

GRADE4 UNIT 1 EXERCISES

تدريبات الوحدة الأولى الصف الرابع



VOCABULARY



GRAMMAR



READING



WRITING



SPELLING

DONE BY

Miss Safaa 

صفوة من الكويت



Vocabulary – Choose the correct answer from a, b, c, or d

1. Brushing your teeth every night is a good _____.

- a. habit b. dairy c. app d. fitness

2. I downloaded a new _____ to track my steps.

- a. Coach b. app c. fats d. energy

3. My _____ helps me train for the school race.

- a. rest b. brain c. coach d. habit

4. Always _____ before doing exercise.

- a. sleep b. rest c. spend d. stretch

5. The movie was really _____!

- a. interesting b. sad c. hydrated d. lazy

6. Ahmed is very _____ because he studies every day.

- a. rest b. excited c. smart d. fats

7. It's important to _____ after school.

- a. get ready b. warm up c. rest d. coach

8. Brushing your hair every morning is a healthy _____.

- a. habit b. grain c. energy d. protein

9. I enjoy _____ on weekends. It's good exercise.

- a. cycling b. fats c. vitamin d. app



10. Don't _____ all your time playing games.

- a. stretch b. spend c. rest d. walk

11. Use your money _____ and save some for later.

- a. wisely b. sadly c. quickly d. slowly

12. Reading every day keeps your mind _____.

- a. hydrated b. lazy c. sharp d. excited

13. Your _____ controls how you think and learn.

- a. protein b. coach c. habit d. brain

14. The football match will be in the _____.

- a. stadium b. app c. grain d. school

15. We are going to join the school _____ next week.

- a. walkathon b. lesson c. game d. habit

16. Sara is very _____ about her birthday party.

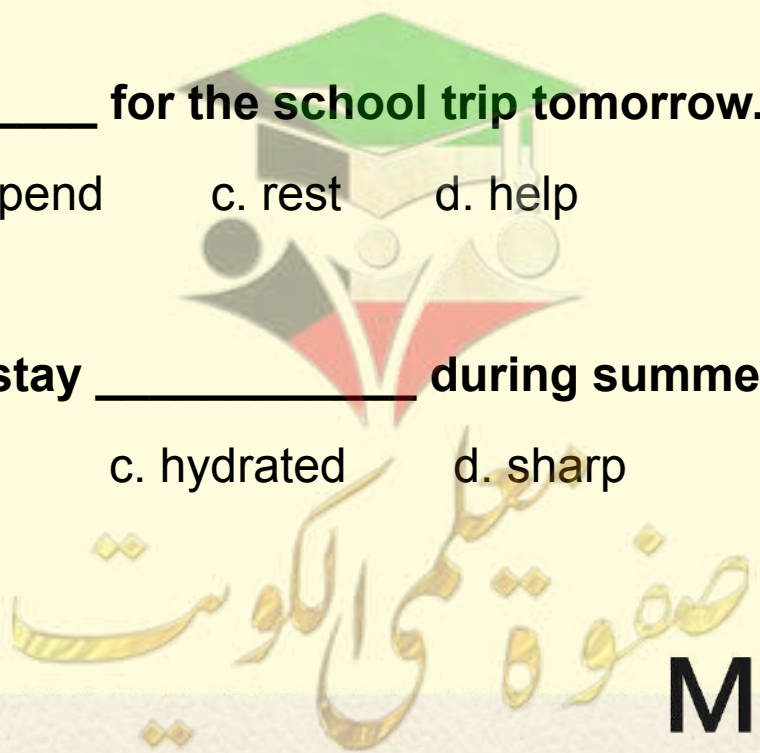
- a. sad b. excited c. sleepy d. tired

17. Let's _____ for the school trip tomorrow.

- a. get ready b. spend c. rest d. help

18. Drink water to stay _____ during summer.

- a. sad b. lazy c. hydrated d. sharp



19. You should _____ before playing football.

- a. warm up b. rest c. sleep d. help

20. We played _____ in the gym during P.E. class.

- a. table tennis b. cycling c. fitness d. habit

21. Rice and bread are types of _____.

- a. fats b. protein c. dairy d. grain

22. Food gives us _____ to play and study.

- a. habit b. brain c. energy d. vitamin

23. Oranges are full of _____ that keep us healthy.

- a. vitamin b. protein c. app d. rest

24. Meat and fish are good sources of _____.

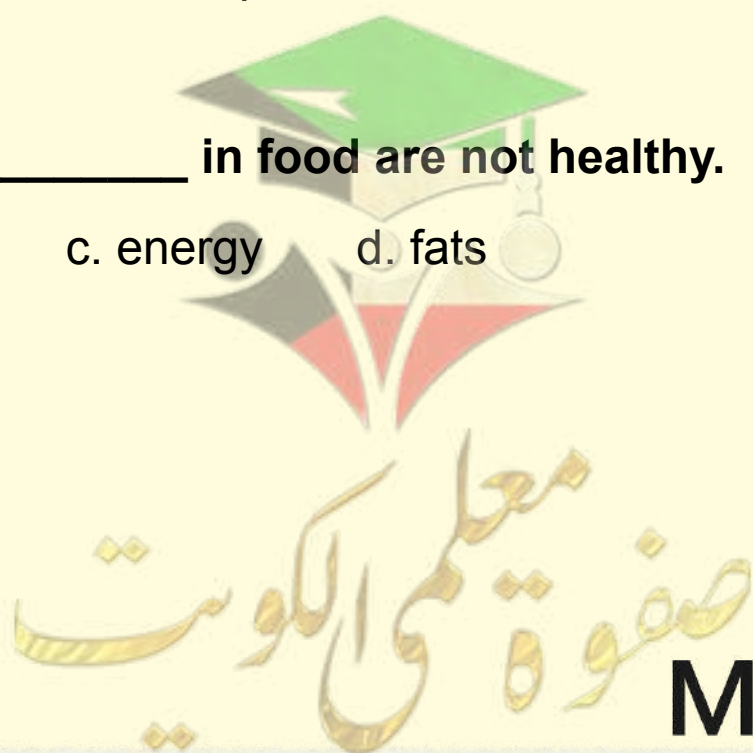
- a. dairy b. fats c. grain. d. protein

25. Milk and cheese are examples of _____ products.

- a. dairy b. smart c. sharp d. fats

26. Too many _____ in food are not healthy.

- a. habits b. app c. energy d. fats



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Reading comprehension

Read the following passage, then answer the questions below:-

Next Friday, Sophia is going to join the walkathon at Jaber Al-Ahmad Stadium. She is very **excited** because it is her first time joining a big sports event. Sophia and her classmates Noura , Ream, and Fatma are going to walk together to help raise money for sick children.

On Thursday evening, Sophia is going to prepare her sporty clothes, shoes, and water bottle. Her mother is going to remind **her** to sleep early and eat a healthy breakfast. In the morning, Sophia is going to arrive at the stadium with her family. There are going to be many people—teachers, students, and parents.

Before the walk, everyone is going to do a short warm-up. Sophia is going to feel happy and ready. The weather is going to be sunny, but she is going to drink water to stay hydrated. After the walkathon, Sophia is going to get a medal and take pictures with her friends. It is going to be a wonderful and healthy day!

A) Choose the correct answer:-

1. The best title for the passage could be:
a) Sophia's Healthy Day b) The Beach c) The Walkathon d) The stadium
2. The underlined word **excited** in line **2** means:
a) happy b) sleepy c) tired d) sad
3. The word **her** in line **6** refers to:
a) Sophia b) Reem c) Fatma d) Noura
4. The walkathon is to raise money to help _____.
a) animals b) poor people c) sick children d) old teachers
5. Sophia is going to get a _____ after finishing the walkathon.
a) medal b) trophy c) book d) letter

B) Answer the following questions

1. Where is Sophia going to go for the walkathon?

.....

2. How is Sophia going to be ready before the walkathon ?

.....



(Grammar)

◆ Like + v + ing

◆ Enjoy + v + ing

شرح القاعدة :-

عندما نستخدم like & enjoy ويأتي بعدها فعل ، نضيف للفعل ing في الآخر .

ملحوظة

مع he, she , It نضيف حرف s الي like & enjoy

Examples:-

◆ He likes running.

◆ She enjoys painting.

Choose the correct answer from a, b or c

1. I like _____ stories before bed.

a) read b) reading c) reads

2. She enjoys _____ in the park.

a) walking b) walk c) walks

3. They like _____ football after school.

a) play b) playing c) played

4. We enjoy _____ music in class.

a) listen b) listens c) listening

5. My brother likes _____ pictures.

a) drawing b) draw c) drew



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6. The children enjoy _____ cartoons.

- a) watch b) watched c) watching

7. I like _____ swimming in summer.

- a) go b) going c) goes

8. He enjoys _____ to school on his bike.

- a) ride b) riding c) rides

9. We like _____ healthy food.

- a) eating b) eat c) eats

10. She enjoys _____ English songs.

- a) sing b) singing c) sang

11. My friends like _____ in the playground.

- a) run b) runs c) running

12. The teacher enjoys _____ books on weekends.

- a) read b) reading c) reads

13. I like _____ with my cat.

- a) play b) played c) playing

14. They enjoy _____ new words in English.

- a) learn b) learning c) learned

15. She likes _____ photos with her phone.

- a) take b) taking c) takes



(Grammar)

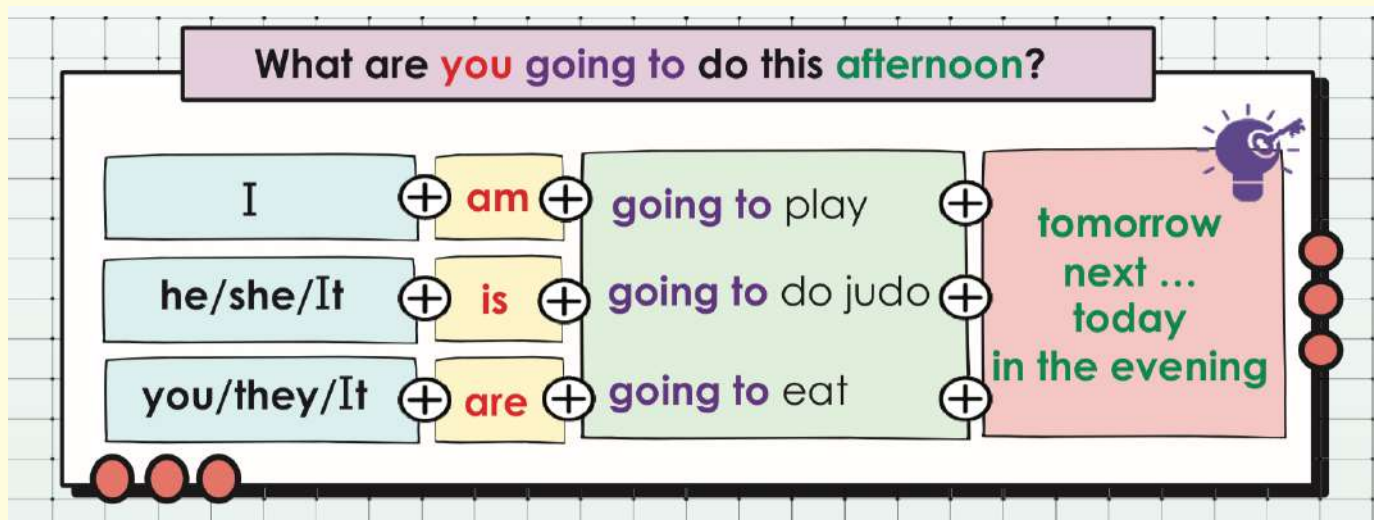
◆ Future with (going to)

شرح القاعدة :-

نستخدم am / is / are + going to + verb للتحدث عن خططنا ونوايانا في المستقبل

ملحوظة

بعد going to الفعل يجب ان يأتي في المصدر (بدون أي إضافات)



Choose the correct answer from a, b or c

1. I _____ going to play tennis tomorrow.

a) are b) is c) am

2. He _____ going to eat pizza tonight.

a) am b) are c) is

3. We _____ going to watch a movie.

a) is b) are c) am

4. They are going to _____ football in the park.

a) playing b) play c) played

5. She is going to _____ her homework.

a) did b) does c) do



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7. I am going to _____ to school by bus.

- a) goes b) go c) going

8. We are going to _____ breakfast at 8 o'clock.

- a) has b) have c) having

9. He is going to _____ his grandparents next Friday.

- a) visit b) visiting c) visits

10. They are going to _____ in the swimming pool.

- a) swimming b) swims c) swim

11. She _____ going to sleep early tonight.

- a) are b) is c) am

12. I am going to _____ my new shoes tomorrow.

- a) wear b) wore c) wearing

13. We are going to _____ photos at the park.

- a) took b) taking c) take

14. The boys are going to _____ basketball after school.

- a) plays b) playing c) play

15. My sister is going to _____ a new storybook.

- a) read b) reads c) reading



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Spelling

A) Write the missing words to complete the sentences.

1. I use a fitness _____



on my phone

2.

2. Our football _____



helps us to play better.

3. The walkathon will be at Jaber Al Ahmed _____.



4. I always drink water to stay _____.



5. Eggs and meat give our body _____.



6. Fruits and vegetables have a lot of _____.



7. We eat rice and bread to get more _____.



8. My teacher told us to _____ before P.E. class.



9. Ali is going to take part in the _____



next week.

10. After the walkathon, we need to _____
water.



and drink

صفوة معلمة الكويت

Miss Safaa



Writing

Fill in the graphic organizer, then use it to write a paragraph about your plans to stay healthy and happy:-

Guide words

healthy - cycling - fruit & vegetables- strong - happy

What are you going to do next weekend?

1



3

What are you going to eat or drink ?



4

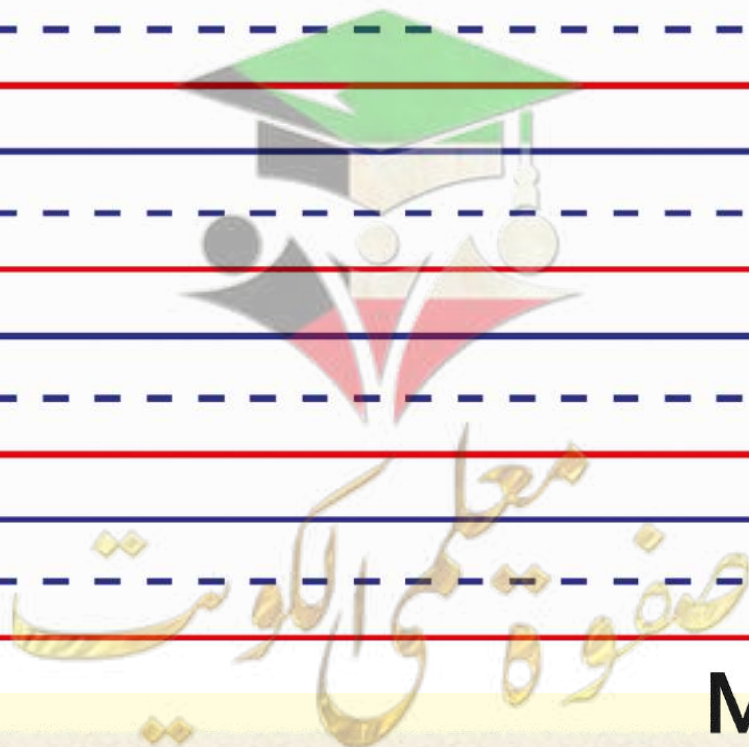
How are you going to feel after that?

Where are you going to go ?

2



Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid blue, middle dashed blue, bottom solid red) for writing practice.



Grade4 unit 1 Vocabulary

كلمات الوحدة الأولى الصف الرابع

Word	Part of Speech	Arabic Meaning
fitness	noun	لياقة بدنية
app	noun	(تطبيق) برنامج على الهاتف
coach	noun	مدرب
stretch	verb	يتمدد / يقوم بتمارين الإطالة
interesting	adjective	ممتع / شيق
smart	adjective	ذكي
rest	verb	يستريح
habit	noun	عادة
cycling	noun	ركوب الدراجة
spend	verb	(ينفق / يقضي) وقت أو مال
wisely	adverb	بحكمة
sharp	adjective	حاد / ذكي / سريع الفهم
brain	noun	دماغ / عقل
stadium	noun	ملعب / إستاد
walkathon	noun	مسيرة للمشي (فعالية خيرية أو رياضية)
excited	adjective	متحمس
get ready	phrasal verb	يستعد / يجهز نفسه
hydrated	adjective	مرطب / شرب كمية كافية من الماء
warm up	phrasal verb	يحمي / يقوم بتمارين الإحماء
table tennis	noun	تنس الطاولة / كرة الطاولة
grain	noun	(حبوب) قمح - أرز - شوفان
energy	noun	طاقة
vitamin	noun	فيتامين
protein	noun	بروتين
dairy	noun	منتجات الألبان
fats	noun	دهون



