

## Unit 4

A Healthy life

1. Listen and practice , then test a partner .

What should you do to live a healthy life ?

Good Things I Should Do

1. I **should get up** early.
2. I **should drink** a lot of water.
3. I **should eat** three meals a day.
4. I **should brush** my teeth well.
5. I **should do** some exercise.
6. I **should go to bed** early.



## Bad Things I Shouldn't Do

7. I **shouldn't eat** too much junk food.
8. I **shouldn't drink** too much soda.
9. I **shouldn't watch** too much TV.
10. I **shouldn't stay up** late.
11. I **shouldn't play** too many computer games.
12. I **shouldn't skip** breakfast.



# Challenge Time!

## 3. Healthy Life Test .

Can you say if you live a healthy life every day ?

1. Practice the frequency markers
2. Do the questionnaire , add up the total score
3. Talk to a partner about your score



	I always do (10 points)	I usually do (8 points)	I sometimes do (5 points)	I usually don't (2 points)	I never do (0 points)
1. I get up early.					
2. I eat breakfast.					
3. I go to bed early.					
4. I brush my teeth.					
5. I play with my friends.					
6. I play outside.					
7. I take a bath or shower.					
<b>TOTALS</b>					

<b>50-70 points</b> I live a very healthy life.
<b>30-50 points</b> I live a so-so healthy life.
<b>Less than 30 points</b> I don't think I live a healthy life.





## I Can ...

- say two things I should or shouldn't do to live a healthy life.
- say if I live a healthy life or not.



GOAL 25



GOAL 26

1. Listen and chant past tense question and answers .

1. Did you **get up** early this morning?  
 Yes, I **got up** early this morning.  
 No, I didn't **get up** early this morning.



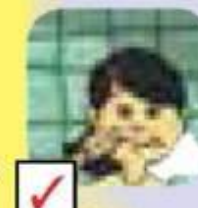
2. Did you **drink** milk this morning?  
 Yes, I **drank** milk this morning.  
 No, I didn't **drink** milk this morning.



3. Did you **eat** breakfast this morning?  
 Yes, I **ate** breakfast this morning.  
 No, I didn't **eat** breakfast this morning.



4. Did you **brush** your teeth this morning?  
 Yes, I **brushed** my teeth this morning.  
 No, I didn't **brush** my teeth this morning.



2. Ask a partner the question and get the real answers

3. Listen and practice then do it in pairs

Regular Verbs	Irregular Verbs
play – <b>played</b>	get up – <b>got up</b>
talk – <b>talked</b>	eat – <b>ate</b>
brush – <b>brushed</b>	do – <b>did</b>
watch – <b>watched</b>	go to bed – <b>went to bed</b>
	drink – <b>drank</b>



# Challenge Time!

## 4. Verb game

You can write and play the verb game and beat a partner

### Verb game 1 practice

drank	ate	brushed
did	stayed	played
followed	got	went

## Verb game 2




### I Can ...

- answer two past tense questions about what I did this morning.
- ask a partner or teacher two questions about what they did this morning.



1. Listen and read. Then chant

Early to Bed

Early to bed  
And early to rise,  
Makes you  
Healthy, wealthy,  
and wise.



Late to Bed

Late to bed  
And late to rise,  
Makes you  
Sleepy, grumpy,  
and tired.





**1. Practice in pairs , person A says Early to bed first , then person B say late to bed , then change .**



# Challenge Time!

## 3. What's the matter ?.

Can you listen , read and match with the pictures ?

Mime and practice in pairs .

I have a headache.

Did you play too many computer games?  
Yes, I did. I know I shouldn't, but the new games were really exciting!

I have a toothache.

Do you brush your teeth every day?  
Well, usually. But sometimes I forget.

I have a stomachache.

Did you have breakfast in the morning?  
No, I didn't. I know I should, but I wasn't hungry.

I have an earache.

Do you clean your ears every day?  
Well, I try. But sometimes I forget.





## I Can ...

- read and practice the *Early to Bed* chant by myself.
- ask and answer questions about aches and give reasons.



1. Listen , point and practice .

ur



purple

ir



bird

2. Listen , and complete the words , use ur , ir .

sh i r t



g i r l



t u r tle



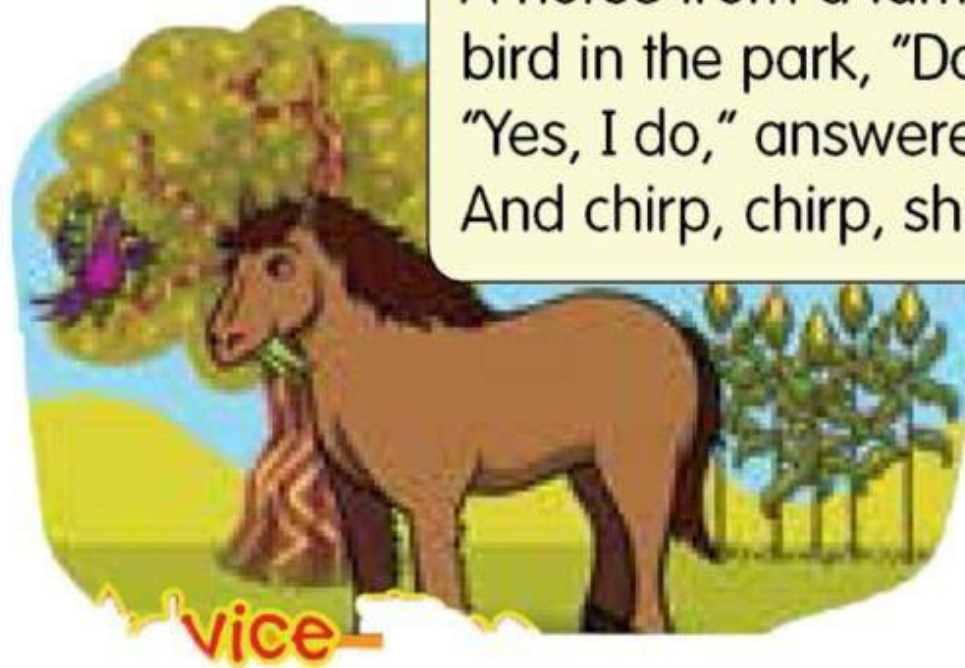
b u r ger



### 3. Read and then listen .

#### Story of a Horse from a Farm

A horse from a farm asked a purple bird in the park, "Do you like corn?"  
"Yes, I do," answered the purple bird.  
And chirp, chirp, she flew away.



#### Advice Tim

He who has health has hope, and  
he who has hope has everything.





# Challenge Time!

## 5. My school .

Can you be a store keeper and do the shopping dialogue with a partner .

**Clothing Store**

Girls' Clothes	
scarf	SR 80
belt	SR 20
skirt	SR 160
uniform	SR 280

Boys' Clothes	
T-shirt	SR 100
jacket	SR 160
trousers	SR 160
sweater	SR 60

Can I help you?

Which one?  
This one?

It's 60 SR.

Yes, please.  
I want a sweater.

Yes, thanks.  
How much is it?

Here you go.

Here's your change.

Good-bye.

Thank you  
and good-bye.





## I Can ...

- say, read, and write words with ur and ir.
- do a shopping dialogue with a partner.



GOAL 31



GOAL 32

## Unit 5

## Hanging out in Town

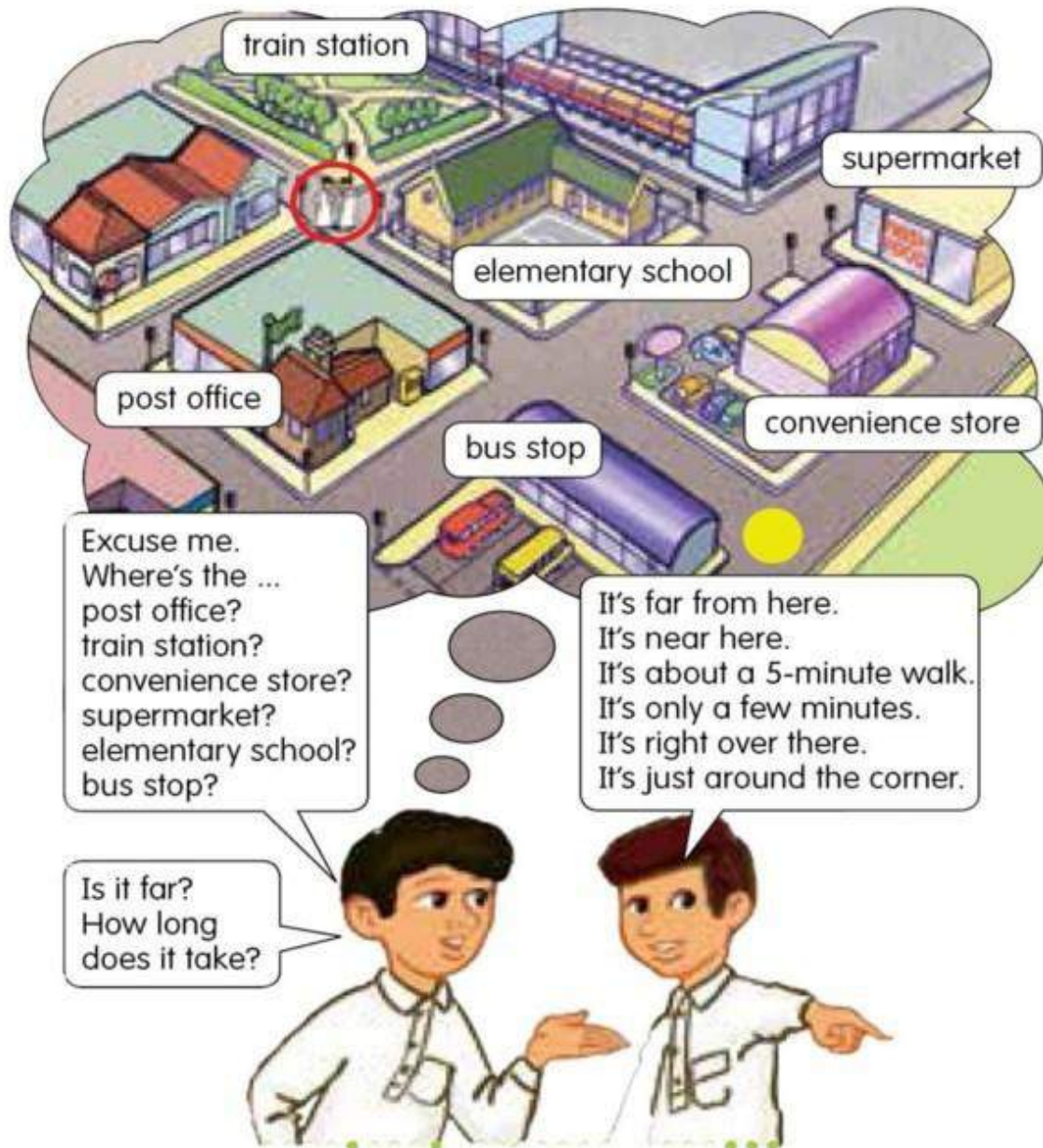


# lesson

## 1

### Finding out time

1. Listen and practice , then act out in pairs .

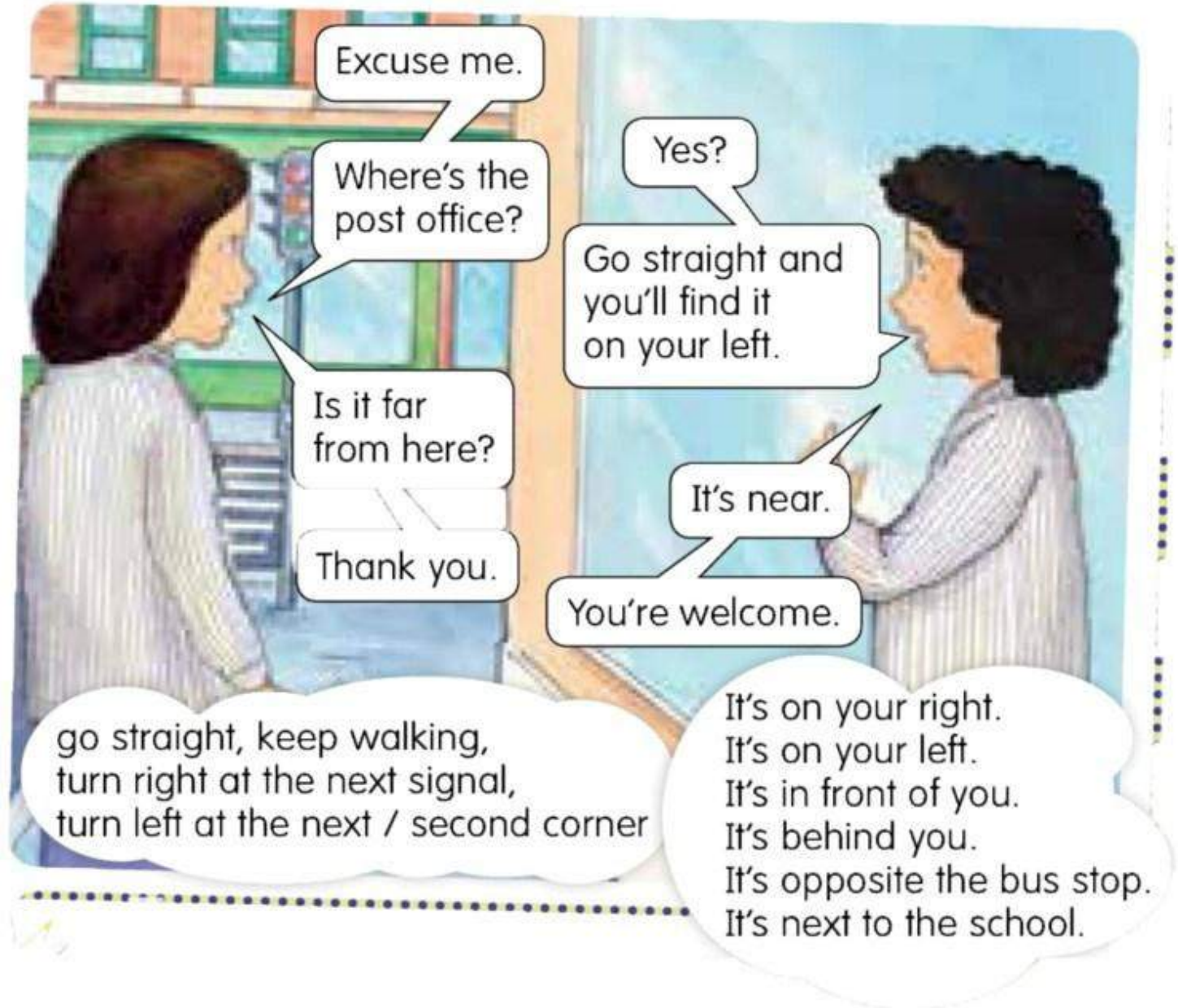




## 2. Showing the way .

Can you give a partner a directions to a place ?

Use the map on page 34 , start at yellow circle .



# Challenge Time!



## I Can ...

- tell a partner how to get to two places on the map.
- give someone directions in my town when I'm asked.



GOAL 33



GOAL 34

# lesson

## 2

### Grammar in action

#### 1. Listen and chant Going to.

1. I want a stapler and staples.

**I'm going** to the stationery store.



2. You want some candy.

**You're going** to the candy store.



3. My brother wants a new DVD.

**He's going** to the DVD store.



4. Mom wants some bread and cakes.

**She's going** to the bakery.



5. We want some books.

**We're going** to the bookstore.



6. Grandma and Grandpa want some flowers and pots.

**They're going** to the flower store.





### 3. Listen and practice then do it in pairs

I'm going	We're going
You're going	You're going
He / She's going	They're going



# Challenge Time!

## 4. Shopping game

You can write and play the shopping game and beat a partner

Where are you going ?

bakery	stationery store	coffee shop
DVD store	bookstore	flower store
butcher shop	convenience store	supermarket

## What do you want ?

a stapler	some candy	a new DVD
some bread and cakes	some books	some flowers and pots
some meat	a newspaper	some eggs

That's right! Well done.

It's fun. Let's do it again.



## I Can ...

- say six names of stores.
- say what I want and where I'm going to buy it.



1. Listen and read. Then chant

**There Was a Little Green House**

There was a little green house,  
And in the little green house,  
There was a little brown house,  
And in the little brown house,  
There was a little yellow house,  
And in the little yellow house,  
There was a little white house,  
And in the little white house,  
There was a little red heart.



2. Chang “ house “ to something else and chant in pairs . .

box



bottle



fish



book



doll



letter





## Challenge Time!

3. Write , draw , and present .

Can you write your own version of the there was a little Green house chant and add pictures ?

Use words from rooms and things in the rooms .

### A Big White House

There was a big white house

And in the big white house,

There were two floors.

And on the first floor,

There was a \_\_\_\_\_,

And next to the living room,

There was a \_\_\_\_\_.

And on the second floor,

There were two bedrooms,

And in the bedrooms,

There were \_\_\_\_\_.



## I Can ...

- read and chant the *There Was a Little Green House* chant.
- write my own version of the *There Was a Little Green House* chant, add my own pictures, and present it.



GOAL 37



GOAL 38

1. Listen , point and practice .

u\_e  
cube



ue  
barbecue



2. Listen , and number then unscramble the letters and write .



stuesi

\_\_\_\_\_



tuec

**cute**

\_\_\_\_\_



ubel

**blue**

\_\_\_\_\_



deTsuya

**Tuesday**

\_\_\_\_\_



eguh

**huge**

\_\_\_\_\_



eulg

**glue**

\_\_\_\_\_



uqmsoe

**mosque**

\_\_\_\_\_

3. Unscramble the words and write the sentence , begin with a capital letter .

garden

have

barbecues

like

to

in

our

in

June

we

gave

of

glue

my

friend

me

a

huge

bottle

## Advice Time

Think of how you will get out before you enter.





# Challenge Time!

5. My school .

Can you read the signs ? .

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.





## I Can ...

- say, read, and write words with u-e (clever e) and ue.
- read six signs in my town in English.



GOAL 39



GOAL 40

## Unit 6

## My Dream Vacation

1. Listen and practice. Then do it in pairs

1.

SV1138	05:45	Dammam
UAL 165	06:30	Honolulu
CAN301	09:45	Vancouver
CHU208	11:00	Beijing
SV1680	12:30	Abha
DXB357	14:30	Dubai
DOH236	16:00	Doha
JAL123	21:15	Tokyo
QFL412	23:00	Sydney

Where are you going?

I'm going to ...

2.

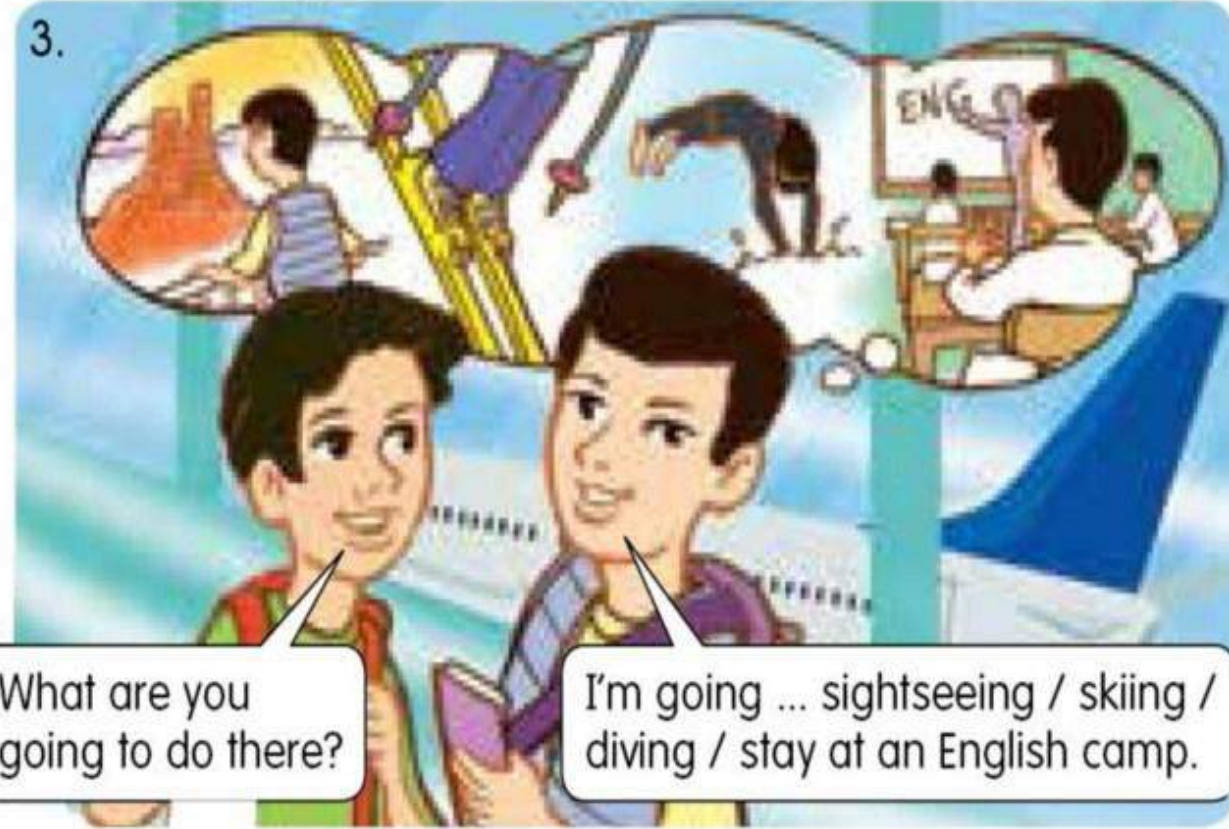
How long does it take to get there?



It takes about ... two / three / four / five / six / seven / eight / nine hours.



3.



What are you  
going to do there?

I'm going ... sightseeing / skiing /  
diving / stay at an English camp.

# Challenge Time!

## 3. My School .

### 1. Can you be a flight attendant and take an order from a partner



1. What would you like to drink? Orange juice, apple juice, water, or cola?
2. What would you like to eat? Beef or fish? Noodles or rice?
3. What are you going to drink after dinner? Tea, coffee, green tea, or juice?



### I Can ...

- say where I'm going, how long it takes, and what I'm going to do on a trip.
- do a dialogue between a flight attendant and a customer with a partner.





1. Listen and chant Going to + verb .

1. I'm going to visit the city of Najran in Assir.

2. You're going to watch camel races in Riyadh.

3. He's going to visit the Children's Art Show at the Kingdom Tower.

4. She's going to shop in Dubai.

5. We're going to go rock climbing in the Wadi Rum Reserve, in Jordan.

6. They're going to eat traditional dishes in Lebanon.





## 2. Listen and practice then chant it in pairs

I'm going to visit	We're going to visit
You're going to visit	You're going to visit
He's / She's going to visit	They're going to visit

# Challenge Time!

## 4. Travel and do .

Can you play travel and game and beat a partner

Where are you going ?

Najran	Lebanon	Jordan
Dubai	Jeddah	Dammam
Riyadh	Oman	Jizan

## What are you going to do there ?

ride	drive	shop
climb	eat	swim
visit	camp	watch



### I Can ...

- chant the *Going To + Verb* chant.
- say where I want to go on my trip and what I want to do there.



1. Listen and read. Then chant

### A Small and Beautiful World

An astronaut floated by  
In the quiet, dark sky.



He saw a small and beautiful world alight  
With seas of blue and clouds of white.

As he floated silently by  
He thought, I wonder why  
Some people laugh,  
And some people cry



On that small and beautiful world,  
With seas of blue and clouds of white,  
Shining in sunlight.



2. Match with the pictures : .

1. small

2. world

3. cry

4. laugh



# Challenge Time!

Why did you ...?  
 Because it's **so** cute.  
 Because I was **very** thirsty.

## 3. Read , match and present

Can you read , match , complete , the chant with these phrases ? Listen and check .

very sleepy   very hungry   very thirsty   so cute

### My Little Brother ...

Why did you eat all the soup?

Because I was Very hungry.

Why did you drink all the juice?

Because I was Very thirsty.

Why did you take my panda?

Because it's so cute !

And why did you sleep in my bed?

Because I was Very sleepy.

You have a bed!

Yours is nicer!





## I Can ...

- read the *A Small and Beautiful World* chant by myself.
- write my own *chant*, add my own pictures, and present it with my opinion.



1. Can you read these words ?.

1. Sounds and Letters	2. Days
beautiful, clouds, seas, enough, interesting, silently, white, shining, barbecue, laughing, photo, square, scarf, squid	Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday
3. Months	4. Pronouns
January, February, March, April, May, June, July, August, September, October, November, December	I, you, he, she, we, they mine, yours, his, hers, ours, theirs me, you, him, her, us, them



## 2. Listen , read and chant .

I went to the mall and bought  
a new shirt.  
I put it on, but it was too big.  
I took it back and got a smaller one.  
I put it on, but it wasn't big enough.  
What can I do?



## 3. Write more verses for the chant with different things .

### Advice Time

Change is as good as rest.



# Challenge Time!

## 5. Holiday postcard .

Can you pick one place you want to go and write a post card from your trip ?.



Sunday, August 7th  
From Honolulu

Dear Saeed,  
How are you? I'm in Hawaii.  
It took six hours to fly here.  
I'm having a great time in Honolulu.  
I'm learning to surf. It's great!  
See you soon,  
Billy



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## I Can ...

- read different words on my own and use too or enough to say if something is the right or wrong size, price, etc.
- read and write a short postcard from my trip.



GOAL 47



GOAL 48