

Lesson One Story

1 Look back at Exercise 3 on page 66. Were you right? Write the correct answer.

2 Read the story and match.

- | | |
|-------------------------------|----------------------------|
| 1 The children meet Jim | <input type="checkbox"/> f |
| 2 Jim has got | <input type="checkbox"/> |
| 3 They've got the best | <input type="checkbox"/> |
| 4 Jim's team has just | <input type="checkbox"/> |
| 5 If the team score | <input type="checkbox"/> |
| 6 The children can give the | <input type="checkbox"/> |
| 7 The children will come back | <input type="checkbox"/> |

- a trophy to the captain of Jim's team.
- b and watch Jim play.
- c one more goal, they'll win.
- d seats in the stadium.
- e got a new goalkeeper.
- f outside the hospital.
- g a surprise for them.

3 Complete the DSD Club leaflet.

players score ~~game~~ teams match stadium team



Are you a football fan?

Football is the most popular ¹ game in the world, and in our club too! We want to make two ² teams and we need to have eleven ³ players in each team. Do you want to play?

We need one person to be a goalkeeper for each ⁴ team and stop the ball going in the net. All of the other players try and ⁵ score as many goals as possible!

We usually play in the park. We never play in a ⁶ stadium, but sometimes we go together to watch a ⁷ match between two important teams.

Come and join in!

1 Complete the sentences.

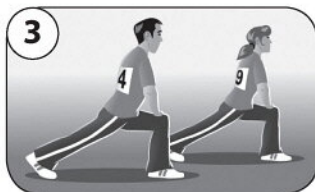
athletes goalkeeper coach fans training exercises trophy captain



The goalkeeper is giving photos to his _____. He's writing his name on the photos, too.



After the team won the match, the mayor gave the _____ to the team _____.



The _____ are doing _____ to warm up before the race.



The _____ is watching the basketball team. They are doing their _____ so they are ready for the game next week.

More words

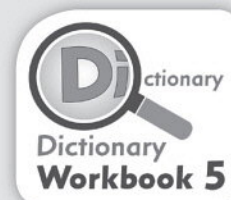
2 Match the pairs of antonyms.

dirty quiet ~~shallow~~

1 deep → shallow

2 clean → _____

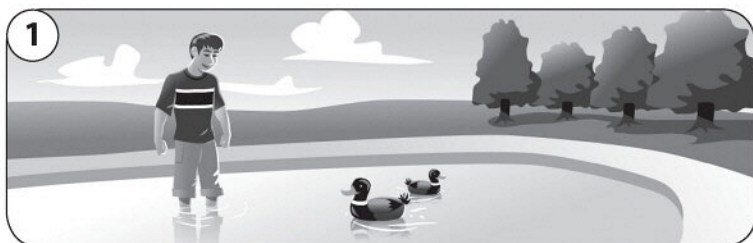
3 noisy → _____



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3 Complete the sentences. Use the antonyms of these words.

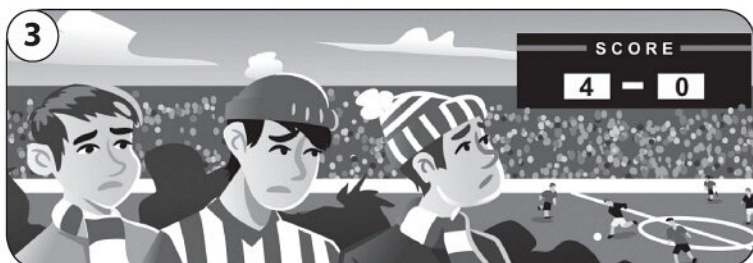
~~deep~~ quiet clean win



Look! The water is very shallow.



You mustn't touch that! It's very _____.



What a disaster! If they don't score soon, they'll _____.



My little brother is very _____.

1 Read and circle.

James What are you doing in the summer holidays, Faye?

Faye Well, Mum and Dad were looking at some websites, so I'm sure we ¹will / might go away on holiday.

James Cool! Where will you go?

Faye I don't know. Mum speaks Spanish, so we ²could / won't go to Spain again. But we went there last year, so we ³won't / may go to a different country this year. What about you?

James Well, we definitely ⁴won't / could go on holiday by plane.

Faye Why not?

James Dad ⁵won't / could want to, and I know he ⁶will / may say flying is too expensive. But I think I ⁷might / won't go and visit my grandparents.

Faye Well, I'm sure that ⁸will / may be fun!



2 Look at Fred's notes and write sentences. Use *might* or *will* / *won't*.

Saturday

- 1 - go to football practice ✓
- 2 - have lunch at Tony's house ?
(ask Mum)
- 3 - go camping ✗ (too cold!)

Sunday






- 4 - Grandma and Grandpa visit ✓
- 5 - play computer games ?
- 6 - do homework ✓
- 7 - stay up late ✗
(test tomorrow!)

- 1 He will go to football practice on Saturday.
- 2 He might have lunch at Tony's house on Saturday.
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

3 Write about your weekend.

- 1 I will _____
- 2 I won't _____
- 3 I might _____

1 Look at the table and answer the questions.

					
Tom	✓	X	✓	X	✓
Charlie	✓	✓	X	X	✓

- Do Tom and Charlie have to help with the shopping? Yes, they do.
- Does Tom have to wash the dishes? _____
- Does Tom have to take the rubbish out? _____
- Do Tom and Charlie have to help in the garden? _____
- Do they have to tidy their bedrooms? _____

2 Look at the table again. Write sentences.

- Tom and Charlie / tidy their bedrooms
Tom and Charlie have to tidy their bedrooms.
- Charlie / wash the dishes

- Tom and Charlie / help in the garden

- Tom and Charlie / help with the shopping

- Charlie / take the rubbish out

3 Write questions and answers about your jobs at home last week.

- help in the garden
Did you have to help in the garden last week? Yes, I did. / No, I didn't.
- help with the shopping

- tidy your bedroom

- wash the dishes

- take the rubbish out

Reading

1 Read and look at the process text. What is your pulse rate? Tick (✓) one.

- a How much oxygen your heart needs. ☐
- b How many times your heart beats in a minute. ☐
- c How much oxygen there is in your blood. ☐

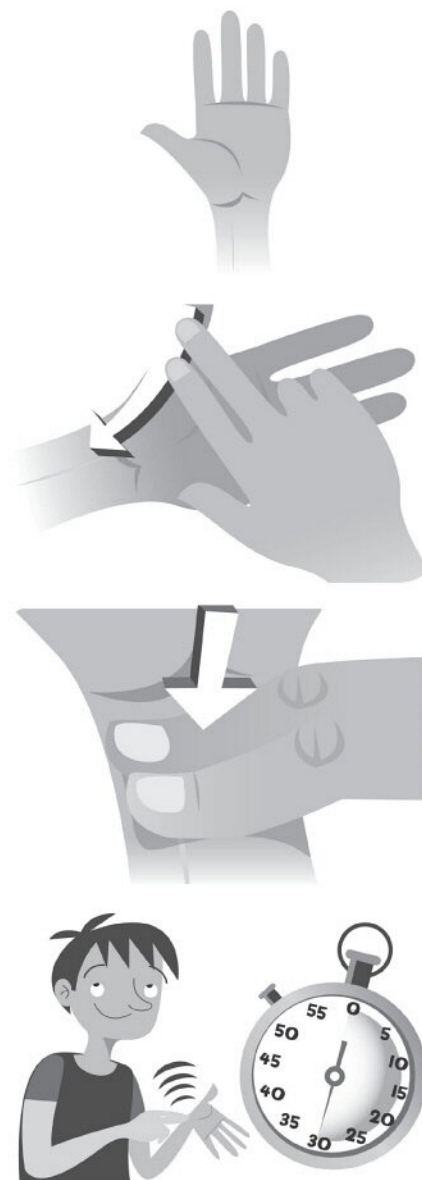
Pulse rate

Your heart pumps blood around your body. The blood carries oxygen, which helps your body work properly. You can count your heartbeat to find out how fast your heart is working. This is called your pulse rate.

You can feel your pulse in your wrist and in your neck. The easiest place to count your pulse rate is in your wrist.

- 1 Hold out your left hand, with your thumb on the left.
- 2 Put two fingers from your right hand on your left thumb and slide them back onto your wrist.
- 3 Press lightly with your fingers. You can feel a steady beat. That's your heartbeat! If you don't feel a beat, move your fingers around until you find it.
- 4 When you have found a steady beat, count how many beats there are in 30 seconds. (Use your watch to time yourself.)
- 5 Multiply the number of beats by two. This is the number of heart beats in one minute.

A normal pulse rate when you are relaxed is about 90 beats in one minute. Every child is different, so pulse rates can be from 60 beats in one minute to 120 beats in one minute. If you have just done some exercise, your pulse rate will be faster. This is because your body is using more oxygen, so the heart needs to pump blood more quickly. After a while, your pulse rate will slow down and become normal again.



$47 \times 2 =$
94 beats
per minute

2 Read again and circle.

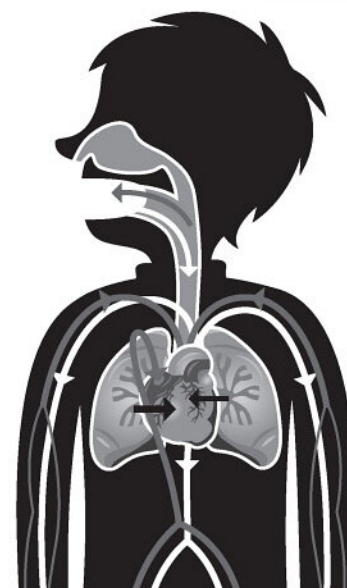
- 1 Your heart / lungs / head pumps blood around your body.
- 2 You can count your *beat* / heart / heartbeat.
- 3 You can feel your pulse in your *wrist* / knees / heart.
- 4 Count how many beats there are in *one minute* / one second / 30 seconds.
- 5 You need to multiply the number of beats by *thirty* / two / one.
- 6 When you exercise, your heart works *slower* / faster / the same.

Words in context

1 Complete the text.

carbon dioxide pumps blood ~~oxygen~~ lungs process

All the parts of our bodies need ¹ oxygen to work properly.
We get oxygen into our ² _____ when we breathe in.
The oxygen moves around the body in our ³ _____.
The heart ⁴ _____ the blood to keep it moving around.
The blood takes ⁵ _____ back to our lungs.
This is called the ⁶ _____ of circulation.

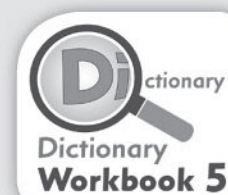


More words

2 Complete the sentences with the words from page 78.

steady pulse rate wrist beat

- 1 A beat is a repeated movement or sound.
- 2 Your _____ is the thinnest part of your arm, next to your hand.
- 3 Something that stays the same and doesn't change is _____.
- 4 Your _____ is the number of times your heart beats in one minute.



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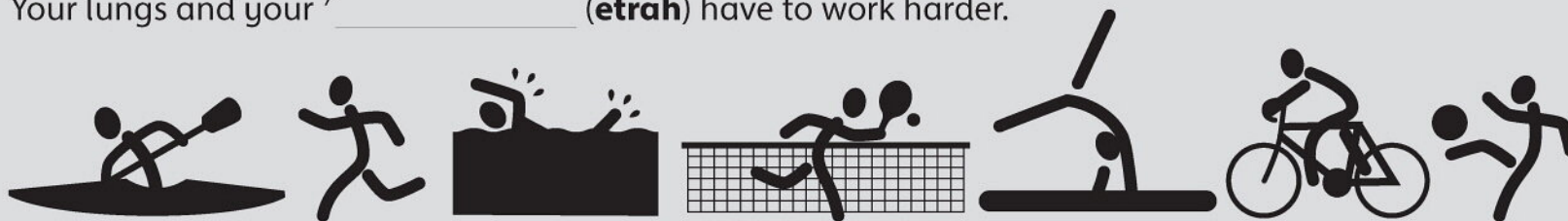
3 Complete the text. Write the letters in the correct order.

Try an experiment!

- Put your fingers on your ¹ wrist (**twisr**) and feel the ² _____ (**ystade**) ³ _____ (**etab**).
- Count your ⁴ _____ (**eslup**) rate. Write it down.
- Run for one minute.
- Notice how you ⁵ _____ (**erbthea**). Are you breathing fast or slowly?
- Count your pulse rate again. Is it higher or lower?

When you do exercise, your body needs more ⁶ _____ (**gyoxne**).

Your lungs and your ⁷ _____ (**etrah**) have to work harder.



Lesson Seven

Writing

1 Read the fact files.



Frank Alessi

tennis

since age 6

wants to win Wimbledon



Jeremy Drake

snowboarding

since age 12

wants to get world record



Pam Connor

running

since age 7

wants to go to Olympics

2 Read the notes.

Which athlete are
they about?

when start? – 7, with older sister

where start? – joined school club, made friends, loved sport

first win? – 13, local competition – against other schools in area

diet? – healthy food, lots of fish, fresh fruit and vegetables

training? – have to practise every day, gym 3 times a week, swim 2 times

dream? – Olympics, win gold medal



My writing

3 Choose an athlete and write an interview with six questions and answers. Add your own ideas.

_____ has just won an important trophy for _____. Let's find out more!

(Q1) When did you

(A1) _____

(Q2) _____

(A2) _____

(Q3) _____

(A3) _____

(Q4) _____

(A4) _____

(Q5) _____

(A5) _____

(Q6) _____

(A6) _____

1 Complete the text.

coach breathe train fan captain heart lungs trophy

I love doing exercise. It's good for your
 1 heart and it makes you feel great.
 When I started doing sport, it was sometimes
 hard to 2 _____ when I ran, but I'm
 a lot fitter now, so my 3 _____ are
 stronger. I want to be an athlete one day.
 I'm a football 4 _____ and I'd love to
 play for my favourite team. I want to be the
 5 _____ of the team. If we win lots of
 matches, we'll win a special 6 _____.
 If I can't be a footballer, I'll be a 7 _____
 and I'll 8 _____ the players. That will
 be a great job!

2 Complete the sentences. Use *will*, *won't* or *might*.

- 1 I don't know what I want to be when I'm older. I might be a teacher.
- 2 Harry practises football every day. I'm sure he _____ be on the team.
- 3 Look! It's snowing a lot. We _____ not go to school today.
- 4 Dad has to work on Saturday, so he _____ come to the beach with us.
- 5 I'm not sure what to do after school. I _____ go to Lisa's house.
- 6 Kelly is a great actress. I'm sure she _____ be in the play.

3 Write sentences and questions with *have to* / *had to*. Use the ✓ ✗ ? to help you.

- 1 ? Henry / have to / go to school / yesterday

Did Henry have to go to school yesterday?

- 2 ✗ we / wear / a uniform for school
- _____

- 3 ✓ Grandma / walk / to school when she was young
- _____

- 4 ? Jamie / help / his mum and dad in the house / yesterday
- _____

- 5 ? you / do / your homework after school
- _____

- 6 ✗ I / get up / early on Saturdays
- _____