

رسالة الى ولي الأمر:

أوراق العمل هذه عبارة عن تدريبات
لتدريب الطالب على الأنماط القديمة
والجديدة للأسئلة وهي لا تغني عن
الكتاب المدرسي.

Over to
you!



Grade 10

First Term

Remedial Worksheets

2021 / 2022



Name :

Class :

Lessons 1 & 2

absorb (V)		iron (N)	
antioxidant (N)		metabolise (V)	
arthritis (N)		neutralize (V)	
caffeine (N)		nutrition (N)	
calcium (N)		probiotic (Adj)	
cholesterol (N)		protein (N)	
combat (V)		saturated fat (N)	
dietician (N)		stimulant (N)	
digestive (Adj)		unsaturated fat (N)	
fiber (N)		vitamin (N)	

Fill in the spaces with words from the list:

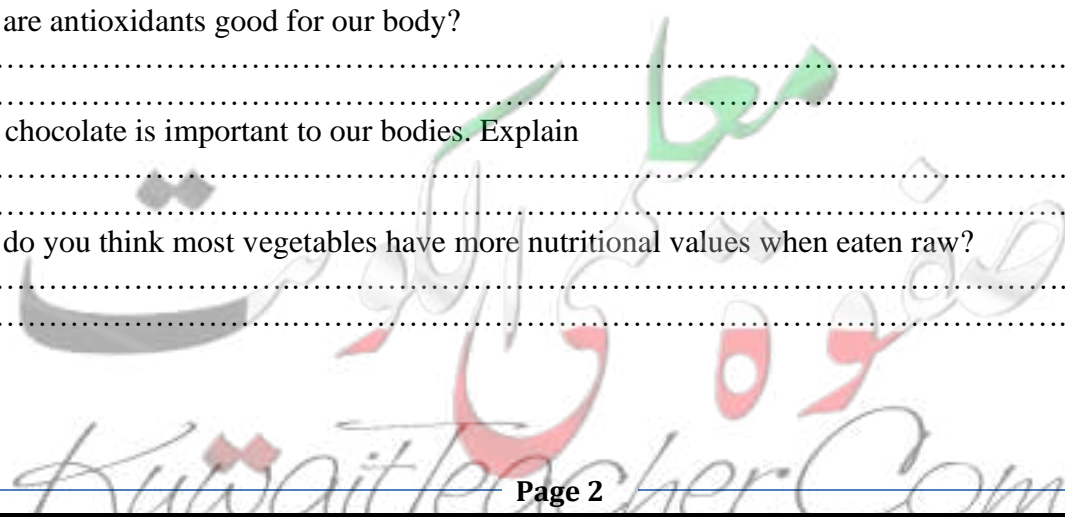
(stimulant – antioxidants – calcium – unsaturated fats – nutrition – neutralize – combat)

- 1- Probiotic drinks help to bad bacteria.
- 2- is very important to build your teeth and your bones.
- 3- Fish, olive oil and nuts are very rich in
- 4- Poor can cause heart disease and anemia in later life.
- 5- It's our duty to find solutions to harmful social network sites.

Set book Questions

Answer the following questions:

- 1- What's the importance of probiotic drinks to the body?
.....
.....
- 2- What is the difference between good and bad bacteria?
.....
.....
- 3- Why are antioxidants good for our body?
.....
.....
- 4- Dark chocolate is important to our bodies. Explain
.....
.....
- 5- Why do you think most vegetables have more nutritional values when eaten raw?
.....
.....



Date: / /

Lessons 4 & 5

deficiency (N)		pomegranate (N)	
grilled (Adj)		RDA (Abbr)	
metabolism (N)		sodium (N)	
organic (Adj)		supplement (N)	

Choose the correct answer from a, b, c and d:

- 1- A of vitamins leads to health problems.
a- deficiency b- metabolism c- pomegranate d- sodium
- 2- I like eating food because it's free of chemicals.
a- grilled b- stimulant c- organic d- digestive
- 3- Drinking juice is very healthy.
a- sodium b- iron c- pomegranate d- dehydration
- 4- The money I get from business is a to my income.
a- metabolism b- deficiency c- obesity d- supplement
- 5- Fruit and vegetables are rich in
a- metabolism b- fiber c- pomegranate d- cholesterol

Grammar

Choose the correct answer from a, b, c and d:

1. While I back home, I met two of my neighbours.
a) walked b) am walking c) was walking d) walks
2. My friend and I were swimming in the sea when we a huge shark.
a) see b) saw c) had seen d) have seen
3. What were you doing when Fahd you?
a) call b) called c) was calling d) were calling
4. They English when their mother walked in. They were studying chemistry.
a) were studying b) study c) wasn't studying d) weren't studying
5. Who in the living room when you came home?
a) is sleeping b) was sleeping c) sleep d) slept

Do as shown:

- 1- My mother made some cake as we (have) dinner. (Correct the verb)
a- My mother made some cake as we are having dinner.
b- My mother made some cake as we were having dinner.
c- My mother made some cake as we have dinner.
- 2- I bought a wooden blue beautiful vase last month. (Put the adjectives in the correct order)
a- I bought a beautiful blue wooden vase last month
b- I bought a beautiful wooden blue vase last month
c- I bought a blue beautiful wooden vase last month
- 3- My father was driving fast when I called him. (Make a question)
a- What were your father doing when you called him?
b- What is your father doing when you called him?
c- What was your father doing when you called him?

Order of adjectives	1	2	3	4	5	6	7
	opinion	size	Age	shape	colour	origin	material
	beautiful	small	old	round	yellow	Kuwaiti	cotton
	amazing	huge	young	thin	red	American	metal

Complete the phrases with the given adjectives:

- 1- a house (wonderful – green – big)
 2- a girl (tall – American – beautiful)
 3- an car. (old fashioned – amazing – black)
 4- a piece of meat. (big – delicious – round)
 5- a dress. (short – new – cotton)

Date: / /

Lessons 6
Language practice
Summary Making

Read the following passage, then do as required:

Pollution is any uncleanness of the environment. There are many kinds of pollution, and there are many pollutants. Air pollution can be caused by particles, liquids, or gases that make the air harmful to breathe. Soil pollution can be caused by pesticides, leakage from chemical tanks, oil spills, and other chemicals which get into the soil by dumping or accidental pollution. Water pollution can be caused by waste products, sewage, oil spills, and litter in streams, rivers, lakes, and oceans. Some scientists believe that water pollution is the largest cause of death and disease in the world. Radioactive pollution can be caused by leaks or spills of radioactive materials. These are the most common of pollutants and their causes.

In a paragraph of **FOUR** sentences **ONLY**, summarise and paraphrase the previous passage in an answer to the following question:

What are the different types of pollution and their causes?

.....

.....

.....

.....

.....

.....

Translation

Translate the following into good English:

1- ان اتباع نظام غذائى نباتى بشكل غير مسئول قد يودى الى سوء التغذية.

.....

2- ان مضادات الاكسدة تعمل على تنقية الجسم من الأجسام الضارة.

.....

appeal to (V)		irresponsibly (Adv)	
atmospheric (Adj)		malnutrition (N)	
crammed (Adj)		salad bar (N)	
eatery (N)		specialty (N)	
fanatic (N)		vegetarian (Adj)	
		wholesome (Adj)	

Fill in the spaces with words from the list:

(eatery – irresponsibly – appeal to – malnutrition – vegetarian – crammed)

- 1- My wife and I don't eat meat because we are
- 2- In poor countries, children suffer from
- 3- Yesterday, we went to a wonderful where we had Shawarma.
- 4- Some teenagers drive causing fatal car accidents.
- 5- The new restaurant is with a lot of people.

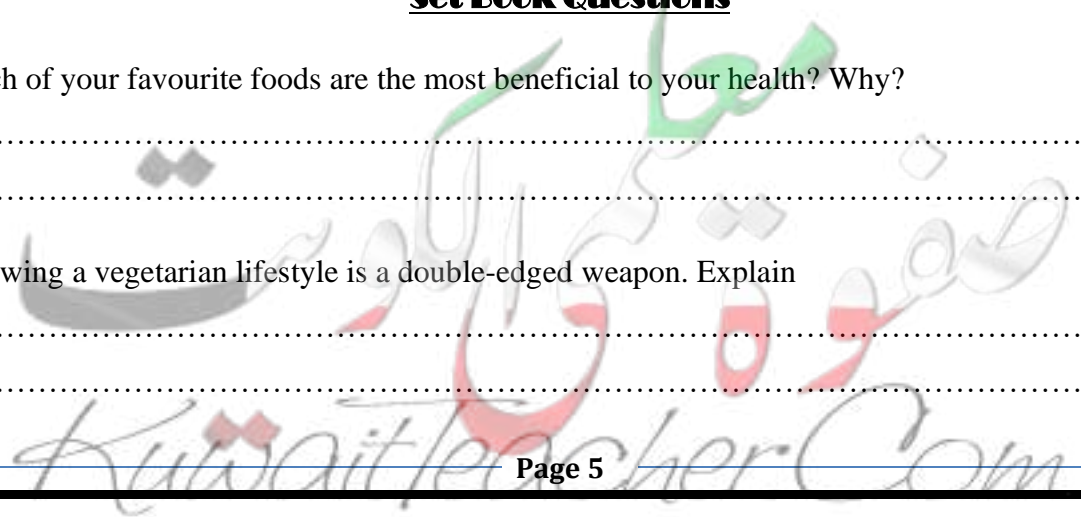
Language Functions

Write what you would say in the following situations:

- 1- You have had food in a new restaurant and you liked the food they served.
.....
- 2- Your friend asks you about the most beneficial food.
.....
- 3- Your mother asks you about your favourite activities at school.
.....

Set Book Questions

- 1- Which of your favourite foods are the most beneficial to your health? Why?
.....
.....
- 2- Following a vegetarian lifestyle is a double-edged weapon. Explain
.....
.....



Date: / / **Writing**

Expository topic

Write on the following topic:

There are many different habits that people can do in order to lead a healthy lifestyle. This includes eating a balanced diet, healthy sleeping patterns, and exercising regularly.

In (12) sentences, plan and write an essay about the importance of eating healthy food and the disadvantages of fast food.

Outline

I- Introduction:

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II- Body

Part 1:

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Part 2:

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III- Conclusion:

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Date: / /

Module One / Unit Two

Lessons 1 & 2

aspiration (N)		initiative (N)	
creed (N)		interfaith (N)	
delegate (N)		mentor (N)	
diversity (N)		seminar (N)	
tolerance (N)			

Choose the correct answer from a, b, c and d:

- Our school students have a high level of for passing the exams with flying colours.
a. tolerance b. aspiration c. diversity d. creed
- Sara was chosen as a to represent our school at the English language conference.
a. seminar b. initiative c. delegate d. aspiration
- dialogue refers to cooperative and positive interaction between people.
a. interfaith b- tolerance c. seminar d. aspiration

Set book Questions

Answer the following questions:

- How far do you think mentoring schemes help build up relationships in your community?
.....
.....
- As a student, what can you do to further the culture of peace and respect.
.....
.....
- What are the main purposes of the United Nations?
.....
.....

Date: / /

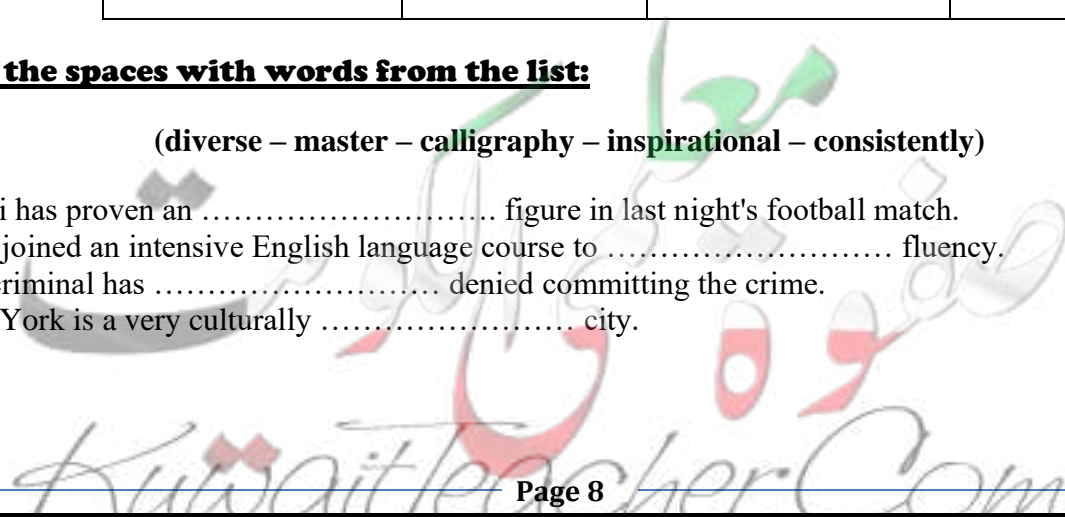
Lessons 4 & 5

calligraphy (N)		inspirational (Adj)	
consistently (Adv)		master (V)	
diverse (Adj)		richly (Adv)	

Fill in the spaces with words from the list:

(diverse – master – calligraphy – inspirational – consistently)

- Messi has proven an figure in last night's football match.
- Fahd joined an intensive English language course to fluency.
- The criminal has denied committing the crime.
- New York is a very culturally city.



Grammar

Choose the correct answer from a, b, c and:

1. I have been here a long time.
a. for b. ever c. ago d. since
2. I haven't finished my homework
a. since b. never c. ago d. yet
3. I usually go swimming Thursday.
a. in b. on c. at d. of

Do as shown:

- 1- Islamic arts have been inspirational to many artists the seventh century. (Choose the correct answer)
a- for b- since c- ago
- 2- My (be) a doctor since 1999. (Choose the correct answer)
a- My brother was a doctor since 1999.
b- My brother had been a doctor since 1999.
c- My brother has been a doctor since 1999.
d- My brother have been a doctor since 1999.
- 3- His Highness the Amir of Kuwait had met numerous world leaders. (Choose the correct preposition)
a- in b- on c- with

Date: / /

Lessons 6

Language practice

Reading Comprehension

Read the following passage carefully, then answer the questions:

1- Sally was only eight years old when she heard her parents talking about her little brother, Georgi. He was very sick, and they had done everything they could afford to save his life. Only a very expensive surgery could help him now, and **that** was out of the financial question. She heard Daddy saying, "only a miracle can save him now."

Sally went to her bedroom and pulled her moneybox. She shook all the change out on the floor and counted it carefully. Three times. The total had to be exactly perfect. No chance here for mistakes. She left the apartment and made her way to the pharmacy.

2- "What do you want?" the pharmacist asked in an **annoyed** tone of voice.

"Well, my brother is sick, and I want to buy a miracle." "I beg your pardon," said the pharmacist.

"My Daddy says only a miracle can save him now. So how much does a miracle cost?"

"We don't sell miracles here, little girl. I can't help you."

"Listen, I have the money to pay for it. Just tell me how much it costs."

A tear started down her cheek. "I just know he's really sick and Mommy says he needs an operation. But they can't pay for it. So I have my money." "How much do you have?" Asked the well-dressed man.

"A dollar and eleven cents," Sally answered proudly. "And it's all the money I have in the world."

He felt sorry for her. "Well, what a coincidence!" Smiled the well-dressed man.

"A dollar and eleven cents . . . the exact price of a miracle to save a little brother." He stooped down. He held her hand and said, "take me to where you live. I want to see your brother and meet your parents."

4- That well-dressed man was Dr. Carlton Armstrong. The operation was completed with no charge. It wasn't long until Georgi was home again and doing well. "That surgery," Mommy whispered. "It's like a miracle. I wonder how much it would have cost." Sally smiled to herself. She knew: just one dollar and eleven cents plus the faith of a little child.

I- Choose the correct answer from a, b, c and d: (6 x 10 = 60 M)

1- The writing type of the text is

- a. narrative
- b. persuasive
- c. informative
- d. argumentative

2- The opposite (antonym) of the underlined word "annoyed" is a. angry

- a. pleased
- b. irritated
- c. bad-tempered
- d. dressed

3- The underlined word "that" in paragraph 1 refers to a. life

- a. surgery
- b. question
- c. everything
- d. parents

4- All the sentences below are not true except:

- a. Sally didn't care for her brother's illness.
- b. The parents paid a lot of money for Georgi's operation.
- c. The parents did their best to find a solution to save their son.
- d. After the surgery, Georgi suffered from health complications.

5- The proverb that can describe Sally's attitude is

- a. East or west, home is the best.
- b. Forgiveness is the best revenge.
- c. Silence is the source of great strength
- d. You don't have to be rich to be generous

6- According to the passage the miracle cost

- a. A lot of money
- b. just one dollar and eleven cents
- c. just one hundred dollars and eleven cents
- d. nothing

II- Answer the following questions: (2 x 10 = 20 M)

6- Pick the information that shows the peak of sally's desperation.

.....

7- Why did Sally resort to her moneybox?

.....

Date: / /

Lessons 7 & 8

account (N)		high-ranking (Adj)	
conduct (V)		pilgrimage (N)	
cover (V)		relevant (Adj)	
figure (N)		review (N)	
ground-breaking (Adj)			

Choose the correct answer from a, b, c and d:

1. TV programs should be to the child's needs.

- a. relevant b. high-ranking c. ground-breaking d. historical

2. Most Muslims try to go on a to Mecca.

- a. account b. review c. pilgrimage d. figure

Set book Questions

Answer the following questions:

1. What does Ibn Battuta's account include?

.....
.....

2. Ibn Khaldun wrote a great book "Mukadimah" What is this book famous for?

.....
.....

Language Functions

Write what you would say in the following situations:

1. Your sister says that young people are more experienced than old ones.

.....

2. Your father is asking you to buy him some medicine.

.....



Lessons 1 & 2

concrete (Adj)		framework (N)	
design (N)		geometric (Adj)	
drill (V)		renowned (Adj)	
evoke (V)		slightly (Adv)	
expressionist (Adj)		studio (N)	
forecourt (N)		venue (N)	
foundation (N)			

Fill in the spaces with words from the list:

(design – evoke – drill – foundations – studio)

- 1- This table appeals to me; it's fashionable and attractive.
- 2- We need to some holes on the wall to hang these paintings.
- 3- These photographs strong memories of our holidays in France.
- 4- The last earthquake shook the of most of the houses in the city.

Set book Questions

Answer the following questions:

- 1- What touristic places can tourists visit in Kuwait?
.....
.....
- 2- Why do you think building impressive buildings is important?
.....
.....
- 3- What makes malls good destinations for most of the shoppers in Kuwait?
.....
.....

Date: / /

Lessons 4 & 5

chic (Adj)		spacious (Adj)	
governmental (Adj)		state (Adj)	
modernistic (Adj)		sturdy (Adj)	
public (Adj)		substantial (Adj)	
residential (Adj)			

Fill in the spaces with words from the list:

(residential – spacious – governmental – substantial)

- 1- Motorists who exceed the speed limit in areas should be banned from driving.
- 2- Bayt Azzakat is a non-..... organization aiming at lending a hand to needy people.

Choose the correct Adjectives

1. I enjoyed the football match last night. It was really (**exciting** – excited).
2. I am (**interesting** – interested) in this book. In fact, I am keen on reading.
3. We had very (**tired** – tiring) summer holidays. We got extremely (**tiring** – tired).
4. This film is really (**bore** – boring). I got (**bored** – boring) after five minutes from its start.

Grammar

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

- 1 - I think English is one of languages in the world today.
a- important b- more important c- most important d- the most important
- 2- The more English books you read, the your English will be.
a- good b- the best c- best d- better
- 3- German is than English.
a- much difficult b- most difficult c- so difficult d- more difficult
- 4- Isn't it for him to stop smoking than keeping suffering from respiratory problems?
a- worst b- bad c- better d- worse

Do as shown:

- 1- We stayed in a (**cheapest**) hotel during our last holidays in Lebanon. (Correct)
a- the cheapest b- cheap c- cheaper than
- 2- Mohammad is 1.75 tall. Fadi is 1.70 tall. (Make a comparative)
a- **Mohammad is shorter than Fadi.**
b- **Mohammad is taller than Fadi.**
c- **Fadi is taller than Mohammad.**
- 3- this is a table with four legs. (Rewrite the sentence using the compound adjective)
a- **It's four - legs table.**
b- **It's a four - leg table.**
c- **It's a four legs table.**

Date: / /

Lessons 6

Language practice

Summary Making

Read the following passage, then do as required:

Many students find that preparing for an individual class for 60-90 minutes per day, five or six days per week, will leave them well prepared at exam time. For some students, it does not work. That is why practitioners would recommend that students should not cram at the last second. All-nighters simply don't work for most people, and students experience declining returns on their efforts when they attempt to study for four and five hours straight. They would also recommend that students should keep their ears open in class. Their teachers will sometimes tell them about the exam study strategies. They should be in class every day to receive such help. This is particularly true as tests and final exams approach. They insist that students review their class notes on a regular basis.

In a paragraph of **FOUR** sentences **ONLY**, summarise and paraphrase the previous passage in an answer to the following question:

How can students be prepared for the exam time?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Translate the following sentences into English:

- 1- ان بناء مطار جديد سوف يعود بالنفع على السكان المحليين.
 2- تهتم الحكومة ببناء مجمعات تجارية جديدة مثل مجمع 360.

Date: /..... /.....

Lessons 7 & 8

advocate (V)		influx (N)	
apprehensive (Adj)		objective (N)	
benefit (V)		profitable (Adj)	
council (N)		voice (V)	
detrimental (Adj)			

Choose the correct answer from a, b, c and d:

- 1- We should work together to the whole community.
 a- voice b- benefit c- advocate d- drill
- 2-The town..... members have decided to build a new school in the area.
 a- council b- influx c- area d- objective
- 3- The manager was clear enough when he the importance of group work.
 a- benefitted b- voiced c- drilled d- evoked

Set Book Questions

- What are the advantages and disadvantages of building new airports in residential areas?

Advantages

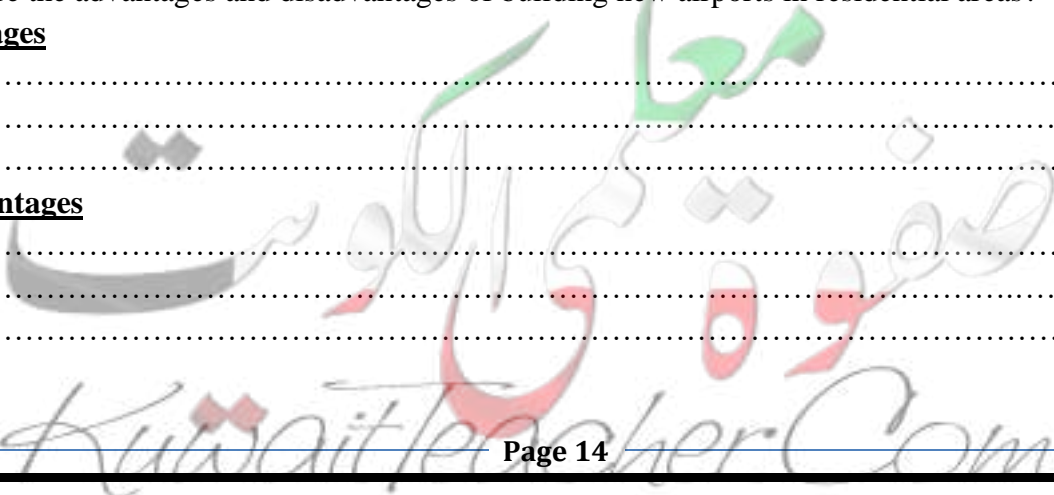
.....

.....

Disadvantages

.....

.....



Language Functions

Write what you would say in the following situations:

1- Your friend hasn't been to 360 Mall before.

.....

2- The government is going to build a new airport in Al Wafra.

.....

3- Your father has designed a new project which appeals to you.

.....

Date: / / **Writing**

Some people consider building a new airport as a great idea.

In (12) sentences, **plan** and **write** an essay about the **advantages** and **disadvantages** of building a new airport.

Outline

I- Introduction:

.....
.....
.....

II- Body

Part 1:

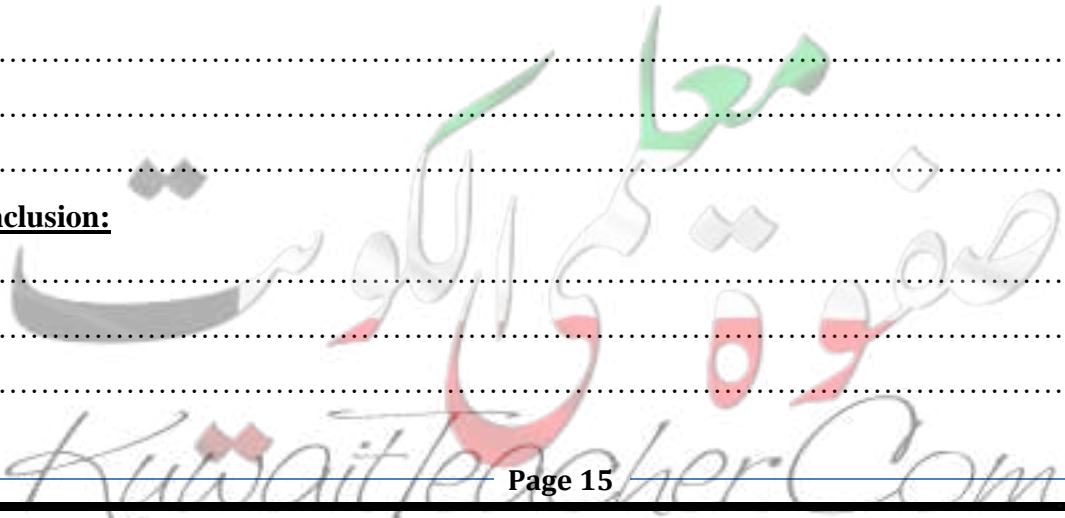
.....
.....
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Part 2:

.....
.....
.....

III- Conclusion:

.....
.....
.....



Lessons 1 + 2

anti-reflective (Adj)		naturalistic (Adj)	
artificial Intelligence (N)		perception (N)	
compete (V)		rival (Adj)	
competitive (Adj)		sensor (N)	
console (N)		simulate (V)	
convoluted (Adj)		speech Recognition (N)	
discourse (N)		visual effects (N)	
employ (V)		wizard (N)	

Fill in the spaces with words from the list:

(visual effects – antireflective – convoluted – employ – discourse – wizard)

- 1- In horror movies, directors resort to to attract the viewers.
- 2- In modern computer games, the characters' is extremely important.
- 3- Our company is intending to professional computer programmers.
- 4- screens cut down on the amount of light that reflects off the display.
- 5- When you write your essay, try to avoid long paragraphs and sentences.

Set book Questions

Answer the following questions:

- 1- How will computer games be like in the future?
.....
- 2- Why do game characters have to be more intelligent?
.....
- 3- Why will game designers be working hard in the future?
.....

analogue (Adj)		hold button (N)	
computer-friendly (Adj)		touchscreen (N)	
drive (N)		wireless (Adj)	

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

- 1- To see this picture, just move your thumb on the
 a- drive b- touch screen c- analogue d- discourse
- 2- The team seems to have lost itsedge recently.
 a- wireless b- computer-friendly c- competitive d- naturalistic
- 3- The in my computer needs changing. It no longer stores information.
 a- drive b- rival c- touch screen d- analogue

Grammar

The future tense

Will
For predictions

(am-is-are)+ going to + v
For planning

Present continuous
For arrangements

Choose the correct answer from a, b, c and d :

- 1-The principal declares that all the members of staff..... a meeting next Monday.
a) is having b) are having c) were having d) was having
- 2- At this time next week, we camping in the Olympic National park.
a) are going to b) will be c) will going d) were going
- 3-The earlier you go to school every day, the you will reach there.
a) fast b) faster c) fastest d) the faster
- 4-The more you....., the more information you gain.
a) study b) studied c) studying d) studies
- 5-I'm extremely exhausted today. I'many work this evening.
a) will do b) won't do c) going to do d) not going to do

Do as shown

- 1- Next time, our team (**beat**) your team, three goals to one. (Correct)
a- is going to beat b- will beat c- is beating
- 2- I will go to the Avenues on the weekend. (Ask a WH question)
a- When will you goes to the Avenues?
b- When you will go to the Avenues?
c- When will you go to the Avenues?
- 3- If I feel thirsty, I drink water. (Use the structure of the more the more)
a- The more I feel thirsty, the more I drink water.
b- The more I feel thirsty, the less I drink water.
c- The more I feel thirsty more I drink water.

Date: /..... /.....

Lessons 6 Language practice

Reading Comprehension

Read the following passage carefully, then answer the questions:

Carole Vincent, 46, describes what her life is like with a terrible eating disorder.

1. Two o'clock in the morning and I'm wide awake. There's only one thing on my mind: food. My urge to eat is irrepressible. I try to push myself back to sleep, but I know I can't fight **it**. I walk down stairs to kitchen. Unconsciously, I search the cupboard for something that will stop my craving - bread, cereal, cheese, or biscuits.
2. I return to bed and fall into fitful sleep, only to wake again in an hour or two - desperate to eat once again. When I get up for work and go into the kitchen, I find all the evidence of my late-night party. In a guilty rush, I recall what I did last night. While everyone else was fast asleep, I was consuming thousands of calories. I have Night Eating Syndrome for the whole of my adult life since my early 20s. I have never admitted it to anyone before - it was my shameful secret - and until a few weeks ago, I had no idea that what I had was an actual illness, with a proper name.

3. While I was googling, I came across a story about a new eating disorder. The words 'night eating' caught my eyes. As I read on, I felt more and more excited. The article described obese people who ate little during the day and consumed carbohydrates at night. 'That's me!' I thought. I'm not the only person in the world with this problem. **The relief was indescribable.**

4. Today, I weigh about 60 kgs, but just six months ago I was 110 kgs. My self-esteem and self-confidence are back again. My weight decreases hugely, depending on how much I'm able to control the quantity of food I eat at night. But however much I try; I can't totally get rid of the night eating pattern.

Daily Mail - By Richard H. Adamson -December 19, 2012

I- Choose the correct answer from a, b, c and d: (6 x 10 = 60 M)

1- The text is mainly about

- a. a gourmand lady who is addicted to social network websites.
- b. a brave lady who went on a healthy diet for many years to keep fit.
- c. a fat young lady who vainly tried to lose weight despite her tough diet.
- d. a strongly-willing woman who managed to drop almost half her weight.

2- When Carole says: "The relief was indescribable," she means that

- a. she was totally confused about her situation.
- b. she was extremely reassured by the good news.
- c. she was unable to describe her own health problem.
- d. she was surprised that no one knew about her secret

3- The underlined word "it" in paragraph 1 refers to

- a. the fact of being awake
- b. the irresistible urge to eat
- c. staying up till early morning
- d. pushing oneself back to sleep

4- All the sentences below are true except: Before losing weight,

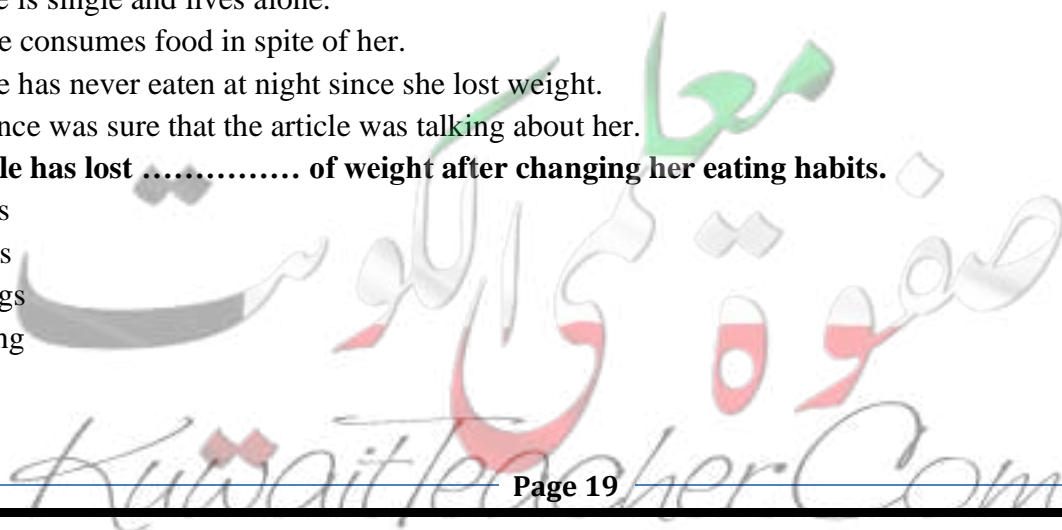
- a. at the physical level, Carole suffered from obesity.
- b. at the psychological level, Carole felt self-confident.
- c. at the social level, Carole feels ashamed of food addiction.
- d. at the nutritional level, Carole used to eat too much at night.

5- We can infer from the reading passage that

- a. Carole is single and lives alone.
- b. Carole consumes food in spite of her.
- c. Carole has never eaten at night since she lost weight.
- d. Clarence was sure that the article was talking about her.

6- Carole has lost of weight after changing her eating habits.

- a. 50 kgs
- b. 60 kgs
- c. 110 kgs
- d. nothing



II- Answer the following questions: (2 x 10 = 20 M)

6- How did Carole find out about her eating health problem?

.....
.....

7- What makes Carole feel guilty when she gets up in the morning?

.....
.....

Date: /..... /.....

Lessons 7 & 8

arcade (N)		exclusive (Adj)	
bonus (N)		helpline (N)	
brehtaking (Adj)		joystick (N)	
built-in (Adj)		keypad (N)	
caller (N)		mode (N)	

Fill in the spaces with words from the list:

(built in – breathtaking– joystick – mode – helpline)

1. This new video game is because it's full of suspense.
2. I am going to buy a new for my Playstation to enjoy it more.
3. My laptop has a keyboard. It is more practical than an external one.

Language Functions

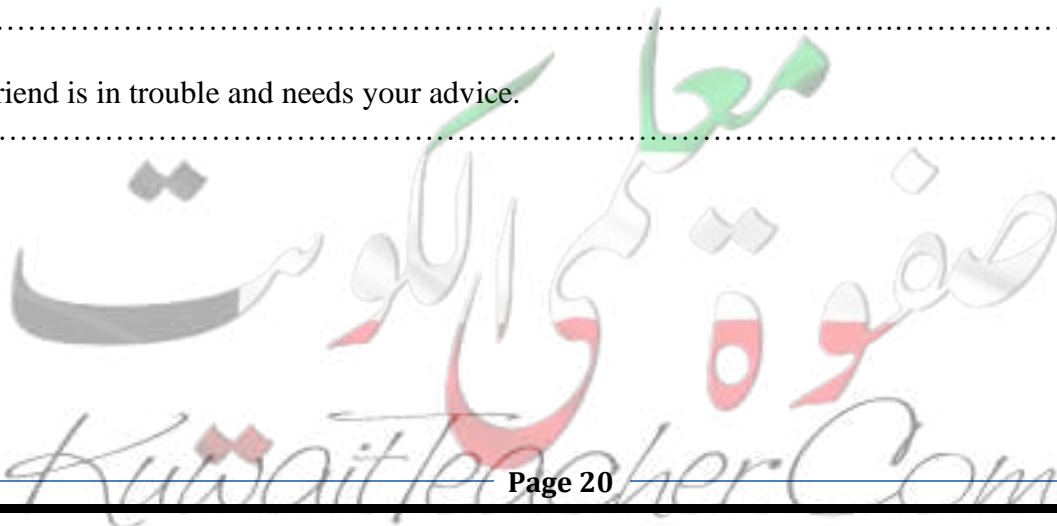
What would you say in the following situations?

1- Your friend bought a new computer game.

.....

2- Your friend is in trouble and needs your advice.

.....



Date:/...../.....

Composition:

Computer games can be beneficial, but they can also be harmful if used incorrectly. In 10 sentences, Plan and write an essay stating the advantages and disadvantages of playing video games.

Outline

I- Introduction:

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II- Body

Part 1:

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Part 2:

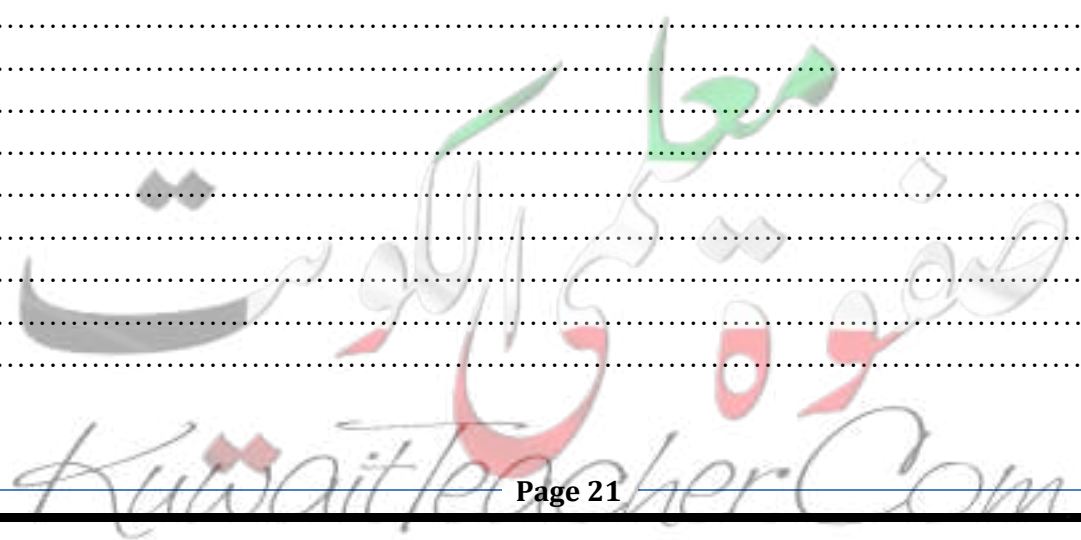
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III- Conclusion:

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Write your essay here

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Lessons 1 & 2

able-bodied (Adj)		neurologist (N)	
adversity (N)		observe (V)	
equestrian (Adj)		rehabilitation (N)	
paralympics (N)		self-discipline (N)	
phenomenon (N)		virtue (N)	
physiotherapy (N)			

Fill in the spaces with words from the list:

(virtues – equestrian – self-discipline – observed – able-bodied – rehabilitation)

- 1- So far, the ceasefire has been by both sides.
- 2- Among Muslims' many are loyalty, courage and truthfulness.
- 3- In times of war, very men and women have to fight for their country.
- 4- The neurologists' prime concern was the of every mentally ill patient.
- 5- Horse-riding is one of the most famous sports in the Arabian Civilization.

Set book Questions

Answer the following questions:

- 1- In Your opinion, why are the Paralympic Games important?
.....
- 2-From your point of view, how can we help the disabled?
.....
- 3- What are the pressures of being a world champion?
.....

aggression (N)		mentality (N)	
determination (N)		motivation (N)	
extrovert (N)		opponent (N)	
feedback (N)		sportsmanship (N)	
introvert (N)		stimulation (N)	
teammate (N)			

Fill in the spaces with words from the list:

(mentality – opponent – teammates – determination – introvert)

1. A professional boxer can beat his during the first round.
2. If you want to win, you need training, fitness and great
3. We should respect our and help them when needed.
4. My friend is always shy. In fact, he is a /an person.

Set book Questions

Answer the following questions:

- 1-What games would you advise introverts to play? Why?
.....
- 2- In your opinion, how can we help athletes stay motivated?
.....
- 3- Which sport do you find the most exciting?
.....

Grammar

From a, b, c and d choose the right answer:

- 1- Hassan ride a horse at the age of twelve. In fact, he is too young.
a. can b. can't c. could d. should
- 2- I'm afraid I come to your party. I will be busy revising for my final exams.
a. can b. couldn't c. can't d. shouldn't
- 3- You help your parents more often. Now, they need you more than before.
a. could b. should c. would d. couldn't

Do as shown

- 1- Ahmad doesn't wait for him anymore,? (Make a tag question)
a- don't he b- didn't he c- doesn't he
- 2- The athlete can for long distances. (Choose the correct answer)
a- swim b- swims c- swam
- 3- girl did succeed in the interview? (Choose the appropriate WH-Q word)
a- When b- Who c- Which

What would you say in the following situations?

- 1- Your sister doesn't know what to study after high-school.
.....
- 2- Your friend wants to travel in the summer vacation but doesn't know where to.
.....
- 3- You want to ask the waiter in the restaurant for food.
.....

Date: / /

Lessons 6

Language practice

Reading Comprehension

1. My first few logins into Facebook had been cautious and brief. It had been a guilty pleasure - an enjoyable escape. But over two years, I'd turned into a **Facebook beast**, uploading over 30 photograph albums weekly, posting countless ridiculous status updates and acquiring hundreds of fake online "friends." People posted anything and everything, surrendering their own privacy and that of their friends. I'd felt something akin to separation anxiety if I ever found myself offline for more than a few hours.

2. The turning point came when I completely forgot about a long-planned reunion with a friend one evening because I had been engaged into mindless Facebook chatting. This is ridiculous, I thought. Surely social networking was supposed to enhance my social life, not to trash it! I should have realized that quite earlier and I told myself that I'd managed perfectly well pre-Facebook and resolved to return to simpler times. I would still keep in touch with people I liked. I had a mobile phone and I was perfectly capable of sending an e-mail or penning a letter. And so I decided to deactivate. It only took a few clicks and was pretty painless.

3. Facebook demanded to know why I'd left; but my mind had been made up. I wanted to see if I could cope without - for at least a week. It gave me the option to return at any time and resurrect my account, but I felt liberated. I was flattered that people cared about me and felt a little ache for the old Facebook camaraderie. Of course, not everyone worried about my departure - or even noticed. One of my Facebook mates was perplexed after seeing that his Facebook friend count reduced by one, but hadn't investigated who might have gone away.

By Caroline Hocking / BBC.NEWS.COM

From a, b, c and d, choose the correct answer: (6 x 10 = 60 M)

1- What type of writing is the passage?

- a- Narrative
- b- Expository
- c- Descriptive
- d- Argumentative

2- What is the main idea of the passage?

- a- My life is over without Facebook
- b- My life is better without Facebook
- c- My life is boring without Facebook
- d- My life is meaningless without Facebook

3- Which best defines the word "Facebook beast" as used in paragraph 1?

- a- Facebook hater
- b- Facebook addict
- c- Facebook admin
- d- Facebook messenger

4- The writer's purpose in writing this passage is probably to:

- a- forget about all the online friends
- b- encourage people to use Facebook
- c- persuade people to quit social network sites
- d- enhance people to login Facebook through their mobile phones

5- Which of the following statements is TRUE?

- a- It was really hard for Caroline to quit Facebook
- b- Facebook users pour their personal data into social media
- c- Caroline denies the fact that she was addicted to Facebook
- d- Caroline was perplexed to see all her online friends touched by her disappearance

6- What can be understood from paragraph 3?

- a- Caroline was ignored by Facebook
- b- Caroline surrendered to Facebook again
- c- Caroline used to be enslaved to Facebook
- d- Caroline’s Facebook mates worried about her decision

II- Answer the following questions: (2 x 10 = 20 M)

7- According to paragraph 2, when was Caroline aware of her ridiculous situation?

.....

.....

8- What does the underlined pronoun “it” in paragraph 2 refer to?

.....

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Date: / /

Lessons 7 & 8

application (N)		member (N)	
badminton ((N)		sauna (N)	
gymnastics (N)		solarium (N)	

From a, b, c and choose the correct words:

1- To join the club, you must fill in this form.

- a. solarium
- b. sauna
- c. member
- d. application

2- To have a flexible body, you should practice on daily basis.

- a. gymnastics
- b. sauna
- c. badminton
- d. solarium

3- I must pay the necessary fees in order to be a / an in this club.

- a. member
- b. badminton
- c. introvert
- d. extrovert

Language Functions

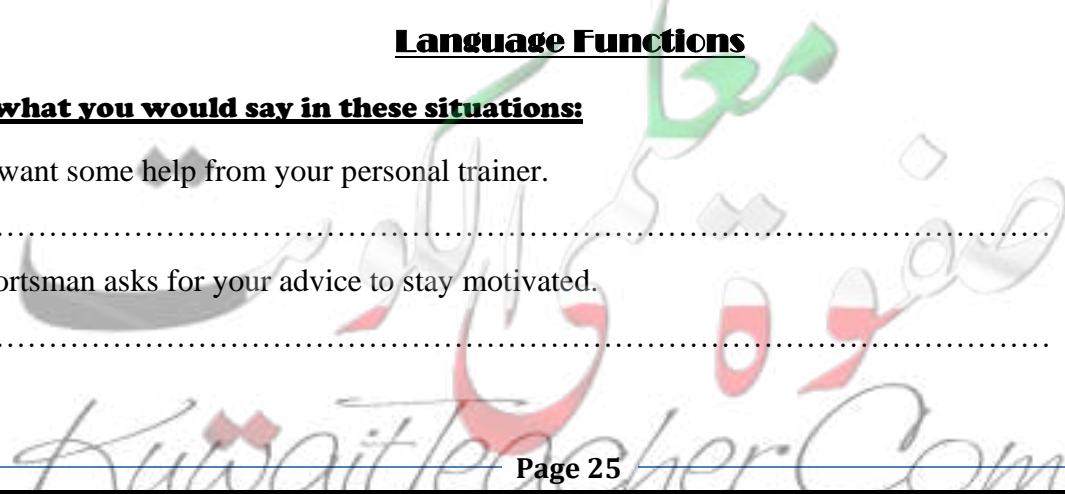
Write what you would say in these situations:

1- You want some help from your personal trainer.

.....

2- A sportsman asks for your advice to stay motivated.

.....



Date: / /

Composition

There are numerous factors that contributes to the becoming and success of an athlete. A part of those factors is the psychological and mental state that an athlete should have in order to be successful.

In (12) sentences, write an essay discussing some of psychological factors that an athlete has to have in order to be successful.

Outline

I- Introduction:

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II- Body

Part 1:

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Part 2:

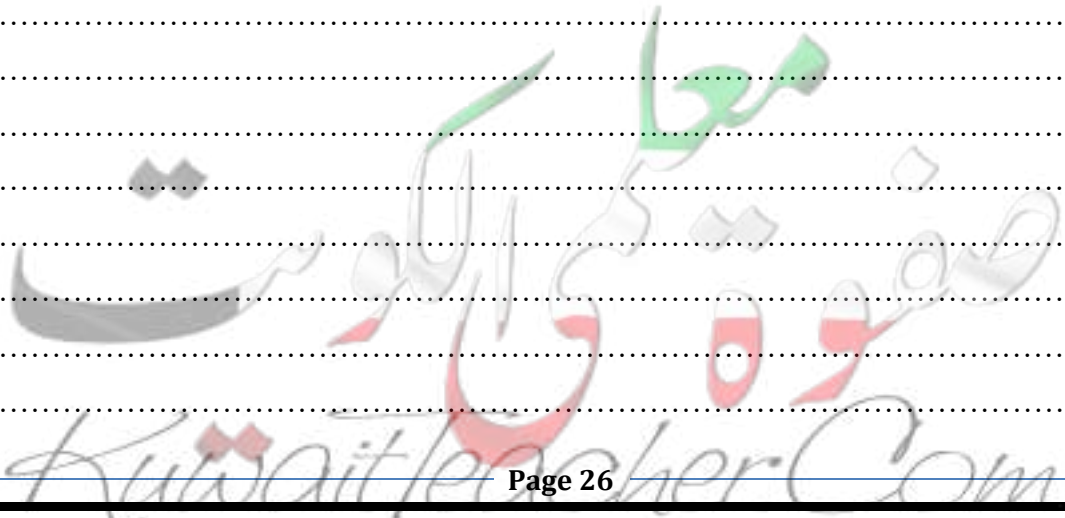
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III- Conclusion:

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Write your essay here

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Date: / /

Reading Comprehension (80 Marks)

Read the following passage carefully, and then answer the questions below:

1. After Danielle Sheehan had reached 146 kilograms, she shed more than half her bodyweight - and is now size 10. Danielle used to feed on junk food and sit in front of the television watching movies every day, resulting in her becoming **obese**. Her size 26 frame was so big that she would not go on public transport because she took up two seats.

2. After three years of hard work and determination, she now weighs just 64 kgs. She has dropped to size 10 and lost 44 kgs. in just six months. Before, Danielle's diet consisted of a "Full English" for breakfast, big baguettes and crisps for lunch and fatty meals like lasagne and chips in the evening with at least 12 bars of chocolate a day as snacks. Danielle, 23, from Nottingham, said: "It was more the quantity, the amount of food I was eating, and I did not exercise - I was so lazy."

3. "At 128 kilograms, I was miserable. I wanted to look like Angelina Jolie, not Mandy Dingle. My confidence evaporated, and I stopped going out with my mates. Instead, I stayed at home, gorging on cakes and chocolate." After being told by doctors she would suffer from a chronic respiratory disease if she didn't dramatically change her lifestyle, Danielle decided to use this blow as her 'trigger warning' to take action. She became a fitness fanatic, embarking on long runs five days a week, going to the gym and doing spinning classes, and stripped back to a diet of fruit, vegetables, lean meat and fish. She said: "I decided enough was enough. I looked like a round melon, but I was the only **one** who could change that."

4. Recalling the start of her diet in September 2009, she said: "It was like a drug addiction. I was aggressive at first, but then I would go for a run and it would make me feel amazing. The dramatic weight loss helped Danielle to give birth to Maria. That gave her even more motivation to continue with her new regime, and she is now enjoying a new lifestyle and her new slim frame after three years of hard work. "I feel a lot more confident now. I have lost the old me and gained this amazing confidence. Now people compare me to Angelina Jolie instead of Mandy Dingle, which is a huge compliment.

A. From a, b, c and d choose the correct answer: (8 x 10 = 80)

27- What is the main idea of the passage?

- a- A strongly-willing woman who managed to drop half her weight
- b- A brave lady who went on a healthy diet for a few weeks to keep fit
- c- A fat young lady who could lose weight after giving birth to her first baby
- d- A fat young lady whose weight was an obstacle for giving birth to her first baby

28- Which best defines the words "obese**" as used in paragraph 1?**

- a- Obese means tired and ready to sleep.
- b- Obese means very fat in a way that is unhealthy.

- c- Obese means someone who likes to eat and drink a lot.
- d- Obese means anxious or fearful that something bad will happen.

29- What does the underlined pronoun “one” in paragraph 3 refer to?

- a- gym
- b- melon
- c- Danielle
- d- Coffee shop

30- Which of the following statements is NOT TRUE?

- a- Angelina Jolie is Danielle’s best role model and reference.
- b- Eating fast food and having an inactive lifestyle lead to overweight.
- c- Danielle gave birth to Maria after taking the decision to go on a diet.
- d- Despite her overweight, Daniel had never stopped socializing with her friends.

31- Which proverb best describes the author's main purpose in writing this text?

- a- Don’t bite the hand that feeds you.
- b- When there is a will, there is a way.
- c- A party without a cake is just a meeting.
- d- Don't put off till tomorrow what can be done today.

32- According to the passage, what is meant by “I have lost the old me”?

- a- She became a fitness fanatic.
- b- She has totally lost her self-confidence.
- c- She has radically changed her personality.
- d- She has eventually regained her cool temper.

B. Answer the following questions:

33- What are the things that people should do not to become obese?

.....

34- What can motivate people to lose weight?

.....

VII- Summary Making (60 Marks)

In FOUR sentences, summarize and paraphrase the following passage in an answer to the following question:

What are the best strategies to get ready for the exams? (4 x 15 = 60)

Many students find that preparing for an individual class for 60-90 minutes per day, five or six days per week, will leave them well prepared at exam time. For some students, it does not pay off. Experts think that students should not cram at the last second. All-nighters simply do not work for most people and students experience declining returns on their efforts when they attempt to study for four or five hours straight. They would recommend that students should keep their ears open in class. Their teachers will sometimes tell them about the exam study strategies. They should be in

class every day to receive such help. They insist that students review their class notes on a regular basis.

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VIII- Translation (20 Marks)

Translate the following 2 sentences into good English: (2 x 10 = 20)

1- ان الكويتيين يفتخرون ببلدهم وبتقاليده وهذا ينعكس في اللباس الذي يرتدونه.

.....
.....

2- ان الأخصائيين في التكنولوجيا يتنبؤون بأن ألعاب الكمبيوتر سوف تكون أكثر واقعية.

.....
.....

Good Luck



The most common irregular verbs

Infinitive	Past	P.P.	المعنى	Infinitive	Past	P.P.	المعنى
read	read	read	يقرأ	build	built	built	يبني
put	put	put	يضع	send	sent	sent	يُرسل
hit	hit	hit	يضرب	lend	lent	lent	يُقرض
hurt	hurt	hurt	يؤذي	spend	spent	spent	يقضي يُنفق
cost	cost	cost	يكلف	bend	bent	bent	يثنى
split	split	split	يمزق	become	became	become	يصبح
drink	drank	drunk	يشرب	overcome	overcame	overcome	يهزم
swim	swam	swum	يسبح	come	came	come	يأتي
sing	sang	sung	يغني	run	ran	run	يركض
ring	rang	rung	يتصل يرن	buy	bought	bought	يشترى
sink	sank	sunk	يغرس	fight	fought	fought	يحارب
spring	sprang	sprung	ينبتق - يُنبِت	bring	brought	brought	يجلب
begin	began	begun	يبدأ	think	thought	thought	يعتقد
wear	wore	worn	يلبس	seek	sought	sought	يُتشد
tear	tore	torn	يمزق	teach	taught	taught	يُدرس
deal	dealt	dealt	يعامل	catch	caught	caught	يصطاد
lose	lost	lost	يضيع	hear	heard	heard	يَسْمَع
get	got	got	ينال	lead	led	led	يُرشد
leave	left	left	يترك	bleed	bled	bled	ينزف
feel	felt	felt	يشعر	say	said	said	يقول
keep	kept	kept	يحتفظ	pay	paid	paid	يدفع
sleep	slept	slept	ينام	hold	held	held	يُمسك بـ
shoot	shot	shot	يُطلق الرصاص	tell	told	told	يُخبر
sit	sat	sat	يُجلس	sell	sold	sold	يبيع
meet	met	met	يقابل	stand	stood	stood	يقف
eat	ate	eaten	يأكل	find	found	found	يجد
take	took	taken	يأخذ	make	made	made	يَصْنَع
forget	forgot	forgotten	ينسى	speak	spoke	spoken	يتكلم
fall	fell	fallen	يسقط	break	broke	broken	يكسر
choose	chose	chosen	يختار	steal	stole	stolen	يسرق
grow	grew	grown	يزرع	write	wrote	written	يكتب
know	knew	known	يعرف	see	saw	seen	يرى
fly	flew	flown	يُطير	give	gave	given	يعطي
go	went	gone	يذهب	ride	rode	ridden	يركب
be	were / were	been	الكيونة	have	had	had	يملك
do	did	done	يفعل	leave	left	left	يغادر

Personal pronouns	Simple present				Present continuous	Present perfect	Future	Past continuous	Past perfect	past Simple (be) (do) (have) (V)
	<i>be</i>	<i>do</i>	<i>have</i>	<i>v</i>						
I	am	do	have	v	am + v + ing	have + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
You	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
He	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
She	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
It	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
We	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
They	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
Key Words الكلمات المساعدة	usually - sometimes - always - often - every ... - rarely - seldom إذا كان معنى الجملة يدل على حقيقة				now - look - listen - at the moment - at the present	already - just - never - ever - lately - recently - yet - since - for	next - tomorrow - in the future - in two days - soon	while - as - when	after - before - by the time	ago - last - once - yesterday