Grammar: Future Forms / Reported Speech / Modals
- ★ Language Functions: Offering Help
- **Pronunciation:** Triphthong /eiə/
- ★ Research: Using Technology in Building
- **Critical thinking:** Different Uses of Modern Technology
- Project: Interpreting a Quranic Verse

48

Technology in our Daily Life

Lesson 1

Unit

ILOs By

By the end of the lesson, pupils should be able to:

- ★ work out the meaning of new vocabulary using synonyms or antonyms.
- ★ use the learnt vocabulary in a meaningful context.
- \star identify the main idea of each paragraph and of the text as a whole.
- ★ identify the supporting details for each main idea in the text.
- ★ use the noun plus noun collocation properly in writing.
- ★ take part in a conversation about the pros and cons of technology.
- ★ make use of the future forms accurately in writing.
- * write a blog entry introduction about using technology in transport.
- ★ critically develop new ideas about the different uses of modern technology.

Target Vocabulary

integral - vast - revolutionized - indispensable - instantaneous - empowered potential - convenient - numerous - open new avenues - drawbacks.

Pre-reading (Get Ready)

I can work out the meaning of new vocabulary using synonyms or antonyms.

Task 1

Work in pairs or in small groups to find the synonyms or antonyms of the word as required in the table below, then use it in a sentence of your own.

Word	Synonym/ Closest Meaning	Antonym/ Opposite	Word in Context
Integral	Essential - vital	unimportant - unnecessary	The heart is an integral part of the human body.
Vast			
Revolutionized	Transformed - changed		The invention of the printing press revolutionized the way



Word	Synonym/ Closest Meaning	Antonym/ Opposite	Word in Context
Indispensable			A good dictionary is an indispensable tool for any writer
Instantaneous			
Empowered			
Potential			
Convenient			

I can use the learnt vocabulary in a meaningful context.

Fill in the blanks with the correct word from the box:

integral	vast	revolutionized	indispensable	instantaneous
potential	drawbacks	empowered	convenient	opened up more avenues

- **1** The rise of social media has ______ for people to express themselves and connect with others who share their interest.
- 2 The training program ______ the employees to take on more responsibility.
- 3 The family is an _____ part of society.
- 4 Her reaction was
- 5 The internet has the way we communicate.
- 6 A good friend is _____ in times of need.
- 7 The universe is _____ and mysterious.
- ⁽⁸⁾ The of the human brain is still largely untapped.
- It is more to have a laundry service in the building.
- One ______ of the new system is that it is not compatible with older software.



I can identify the main idea of each paragraph and of the text as a whole.

Read the passage, then answer the following questions:

Read the following text and try to identify the main idea in the four paragraphs by selecting the right answer and then give the main idea of the whole text in one sentence of your own.

- Which of the following is the main idea of paragraph 1?
 - A Technology has become an integral part of our daily lives.
 - **B** Technology has revolutionized the way we live, work, and communicate.
 - **c** Technology has made our lives more convenient and efficient.
 - **D** Technology has both benefits and drawbacks.
- 2 Which of the following is the main idea of paragraph 2?
 - A Technology has revolutionized the way we communicate.
 - B Technology has made it easier to stay in touch with loved ones.
 - C Social media platforms have made it easier to connect with people.
 - Instant messaging applications have made it easier to communicate with people.
- **3** Which of the following is the main idea of paragraph **3**?
 - A Technology has made it easier to access information.
 - **B** Technology has made it easier to learn new things.
 - **c** Technology has empowered individuals to stay informed.
 - **D** Technology has revolutionized the way we learn.
- 4? Which of the following is the main idea of paragraph 4?
 - A Technology has made it easier to access entertainment.
 - **B** Technology has given rise to new forms of entertainment.
 - **c** Technology has revolutionized the way we entertain ourselves.
 - D Technology has made it easier to stay connected with loved ones.
- 5 The main idea of the text is _____.



Technology in Our Daily Life

Technology has become an integral part of our daily lives, impacting almost every aspect of our existence. From the moment we wake up until we go to bed, we are surrounded by various technological devices and innovations that have revolutionized the way we live, work, and communicate.



One of the most significant ways technology has transformed our lives is through communication. In the past, people relied on traditional methods such as letters or landline phones to stay in touch with loved ones. However, with the advent of smartphones and the internet, communication has become instantaneous and effortless. We can now connect with anyone, anywhere in the world, within seconds through social media platforms, video calls, or

instant messaging applications.



Furthermore, technology has greatly enhanced our access to information. In the past, we had to rely on books, encyclopedias, or libraries to gather knowledge. Today, with just a few clicks on a search engine, we can access a vast amount of information on any topic imaginable. This easy access to information has not only made learning more convenient but has also empowered individuals to stay informed about current events and global issues.



Another area where technology has made a significant impact is in the field of entertainment. Gone are the days when we had to wait for our favorite TV shows or movies to be broadcasted on television. With streaming services, we can now watch our favorite shows and movies anytime, anywhere. Additionally, technology has given rise to various forms of entertainment, such as video games, virtual reality experiences, and online platforms for music and art, providing endless options for leisure and enjoyment.

Moreover, technology has revolutionized the way we work and conduct business. With the rise of computers, laptops, and smartphones, many tasks that were once time-consuming and laborintensive can now be completed efficiently and quickly. We can now collaborate with colleagues remotely, access work-related documents



from anywhere, and even attend virtual meetings. Technology has also opened up new avenues for entrepreneurship, allowing individuals to start their own businesses online and reach a global audience.

However, while technology has undoubtedly brought numerous benefits to our lives, it is essential to acknowledge its potential drawbacks. The overuse of technology can lead to sedentary lifestyles, decreased physical activity, and social isolation. It is crucial to find a balance between utilizing technology for its advantages and engaging in real-life experiences and human interactions.



In conclusion, technology has become an indispensable part of our daily lives, transforming the way we communicate, access information, entertain ourselves, and work. It has undoubtedly made our lives more convenient and efficient, but it is essential to use technology responsibly and find a healthy balance between its benefits and potential drawbacks.



Main Ideas and Supporting Details

I can identify the supporting details for each main idea in the text.

Task 4

- Read the text again and identify the supporting details for each paragraph by answering the following questions:
 - Which of the following is the correct supporting detail for the main idea in paragraph 1?
 - A We can now connect with anyone, anywhere in the world, within seconds through social media platforms, video calls, or instant messaging applications.
 - **B** In the past, people relied on traditional methods such as letters or landline phones to stay in touch with loved ones.
 - **c** Technology has made it easier to stay in touch with loved ones.
 - D All of the above.
 - Answer: The correct supporting detail is A. This is because it provides specific examples of how technology has revolutionized the way we communicate.
- Now, it is your turn to practise identifying the supporting details for each main idea with the rest of the paragraphs.
- Paragraph 2: Main Idea in paragraph 2: Supporting Detail in paragraph 2:
 - Which of the following is the correct supporting detail for the main idea?



Supporting Details

When you are reading a text, ask yourself "why" the author is including certain information. Is it to explain the main idea? To provide an example? To support a claim? The answer to this question will help you identify the supporting details in the text.



- A Today, with just a few clicks on a search engine, we can access a vast amount of information on any topic imaginable.
- **B** This easy access to information has not only made learning more convenient but has also empowered individuals to stay informed about current events.
- **c** Technology has made it easier to learn new things.
- D All of the above.
- Answer: The correct supporting detail is
- This is because it _____.
- Paragraph 3: Main Idea in paragraph 3: Supporting Detail in paragraph 3:
 - Which of the following is the correct supporting detail for the main idea?
 - A Gone are the days when we had to wait for our favorite TV shows or movies to be broadcasted on television.
 - **B** With streaming services, we can now watch our favorite shows and movies anytime, anywhere.
 - **c** Technology has given rise to various forms of entertainment, such as video games, virtual reality experiences, and online platforms for music and art.
 - D All of the above.
 - Answer: The correct supporting detail is

This is because it

- Paragraph 3: Main Idea in paragraph 4: Supporting Detail in paragraph 4:
 - Which of the following is the correct supporting detail for the main idea?



- A The overuse of technology can lead to sedentary lifestyles, decreased physical activity, and social isolation.
- **B** It is crucial to find a balance between utilizing technology for its advantages and engaging in real-life experiences and human interactions.
- C Technology has made our lives more convenient and efficient.
 D All of the above.
- Answer: The correct supporting detail is

This is because it

Comprehension Focus

Task 5

Answer the following questions:

- 1 The primary focus of the given text is _____.
 - A Technology's impact on communication
 - B The drawbacks of technology
 - C The role of technology in daily life
 - **D** The importance of balancing technology usage
- - A Providing instant and effortless means of communication
 - B Relying on traditional methods such as letters
 - C Limiting communication to landline phones
 - **D** Removing the need for social media platforms
- ③ Technology has enhanced access to information by _____.
 - A relying on books and libraries
 - B providing search engines to gather knowledge



- c making learning more inconvenient
- D limiting access to current events and global issues
- What impact has technology had on entertainment?
 - A It has made entertainment more limited and inaccessible.
 - B It has revolutionized access to TV shows and movies.
 - **c** It has increased the time required to watch favorite shows.
 - D It has eliminated forms of entertainment such as video games.
- 6 How has technology influenced the work environment?
 - A It has made tasks more time-consuming and labor-intensive.
 - **B** It has limited collaboration with colleagues.
 - **c** It has reduced access to work-related documents.
 - **D** It has improved efficiency in completing tasks.
- 6 What potential drawbacks can arise from the overuse of technology, as mentioned in the text?
 - A Increased physical activity and human interaction
 - B Sedentary lifestyles and social isolation
 - c Enhanced convenience and efficiency
 - D Improved access to information and entertainment
- What is the author's perspective on technology and its drawbacks?
 - A Technology should be utilized without any limits.
 - **B** Technology should be completely avoided due to potential drawbacks.
 - **C** Technology should be used responsibly with a balance in reallife experiences.
 - D The benefits of technology outweigh any potential drawbacks.
- 8 The word "revolutionized" in the text means
 - A lessened

- B improved
- c restricted D destroyed



In the word "empowered" in the text means ______

A enclosed

c informed

- B weakened
- D strengthened
- The word "avenues" in the text means
 - A limitations
- B opportunities
- **c** disadvantages
- D uncertainties

Dictionary Work

I can use the noun plus noun collocation properly in writing.





Fill in the blank with the correct word from the box:

care	power	office	cable	beauty
vehicles	board	credit	health	

- Few public phones now accept coins, but many take credit cards.
- 2 Many women work in the industry.

- In modern industrial societies, child is recognized as an essential social service.
- The return on the _____ car is a real highlight, with great views of the city.
- 8 I work out five days a week in a club.
- Ict's do some _____ games.

Task 7

Using the internet, make your own list of noun plus noun collocations.

no.	Noun + Noun Collocation	E.g.
1	Kitchen cabinet	I bought new covered kitchen cabinets.
2		
3		
4		
5		
6		



Read to Speak

I can take part in a conversation about the pros and cons of technology.

Task 8

Conduct an interview with your partner about the following statement:

"Technology made people lazy and increased obesity among youth."

- 1 Do you agree / disagree.
- 2 Discuss in groups considering the pros and cons of technology.

Grammar File

I can make use of the future forms accurately in writing.

Task 9

Choose the correct answer to complete the following sentences:

- If it doesn't rain tomorrow, we (don't take - won't take - isn't taking - didn't take) our umbrellas.
- 2 Sama (is is being be will be) on holiday next week. But she promised to write to us.
- I was told you are ill. I hope you (feel - is feeling - is going to feel will feel) better again.
- I have no idea how to do it. I (won't make - don't make - isn't going to make - isn't making) it.

TOP

The Future Forms

1. We can use the present simple tense to express a future action that presents a fixed timetable:

Our train to Alex leaves at 6:30 next Monday.

2. We can use the present continuous tense to express a future action that is previously prepared.

We are travelling to Luxor next week. Everything is arranged.

3. We can use (am/ is/ are) going to + inf. to express a future action that is planned or intended.

Mohamed is going to sell his old car.

4. We can use the future simple tense to express a future action that express a (promise/ threaten/ request/ quick decision/ prediction)

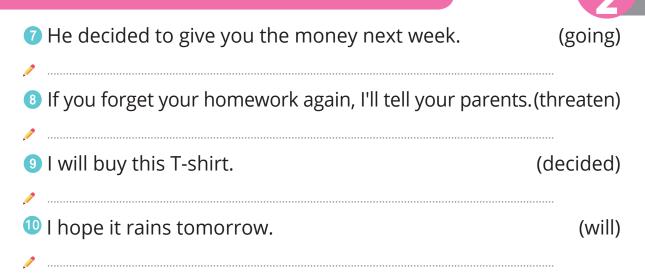
I will get you a present if you get high marks.



- 5 The ship (sinks- is sinking- will sink- is going to sink). It has a large hole.
- 6 I (am being- am going to be- be- will be) a vet, because I intended to study about animals.
- 7 The bus (is leaving- leaves- is going to leave- will leave) at seven a.m. tomorrow.
- I cancelled all meetings. I (have- will have- am having- going to have) a rest.
- I Aseel (doesn't like- isn't going to like- won't like- didn't like) it unless you come early.

Rewrite the following sentences using the words between brackets:

1 promised Ali to meet him later.	(will)
 He drives in a crazy way. He is predicted to have an accident. 	(going)
3 I will help Zeyad carry his things.	(offer)
• They will come early if we ask them.	(promise)
 I arranged to visit my uncle on Monday. 	(visiting)
6 We are going to go to the cinema tomorrow.	(plan)



(0)2

Writing File

I can write a blog entry introduction about "using technology in transport".

"Using technology in education" Introduction:

Technology is used in many fields in our daily life. It enhances speed and accuracy in medicine, communication, transport, space, and education. It is widely used in educational purposes. At schools & universities, it facilitates teaching and learning and enables teachers, students and researchers to use search engines easily in a wide range.

Background

Main idea

In order to write a blog entry you need to:

Writing a blog

Jnit

- 1) decide on a topic.
- 2) do some research about the topic.
- 3) create an outline for the blog.
- 4) use clear and concise language.
- 5) Check for grammar and spelling mistakes. publish you blog

The Blog Introduction:

The introduction serves as the opening paragraph of the blog and aims to capture the reader's attention by presenting the topic, providing background information, and highlighting the main ideas that will be explored in the content. The introduction includes:

- **Topic sentence:** The introduction of the blog should clearly state the main topic or focus of the content.
- Background sentence: The background sentence should provide relevant information or context related to the topic.
- Main ideas: The main ideas in the introduction of the blog should briefly outline the key points or arguments that will be discussed in the content.



Using the steps of writing a blog and the suggested outline, write an introductory blog entry about "using technology in transport."

Using Technology in Transport Introduction:

Critical Thinking

I can critically develop new ideas about the different uses of modern technology.

P Think of the different uses of modern technology in our life, then discuss the answer to the following questions in pairs:

- What should we do to make good use of modern technology and avoid its side effects?
- Do you think that we can overcome the harmful effects of modern technology and protect ourselves? How?
- In your opinion, how will technology make our future better?

Modern Technology and Life Aspects Lesson 2



ILOs By the end of the lesson, pupils should be able to:

- recognize the meaning of new target unfamiliar words about technology using definitions.
- deduce the meaning of unfamiliar ideas in a listening text about modern technology.
- ★ speak with mates about modern technology and life aspects
- ★ pronounce triphthong /eiə/ properly.
- ★ use the reported sentences accurately in writing.
- ★ use alternative ways to express, accept, and refuse offers.
- ★ write a blog entry body about using technology in transport.
- ★ conduct research about using technology in building.

Target Vocabulary

artificial intelligence - augmented reality - accelerate - evolve - cybersecurity - strive - innovation - biotechnology - reduction conquer - captivate - potentially - aspiration - detector

Listening Focus

I can recognize the meaning of new target unfamiliar words about technology using definitions.

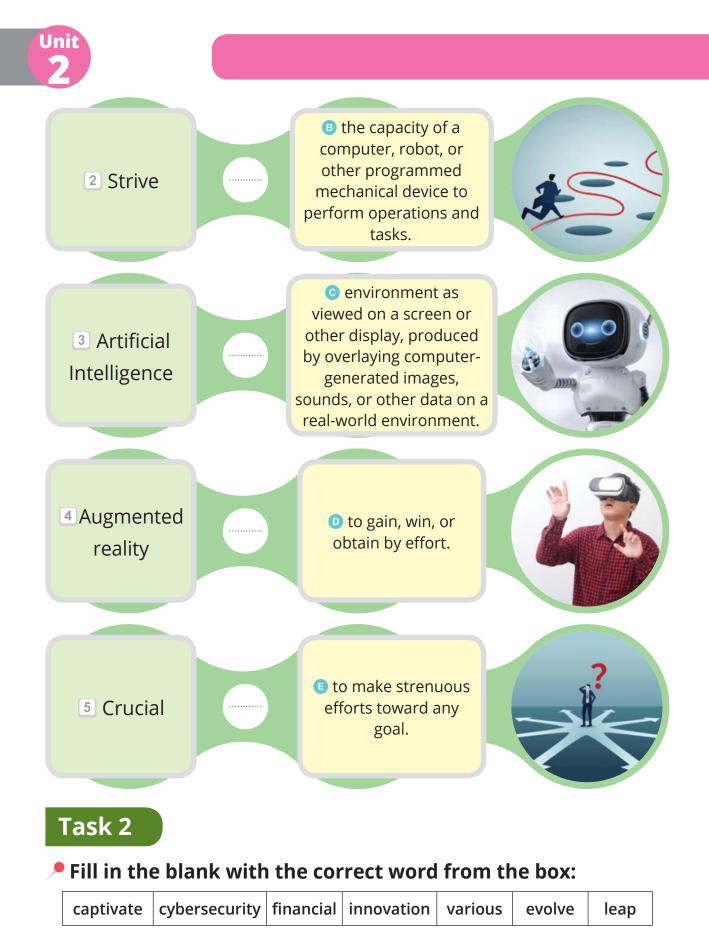
Get Ready

Task 1

Match the words in column "A" with their synonyms in column "B" using the pictures.



65



2 He took a flying at the wall but didn't get over it.



- 3 He has to _____ his style of writing to pass his exams.
- **4** The supermarket sells *articles at low prices.*
- 5 New devices her interest.
- 6 My father is an accountant, he runs operations.
- **7** The government encourages technological in industry.

Task 3Pre-listening Questions

- **1** What is the importance of technology in industry 4.0?
- *I*
- 2 How important is it to attain significant advancements in health care?
- Why do we need to conquer space?

Task 4

I can deduce the meaning of unfamiliar ideas in a listening text about modern technology.

- Choose the correct answer to complete the following sentences:
 - 1 Industry 4.0, is the (translation formation information transformation) of industrial activities
 - 2 Despite being constantly (revolving- evolving- solving- loving); we currently have 9 important pillars for the 4.0 industry.
 - 3 Advanced medical devices have made it (impossible- possiblefusible- forceable) to detect many diseases.





Deducing meaning in listening means employing various strategies and procedures to comprehend the intended meaning of spoken words,

phrases, and passages based on the surrounding context. You can utilize the following procedures when deducing meaning from context in listening to gain a comprehensive understanding:

- 1. Infer the meaning of unfamiliar words based on the context and surrounding information.
- 2. Listen for explanations or definitions provided within the audio or by the speaker.
- 3. Pay attention to intonation, emphasis, and pauses for additional cues.
- 4. Analyze the structure of sentences and the organization of ideas to grasp their relationships.
- 5. Use clues from the preceding and following sentences or statements to fill in any missing information.
- 6. Connect the spoken text to your prior knowledge or personal experiences.
- 7. Consider the speaker's tone of voice or the mood conveyed to interpret the meaning.
- 8. Listen for signal words or phrases that indicate transitions or connections between ideas.
- 9. If needed, replay or seek additional resources to enhance your understanding.

By applying these strategies, you can deduce meaning effectively while listening to spoken content.

- Technology (provides- archives- deprive- strives) to contribute to the development of instruments.
- **5** One small step for man, one giant (leap- lip- steep- lap) for mankind.
- 6 Thanks (for- in- at- to) huge leaps in technology, we can now go further into the galaxy.
- (Superficial- Social- Artificial- Professional) intelligence is already used in different space organisations.



Task 5

Match the words in column (A) with their definition in column (B).

	(A) Term		(B) Definition
1	Industrial revolution	 A	The act of replacing humans with machines when executing a sequence of activities
2	Cloud computing	 B	Precautions taken to guard against crime that involves the internet, especially unauthorized access to computer systems and data
3	Technological innovations	 С	Instruments that are used for discovering something
4	Supercomputing systems	 D	It is a medical imaging technique that uses a magnetic field and computer-generated radio waves to create detailed images of the organs and tissues in your body
5	Detectors	 E	The change from an agricultural and handicraft economy to one dominated by machine manufacturing
6	Magnetic resonance imaging	 F	It is a new or improved product or process whose technological characteristics are significantly different from before
7	Phenomena	 G	It enables customers to use applications via the internet without installing them
8	Cybersecurity	 H	Unusual things that happen or exist
9	Automated process		



Listen to Speak

I can speak with mates about modern technology and life aspects.

Task 6

Listen to the track again, then, in small groups of 4-5 pupils discuss and answer these questions:

- What is industry 4.0?
- Why is it important to use technology in health care?
- How is technology making space exploration a reality?
- What is the importance of artificial intelligence and its different uses?
- Each group will present their findings to the class.
- Write a short paragraph reflecting on what you learned about the different uses of technology.

Pronunciation

I can pronounce the triphthong /eɪ/ + /ə/ = /eɪə/ properly.

Triphthong /eɪ/ + /ə/ = [eɪə]

Task 7

Put together the words with the

same triphthong:

player	hour	layer
power	admire	tower
fire	mayor	hire
aນ + ອ:	•	•
aı + ə:	•	•
ei + 9:	•	• •
	power fire αυ + ə: αι + ə:	power admire fire mayor av + ə: ; aɪ + ə: ;



Triphthongs are three vowel sounds that occur consecutively and can be separated in different syllables. The words with triphthongs have a consonant written somewhere in the clustering. /eɪ + ə/ layer, mayor, player;



Task 8

Read the text and underline the words that contain a triphthong.

When I was a child, I wanted to be a lawyer, I could spend hours imagining myself as one. I admired those who believed in justice and helped the powerless. I saw trials like games, where both lawyers were the players and the final point was to win the case instead of reaching the highest tower. When I grew up, I studied in university and I was hired in a law firm. My dream finally came true!

Grammar File

I can use reported sentences accurately in writing.

Task 9

A Choose the correct answer to complete the following sentences:

- Aseel says that she (is coming here is coming there - was coming there - was coming here).
- 2 My brother said that he had gone to school (the day after- the previous day - the next day - the day).
- 3 He asked me what (I would do would I do - I will do - will I do) if I failed to get the job.



Reported Speech

We don't change tenses nor adverbs of time or place if:

- 1. the reporting verb is at present,
- Sama says" I like ice cream now."
- She says (that) she likes ice cream now.
- 2. it expresses a fact.
- The teacher said to his students "Salmon fish travel upstream every year."
- The teacher told his students (that) salmon fish travel upstream every year.
- 3. it is said a short time ago.
- Ali said a moment ago "I have done my homework."
- Ali said a moment ago "(that) he has done his homework."



- Ali said that he (had gone went would go will go) to school the year after.
- She said it (has already started had already started will start
 may start) raining when she got here.
- 6 He just told me that he (will would had was) be here by three o'clock at the latest.
- The teacher said that the earth (orbited orbits orbiting was orbiting) the sun.
- 8 Mum tells me that I (has had have had had) to take care of my belongings.
- Dad asked me if (had I done have I done I had done I have done) my homework the day before.
- **B** Find the mistakes in each of the following sentences, then write them correctly. (You can make more than one change.)
 - 1 The teacher said iron expanded when it is heated.
 - /
 - 2 Ali asked me if I am writing a letter then.
 - Observe the second s
 - The scientist said that elephants were hunted for their expensive ivory tusks.
 - Sama wondered if her friend would visit the museum the following day.



- ⁶ I asked my teacher that we had homework.
- Rana tells her colleagues that she might travel to Aswan next week.
- I told him that I had been to London the following year.

Language Functions

I can use alternative ways to express, accept, and refuse offers.

Task 10

In pairs, use the expressions in the top tip to offer help in

the mini dialogues below. Choose the appropriate expression for each situation.

- Your friend is carrying a lot of books.
- You: Can I help you with that?
- Friend: That's very kind of you, thank you.
- 2 Your brother has a lot of homework.
- You:
- Brother: No, thanks. I'm fine.
- Sour father wants to stay awake to do some work.
- You:
- Father: That's all right, thank you.
- 4 Your teacher is carrying a lot of teaching materials.



Offering Help

Here are some better phrases to offer help in English:

- Can I help you with that?
- Would you like?
- Can I get you?
- Can I offer you something to?
- How about something to?
- I could make
- If you'd like to use
- If you need to use
- Feel free to

Responding to offers

- That'd be great, thanks.
- That's very kind of you, thank you.
- That's all right, thank you.
- No thanks, I'm fine.
- No, I'm OK, thanks anyway.



- You:
- Teacher: No, I'm oK, thanks anyway.
- 5 Your mother has a large shopping list.
- You: Can I get you the groceries, Mum?
- Mother:

Task 11

- Write what you would say in each of the following situations:
 - You see an old man who wants to cross the road.
 - 2 Your sister is doing a lot of housework.
 - *Ø*
 - 3 Your uncle needs help pack his travelling bags.
 - *?*
 - Your classmate had difficulty doing a science project.
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 - 5 You met a blind man in the street.
 - 6 Your institute dean wants to plant trees around the fences.
 - Someone offered you help how to use the new monorail line.
 - /



Writing File

I can write a blog entry body about using technology in transport.

Task 12

Using the steps of writing a blog and the suggested outline, write a body blog entry about "using technology in transport."



The Blog Body

The body of the blog ought to include the following points:

- Topic sentence: A topic sentence is a sentence that expresses the main idea or point of a paragraph or section of a written work.
- Supporting evidence: Supporting evidence refers to factual information, data, examples, or other forms of proof that are used to strengthen or validate a claim, argument, or point of view.
- Examples: Examples are specific instances, situations, or illustrations that are used to clarify or demonstrate a concept, idea, or argument.
- Explanation: An explanation is a statement or set of statements that provide clarity, understanding, or reasoning about a particular subject or topic.
- Extra details: Extra details refer to additional information, facts, or supporting material that provide further depth, context, or elaboration on a topic or a point.

"Using technology in education"

Body:

Technology makes teaching and learning an enjoyable and attractive process. It motivates students to learn about difficult topics. It has a vital role during epidemics & crises. It helped students learn while at home. Technology has different tools such as search engines, desktops and laptops, smart phones and tablets, smart boards, modern educational instruments and itools.

- Topic sentence Supporting evidence
- Example
- Explanation
- Extra details

"Using Technology in Transport" Body:

Research Time

I can conduct research about using technology in building.

- Watch this video as a reference which will guide you to prepare your needed information.
- In small groups, look for more information about using technology in building.
 - Share your findings with your group and discuss what you learned.
 - Create an infographic summarizing the key points about the differences between modern and old buildings.
 - Present your research and findings to the class or a larger audience and encourage them to take action to protect the environment from the side effects of modern technology.

Modern Technology in Education

Lesson 3

ILOs By the end of the lesson, pupils should be able to:

- recognize the meaning of unfamiliar target words about educational technology using antonyms.
- ★ speak with mates about the pros and cons of using technology in education.
- ★ recognize the meaning of new idioms about technology.
- ★ identify the different uses of modal verbs in writing.
- ★ write a blog entry conclusion about using technology in transport.
- ★ write a full blog entry about using technology in space exploration.
- ★ carry out a project about a Quranic verse addressing the significance of modern technology.

<u>Target Vocabulary</u>

digitalization - consecutively - resistance - engagement efficiently - integration - enhance - management - collaboration - (vast pool) - modernize - fulfillment - insufficient

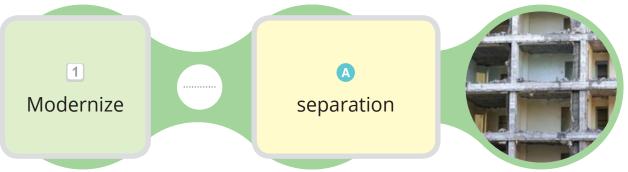
Get Ready

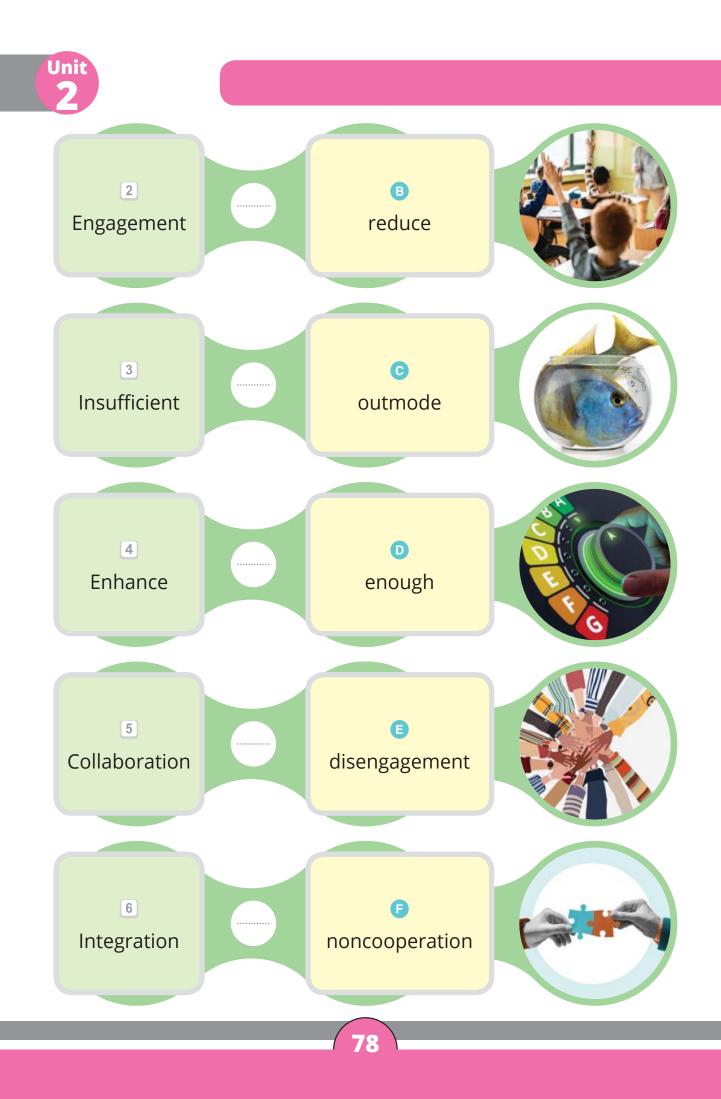
I can recognize the meaning of unfamiliar target words about educational technology using antonyms.

Task 1

Match the words in column "A" with their antonyms in column

"B" using the pictures.







Reading Focus

I can identify the meaning of unfamiliar target words about educational technology using context.

Task 2

Fill in the blank with the correct word from the box:

consecutively	modernize	spark	rates	fulfilment	digitalization						
1 is the use of digital technologies to change a business											
model.											
2 The president will the health services.											
	3 I wish I could witness the of your dreams.										
•	Some people prefer to read here and there in the book rather than read										
	untries suffe	r from h	igh hirth								
	works		0		nt						
			-	, ,							
Task 3	Task 3Pre-Reading Questions										
 The concept of E-learning improved the learning process. Explain. 											
process.	Explain.	arning ir	nproved	the learnin	g Di Maria Di						
process.	Explain.				g es in teaching						
process. 2 The use method	Explain. of technolog s. Illustrate.	gy broug	ht progre	essive chang							



Read the following passage, then answer the following questions:

Technology is transforming every field of life today including education. Thanks to digitalization, the concept of e-learning came up! It resulted in the use of desktops, laptops, smartphones, and software applications for teaching and learning outside the classrooms. This consecutively helped students to learn efficiently.

Concept of Educational Technology (Ed technology):

Educational technology means the unity of technologies such as computers, web and multimedia, digital boards, overhead projectors, and video integration.

I For Students:

The use of technology in education helped students to increase their engagement in learning. It connects them with teachers, increases communication, enhances group interactions, provides

students with access to a vast pool of information, prepares students for the workforce, and engages collaboration with teachers and educational institutes.



2 For Teachers:

Teachers can use different tools of educational technology to provide a learning experience to the students. They enable the teachers to engage with new methods of teaching that is attentiongrabbing for the students. Teachers derive many benefits from educational technology.



Isor Parents:

The use of technology in education boosts parents' confidence and helped them support their children better as they could set expectations for their students and track their children's activities. They could use technology to help their kids face struggles in education and overcome them.



🕘 In Classroom:

The incorporation of different technologies has helped classrooms to provide learning experiences. Technology has resulted in immersive and engaging learning with the use of videos, educational TV apps, web resources, and projectors. It enabled schools to engage in practical exercises that improved the cognitive skills and problemsolving techniques of students.

Educational Technology Challenges

Some of the challenges they mostly face while adopting educational technology are:

1 Resistance to change:

Manyteachers, parents, and educational institutes consider only real-time learning in classrooms to be effective.

2 Continuous upgrades



Technology needs to upgrade puts an additional burden on educational budget.

3 Resources or infrastructure support:

Schools, teachers, and students need to have internet support with higher bandwidth.



4 Insufficient technical skills:

Teachers and students must have the necessary skills to use the benefits of education technology.

Task 5Post-Reading Questions:

Answer the following questions:

- What is educational technology?
- /
- 2 What are the benefits of using educational technology for students?
- In what way does educational technology help parents?

P

- How can teachers and students overcome the challenges they are facing?
- Search online for other benefits of using technology in education for 21st century schools and educators.

Task 6

- Choose the correct answers to complete the following sentences:
 - Thanks to digitalization, the concept of (regular learning e-learning - school learning - home learning) came up!
 - 2 Educational technology (ceased eased hardened slowed) the life of both students and teachers.
 - 3 Educational technology enables teachers to (age engage percentage advantage) with new methods of teaching.



- ④ Teachers and students can now (experience experiment exercise exaggerate) a new phase of learning.
- Teachers and students must have the necessary (sells skills mills - hills) to use the benefits of education technology.

Task 7

P Tick (\checkmark) or (\bigotimes) in front of the following sentences:

1 Technology is transforming every field of life today as well as education.) (2 The use of technology in education helps students to decrease their engagement in learning. () 3 Educational technology meets the unique requirements of students with special abilities.) 4 Parents couldn't get help from available online resources and educational tools.) 5 Technology resulted in immersive and engaging learning with the use of videos. ()

Task 8Read to Speak

I can speak with mates about the pros and cons of using technology in education.

Look at the picture and in pairs discuss the following points:

- 1 In pairs, tell what you can see in the picture.
- What are the pros and cons of such a learning environment?
- 3 Discuss the educational technology challenges. Can't we overcome them?





Task 9 Idioms about Technology

I can recognize the meaning of new idioms about technology

	Idiom	Meaning				
0	(The) Die is cast	We cannot reverse the decision we have made.				
e.g. V	We've invested all this money	in the new factory, the die is cast.				
2	Chop chop	Quickly, without delay				
e.g. Come into the office and get the documents you need chop chop.						
3	Grease the wheels	to run smoothly				
e.g. They hoped that the tax cuts would grease the wheels of the economy.						
4	Hold the phone	Wait a moment				
e.g. My daughter was talking about all the trips she wanted to take, and I was like, hold the phone. Where are we going to get the money for this?						
6	Nuts and bolts	Everyday details of something				
e.g. If you want to know the nuts and bolts of setting up a business, you should ask an expert.						
6	Run into a buzz saw	Encounter severe and unexpected problems				
e.g.	The law ran into a buzz saw	of opposition from politicians after it was introduced.				
	sk 10					

Task 10

Fill in the blanks with the suitable idiom from task9:

- **1** When I asked Ali about the of his problem, he went away.
- 2 Once you have announced your resignation, the _____.
- 3 The new computer and needs to be fixed.
- Ocome on! we are late.
- 6 The government wished the new laws would quietly.



(chop)

Task 11

Rewrite using the words between brackets.

- Once we signed the contract and there was no turning back. (die)
- 2 Hurry up! We're going to be late for the concert.
- 3 Love may make the world go round, but money runs everything smoothly. (grease)
- 4 It may sound like a great offer, but wait a moment. (phone)
- When it came to the details of running a business, he was clearly unable to cope. (nuts)
- I have faced severe problems whenI suggested the new plan. (buzz)

Task 12 Grammar File

I can identify the different uses of modal verbs in writing.

- Choose the correct answer to complete the following sentences:
 - (May/ Should/ Could/ Must) I use your mobile to call my mother?
 - 2 You (should / must / could / may) not speak loudly in the hospital.
 - I (could / should / must / may) use a little help in packing all these clothes.
 - ④ Sir, (could / may / should / must) you repeat what you said?

Modal Forms We use modal verbs to express different meanings: 1. Certainty: Must/ Could/ May/ Might/ Couldn't/ Can't • He had an accident. He must have driven fast. 2. Possibility May / Might • It might rain today. 3. Ability Can • She can speak 2 languages. 4. Permission Can / Could • You may leave early today. 5. Request Would / Can / Could • You may leave early today. 5. Request Would / Can / Could • Would you get me a cup of tea? 6. Suggestion / advice Should • You should sleep early. 7. Obligation / necessity Must / Have To / Need • We have to wait for our teacher to arrive.	air a moment. (phone)
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 7. Obligation / necessity Must / Have To / Need • We have to wait for our teacher 	Should
• We have to wait for our teacher	
• We have to wait for our teacher	0



- 5 I (should / can / might / must) not be able to come tonight.
- 6 Sama (ought to / must / shall / might) study more if she wants to pass the test.
- (Might / Can / May / Should) you come to the club with me?
- 8 My mother (will / should / may / must) scold me if I don't go back on time.
- 9 We (ought to / could / shall / may) take care of our parents.
- ¹⁰ You (should / must / might / ought) be punctual.

Task 13

Fill in the spaces with the correct modal verb. Some verbs can be used more than once.

may	might	must	can	could	would	should
-----	-------	------	-----	-------	-------	--------

- 1 Children eat healthy diets.
- 2 you mind closing the door?
- 3 Technology improve our lives.
- 4 I speak English.
- 5 Ali looks happy. He have succeeded.
- 6 Sama ate a lot of sweets. She _____ be hungry.
- We go to the cinema tomorrow.
- 8 They come tomorrow. It's possible.
- 9 You be quiet at hospitals.

Task 14 Writing File

I can write a blog entry conclusion about using technology in transport.

Using the steps of writing a blog and the suggested outline, write a blog entry conclusion about "using technology in transport."



"Using Technology in Education" Conclusion:

Using technology in education has many promising results. It encourages students to engage more and prepares them to the future. It achieves the 2030 sustainable goals. Using technology in education has helped teachers motivate and engage their students in the learning environment. It enabled students to improve themselves and be active learners. To sum up, using technology in education has great effects on the future of next generations. We should enhance the use of modern technology in our daily life.

Summary of the key points

Final thought

Recommendation

The Blog Conclusion The blog conclusion ought to include the following points:

- Summarization of the key point: To summarize the key point means to provide a concise and condensed overview of the main idea or central message of a piece of information.
- Final thought: A final thought is a concluding statement or remark that is made at the end of a piece of writing.
- Call for action or recommendation: A call for action or recommendation is a statement or suggestion that urges or encourages individuals or groups to take specific steps or measures in response to a given situation or problem.

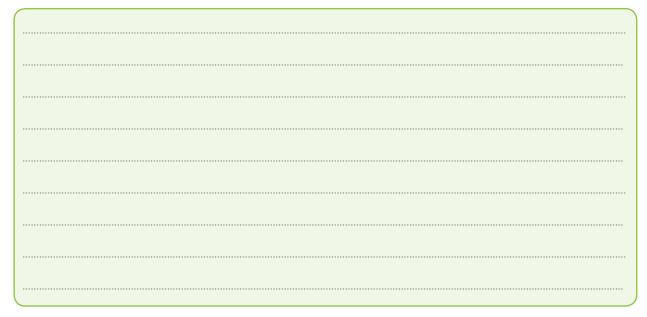
"Using Technology in Transport "
Conclusion:

Unit 2

Task 15 Blog Writing

I can write a full blog entry about using technology in generating energy.

Using the steps of writing a blog, write a blog entry about "using technology in generating energy":



Punctuation Marks

Task 16

• Use brackets in the correct places in the following sentences:

- The computer's Central Processing Unit CPU is responsible for executing instructions.
- 2 Global Positioning System GPS technology is widely used in navigation devices.
- Output: Secure 3 Hypertext Transfer Protocol Secure HTTPS is a secure communication protocol used on the internet.



Parentheses

The parentheses, also known as round brackets, are punctuation marks used to set off additional or explanatory information within a sentence. Parentheses can be used to include the full form or explanation of an acronym or abbreviation.

Example: The Internet of Things (IOT) is a concept that refers to the network of interconnected devices and objects that can communicate and exchange data.



- Artificial Intelligence AI is revolutionizing various industries, including healthcare and finance.
- Oniversal Serial Bus USB is a common interface for connecting peripherals to computers.
- O Virtual Private Network VPN allows secure remote access to private networks.
- Wireless Fidelity Wi-Fi enables wireless internet connectivity in homes, offices, and public spaces.

Project Time

l can carry out a project about a Quranic verse addressing the significance of modern technology.

In groups, read and interpret the provided Quranic verse related to space exploration and research the following topics to create a PowerPoint presentation depicting:

بَمَعْشَرَ ٱلجِنّ وَٱلْإِنسِ إِنِ ٱسْتَطَعْتُمُ أَن تَنفُذُواْ مِنْ أَقْطَارِ ٱلسَّمَوَتِ وَٱلأَرْضِ فَٱنفُذُواْ لَا تَنفُدُونَ إِلَّا بِسُلْطَنِ المَ

«O company of jinn and mankind, if you are able to pass beyond the regions of the heavens and the earth, then pass. You will not pass except by authority [from Allah]»

- The ability of travelling into space.
- What might be the power mentioned?
- What should we do to make use of such a verse?



Qura'n and Modern Science

The holy Qura'n mentioned some scientific achievements that weren't possible at the time of the Prophet such as the fact that man can conquer space.



Unit 3 **Time Management**



- **Reading:** Time Management.
 Writing: CM Management.
- **Writing:** C.V. Writing.
- **±** Listening: Organizing Your Time.
- **Speaking:** How to Manage Your Time.
- **+ Language:** Perfect Forms, Prepositional Phrase & Compound Adjectives.
- **+** Language Functions: Asking for Opinions.
- **+ Pronunciation:** Triphthong /auə/
- **+ Project:** Interpreting a Quranic Verse about the Significance of Time.
- *** Research:** How Successful People Manage Their Time.

Time Management

Lesson 1

Unit 3

ILOs By the end of the lesson, pupils should be able to:

- work out the meaning of unknown vocabulary about time management using word definition.
- ★ identify the details of an argument in a reading text about effective time management for high school students.
- ★ use the learnt words in a context accurately and meaningfully.
- ★ use e-dictionaries and digital resources to identify the noun plus verb collocation.
- ★ deliver a cohesive and informative group presentation based on the text.
- ★ use the perfect forms correctly in writing.
- ★ do research about "How successful people manage their time".
- ★ write your personal information part in your CV.

Target Vocabulary

allocate - urgency - manageable - consume - overwhelming - procrastination - distraction - workload - systematically incorporate - counterintuitive - last-minute rushes - eliminate

Pre-reading (Get Ready)

I can work out the meaning of unknown vocabulary about time management using word definition.

Task 1

Match the words in column (A) with their definitions in column (B).

	Word (A)		Definition (B)
1	Allocate	 A	The state of requiring immediate attention or action; importance
2	Manageable	 В	To assign or distribute resources, time, or tasks for a purpose



3	Overwhelming	 С	Overpowering or extremely intense, making it difficult to handle
4	Procrastination	 D	The act of delaying or putting off tasks or actions intentionally
5	Urgency	 E	Capable of being handled, controlled, or accomplished easily
6	To-do list	 F	To use up, absorb, or occupy the attention or time of someone
7	Distractions	 G	Things that divert attention or prevent concentration on a task
8	Consume	 H	To remove or get rid of something, especially a problem or task
9	Counterintuitive	 1	Things or tasks that are considered more important than others
10	Priorities	 J	A written or digital list of tasks or activities to be completed
1	Eliminate	 K	Contrary to what one would expect or seem to be logical

Task 2

I can identify the details of an argument in a reading text about effective time management for high school students.

Read the text, then answer the following questions:

1 The main argument of the text below is ...

- A Effective time management is a crucial skill for high school students to develop.
- **B** High school students have a lot of different tasks and responsibilities.
- **c** There are a variety of strategies that students can use to manage their time effectively.
- D All of the above.



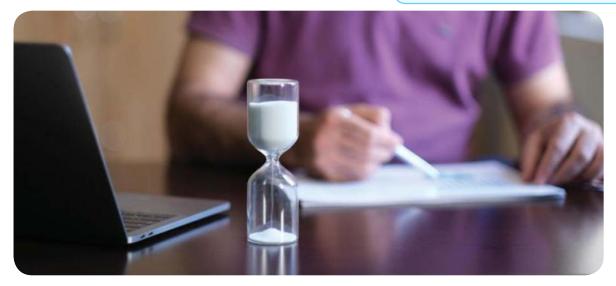
- Which of the following is a supporting detail for the main argument of the text?
 - A High school students have a lot of different tasks and responsibilities.
 - B Effective time management can help students focus on the most important tasks first and avoid feeling overwhelmed.
 - C There are a variety of strategies that students can use to manage their time effectively, such as setting priorities, creating schedules, eliminating distractions, and breaking down larger tasks into smaller, more manageable parts.
 - D All of the above.



Identifying Details of an Argument

Here are some specific things to look for when identifying the details of an argument:

- The main claim: What is the author's main point? What are they trying to persuade the reader to believe?
- Supporting claims: What evidence (e.g., facts, statistics, examples, or expert opinions) does the author provide to support their main claim?
- Counterarguments: Does the author address any counterarguments? If so, how do they refute them?
- Implications: What are the implications of the author's argument? What are the consequences of believing what the author is saying?
 By paying attention to these details, you can better understand the author's argument and how they are trying to persuade the reader.





- Which of the following is a counterargument that the author addresses?
 - A Some students may argue that they don't have enough time to manage their time effectively.
 - B Some students may argue that they don't need to learn how to manage their time because they are already good at it.
 - **C** Both A and B.
 - D Neither A nor B.
- What are the implications of the author's argument?
 - A High school students who learn how to manage their time effectively will be more likely to succeed academically.
 - **B** High school students who learn how to manage their time effectively will have a more balanced lifestyle.
 - **c** High school students who learn how to manage their time effectively will reduce stress levels.
 - D All of the above.

Read the following text, then answer the following questions: Effective Time Management for High School Students

Time management is a crucial skill that high school students need to develop in order to succeed academically and maintain a healthy work-life balance. By effectively managing their time, students can reduce stress, improve productivity, and achieve their goals. Here are some strategies to help high school students master the art of time management.





Firstly, setting priorities is essential for effective time management. Students should identify their most important tasks and allocate sufficient time to complete them. By creating a to-do list and organizing tasks based on their urgency and importance, students can ensure that they focus on the most critical assignments and projects first.



Another important aspect of time management is creating a schedule or timetable. High school students should allocate specific time slots for studying, completing assignments, participating in extracurricular activities, and spending time with family and friends. By following a schedule, students can avoid procrastination and make the most of their available time.

Furthermore, it is crucial for students to eliminate distractions while studying or working on assignments. Distractions such as social media, video games, or television can consume a significant amount of time and hinder productivity. High school students should consider turning off their phones or using apps that block distracting websites during study sessions. Creating a quiet and organized study environment can also help students stay focused and complete tasks efficiently.





In addition, effective time management involves breaking down larger tasks into smaller, more manageable parts. High school students often face complex assignments or projects that may seem overwhelming. By dividing these tasks into smaller steps and setting deadlines for each step, students can approach them systematically and avoid last-minute rushes.

Moreover, high school students should learn to manage their time during breaks or free periods at school. Instead of wasting these precious moments, students can use them to review notes, complete short assignments, or prepare for upcoming exams. By utilizing these pockets of time effectively, students can reduce their workload outside of school hours.



Lastly, it is important for high school students to take breaks and practise self-care. While it may seem counterintuitive, taking short breaks during study sessions can actually improve focus and productivity. Students should incorporate short breaks into their schedules and use them to relax, stretch, or engage in activities they enjoy. Additionally, getting enough sleep, eating nutritious meals, and exercising regularly are essential for maintaining energy levels and overall well-being.



In conclusion, effective time management is a skill that high school students must develop to succeed academically and maintain a balanced lifestyle. By setting priorities, creating schedules, eliminating distractions, breaking down tasks, utilizing free periods, and practising self-care, students can make the most of their time and achieve their goals. With dedication and consistent practice, high school students can become masters of time management and set themselves up for success in their academic and personal lives.

Post-reading Activities

Task 3

Answer the following questions:

- According to the text, what are the benefits of effective time management for high school students?
 - A Improved social life
 - B Higher grades and reduced stress
 - c Increased use of social media
 - D Better sleep patterns
- Which of the following is NOT mentioned as a strategy for effective time management?
 - A Utilizing free periods at school
 - B Breaking down larger tasks
 - c Ignoring breaks and focusing solely on work
 - D Setting priorities



Oreating a schedule is important for time management because

it

- A allows students to skip less important tasks.
- **B** helps in setting deadlines for assignments.
- c eliminates distractions while studying.
- **D** reduces the need for prioritization.
- Based on the text, what is the relationship between taking short breaks and productivity?
 - A Short breaks can hinder productivity.
 - B Short breaks are not necessary for high school students.
 - **C** Short breaks can improve focus and productivity.
 - D High school students should avoid taking breaks altogether.
- - A spending time with family and friends.
 - B reviewing notes or completing short assignments.
 - c engaging in social media activities.
 - **D** participating in extracurricular activities.
- Why is the practice of self-care mentioned as an essential aspect of effective time management?
 - A lt improves academic performance.
 - B It helps students maintain a balanced lifestyle.
 - **C** It reduces the need for breaks during study sessions.
 - **D** It eliminates distractions from social media.



- Very Evaluate the statement: "High school students should always follow their schedules without any flexibility."
 - A The statement is accurate and promotes productivity.
 - **B** The statement is inaccurate as schedules should allow for short breaks.
 - **c** The statement is irrelevant to effective time management.
 - The statement is contradictory and discourages self-care practices.
- Output does "procrastination" mean in the context of the text?
 - A Focusing on urgent tasks
 - B Avoiding distractions during study sessions
 - C Postponing or delaying tasks unnecessarily
 - D Utilizing free periods at school effectively

Vocabulary Focus:

I can use the learnt words in a context accurately and meaningfully.

Task 4

Fill in the blanks with the correct word from the box below:

manageable	overwhelming	distractions	allocate	priorities	to do list
procrastination	counterintuitive	eliminate	consume	urgency	

- **1** The project manager will _____ tasks to different team members based on their expertise.
- 2 The of submitting the report is high, so please complete it as soon as possible.
- 3 Breaking down complex projects into smaller milestones makes them more _____.

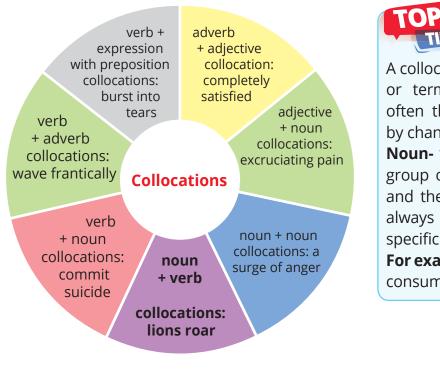


- Social media can a lot of our time if we're not careful with its usage.
- 5 The number of assignments and tasks can be _____, causing stress for students.
- 6 can lead to unnecessary delays in project completion.
- It's important to set clear to stay focused on important goals.
- 8 She jotted down all her errands on a to keep track of what was needed to be done.
- In order to increase productivity, it's essential to minimize during work hours.
- 10 By organizing her study space, she could distractions and concentrate better on her work.

Task 5 Dictionary Work

I can use e-dictionaries and digital resources to identify the noun plus verb collocation.

100





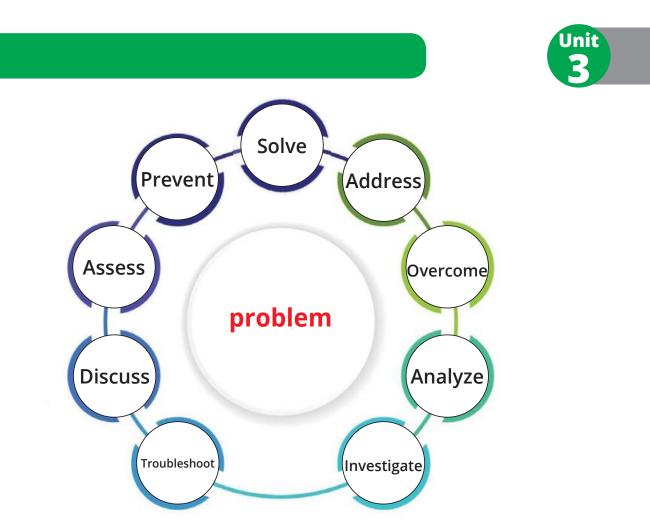
Remember!

A collocation is a series of words or terms that co-occur more often than would be expected by chance.

Noun- verb collocation: It is a group of two words (one noun and the other is verb) that are always put together to create a specific meaning.

For example: Time passes -Time consuming.





Complete the following sentences with the correct collocation:

	time fly	set	time waste	takes off	roars	time consume	sing
--	----------	-----	------------	-----------	-------	--------------	------

- 2 is used for saying that time seems to be passing very quickly.
- 4 People usually like to listen to the birds
- G causes someone to spend time doing something unnecessary.
- 6 It is very impressive to see the sun



Read to Speak

I can deliver a cohesive and informative group presentation based on the text.

Task 6

- Collaborate in your groups to engage in thoughtful discussions about the provided questions. Prepare to deliver a cohesive and informative group presentation based on your collective insights and conclusions.
 - Why is it important for high school students to set priorities?
 - 2 What are some strategies that high school students can use to eliminate distractions?
 - Output: Set the set of the set school effectively?
 - Why is it important for high school students to practise self-care?
 - What are some challenges that high school students may face when trying to manage their time effectively?

Grammar File

I can use the perfect forms correctly in writing.

Task 7

- P Choose the correct answer from a, b and c to complete each sentence: 1 He heard that his brother yet. B hadn't arrived c had arrived A arrived 2 I watched TV after I my homework. A had completed A completed A have completed 3 He before I reached his place. A left
 - c had left B have left

102



- 4 The children their homework by now.
 - A will finish
 - B will have finished
 - c will be finishing
- Many translators Shakespeare's plays into all languages nearly.
 - A have translated
 - B have been translated
 - c were being translated
- 6 By next week, she her research project.
 - A will finish
 - B will have finished
 - c will be finishing
- The team _____ their training sessions for the upcoming tournament.
 - A will complete
 - B will have completed
 - c will be completing
- 8 By the end of the month, he all his assignments.
 - A will finish
 - A will have finished
 - A will be finishing
- Integ their exams before the semester break.
 - A will complete
 - B will have completed
 - c will be completing



The Present Perfect Continuous is used to:

(a) Express an action that began in the past and has been in progress till the time of speaking.

• **Example:** We have been participating in the play for three years.

(b) Express an action that finished just a short while ago.

• **Example:** Sama has been watching TV. (She has stopped watching now).

The future perfect Tense

Use: The future perfect is a verb tense used for actions that will be completed before some other point in the future.

Form: positive: will+ have+ pp.

- Ex: I will have finished this book. Negative: You won't have studied the English tenses.
- Question: will she have cooked dinner?



Fill in the following blanks with the suitable form of the verbs given between brackets:

- 1 Where you your purse? (lose)
- 2 she not her work yet? (finish)
- 3 How many sums _____ she ____? (solve)
- When the old lady (return) to her flat, she saw, at once, that burglars (break) in during her absence.
- 5 He was an old man who _____ (fish) alone in a skiff, a small light boat, in the Gulf stream and he _____ (go) eighty-four days without taking the fish.
- 6 After he lunch, telephone rang. (had)
- Recently, I've been my wallet and keys. (misplace)
- I have been "War and Peace" for a month now. (read)

Task 9

- Complete the following sentence by using the appropriate verb form to make it a future perfect tense.
 - The pilot an airplane 20000 ft. above the surface level.
 (fly)

2 Why he his bike at the speed of 135mph?

(not/ drive)

- 3 She will _____ to Paris to meet her parents. (go)
- I have have to cut my hair into this kind of hairstyle.
 (decide)
- 5 They an award for the best dance performance. (receive)
- 6 The teacher _____ not ____ in their college premises. (look)



7 He _____ all the messages before his friend's arrival. (delete)
8 Before he enters the bedroom, the thief _____ from there. (escape)

Research Time

I can do research about "How successful people manage their time".

Task 10

- Watch this video as a reference which will guide you to prepare your needed information.
- In small groups, look for more information about the importance of managing time and how could we manage time perfectly.



- Share your findings with your group and discuss what you learned.
- Brainstorm some ways you can use to manage your time.
- Present your research findings to the class or a larger audience and encourage them to take action to manage their time properly.
- Create an infographic summarizing the key points about the importance of managing your time and how we could manage time.

Unit 3

Writing File

I can write the personal information part in my CV.

Task 11



• CV is an abbreviation for Curriculum Vitae. It is a short-written summary of a person's profile, education and skills.

- To write a good C.V you need to include more information about:
 - 1. Profile" personal information".
 - 2. Education" qualifications, interests and experiences."
 - 3. Personal skills and hobbies.
- In profile you need to write your contact information. Include your full name, telephone number and email address.

C.V writing:

- Write your CV profile "personal information".
- Use the sample CV profile below to help you write your own.

Profile: Name: Ahmed Ali Address:123 Example Road Bromley BR1 3SD Tel. 0123487695 Mobile: 0790 123456 Email: ahmedali@email.com

Time Management Significance



Unit 3

ILOs By the end of the lesson, pupils should be able to:

- recognize the meaning of unfamiliar target words about time management in a reading text using definitions.
- identify the details of an argument in a listening text about time management significance.
- identify the meaning of unknown words in a listening text about time management using context.
- ★ take part in a conversation about time management.
- ★ use the prepositional phrase in writing properly.
- pronounce the triphthong /avə/ correctly.
- write the second part of the CV including: educational qualifications, interests and experiences properly.
- ★ generate some critical responses about time management.

Target Vocabulary

effect - satisfaction - length - product - sense - tick off separation - short breaks - intensive - (to-do-list) - deserve -(time - management)

Listening Focus (Get Ready)

l can recognize the meaning of unfamiliar target words about time management in a reading text using definitions.

Task 1

Match the words in column (A) with their definitions in column (B):

	(A)			(B)		
1	To-do-list		A one's wishes, expectations, or needs, or pleasure derived from			
2	Satisfaction(n)		B	mark an item in a list with a tick to show that it has been dealt with		



3	Tick off (phrasal verb)	 С	concentrated on a single subject or into a short time
4	Intensive(adj)	 D	a list of things that one wants to get done or that need to get done
5	Effect(n)	 E	do something or have or show qualities worthy of a reaction
6	Deserve(v)	 F	a change which is a result or consequence of an action or other cause

Fill in the gaps with the correct form of the word in brackets.

- 1 It is important to find the most way of working. (effect)
- 2 We can be more _____ if we work together as a team.(product)
- 3 Do you think that this is a idea? (sense)
- I keep all my notes in _____ folders.
 (separation)
- 5 You can use a to help you cook the perfect boiled egg. (time)
- 6 You will feel really when you finish. (satisfaction)
- It isn't a very time to wait.
 (length)
- The Pomodoro Technique is a system to help you ______ your time.
 (management)



Pre-listening questions

I can identify the details of an argument in a listening text about time management significance.

Task 3

Answer the following questions:

- 1 List the benefits of managing time for yourself and the society around you.
- */*
- 2 Log onto the internet and identify the Pomodoro Technique benefits in managing time.

Post Listening Questions

Task 4

 Unit Task 5 Identifying the details of an argument in a Answer the following questions: listening text, then consider the 1 What does the Pomodoro following: • What evidence is given? Technique mean? What conclusions are made? • What assumptions (likely not stated) are made? 2 Did you try this technique before? What ramifications (perhaps not stated) would necessarily follow from the speaker's argument? 3 How do we start studying using Pomodoro technique?



Task 6

I can identify the meaning of unknown words in a listening text about time management using context.

Fill the gaps with the correct word from the box.

	five	breaks	task	timer	time	item	productivity	list	
	The Pomodoro Technique is designed to help people work								
eff	ectively	/ and av	oidwas	sting		thelps	you to get the	emaximu	JM
		in the t	time yo	u have	. First	you ha	ve to break	down ea	ich
		into ste	eps. Th	en you	use a		to organize	e your tir	ne
int	o inten	sive wo	ork and		You	write a	list of thing	s you ne	ed
to	do, set	the tim	ner to t	wenty-1	five mir	nutes ar	nd start worl	king on t	he
firs	st	on	your l	ist. Wh	en the	timer g	goes off, you	stop wo	ork
for	-	min	utes. Tl	nen you	l repea	t these	steps four or	five tim	es,
tic	ticking items off your as you finish them. After a few short								
bre	eaks, yo	ou can t	ake a lo	onger b	oreak.				



Listen to Speak

I can take part in a conversation about time management.

Task 7

Listen to the track again, then, in small groups of 4-5 students, discuss and answer these questions:

- What is the Pomodoro Technique?
- Why is it important to manage your time properly?
- How has human progress can be affected by the time management?
- What actions can we take to manage our time and life?

Each group will present their findings to the class, then write a short paragraph reflecting on what they learned about the Pomodoro Technique.

Grammar File: Prepositional Phrase

I can use the prepositional phrase in writing properly.

Task 8



A prepositional phrase is "a phrase that begins with a preposition and ends in a noun, pronoun, or noun phrase."

Use:

Prepositional phrases can come at the beginning of the sentence

- Ex: After trying multiple times, Sama finally cleared the equation.
- Prepositional phrases can come in the middle of the sentence

• Ex: The girl in the second row is the one who has recently joined. Prepositional phrases can come in the end of the sentence

• Ex: The box was kept under the table.

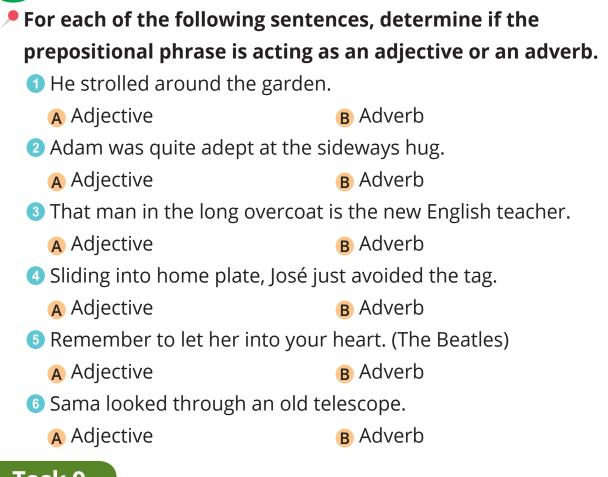
An adjectival phrase begins with a preposition, acts as an adjective, and answers the question (which one).

Ex: The car that sped down the street was cherry red.

While an adverbial phrase begins with a preposition, acts as an adverb, and answers the question how, when, where, or why.

Ex: The car with the loud engine is cherry red.





Identify the prepositional phrases in the following sentences and mention if they are adjectival phrases or adverbial phrases.

	Sentence	Prepositional Phrase	Phrase Type
1	He gave up without trying.		
2	The boy in the white t-shirt is my cousin.		
3	The little girl jumped with excitement when she saw the new bicycle her father bought her.		





4	The book in the last shelf is the one I read last week.	
5	At the end of the event, Mrs. Maha thanked everyone for making time and being there.	
6	The apartment on the left has just been vacated.	
7	During the pandemic, many people lost their jobs.	
8	The seat near the window is mine.	

Pronunciation Focus: Triphthong

I can use the prepositional phrase in writing properly.

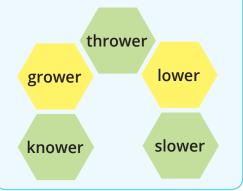
Task 10

- Read the following sentences, then underline the word which has the triphthong /əʊə/:
 - Who was the thrower of the ball?
 - 2 I found the book on the lower shelf.
 - 3 The widower is the lady whose husband is dead.
 - Our participant was slower than their one.
 - 5 He used to cut grass with a mower.



Triphthong

- It is a complex vowel sound involving three vowel sounds together in one syllable.
- Triphthongs are a combination of a diphthong + the schwa/a/
- for example **eu** +schwa= **əuə** e.g.: 'lower'





Writing File

I can write the second part of the CV including: educational qualifications, interests and experiences properly.

Task 11

Writing CV

- Write your second part of the CV including educational qualifications, interests and experiences.
- Use the following sample below to help you write your own.

Education: From 2020 to recent time Preparatory stage at Al Manara International School. **August 2021** I attended a computer programming course at ICT Academy.

From 2015 to 2019

Primary stage at Al-Manara International School.

• To write about your education you need to list and date the most important qualifications you have obtained, starting with the most recent.

• You can also include any professional qualifications you have.





Critical Thinking

I can generate some critical responses about time management.

- Here you will find some situations, you are asked to respond to them personally. What would you do if
 - Your best friend asked you to accompany him to an important event while you have to submit your assignment on the deadline?
 - 2 Your father asked you to help him fix his car while you have to go for your niece's birthday party?
 - 3 You have to attend an important school event with your friends while you need to have time to look after your physical and mental health?



Lesson 3 Mastering Time Management

ILOs By the end of the lesson, pupils should be able to:

- ★ identify the meaning of unknown words using definitions.
- identify the meaning of unfamiliar target words about time management mastery using context.
- ★ take part in a conversation about time management mastery.
- ★ use compound adjectives correctly in writing.
- ★ ask for opinions in an appropriate way in speaking.
- ★ recognize the meaning of some idioms about time management.
- ★ write the third part of the CV including: personal skills, hobbies and future plans properly.
- ★ write a full CV for a relative or a close friend properly.
- ★ interpret a Quranic verse about the significance of time.

Target Vocabulary

responsibilities - juggle - schedule - extracurricular procrastination - priorities - assignments - socializing overwhelming - chunks - burnout - timewaster.

Reading Focus (Get Ready)

I can identify the meaning of unknown words using definitions.

Task 1

Unit

Match the words in column (A) with their definitions in column (B):

	(A)	(B)	
1	Extracurricular(adj)	 A	A plan for carrying out a process or procedure, giving lists of intended events and times
2	Overwhelming(adj)	 B	Participating in social activities; mix socially with others
3	Time-waster(n)	 С	An activity at a school or college



4	Schedule(n)	 D	A task or piece of work allocated to someone as part of a job or course of study
5	Assignments(n)	 E Very great in amount	
6	Socializing(n)	 F	The action of delaying or postponing something
7	Procrastination(n)	 G	Someone who causes another person to waste time doing something that does not achieve any good result

......

I can identify the meaning of unfamiliar target words about time management mastery using context.

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

prioritize	deadline	juggle	obstacle	
distracted	manageable	burnout	chunks	

1 suffered from a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress, I really

- 2 She somehow manages to many tasks at once.
- OPPOCTASTINATION IS A big in front of your success.
- 4 You need to ______ your tasks and treat them as being very or most important.



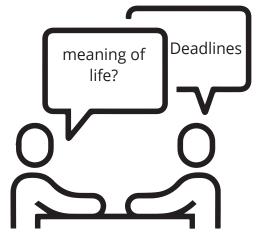
Pre-reading Question

I can identify the meaning of unknown words using definitions.

Task 3

Look at the picture, then with your partner discuss the following points:

 Define your current uses of time in daily life (early bird- night owl- the balancing act).



- Explore time management strategies to add time for school success activities.
- Identify procrastination behaviours and strategies to avoid them.

Task 4

Read the following text, then answer the following questions:

Time Management: Tips for Getting More Done

Time management is a skill that everyone needs to master. It is especially important for students, as they often have a lot of responsibilities to juggle, from schoolwork to extracurricular activities. Here are some tips for managing your time effectively and getting more done:





- Make a schedule: Create a schedule for your day, week, or month, depending on how far ahead you like to plan. Include all the tasks you need to complete, such as homework assignments, studying for tests, and attending after-school activities. Be sure to also include time for relaxation and socializing.
- Prioritize your tasks: Once you have a schedule, prioritize your tasks based on their importance and deadline. Focus on completing the most important tasks first, and then move on to the less important ones.
- 3 Avoid procrastination: Procrastination can be a major obstacle to effective time management. Try to tackle your most challenging tasks first thing in the morning when you're the most alert and focused.



④ Break tasks into smaller chunks: Large tasks can be overwhelming, so break them down into smaller, more manageable chunks. This will help you stay motivated and make progress toward your goals.



- ⁵ Use a timer: If you find yourself getting distracted easily, try using a timer to help you stay focused. Set a timer for a specific amount of time, such as 30 minutes, and work on a task until the timer goes off.
- ⁶ Take breaks: Taking breaks is important for maintaining focus and preventing burnout. After working on a task for a set amount of time, take a short break to recharge before moving on to the next task.
- Pliminate distractions: Distractions can be a major time-waster.
 Try to eliminate as many distractions as possible, such as turning off your phone or working in a quiet space.



By following these tips, you can manage your time more effectively and get more done each day. Remember, time is a precious resource, so use it wisely!





(_____)

(____)

Post-reading Questions

Task 5

Write (T) true and (F) for false:

1 Time management is a skill that only students need to master.

Orioritizing tasks based on importance and deadline is an effective time management strategy.

- 5 Breaking down large tasks into smaller chunks helps in staying motivated and making progress.
- 6 Using a timer can help in staying focused and avoiding distractions.
 (......)
- Taking breaks is not necessary for maintaining focus and preventing burnout.
- 9 Following the provided tips guarantees efficient time management.
- Time should be utilized wisely as it is a valuable resource.(_____)

Task 6Respond to these situations

① Do I really need to create a study schedule? I can honestly keep track of all of this in my head.

2 Realistically, how much time should I spend studying for class?



- I am beginning to think that scheduling and time management are good ideas, but on the other hand they seem unrealistic. What is wrong with cramming (studying immediately before the exam? It is what I will probably end up doing anyway.
- 4 My life and school requirements change on a week-to-week basis. How can I possibly account for this when making a schedule?

Read to Speak

I can take part in a conversation about time management mastery.

Task 7

- Read the previous text again, then discuss the following questions with your partner:
 - What excuses do you use when you are late?
 - 2 Are you good at organizing time? How?
 - Oo you think planning is important for time management? Why?
 - O you think children should learn to manage time?
 - 6 Can you sum up the important tips you got from the previous text?

Grammar File

I can use compound adjectives correctly in writing.

The Compound Adjectives



• A compound adjective is a combination of two or more words which can perform the role of an adjective in a sentence.

- A compound adjective is formed by adding a noun, a present participle, or a past participle to the adjective.
- For example: (Short-term) (Open-minded) (Ice-cold).



Complete the following sentences using the appropriate compound adjectives from the box:

- 1 The criminal was caught He was seen stealing the young lady's handbag.
- People should be tolerant towards other cultures. They should be _____.
- 3 Sarah couldn't answer the teacher's question because she was
- 4 Don't expect him to invite you for dinner. He is _____.
- **5** To be a translator, you need to be _____ about linguistics.

Task 9

Match the following compound adjectives with their suitable meaning:

C	Compound adjectives			Meaning
1	well-earned		A	deserved
2	self-reliant		B	eternal
3	narrow-minded		С	inflexible
4	ever-lasting		D	depressed
5	heart-broken		E	independent





Language Function

I can ask for opinions in an appropriate way in speaking.

Asking for Opinions:

- A: What do you think about this problem?
- B: I think we need to find a solution to it.
- A: Do you have any thoughts on that?
- B: Not too much.
- A: How do you feel about that?
- **B:** I feel it will be funny.
- A: What is your opinion on...?
- **B:** I believe it is right.

TOP

Asking for Opinions

Sometimes you need to ask for someone's opinions about something. You can use some common phrases and expressions for asking for opinions as below:

- What do you think about....?
- Do you have any thoughts on.....?
- How do you feel about....?
- What is your opinion on.....?

Task 10

- Mention what you would say in each of the following situations:
 - You want to ask your boss about his/her opinion on the new project proposal.
 - 2 You want to ask your teacher about his/her opinion on the essay you wrote.
 - /
 - 3 You want to ask your colleague about his/her opinion on the latest company policy.
 - You want to ask your partner about his/her opinion on the restaurant you want to try for dinner.



- 5 You want to ask your neighbor about his/her opinion on the upcoming local elections.
- 6 You want to ask your coach about his/her opinion on your

performance during the game.

- You want to ask your doctor about his/her opinion on your recent health test results.
- 8 You want to ask your mentor about his/her opinion on the career path you should pursue.

Task 11 Idioms File

I can recognize the meaning of some idioms about time management.

Idioms about Time

	Idiom	Meaning		
0	Beat the clock	To finish something just before the deadline		
e.g. S	e.g. She managed to beat the clock and submit her report.			
2	Time flies	Time passes quickly		
e.g. l	t feels like yesterday, but t	ime flies.		
3	In the nick of time	Just in time; at the last possible moment		
e.g. ł	e.g. He arrived at the meeting in the nick of time.			
4	Time is money	Time is valuable and should be used effectively		
e.g. \	e.g. We need to work efficiently as time is money.			

Jnit					
3					
6	Run out of time	To have no more time left to complete a task or activity			
e.g. I	ran out of time and could	n't finish the project.			
6	Crunch time	A period when there is a lot of pressure and limited time			
e.g. l	t's crunch time, so we need	d to work quickly.			
0	Steal someone's time	To waste or take away someone's time without permission			
e.g. F	Please don't steal my time	with unnecessary tasks.			
8	Kill time	To do something unproductive or time-wasting			
e.g. l	played games on my phor	ne to kill time at the airport.			
9	Make up for lost time	To work or act quickly to compensate for time that was wasted or lost			
e.g. \	e.g. We need to make up for lost time and finish the project as soon as possible.				
1	Time is of the essence	Time is critical or crucial			
e.g. ł	Hurry up, time is of the ess	ence in this situation.			

Choose the correct idiom about time management to complete each sentence.

steal someone's time	beat the clock	time is money	kill time
make up for lost time	crunch time	ran out of time	
time is of the essence	time flies	in the nick of time	

- I need to ______ if I want to finish this project before the deadline.
- 2 She couldn't believe how quickly ______ since she started her new job.



- In our business, we understand that, so we strive to work efficiently.
- 5 The team had to deliver the presentation, but they and couldn't complete it.
- 6 With the deadline approaching, it's for the team to finish the project on time.
- Please respect my time and don't with unnecessary meetings.
- 8 While waiting for the bus, I decided to by reading a book.
- We wasted a lot of time in the beginning, but now we need to and meet the deadline.
- In emergency situations, _____ because every second counts.

Task 13 Writing File

I can write the third part of the CV including: personal skills, hobbies and future plans. Properly.

Writing CV

- Write your CV personal skills and hobbies.
- Use the sample CV personal skills, hobbies and future plans below to help you write your own.



To write about your personal skills you need

to include the language you speak, the computer programs you can use well, the class type of your driving license and any other professional skills you might have that are relevant to any job you are applying for. Then to add sentences about your hobbies, such as playing football. Then to end your writing with your future plans.



"CV"

Personal Skills and Hobbies:

Personal skills:

I am a very keen and enthusiastic Year 9 student. I enjoy working with others and am developing leadership skills.

Professional skills:

I have very good IT skills and am beginning to design my own websites. I am very well organized and have an excellent record of punctuality and attendance.

• Hobbies:

I particularly enjoy sport and I am involved in teams both in and outside of school. Through my football experience I believe I am a good team member.

• Future plans:

In the future I intend to study A-levels and then hopefully go to university. I am currently looking for a work experience working in a sporting / fitness environment.

"CV" Skills and Hobbies





Writing Task

I can write a full CV for a relative or a close friend properly.

Now, with the help of the previous CV samples, write a complete CV about father and mother:

"CV"					



Punctuation Marks

Ellipsis Mark An ellipsis (...) consists of three evenly spaced periods and is used to indicate the omission of words or suggest an incomplete thought. **For example:** Finally, after waiting for a long period of time, I got my certificate. **With ellipsis:** Finally ... I got my certificate.

Change the following sentences using ellipsis marks:

- I stopped believing in actors when my mother took me to see them in the theatre and they were telling lies.
- 1 Hope is being able to see that there is light despite having all of the darkness.



Project Time

I can interpret a Quranic verse about the significance of time.

Interpreting a Quranic verse about the significance of time:



«And spend [in the way of Allah] from what We have provided you before death approaches one of you and he says, "My Lord, if only You would delay me for a brief term so I would give charity and be among the righteous."»

In groups, read and interpret the provided Quranic verse related to the significance of time management and research the following topics to create an infographic depicting:

- The significance of time management.
- How we organize our time perfectly.
- The causes of wasting time.
- Propose some creative solutions to avoid procrastination.



Unit 4 Human Brain



- 🛧 Reading: Human Brain
- **Writing:** Diary Writing
- **Listening:** A Sound Mind in a Sound Body
- **Speaking:** How to Enhance Mind Abilities
- **+ Language:** Simple Forms Countable & Uncountable Nouns
- **+ Language Functions:** Opening Conversations
- **+ Pronunciation:** The Triphthong /αυə/
- + Critical Thinking: Right and Left Brain
- **+ Research:** The Right and Left Brain
- **Project:** The Brain in the Holy Quran



Lesson 1

ILOs By the end of the lesson, pupils should be able to:

- ★ work out the meaning of new vocabulary using synonyms and antonyms.
- \star read a text for details about the human brain.
- ★ make an infographic about the structure of the brain using textual clues.
- ★ identify the features of effectively summarizing long texts.
- ★ identify how word families are formed.
- ★ create word families using digital resources.
- ★ recognize the uses of analogies in language production.
- \star use analogies following a given model in presentations.
- ★ utilize adverb plus adjective collocations accurately in writing.
- ★ use the simple tenses accurately in writing.
- ★ do research about the right and left brain.
- + write a diary introduction about a day at my grandfather's farm.

Pre-reading (Get Ready)

I can work out the meaning of new vocabulary using synonyms or antonyms.

Task 1

Work in pairs or in small groups to complete the table with its synonym or antonym, then use it in a sentence of your own.

Word	Synonym/ closest meaning	Antonym/ Opposite	Word in context
Brain			
Protected			
Neurons	nerve cells		The brain is made up of billions of nerve cells called neurons
Researchers			
Abilities			
Complex			
Together			
Frontal			



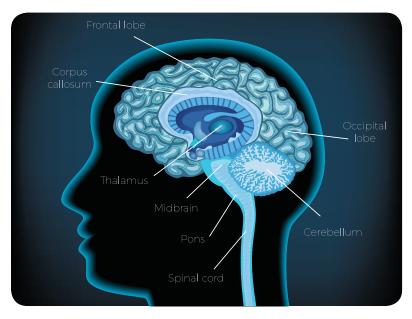


I can read a text for details about the human brain.

Read the following passage and answer the questions:

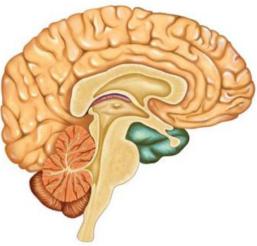
The human brain is an incredible organ that controls everything we do. It is the command center of our body, responsible for our thoughts, emotions, and actions. Without our brain, we won't be able to think, feel, or move.

The brain is made up of billions of nerve cells called neurons. These neurons communicate with each other through electrical signals and chemical messengers called neurotransmitters. This communication allows different parts of the brain to work together and carry out complex tasks.



One of the most fascinating things about the brain is its ability to change and adapt. This is known as neuroplasticity. When we learn something new, like riding a bike or playing a musical instrument, our brain forms new connections between neurons. These connections become stronger with practice, making it easier for us to perform the task. Unit

The brain is divided into different regions, each with its own specific functions. The frontal lobe, located at the front of the brain, is responsible for decision-making, problem-solving, and controlling our emotions. The parietal lobe, located at the top of the brain, helps us process sensory information like touch and temperature. The occipital lobe, at the back of the brain, is responsible for vision, while the temporal lobe,



on the sides of the brain, helps us process sound and language.

In addition to these lobes, the brain also has a structure called the hippocampus, which is vital for memory formation and learning. When we remember something, the hippocampus retrieves information from different parts of the brain and brings it together.

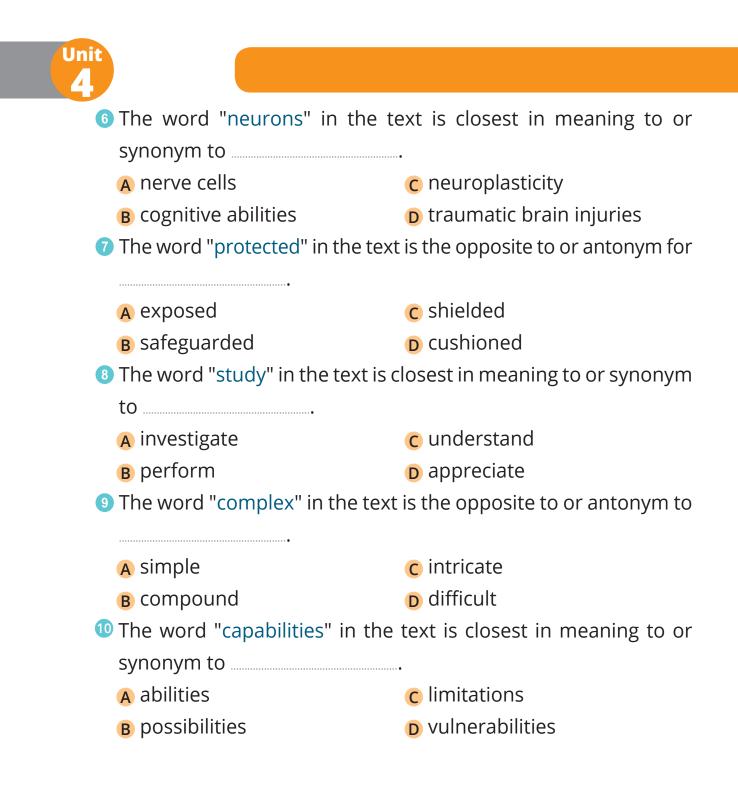
The brain is protected by a bony structure called the skull, which acts as a shield. It is also surrounded by a protective layer called the meninges and cushioned by cerebrospinal fluid. Despite these protections, the brain is still vulnerable to injury. Traumatic brain injuries, such as concussions, can have long-lasting effects on a person's cognitive abilities and behavior.

Understanding the human brain is a complex and ongoing field of study. Scientists and researchers continue to explore its mysteries, hoping to unlock the secrets of how it works and find new treatments for brain-related disorders. As we learn more about the brain, we gain a deeper appreciation for its incredible capabilities and the importance of taking care of this remarkable organ.



Choose the correct response to answer the following questions:

- What is the function of the frontal lobe?
 - A Controlling emotions
 - B Processing sensory information
 - C Helping with decision-making
 - D Assisting with memory formation
- 2 The term "neuroplasticity" refers to?
 - A The ability of the brain to change and adapt
 - B The process of forming new connections between neurons
 - C The retrieval of information by the hippocampus
 - D The communication between different lobes of the brain
- 3 The brain protects itself from injury by
 - A forming new connections between neurons.
 - B producing chemical messengers called neurotransmitters.
 - c being surrounded by the skull and cushioned by cerebrospinal fluid.
 - D engaging in complex tasks that strengthen its capabilities.
- Our of study because ______
 - A scientists and researchers hope to unlock its secrets.
 - B it controls all thoughts, emotions, and actions.
 - **c** the brain's capabilities continue to evolve over time.
 - D brain-related disorders require ongoing research and treatment.
- In your opinion, why is the hippocampus described as vital for memory formation and learning?
 - A Because it helps in processing sensory information
 - B Because it enables decision-making and problem-solving
 - C Because it retrieves and consolidates information in the brain
 - D Because it protects the brain from traumatic injuries





I can make an infographic about the structure of the brain using textual clues.

Read the Text again and Complete the Following Infographic:

Organ / Part	Function / Responsibility	Place / Location
	It is responsible for decision-making, problem- solving, and controlling our emotions	
		Тор
Occipital lobe		
		Side of the brain



Summarizing Strategy

Task 4

I can identify the features of effectively summarizing long texts.



Making a Summary Firstly, Work out What is Relevant

A clear, accurate summary only gives the vital information from a text. Any extra, irrelevant details are left out. Summarizing will improve your quick reading skills – so learn how to do it.

- 1. You can't summarize if you haven't read the text carefully.
- 2. Start by scanning the text, then read it closely.
- 3. Once you understand the whole text, go through it again slowly, work out what's relevant, and which details can be left out.
- 4. Write only the number of words you are allowed no more.
- 5. See what the title is, and look for any extra information on the paper which could be relevant, like the author's name.
- 6. Decide what the main theme of the text is.
- Using the opposite top tips, we can summarize the text above in no more than 50 words as follows:
 - The human brain controls everything we do and is responsible for our thoughts, emotions, and actions.
 - It is made up of billions of neurons that communicate through electrical signals and neurotransmitters.
 - The brain can change and adapt through neuroplasticity, forming new connections and becoming stronger with practice.



Task 5 Word Building Skills: Word Family

I can identify how word families are formed.

Verbs	Nouns	adjectives	Adverbs
Act	Action- inaction	Active	Actively
react	Actor	inactive	interactively
interact	Actress	Actionable	actually
overact	Activity	Interactive	
Activate	Activation	proactive	
Deactivate	Activator	Acted	
transact	Inactivity	Acting	
	Interaction	Actual	
	Reaction		
	Overacting		
	Transaction		

Words often come in families. The term "word family" refers to a group of words that are derived from the same base word. These words often have related meanings. You can expand your vocabulary by becoming



Words often come in families. The term "word family" refers to a group of words that are derived from the same base word or root word. These words share a common origin and often have related meanings. You can expand your vocabulary by becoming familiar with these word families and this can also enable you to become a more fluent speaker and writer of English. If you know all the possible words within a word family, you can express yourself in a wider range of ways. For example, if you know the verb and the noun forms related to the adjective boring, you can say:

- That class was really boring.
- I was really bored in that class.
- That class was a real bore.

familiar with these word families. If you know all the possible words within a word family, you can express yourself in a wider range of ways. For example, if you know the verb and the noun forms related to the adjective boring, you can say:



- That class was really boring.
- I was really bored in that class.
- That class was a real bore.

Word families are formed by adding affixes; prefixes or suffixes, or by making changes to the base word itself.

Task 6 **Practice**

I can create word families using digital resources.

Create as many new words as possible from the following words by adding affixes – prefixes or suffixes to the base words. You might use the dictionary, if needed.

Verb	Noun	Adjective	Adverb
Communicate			
Adapt			
		Incredible	
	Emotion		
		Protective	

Task 7Read to Speak: The use of analogies

l can recognize the uses of analogies in language production.

An analogy is a comparison that highlights similarities between two different things. You need to learn how to use analogies in speaking so as to sound more authentic.

There are many analogies used with the word brain. Below is a number of analogies used in such a context. In your group, select



one of these analogies and brainstorm how the selected component works. In doing so, think about the function and process.

- The brain is like a powerful supercomputer, processing and storing vast amounts of information."
- 2 "The brain is like a library, filled with countless books of knowledge and memories waiting to be accessed."
- ③ "The brain is like a conductor leading an orchestra, coordinating the different sections to create harmonious thoughts and actions."
- Interim etail and the second secon
- The brain is like a radar system, constantly scanning the environment for incoming information and processing it for our understanding."

Task 8

Component	Group 1: Supercomputer Memory Group Representative	Group 2: Brain Group Representative
Processor		
Memory	Good morning/afternoon, everyone! Today, our group will be discussing the role of memory in a powerful supercomputer and how it contributes to its overall function.	Good morning/afternoon, everyone! Today, we have the privilege of delving into the pivotal role of human memory.



In a supercomputer, memory plays a critical role in storing and retrieving vast amounts of data and instructions. It acts as a temporary workspace where the processor can access information quickly.	Similarly, the brain also has a memory function. It stores and retrieves vast amounts of information, enabling us to remember and recall various experiences, knowledge, and skills.	
Just like the brain's memory function, the memory in a supercomputer is responsible for holding and organizing data. It enables the processor to perform complex computations and execute tasks efficiently.	The brain's memory formation and retrieval involve complex processes. When we learn something new or experience an event, the brain encodes the information by creating neural connections and pathways.	
Supercomputer memory is designed to be fast and highly scalable. It can handle massive amounts of data simultaneously, allowing for parallel processing and efficient information retrieval.	The brain has different types of memory, such as short-term memory and long-term memory.	
There are different types of memory in a supercomputer. One such type is the cache memory, which is located closest to the processor. It stores frequently accessed data to speed up the computational process.	Within the brain's memory function, there are different types of memory. For instance, we have short-term memory, which temporarily holds information for immediate use. We also have long-term memory, where information is stored for a more extended period.	
Another type is the Random Access Memory (RAM), which provides temporary storage for data and instructions that the processor needs to access quickly. RAM allows for fast read and write operations, making it crucial for real-time processing.	The brain's memory function is to encode, store, and retrieve information through neural connections and pathways.	



Supercomputers also utilize long-term storage devices, such as hard disk drives (HDDs) or solid-state drives (SSDs), to store vast amounts of data that are not immediately needed. These devices have larger capacities, but slower access speeds compared to cache or RAM.	To illustrate, when we see a face, the brain encodes the information and stores it in memory. Later, when we encounter the same face again, the brain retrieves the stored information, allowing us to recognize the person.
The memory hierarchy in a supercomputer, with its different levels of memory, allows for efficient data management. The system automatically moves data between different levels based on its frequency of use, ensuring that the most critical data is readily available.	In conclusion, just like memory in a supercomputer, the brain's memory function is essential for storing and retrieving vast amounts of information. It involves processes like encoding, storage, and retrieval through neural connections and pathways.
Overall, memory in a powerful supercomputer acts as a vital component in enabling high- performance computing. It optimizes data access, minimizes latency, and supports complex computations, contributing to the overall speed and efficiency of the system.	The brain's memory function is incredibly powerful and complex, allowing us to remember our past experiences, acquire new knowledge, and navigate the world around us.
Thank you for listening! We welcome any questions or thoughts you might have regarding the role of memory in a powerful supercomputer.	Thank you for listening! We would be happy to answer any questions or hear your thoughts on the similarities between memory in a supercomputer and the brain's memory function.

Task 9Speaking Practice

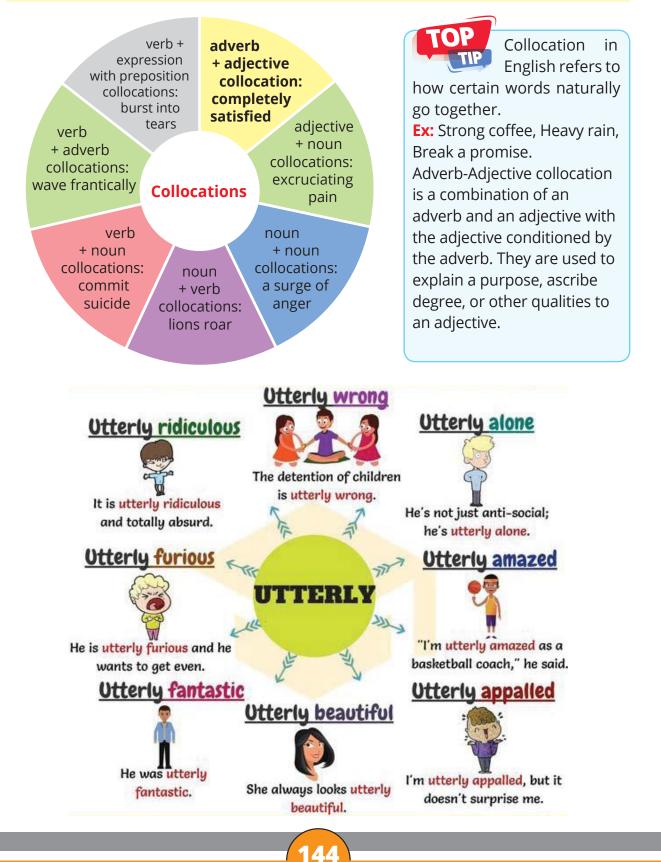
I can use analogies following a given model in spoken presentations.

Now, do the same with the rest of the analogies in task9, using the previous structure in your presentation.

Unit

Task 10 Grammar File

I can use adverb plus adjective collocations accurately in writing.





ask 11	Fill in th	e blank v	with the corro	e <mark>ct adve</mark>	rbs from	the box
physically	widely	highly	constantly	badly	deeply	most
1 By the end of the day, the workers were exhausted .						
2 The bra	2 The brain is the complex part of the human body					
3 The price of many products is changing.						
4 This me	4 This medicine is available so you should have no trouble					
finding it.						
5 The staff at Al-Hussain hospital are qualified in the brain						
surgery	•					

- 6 Fifteen people were **injured** in a bus accident.
- 7 The brain and the body are **connected**. They work together.

Task 12 Grammar Focus

I can use the simple tenses accurately in writing.

TOP				
	General Truths	Water boils at 100 degrees Celsius.		
Present Simple	Historical Present	Shakespeare writes plays that continue to captivate audiences worldwide.		
	Scheduled Events	The train departs at 9:00 AM sharp.		
Dact	Past Habitual Actions	She would always go for a run before sunrise when she lived in the countryside.		
Past Simple	Historical Narratives	Galileo discovered the moons of Jupiter in 1610.		
	Finished Actions	I saw her yesterday at the supermarket.		
	Predictions	It will rain tomorrow.		
Future Simple	Future in the Past	He told me he would visit me the following day, but he never showed up.		
	Instant Decisions	I don't feel like cooking tonight, so I'll order takeout instead.		

Task 13Choose the correct verb form to complete the sentences

- 2 The baby (sleeps / sleep / slept / will sleep) peacefully throughout the night after taking the medicine.
- 3 We (play / plays / played / will play) basketball every Saturday at the local park.
- 4 My grandparents (live / lives / lived / will live) in the countryside when they were young.
- 5 Next year, they ______ (visit / visits / visited / will visit) all the major tourist attractions in the city.
- 6 The company _____ (produce / produces / produced / will produce) high-quality electronics for over two decades.
- The students (listen / listens / listened / will listen) attentively to the teacher's instructions.
- Interpresentation (write / writes / wrote / will write) a research paper on climate change for their next science class.
- I (work / works / worked / will work) on this project throughout the weekend.

Task 14Complete the sentences with the accurate verb forms

- **1** Shakespeare (write) numerous plays that are still performed today.
- 2 When I was young, I (go) to the beach every summer.



- She said she (visit) me for lunch tomorrow, but she didn't show up.
- 4 The Earth (revolve) around the sun.
- 6 I think it (be) a snowy winter this year.
- 8 Leonardo da Vinci (paint) the Mona Lisa in the 16th century.
- 9 They (finish) their dinner before the movie started.
- $^{(0)}$ I thought he (finish) his presentation by now, but he hasn't.

Task 15 Writing File

I can write a diary introduction about a day at my grandfather's farm.

Write an introduction to your diary about "a day you spent at 57357 Hospital".

Dear Diary,

6th - Oct - 2023

Yesterday was a special day as I was filled with excitement as I wrote about our school trip to the 57357 Hospital. It was early morning, and the sun was just starting to rise, casting a warm glow on the city. We were all gathered outside the school, eagerly waiting for the buses to arrive. The air was filled with a mix of hope and curiosity as we embark on this inspiring journey.



Diary writing is a personal form of writing where a person maintains a diary to write about his/her personal life or a situation. Writing a diary is quite possibly the closest to home and casual classes of composing. The diary introduction

includes:

- A. Date and Time
- **B.** Setting or Location
- C. Mood or Emotion



"A day you spent in a place your preferred"

Research Time

I can provide creative responses about brain.

What's the difference between the right brain and left brain?, use the following website to complete the following chart:



Right hemispheres	Left hemispheres

After completing the chart, you are asked to answer the following questions:

- **1** What are the R H and L H?
- 2 The RH has a different role from the L H. Explain.
- Which part is responsible for learning foreign languages?
- 4 Mention the activities which are generated from the two parts in your own life?
- 5 Can a person enhance his feelings?





A Sound Mind in a Sound Body

Lesson 2

ILOs By the end of the lesson, pupils should be able to:

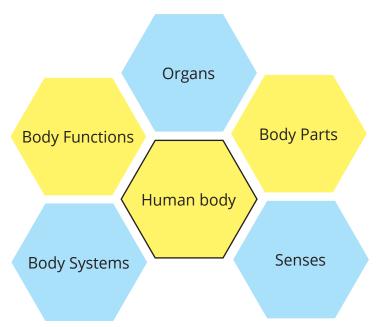
- ★ write a list of words related to human body (systems, organs, functions, parts and senses) to aid text comprehension.
- use inference making comprehension strategy to work out the meaning of unfamiliar words.
- ★ skim a text about a sound mind in a sound body to get the gist or the general idea.
- ★ infer the relationship between physical and mental health based on the information given in a text about a sound mind in a sound body.
- draw logical inferences and conclusions based on the details and evidence provided in the text.
- ★ work out the meaning of new vocabulary using synonyms used in the text.
- \star identify transitions that indicate a contrast or opposition in meaning.
- use transitions like "yet," "although," "however," and "nevertheless" to signal a contrasting idea.
- \star take part in a conversation about the healthy mind.
- pronounce the triphthong /ava/ properly.
- \star use the countable and uncountable nouns accurately in writing.
- ★ write a diary body about a day at my grandfather's farm.

Task 1Pre-reading (Get Ready)

l can write a list of words related to the human body (systems, organs, functions, parts and senses) to aid text comprehension.

Brainstorm is many words and phrases related to the human body (systems, organs, function, parts, and senses as you can and then write one sentence to each category. The system example is done for you below:

Example: The Circulatory System pumps blood and oxygen throughout the body.



149

Target Vocabulary

sound mind / sound body / physical well/being / mental well-being / endorphins / cognitive abilities / emotional stability / coping mechanisms / mindfulness / symbiotic relationship / harmonious balance

Task 2 Vocabulary Focus

I can use inference making comprehension strategy to work out the meaning of unfamiliar words.

Match the following terms in column (A) with their appropriate definitions in column (B).

	(A) Term		(B) Definition
1	Sound mind	 A	The state of emotional and psychological health, where a person experiences positive emotions, resilience, and the ability to cope with stress and challenges effectively.
2	Prioritize (verb)	 B	To care for and encourage the growth or development of something.
3	Mental well- being	 С	Having a healthy, rational, and stable mental state, often associated with good judgment and emotional well-being.
4	Nurturing (Verb)	 D	to put things in order of importance and deal with the most important things first.
5	Cognitive abilities	 E	Involving mutual action or exchange, where both parties give and receive in return, creating a reciprocal relationship.
6	Emotional stability	 F	A mental state of being fully present and aware of one's thoughts, feelings, bodily sensations, and surroundings without judgment.
7	Mindfulness	 G	A mutually beneficial relationship between two or more organisms or entities, where each party relies on the other for support and benefits.



8	Symbiotic relationship	 H	Strategies and behaviors that individuals use to handle stress, adversity, or difficult emotions, aiming to adapt and maintain their mental well-being.
9	Coping mechanisms	 1	The capacity to maintain a balanced emotional state, where one can manage and regulate emotions, even during challenging situations.
1	Reciprocal	 J	Mental processes related to learning, memory, attention, problem-solving, and decision-making. Cognitive abilities are responsible for understanding and processing information.

The Importance of a Sound Mind in a Sound Body



Task 3 Skimming the Text

I can skim a text about a sound mind in a sound body to get the gist or the general idea.

Skim the text "A Sound Mind in a Sound Body" and answer the following questions:

- 1 In a general sense, sound mind in a sound body is mostly about...
 - A the benefits of physical fitness.
 - B the importance of a balanced lifestyle.
 - **c** the interrelationship between physical and mental health.
 - **D** the difference between physical and mental health.
- 2 The two main aspects of well-being discussed in the text are ...

151

- A physical health and mental health.
- **B** physical fitness and emotional stability.
- c exercise and diet.
- exercise and mindfulness.



- Output: According to the passage, how are physical health and mental health related?
 - A They are mostly unrelated.
 - B One influences the other indirectly.
 - **C** They positively influence each other in a reciprocal relationship.
 - **D** Physical health is more important than mental health.

Read the following passage and then answer the following questions: I can infer the relationship between physical and mental health based on the information given in a text about a sound mind in a sound body.

Having a sound mind in a sound body is an age-old saying that emphasizes the significance of maintaining both physical and mental well-being. This concept suggests that a healthy body is closely linked to a healthy mind, and vice versa. In this passage, we will explore the benefits of nurturing both aspects of our well-being and how they contribute to a fulfilling life.



TOP

Skimming

Skimming prepares students to read the text in more depth later. The purpose is to quickly gain an overview of the central ideas and main points while ignoring details, examples and supporting points.

As you read, consider the following:

- Scan the title, subtitles and first sentences of each paragraph to get an overview of the main sections and topics.
- Look for key words that give clues to the main ideas, such as "benefits," "importance," "relationship," and "conclusion."
- Read any bolded or italicized words, summary sentences and concluding remarks.
- Don't worry about understanding every detail.
- Focus on comprehending the central theme or main point.



Taking care of our physical health is crucial for maintaining a sound mind. Regular exercise, such as jogging, swimming, or playing sports, not only helps keep our bodies fit but also releases endorphins, which are natural mood boosters. Engaging in physical activities also improves blood circulation, leading to better brain function and enhanced cognitive abilities. Additionally, a healthy body



is more resistant to illnesses, allowing individuals to focus on their mental well-being without being hindered by physical ailments.

On the other hand, nurturing a sound mind is equally important. Mental health involves maintaining emotional stability, managing stress, and developing coping mechanisms. Engaging in activities that promote mental well-being, such as reading, writing, or practicing mindfulness, can help reduce anxiety and improve overall mental clarity. Taking time for oneself, pursuing hobbies, and building strong relationships with friends and family are also essential for maintaining a healthy state of mind.



The connection between physical and mental health is reciprocal. When we take care of our bodies, we feel more confident, which positively impacts our mental state. Similarly, when we prioritize our



mental well-being, we are more likely to make healthier choices for our bodies. This symbiotic relationship between the two aspects of our well-being is crucial for leading a balanced and fulfilling life.

In conclusion, the saying "a sound mind in a sound body" highlights the importance of maintaining both physical and mental well-being. By taking care of our bodies through regular exercise and healthy habits, we can enhance our mental state and cognitive abilities. Simultaneously, nurturing our mental health through activities that reduce stress and promote emotional stability contributes to a healthier body. Striving for a harmonious balance between these two aspects of our well-being is key to leading a fulfilling and successful life.

Task 4Comprehension Check

Answer the following questions:

• According to the passage, a sound mind in a sound body refers

to

- A excellent physical fitness.
- B maintaining both physical and mental health.
- **c** prioritizing mental wellbeing over physical health.
- **D** achieving harmony between mind and body.
- Which of the following does the author say has a positive impact on brain function?
 - A Taking time for oneself
 - B Exercising regularly
 - C Practising mindfulness
 - D Building relationships



- 3 The author most likely believes that
 - A physical health is more important than mental health.
 - B mental health is more important than physical health.
 - c physical and mental health are equally important.
 - **D** physical and mental health are unrelated.
- 4 The connection between physical and mental health discussed in the passage is best described as ______
 - A coincidental.

B limited.

- c reciprocal. D unidirectional.
- 6 According to the passage, 'nurturing' a sound mind involves
 - A managing stress and developing coping mechanisms.
 - **B** taking time for oneself.
 - c pursuing hobbies.
 - D All of the above.
- If additional research provided evidence against the idea that exercise improves brain function and cognitive abilities, how might that affect the author's overall argument?
 - A lt would weaken the author's claim that physical health benefits mental health.
 - **B** It would strengthen the author's claim that mental and physical health are equally important.
 - **C** It would have no effect because exercise is still good for physical health.
 - **D** It would invalidate the entire argument.
- The closest synonym for 'nurturing' as used in the passage is

155

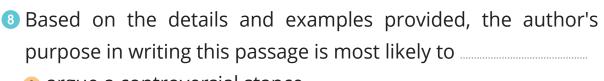
A maintaining

c pursuing

B hindering

enhancing





- A argue a controversial stance.
- B report factual evidence.
- **c** persuade readers of a particular viewpoint.
- **D** provide an unbiased summary of research.
- - A reversed

A interconnected

A conflicting

- A mutual
- The word 'stunt' would be the ANTONYM of 'improve' as used in the passage.
 - A True

B False

Task 5Critical Thinking Focus

I can draw logical inferences and conclusions based on the details and evidence provided in the text.

- 1 How do you currently prioritize your physical and mental wellbeing in your daily life? Reflect on the activities or habits you engage in to maintain a healthy body and a sound mind.
- 2 Consider the concept of a balanced and fulfilling life discussed in the text. What steps can you take to achieve a harmonious balance between your physical and mental well-being? Reflect on specific actions or changes you can make to enhance both aspects of your overall well-being.



Task 6Contextual Clues (Synonyms)

I can work out the meaning of new vocabulary using synonyms used in the text.

- Using context clues from the sentences provided, find a synonym that is closest in meaning for each underlined word. Select from the possible synonyms listed.
 - Engaging in physical activities also <u>enhances</u> blood circulation, leading to better brain function and elevated cognitive abilities.

Synonyms Contextual Clues Being aware of synonyms as you read can be a useful strategy. Look for nearby words that seem to have similar meanings and see if they provide hints to the definitions of unfamiliar terms. Context clues like synonyms give helpful insight into new vocabulary words. Regular exercise can improve cognitive abilities.

- A improves B stimulates C advances
- 2 A healthy body is more resistant to illnesses, allowing individuals to focus on their mental well-being without being interfered with by physical <u>ailments</u>.
 - A ill B illness C Sick
- The connection between physical and mental health is reciprocal.
 A mutual
 B reversed
 C conflicting
- Striving for a harmonious balance between these two aspects of our well-being is key to leading a gratifying and successful life.
 - A Exerting efforts towards **B** Reaching for **C** Pursuing
- 5 Taking care of our physical health is <u>essential for</u> upholding a sound mind.
 - A crucial for

B necessary for



c obligation for



Task 7 Transitional Devices

I can identify transitions that indicate a contrast or opposition in meaning.

Some common transitional devices:

 To show sequence or order: first, second, next, then, finally, after, before, when

Example: First, you need to preheat the oven. Next, mix together the dry ingredients. Then, add the wet ingredients. Finally, pour the batter into a pan and bake it.

 To compare: similarly, also, as well, likewise, by the same token.

Example: Dogs enjoy playing outside. Similarly, cats like being outdoors too.



Transitional Devices

Transitional devices are words and phrases that help connect ideas and sentences together smoothly. Using good transitions makes your writing flow better and easier to follow.

Transitional devices are important for creating a clear and coherent text that is easy to follow and understand. By using these devices, writers can guide the reader through their ideas and make sure that their arguments are presented in a logical and persuasive way.

 To contrast: however, on the other hand, still, yet, but, instead, in contrast and by contrast.

Example: Most people like summer weather. However, some prefer the cold of winter.

To show cause and effect: because, since, therefore, consequently, as a result, thus

Example: Because it rained all day, our soccer game was cancelled.

 To summarize or conclude: overall, in conclusion, in summary, to summarize, therefore.

Example: Using transitional words makes writing flow better and helps the reader understand how ideas are connected.



Task 8Choose the Right Word(s)

l can use transitions like "yet," "although," "however," and "nevertheless" to signal a contrasting idea.

- I spent several years in Spain, (yet despite and) I never learnt to speak Spanish.
- 2 She found the job very tough. (And Nevertheless Though), she stayed at the company and was finally promoted.
- **3** They went to the beach (although and despite) the bad weather.
- He spent several years in Finland (and despite -however) then moved to Poland.
- 6 He never went to university, (although in spite of Nevertheless) getting top marks at school.
- 6 She has recovered from the accident now (but despite in spite of) she still feels scared when she goes anywhere in a car.

Task 9Speaking Focus

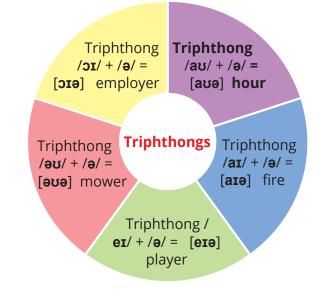
I can take part in a conversation about the healthy mind.

- In groups of 3-4, discuss the following points and support your discussion with examples and personal experiences:
 - **1** How would you define a healthy mind? Why?
 - 2 Share examples of how your mind can influence your body and vice versa in daily life.
 - 3 Brainstorm practical strategies or activities that can promote a healthy mind and body.
 - 4 How can individuals incorporate these strategies into their daily lives?

Unit

Task 10Pronunciation Focus: Triphthongs

I can pronounce the triphthong /auə/ properly.



<u>Extract</u> the triphthong /ɑʊə/ from the following passage:

TOP

of vowel sounds that consist of a sequence of three different vowel qualities within a single syllable. Triphthongs involve a smooth transition through three distinct vowel sounds.

Triphthong is a type

The combination of /ɑʊ/ and /ə/ creates the sound you hear in words like "power" or "flower."

- 1. The **tower** is higher than everything in the city.
- 2. It takes almost an **hour** to get there.
- 3. **Our** school is near from here.
- 4. He is taking a **shower**.

I saw a powerful cow in the meadow. It was brown and loud. The sound it made was like "moo." The cow was grazing near the flowers. The farmer shouted for halh an hour, "Hey, get out!" The cow turned and walked away.

Task 11 Grammar File

70 P

I can use the countable and uncountable nouns accurately in writing.

Countable and Uncountable Nouns

Countable nouns refer to things that can be counted as individual units, such as "book," "chair," or "apple."

Uncountable nouns refer to things that cannot be counted, such as "tea," "water," or "news."

- "a," "an," or "the."+ [C]
- "books," "chairs," or "apples." + [C. pl. n.]
- "some," or "many." + [C. pl. n]
- "some," "any," + [C/U]
- "water," "rice," or "knowledge." [U]
- "much" + [U]



Countable and Uncountable Nouns

Write [C] for countable and [U] for uncountable:

Pens	<u>C</u>	jam	 fingers	
Water	<u>U</u>	cheese	 cream	
Books		honey	 tomatoes	
Milk		carrots	 flour	
Sugar		rice	 tea	
games		apples	 butter	
Cars		oil	 salt	
pencils		bread	 houses	
Hair		news	 meat	

Task 12

Find the mistakes in the following sentences, then rewrite them correctly

1 This shoes are made from expensive leather.

These shoes are made from expensive leather.

- 2 Please accept my thank for your beautiful present.
- /
- 3 Ali is the only people I know with three cars.
- _____
- There are two knife in the top drawer.
- 5 There was many tension at the meeting.
- *p*
- 6 I can help you; I have many time today.
- How many money do you spend every week?

Unit 4 • C

Choose the correct answer to complete the following sentence:						
1 Ahmed bought a lot of for his new flat.						
A furniture	B furnitures	c a furniture				
2 Can you help me w	vith my?					
A luggages	B a luggage	c luggage				
3 Could I have only	orange to	o eat?				
A an	B some	C a				
4 There li	ittle accommodatior	n available in this hotel.				
A are	B were	C is				
5 The money of the l	books or	n the table.				
A is	B were	c are				
6 The police	many people for	r questioning.				
A stops	B stop	c has stopped				
7 Those sheep	fat.					
A is	B was	c are				
8 My reading glasses	s missing	Ţ.				
A is	B was	c are				
The knowledge of suitable job.	the foreign langua	ages you find a				
A help	B helps	c are helping				



Task 13 Writing Focus

I can write a diary body about a day at my grandfather's farm.

Write a body paragraph about "a day at 57357 Hospital".

The trip to the 57357 Hospital was awesome! We met and talked to the kids who were getting treated there. They were really brave and strong. I felt a special bond with them and grateful for my own good health. Seeing their determination inspired me a lot. It made me understand how crucial it is to be kind and support others when they're facing difficulties. I want to continue volunteering and making a positive impact on people's lives. This experience touched me deeply and will always hold a special place in my heart.



- In the diary body you are providing description of the:
- events or experiences.
- emotions or reactions
- thoughts or reflections
- future plans or goals

"A Day at 57357 Hospital"

Keep Your Brain Healthy

ILOs By the end of the lesson, pupils should be able to:

- ★ identify the meaning of new unfamiliar vocabulary with the help of pictures.
- ★ recognize the meaning of new idioms about the brain.
- make use of some countable and uncountable nouns quantifiers accurately in writing.
- ★ open a conversation effectively using a few expressions.
- ★ use close-ended and open-ended questions in speaking properly.
- ★ write a diary conclusion about a day at my grandfather's farm.
- + develop a full diary about a memorable event following specified outline.
- ★ carry out a project about a Quranic verse addressing the human brain.

Task 1Pre-reading (Get Ready)

I can identify the meaning of new unfamiliar vocabulary with the help of pictures.

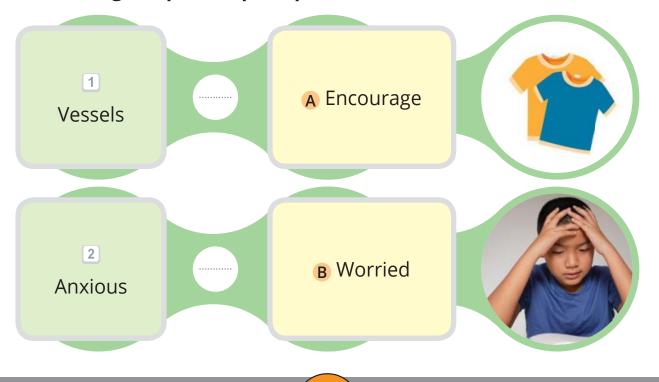
Target Vocabulary

Unit

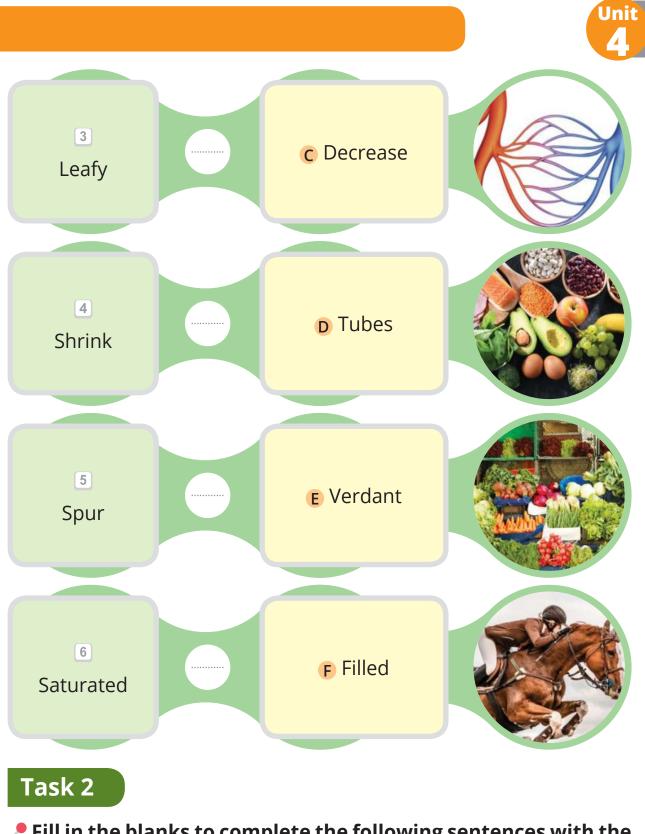
Lesson 3

cognitive - vessels - impeding - boosts - shrinks - spur - saturated - leafy - anxious - nutrients - diabetes circulates - depressed - anxious

Match the words in column (A) with their synonyms in column (b) using the picture prompts.



164



Fill in the blanks to complete the following sentences with the suitable word from the box.

shrink	leafy	v vessels anxious saturate		saturated	spurs	
1 My mot	ther always	s gets a bit .	if	we don't ar	rive on tim	e.

- 2 Make sure you eat plenty of dark green, vegetables.
- 3 Your sweater will if you wash it at too high temperature.
- A Rising consumer sales _____ the economy to grow faster.
- 5 The airwaves are with advertising.

Task 3 Pre-reading (Reading Comprehension)

In pairs discuss how to keep your brain healthy, and answer the following questions:

• What is the relation between diet and healthy brain?

2 "Brain should be off for 7-9 hours a night regularly" Do you agree? Why? Why not?

Read and choose a suitable title for each paragraph from the following:

- A Get enough deep sleep.
- B Stay active and exercise.
- **c** The beginning or starting part.
- D Spend time with friends and be sociable.
- E Eat nutritious food.
- F Keep your heart healthy.

Many people do not start thinking about their brain health until they notice some cognitive changes and memory loss in their 60s or 70s. There are many things you can do, start as young as childhood, to keep your brain as healthy as possible throughout your lifetime.







Stay on top of your heart health. You want to keep blood moving easily through your heart and blood vessels. A healthy, active lifestyle will go a long way toward keeping your blood flowing and avoiding the heart problems. High blood pressure, high cholesterol levels, smoking, and diabetes all increase the risk of impeding blood flow to the brain.

A key way to keep your brain working is shut it off for 7-9 hours a night. Sleep is the most important thing you can do to reset the brain, allow it to heal, and to restore mental health.

Walking for 30 minutes a day, or going for a swim helps keep you slim and fit, and it could improve your cognitive health, too. Exercise boosts blood flow to the brain and it can increase the size of the hippocampus, the part of the brain responsible for memory, which naturally shrinks as you age. It is found that when you use your legs in weightbearing exercise, the brain receives signals that spur it to make healthy new cells.







Sleep is crucial for brain health: Getting enough sleep is essential for the brain to function properly. During sleep, the brain consolidates memories, processes information, and rejuvenates itself. It is important for students to establish healthy sleep habits to support their learning and overall brain health.



Unit

A diet rich in omega-3 fatty acids, low in saturated fat, full of the nutrients found in leafy green vegetables, along with whole grains can help keep your brain healthy throughout your life. People should follow a healthy diet that emphasizes fish, fruits and vegetables, nuts, olive oil, and avocados, while limiting red meat.

Instead of watching social media, spend as much time as you can with friends. Why? When you're socializing, the blood circulates to several different parts of your brain as you're listening and formulating responses. When you're connecting with friends, you're less likely to get depressed. If you're depressed or anxious, the brain becomes so occupied with worries that it's not able to give 100% to learning new things.





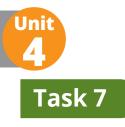
Task 4 **Post-reading questions**

Write (T) for true and (F) for false:		
 Memory naturally shrinks along a person's age. 	()
2 Depression stops the brain from learning new things.	()
3 Enough sleeping hours restores mental health.	()
4 Pessimistic people have healthy minds.	()
6 Regular exercise boosts brain health.	()
6 Worries and anxiety have bad effect on brain.	()
Sociable people have healthy minds.	()





 Task 5 Read the passage again, then answer the following questions: What is the effect of anxiety on brain? 							
, (2 Does the age have any effect on the health of the brain? How? 						
	Which food can help you to keep your brain healthy?						
 Choose the correct answer to complete the following sentences: food can help keep your brain healthy. 							
	A Fatty	B Leafy C Fast					
		b hours a day.					
	A eight	B eighteen C ninety					
	ask 6 Vocabula	ry Focus					
<mark>l car</mark>	recognize the meaning of r	new idioms about the brain.					
	Idio	oms about the Brain					
	Idiom	Meaning					
0	rack your brain	Try hard to remember something or to solve a problem or a puzzle					
e.g.	"Don't give it too much thou;	ght, I don't want you to rack your brain too much".					
2	Brain food	food that tends to help the functioning of the brain					
e.g. His mother encouraged him to eat fish in the belief that it was brain food and would help him with his school work.							
Image:		Someone who is stupid or confused					
e.g. It is hard to deal with people who are bird brain.							
To pick someone brain Get information or ideas from someone							
e.g.	e.g. If you want some new marketing ideas, you should pick Ali's brain.						
6	on one's brain	In one's thoughts					
e.g I want to give Ali a call. He is on my brain a lot lately.							
		169					



Complete the following collocations using the suitable idiom from the box:

rack your brain	to pick someone brain	brain food	bird brain	on one's brain
				•

- The strange history of this town has been ______ ever since high school. I'd love to write a book or play about it.
- 2 He all weekend trying to think of a solution to the problem.
- 3 You're I can't believe you got stranded on the highway because you didn't put enough gas in your car!
- The study assured that the only real are fruits, vegetables, nuts, and oily fish.
- 5 If your car engine doesn't work properly, you can He knows all about car engines.

Task 8Grammar File (Quantifiers)

I can make use of some countable and uncountable nouns quantifiers accurately in writing.



- 1- How many (e.g. How many tigers are there in the world today?)
- 2- How much (e.g. How much water is there on Earth?)
- 3- many and much (e.g. .Many people hunt wild animals for sport.) (e.g. Much damage has been caused by this kind of hunting.)
- 4- a few (e.g. We managed to see a few tigers in the distance.)
- 5- a little (e.g. There is a little water left in this bottle.)
- 6- a lot (of), lots (of) /plenty (of). (e.g. We saw a lot of / lots of animals) (e.g. There was a lot of / lots of rain last month.)



P Complete the following sentences with the suitable quantifier:

How many	how much	much	many	a/ few	a /little	a lot of
1 There are active volcanoes are there throughout the						
world.						
2	oxygen	is in the a	air?			
3 There	is	cheese ir	n the fridg	e. I will m	ake you a	sandwic
4 We ha	ave	workers	s. We nee	d of your	help.	
5 He ga	ve the poli	ce	of infor	mation a	bout the	accident
6	teeth do	oes an ad	ult huma	n have?		
7	oil is use	ed in the	world eve	ery day.		
Choose	the appro	priate qu	antifier:			
1 Our m	ninds have	i	influence	over our	bodies.	
A few	· •	B some	r 🔾	many	D mu	ıch
2 Can I have butter please?						
A few		B some		many	D a	
	has	•				
	t of 🌔	-				
-	u want sug		-	_		
A mu			C a	a few	D fev	V
	ready in			• • • •		
A son		B a few		ittle	D mu	ich
	do				f arr	
A mu		B many		ittle	D fev	V
	lot				e fou	
A mu	CII (B many	C	ittle	D fev	V

Unit 4

Task 9 Language Functions

I can open a conversation effectively using a few expressions.

- Study the following dialogue between a doctor and a patient and underline the conversation starters:
- **Doctor:** Hello! What can I do for you?
- Patient: Good Morning, doctor. I don't feel good.
- **Doctor:** Come and sit here.
- Doctor: Open your mouth.
- Doctor: For how long are you not feeling well?
- **Patient:** Since yesterday.
- Doctor: No problem. Did you have motions yesterday?
- **Patient:** No doctor. Not so freely.
- Patient: Doctor I feel weak and do not feel like eating.
- Doctor: Did you take any medicine?
- **Patient:** Yes, doctor, I took a Panadol.
- Doctor: Why did you take it?
- **Patient:** Because I felt a headache.
- **Doctor:** Nothing to be worried at.
- Patient: Thank you very much.



Opening a Conversation

There are many go-to conversation starters that can help you spark up interesting conversations with friends in almost any situation:

- Ask for information
- Pay a compliment
- Comment on something pleasant
- Introduce yourself
- Offer help ... or ask for help
- Mention a shared experience
- Ask an opinion
- Show genuine interest
- Ask about them
- Comment on the weather



How to start your conversation:

- 1. How's it going?
- 2. Hi, how are you?
- 3. That's right!
- 4. Having a busy day?
- 5. How's life?
- 6. Do you think it's OK that
- 7. See you around



Task 10

I can use close-ended and open-ended questions in speaking properly.

Fill in the gaps of the following dialogue between a patient and doctor about a healthy life:

What should i avoid?	What else		it ok	Actually
Can you give me some suggestions	Okay, Thank ye	ou.	Well,	first of all

- Patient: Doctor, _____ on how to stay healthy?
- Doctor: _____, you need to make sure that you eat the right foods.
- **Patient:** What are the best foods to eat?
- Doctor: You should emphasize fresh fruits and vegetables, along with whole grains and protein.
- Patient:
- **Doctor:** You need to avoid highly fatty and greasy foods. You should also avoid too much sugar and caffeine.
- Patient: is important to stay healthy?
- Doctor: You need to get plenty of exercise every day. If you smoke, you need to stop.
- Patient: to drink alcohol?
- Doctor: _____, alcohol is forbidden in Islam and it is bad for your liver.
- Patient: doctor.



Task 11 Writing Focus

I can write a diary conclusion about a day at my grandfather's farm.

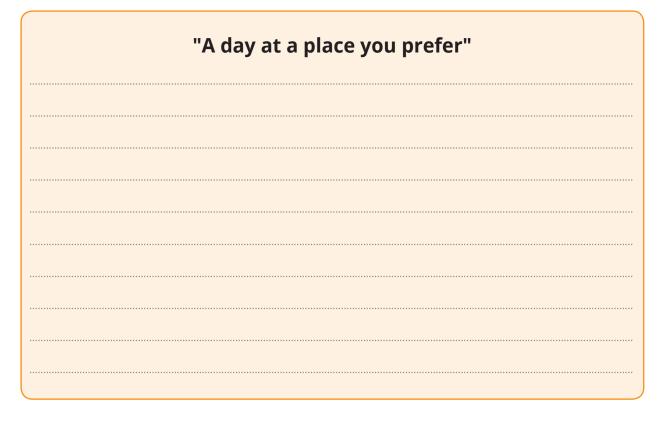
Read the following conclusion then write a conclusion about "a day you spont at 57257 Hospital"

"a day you spent at 57357 Hospital".

In conclusion, today's visit to the 57357 Hospital was really special and meaningful. Seeing the brave kids going through treatment made me feel inspired. It reminded me how important it is to be kind and helpful to others when they're facing tough times. I will always remember this day and try to make a difference in people's lives.

Conclusion conclusion might be a summary of the day's events and emotions closing thoughts or reflections signoff or closing statement.

Write a conclusion of a diary describing your feelings and experiences about "a day at a place you prefer":





Task 12

I can develop a full diary about a memorable event following specified outline.

- Describe a memorable event and write a diary entry reflecting on it.
- Think about a memorable event that was special during your day.
- Share specific information about the event, such as who was there, where it took place, and how you felt.
- Discuss your thoughts and feelings about the event, and explain what you learned or took away from it.

"A special event"



Punctuation Marks



TOP

The Colon

The colon (:) is a punctuation mark that can be used to introduce an explanation or elaboration of a previous statement.

• For example: "She had one goal in mind: to win the championship."

Task 13

- Insert a colon (:) where necessary in the following sentences.
 - 1 Plants need three things to grow sunlight water and nutrients from the soil.
 - 2 The water cycle consists of four main stages evaporation, condensation, precipitation, and collection.
 - 3 The process of photosynthesis involves three key ingredients sunlight, carbon dioxide, and water.



Project Time

I can carry out a project about a Quranic verse addressing the human brain.

In small groups, discuss the following points:

Analyze the meaning of the following Quranic verse and provide an explanation.



"And in yourselves. Then will you not see?"

- Elaborate on how the brain is regarded as a gift from Allah.
- Discuss the ways in which Allah shows preference for humans.
- Utilizing the brain as evidence, demonstrate how we can establish that Allah has favored humans.
- Create a poster illustrating the various components of the brain along with their respective functions.

Tapescripts

Unit 1 Lesson 2

Introduction and you're listening to Salah so we had this feature called mosques from around the world and we focus on and probably one of the most important mosques in the history of the Muslim world the prophet of the the mosque of the prophet in Medina uh my guess is uh mawlana Abdullah he's a South African who resides in in well what it's called Madina munawara so appreciate your time good morning thank you you've got this huge privilege of effectively working in in that space in Medina I mean what a privilege mercy of Allah we thank Allah Allah has made it possible for us to to be in Medina and we make Dua that Allah make it possible for our stay in Medina to be beneficial for us inshallah inshallah I mean so let's talk about I mean I've Why is it important made the point it is one of the most significant mosques in in the Muslim world I'm going to leave it for you to tell us why it's that significant thank you I think if we look at if we look at machine leveling but she is never important in the sense that it was that the Merced that was the basis from which the first Muslim Community was established now if we look at the sea rather at the American period was a difficult was subjected to persecution and they lived a life when they were they were supplies they were oppressed they were subjugated and when they then moved to Medina the opportunity to establish a not just the community but a nation a state or foreign and the the establishment of the state

took place at the at what is now known as so it was it was it was the headquarters from where everything then evolved in terms of you know the the establishment of the Muslim State and not just the establishment of the Muslim state but everything that took place uh thereafter all of the crucial decisions that took place with regard to uh that the progress of the Muslim number with regard to the injunction that the place uh for Muslims with regard to absolutely everything that affected uh the development of Islam the spread of Islam the development of the Muslim Community and the development of Islam as the religion with regard to the Indian Junctions all of that in okay so so that means on the one hand I mean the obvious thing uh the obvious thing it is a place to pray which already is significant right and and the second part is the fact that if you describe it correctly that effectively it was it was the The Parliament of Medina parliament of the city-state of Medina and therefore hugely significant so it's far more than just uh and it was far more than just the place of of prayer right is that that is what a message is supposed to be it's supposed to be the center of all uh the center of all activity within the Muslim community and at the head of the community uh would uh maybe not reside they always but would uh Center himself within within that environment and people would then would then come to that place and uh I would be able to consult with the head of the community there at the decision that takes place would be from there uh everything took

place from there they were they were occasions of joy and happiness and celebration that took place there uh there were occasions of uh you know even training for Warfare to place in the courtyard of the Masjid there's the incident says that it was details and stood and uh so that he could allow me to have a look at the uh we have a senior participating in competitions with his fears and I put my chin upon the shoulders and observe them in engaging in the skin of this competition in the courtyard of them and the discernment of the giant Charities took place from from the courtyard in much of Nevada learning and teaching the place from the courtyard but never we a resident for those people that had no place to live in was the travestyles so everything the rooms of the Bible was joining us every generator took place everything came back and in fact it was very much the center of the Muslim world right now I mean as I as you talk I'm looking at pictures and looking at the Dome that green Dome that that reflects you know below that Dome the the burial place of um uh of Burial place of Muhammad the grave of much of the Muhammad sallallahu alaihi wasallam right so that alone then is the next step uh tell me about about from a historical perspective who's who's buried there I mentioned one person but it's not just the one and why is that significant yeah sure I I think before we go into that I think you're mentioning of the of the Dome and not see it as a as and and Medina itself is an important place is important because Allah chose a Medina and then Masjid the place Medina as the final rescue place buried that was the room the mother of uh and in that

room is and according to some narrations they face was in that room for research comes back he will live when he will pass away and he will be buried within the same or in the same room the room today is not accessible it hasn't been accessible but from hundreds and hundreds of years the room hasn't been accessible to General Public so there's different walls that there isn't time in the short interview to go into it but there are different roles that have been built around the room of uh available there's a square room and then there's a five cornered room and then there's Activities of the Mosque another wall that goes around it and then there is the greatest fence that we uh that we see that we see on the outside yeah okay what what else is there I mean let's talk now about about the structure right now so so the current usage of machine that never will be besides the obvious one of Performing Salah and people going to to pass on the the salaams uh to uh the privilege of doing that a few years ago uh what what else takes place in terms of a structure and the activities of the mosque right now well in in the area of the Masjid there's if you're looking at if you're looking at activities that take place within the within the Masjid at the moment the activities that uh take place in the military are all tempted around that and sent it around Italian Kitchen uh there is one of the most beautiful and expansive libraries that one can find in terms of Islamic literature in uh on the western side of Mexico that is accessible to any person uh that wants to come and study aspects of the being the deemed of of an Islam and there is also interested is also a manuscript Library where they have some very very

old uh manuscripts of uh of books on on Islamic issues uh in terms of activities that take place there are probably three different organizations that run uh Islamic classes in uh not sure there is one that has a program where children come in the morning and they do a range of different studies as a subject in terms of uh they do uh they do they do and all of those classes take place in a mad in a school that takes place uh in the the second one that takes place is with the peace program that takes place in mustard neverwhere and you will see that they are the field programs all over one is run by the Danish which is an aggregation that is not part of the Masjid but the classes exist in Massillon and then there is another his and other program they have online classes and they amazingly alhamdulillah have got a foreign people that are challenged in terms of hearing challenges in terms of seeing uh all of these so these are some of the different classes that they play some of the different programs that take place in uh they've also the distribution of Quran particulation is on every Monday and every Thursday the people that fast they are suffras laid down for people to have uh uh there's a clinics that are exist in the area of the funerals that take place take place but at the moment Also may not be a political place where political decisions are taken but in terms of various other religious religious and social activities are all centered and and and evolved from within the nursery and I'm sort of reflecting on the time with you talk about those classes that take place where people are taught to recite the Quran and having been there for about six years ago uh yes I don't realize

this is impromptu getting together of people of of different nationalities and therefore different languages and and they they taught to recite and you know reciting a line on Two And and the pronunciation is fixed up and that for me was was most most memorable Dawn thing but but memorable so I certainly think that perhaps just leave me with maybe the last thing to ask you right um when in your role as someone who who you know uh who undertakes tours for for people around the Masjid that never we right what if is there one sentence or one image that you can share with us that always leaves people with that with that lasting feeling I mean what what comes out of them when they when they visit Masjid and everywhere I I can't feel uh one image but I can there I can tell you that much didn't never leave something for other people when people determine maybe their hearts are just softened and you will find people engaging in maybe turn into Allah I'm coming and present themselves in amazing ways that one cannot explain and this is this is the effect of approximity that people would be the hardest of our hearts will stop uh in in seclusion or someone sitting all alone and this is what it brings out in people we make Dua Allah bring people over and over towards and that doesn't never will be a means of suffering the heart of the people and thinking about things with each and everyone about life in inshallah I mean II think you are right and we leave it at that for for those that have been already like myself fortunately and wants to uh aspire to go again inshallah May that happen those have never been um remember this when you when you at the

Masjid and number we and you in that gated uh final resting place of of the Nabi Muhammad and you've been taught to will remember sav this vou this conversation and and it will melt your heart and it is the most powerful image that will leave you and it will soften your heart and speak to the very actors of your ethos of your being and your belief as a Muslim and the role of Muhammad as the rapper to Lilith Mercy unto the world appreciate your time thank you so much for sharing it with us once twice three four five times again and again that would be powerful if you can inshallah get to that uh more to come we'll we'll talk about a whole range of other issues we're also going to talk Finance as well in a moment.

Unit 2

Lesson 2

What is industry 4.0?

Fourth industrial revolution, Industry 4.0, is the transformation of industrial activities, where tools like artificial intelligence, robotics, big data, internet of things, cloud computing and others, started to be used to optimize the production process, making operations more technological in pursuit of expressive results.

What is the importance of industry 4.0 for the future?

The importance of industry 4.0 is immense because it allows the world to progress rapidly. It evolves into 9 important pillars. They are robotics, additive manufacturing, augmented reality, internet of things, computational simulations, cloud computing, cybersecurity, systems integration and big data and data analysis. Importance of technology in health care Technology has helped doctors answer all patient queries faster. There various technological are innovations in the health sector, such as the invention of certain drugs, the development of information technology, biotechnology, development and processes. Technology constantly strives to contribute to the development of instruments and equipment used in the medical field and preserve the healthy lives of people and raise their standard of care. Advanced medical devices help detect many diseases and have facilitated their treatment.

How technology is making space exploration a reality?

When Neil Armstrong first stepped on the moon in 1969 and uttered those now famous words - "One small step for man, one giant leap for mankind" - he correctly predicted just how important space travel would become. The race to explore and conquer continues to inspire everyone. It helped us go further into the galaxy to explore uncharted territory, and potentially even uncover new phenomena. Vast amounts of data are crucial for critical work in mission control, so the supporting systems that look after and process this information need to always be "on". Artificial intelligence (AI) is already extensively used by those at the cutting edge of science and technology across many different space organisations. The Mars 2020 mission was driven by AI too.

Unit 3

Lesson 2

 Host: On 'Star Students' today we're speaking to Peter, who is going to tell us about the Pomodoro Technique, a system to help manage your time. It was invented by an Italian man called Francesco Cirillo in the 1980s. Now, he called it the Pomodoro Technique after a tomato-shaped timer that his mother used to use when she was cooking. Pomodoro is Italian for tomato. And this tomato has helped Peter become an A-grade student. So, Peter, welcome to the studio.

- Peter: Thanks.
- Host: Tell us about the Pomodoro Technique. What's it about?
- Peter: It's about getting maximum productivity from your available time. I use it for studying, but professionals use it at work.
- Host: Is it difficult to follow?
- Peter: No. It's actually very simple. It's about breaking down your work into separate jobs and then using a timer to separate your time into periods of intensive work and short breaks.
- Host: OK, well, that sounds sensible. So, how do you start?
- Peter: First of all, you should think about the task you need to complete. For example, writing an essay for homework. You need to think about all the stages of the task and write a clear to-do list on a piece of paper. When you are ready to start you set the timer to 25 minutes and you start working on the first item on the list.
- Host: OK ... but what happens when the timer goes off?
- Peter: When the timer goes off you must take a short break of between 3 to 5 minutes. One 25-minute session is one 'pomodoro' so when you have completed this, you deserve a short break. You should try to move about a bit during the break.
- Then, set the timer for another 25 minutes and keep working. At the end of

the next 'pomodoro' you have another short break. As you complete the items on the 'to-do' list you should tick them off, to give you a feeling of satisfaction that you're getting the job done.

- Host: OK ... I get it. Can you use any timer? Most people have timers on their phones these days. Could you use that?
- Peter: You could, but the danger is that then you can check messages on your phone or you start looking at apps. I use my dad's kitchen timer and I make sure I switch off my phone when I'm studying. I get so much more done. In the breaks I sometimes check my phone but only if I've completed some of the items on my to-do list.
- Host: Three to five minutes isn't long for a break. Is that enough time?
- Peter: Well, when you've had four or five short breaks you can take a longer break, and then you start again.
- Host: And it works?
- Peter: Yes, it works for me! It stops me wasting time. My work is much more effective when I use the timer. It's like short, intense periods of work. I actually get my homework done a lot quicker now, which leaves me more free time, so for me it works really well.
- Host: Oh, I think I'll give it a try. Thanks so much for coming in, Peter.
- Peter: You're welcome. Thanks for inviting me.

Unit 4

Lesson 2

Having a sound mind in a sound body is an age-old saying that emphasizes the significance of maintaining both physical and mental well-being. This concept suggests that a healthy body is closely linked to a healthy mind, and vice versa. In this passage, we will explore the benefits of nurturing both aspects of our well-being and how they contribute to a fulfilling life. Taking care of our physical health is crucial for maintaining a sound mind. Regular exercise, such as jogging, swimming, or playing sports, not only helps keep our bodies fit but also releases endorphins, which are natural mood boosters. Engaging in physical activities also improves blood circulation, leading to better brain function and enhanced cognitive abilities. Additionally, a healthy body is more resistant to illnesses, allowing individuals to focus on their mental well-being without being hindered by physical ailments.

On the other hand, nurturing a sound mind is equally important. Mental health involves maintaining emotional stability, managing stress, and developing coping mechanisms. Engaging in activities that promote mental well-being, such as reading, writing, or practicing mindfulness, can help reduce anxiety and improve overall mental clarity. Taking time for oneself, pursuing hobbies, and building strong relationships with friends and family are also essential for maintaining a healthy state of mind.

The connection between physical and mental health is reciprocal. When we take care of our bodies, we feel more confident, which positively impacts our mental state. Similarly, when we prioritize our mental well-being, we are more likely to make healthier choices for our bodies. This symbiotic relationship between the two aspects of our well-being is crucial for leading a balanced and fulfilling life.

In conclusion, the saying "a sound mind in a sound body" highlights the importance

of maintaining both physical and mental well-being. By taking care of our bodies through regular exercise and healthy habits, we can enhance our mental state and cognitive abilities. Simultaneously, nurturing our mental health through activities that reduce stress and promote emotional stability contributes to a healthier body. Striving for a harmonious balance between these two aspects of our well-being is key to leading a fulfilling and successful life.