

الصف الحادي عشر (علمي) + (أدبي)

Student book unit **6**

1_ participation

1_ مشاركة

1_ an act of taking part in an activity or event

2_ disciplined

2_ منضبط

2_ trained to obey rules and behave in a controlled way

3_ crucial

3_ حاسم

3_ something that is extremely important

4_ component

4_ عنصر

4_ one of several parts that together make up a whole machine, system..

5_ hurdles

5_ موانع/عقبات

5_ problems or difficulties

6_ accelerate

6_ يسرع

6_ to happen or make things happen faster

7_ reconciliation

7_ المصالحة

7_ a situation in which two people, countries become friendly again after quarreling

With Hyam

Unit 6



Physical Education

Listening: Listening for gist

Speaking: Asking and giving information

Reading: Benefits of Sport

Writing: A paragraph about a healthy lifestyle

Vocabulary: Health idioms

Grammar: Future forms

Pronunciation: Diphthongs

Everyday English: Giving warnings

Preview

- 1 How can sport enhance health in societies? Tell your partner!
- 2 Does sport play any role in spreading peace worldwide?
- 3 What does sport enhance in individuals?

Label the pictures with the following sport phrases:

on your mark, get, set, go!
run a marathon

celebrating victory
cheering a win

losing team fans
full time whistle

calling time-out
an offside player



Reading

Read the following text then do the tasks below.

Benefits of Sport

Academic Success: It is recognised that there is a strong connection between participation in sport and academic success. Those who participate in sports tend to be more focused, disciplined in their studies and successful in school.



Confidence: The more we participate in sports, the more we build self-confidence. It is seen as a crucial component in empowering the young to take on new roles and to challenge the hurdles they encounter.



Health: Participating in sports has many benefits for both boys and girls. Physical activities develop healthy lifestyle habits and are beneficial for physical and mental health. Just four hours of any physical activity a week has been shown to reduce the risk of many diseases, such as cancer and heart disease. Developing such positive habits in childhood can have life-long positive benefits. Moreover, the beneficial effects of sport on individual health accelerate overall health indicators of the community.



Peace Spreading: In conflict environments, sports have been used effectively to promote reconciliation among communities. Sport events offer an opportunity to bring countries together as in the World Cup or the Olympic Games.



Teamwork: Membership on a sport team has effects in terms of building positive relationships among team members, and helps acquire teamwork skills, which can later be useful to all members in their personal life.



a Answer the following questions.

- 1 How does sport increase academic success?
- 2 What helps people build self-confidence?
- 3 Name the illnesses mentioned in the text above.
- 4 How is sport important in spreading peace?
- 5 What does the word "their" in blue refer to?

Reading موقع أفدني التعليمي *a*

1_ Sport makes participants more focused, disciplined in their studies and successful in school.

تجعل الرياضة المشاركين أكثر تركيزاً وانضباطاً في دراستهم ونجاحاً في المدرسة

2_ Participating in sports helps people build self-confidence.

تساعد المشاركة في الرياضة الناس على بناء الثقة بالنفس

3_ They are Cancer and heart disease

هم السرطان ومرض القلب

4_ Sports have been used effectively to promote reconciliation among communities.

تم استخدام الرياضة بشكل فعال لتعزيز المصالحة بين المجتمعات

5_ them refers to team members.

تشير إلى أعضاء الفريق

b Correct the following sentences according to the text.

- 1 A negative sign of a healthy community is taking up sport.
- 2 Sport never unites the fans of the national team.
- 3 Teamwork skills can last only a short period of time.

c Match the following definitions to the words in red in the text above.

- 1 a situation in which two people, countries, etc. become friendly with each other again after quarrelling
- 2 problems or difficulties that must be solved
- 3 to happen or make things happen faster
- 4 trained to obey rules and behave in a controlled way

Vocabulary Health idioms

a Match each idiom with its corresponding meaning.

- | | |
|----------------------|--|
| 1 As fit as a fiddle | a functioning in a good way. |
| 2 Alive and kicking | b being unwell. |
| 3 Under the knife | c to be in excellent physical shape or to be very healthy. |
| 4 Under the weather | d to have surgery or an operation. |

b Complete each pair of the dialogues below with the correct form of the idioms mentioned in exercise (a).

- 1 *Lubna:* "How's your brother?"
Lama: "He's OK; he's going at the Medical Centre next week."
- 2 *Roberto:* "Are you coming to the party tonight?"
Jane: "I don't think so. I'm feeling a bit"
- 3 *Sami:* "Do you still have that motorbike you bought in the 1970s?"
Ali: "Yeah, and it's still"
- 4 *Michel:* "Are you ready for our run this morning?"
John: "Ready?! I'm feeling"



1_ A positive sign of a healthy community is taking up sport.

سمة إيجابية على صحة المجتمع هو ممارسة الرياضة

2_ Sport never unites the fans of the national team.

الرياضة لا توحد أبدأ جماهير المنتخب الوطني

3_ Teamwork skills can last only a short period of time.

يمكن ان تستمر مهارات العمل الجماعي لفترة قصيرة فقط

موقع أفدني التعليمي

1_ A situation in which two people, countries,... become friendly with each other again after quarreling.

reconciliation

حالة يصبح فيها شخصان، دولتان ودودين مع بعضهما البعض بعض الشجار.... المصالحة

2_ Problems or difficulties that must be solved. موقع أفدني التعليمي

hurdles

المشاكل او الصعوبات التي يجب حلها..... العقبات

3_ To happen or make things happen faster.

accelerate

يحدث او يجعل الأشياء تحدث بشكل أسرع....

يسرّع/يعجّل

4_ Trained to obey rules and behave in a controlled way.

Disciplined

مدربين على طاعة القوانين وتتصرف بطريقة تسيطر

عليها.... منضبط

1_ As fit as a fiddle في منتهى اللياقة →

to be in excellent physical shape or
to be very healthy.

2_ Alive and kicking لا يزال حياً يرزق →

functioning in a good way

3_ under the knife يخضع لعمل جراحي →

to surgery or an operation

4_ under the weather متوَعك صحياً →

being unwell

موقع أفدني التعليمي

1_ Lubna : How is your brother?

Lama : He's ok. He's going under the knife at the Medical Center next week.

2_ Roberto : Are you coming to the party tonight?

Jane: I don't think so. I'm feeling a bit under the weather

3_ Sami :Do you still have that motorbike you bought in the 1970s?

Ali: Yeah, and it's still alive and kicking

4_ Michael : Are you ready for our run this morning?

John: Really? I'm feeling as fit as a fiddle

موقع أفدني التعليمي

Pronunciation

Diphthongs /aɪ/, /eɪ/ and /ɔɪ/

a **EX 1** Listen to the words and practise them.

/aɪ/	/eɪ/	/ɔɪ/
like	wait	oil
white	race	voice
rise	raise	toy
file	lake	avoid
smile	fail	annoy

b **EX 2** Listen and cross out the word that does not contain the diphthong sound on the left.

1 /aɪ/	climb	join	tie	dye
2 /eɪ/	date	make	face	choice
3 /ɔɪ/	royal	train	boil	soil

Grammar

Future Forms

a With a partner, decide which sentence(s) 1-6 refer(s) to.

1 Shall I make you a cup of coffee?	a plan or intention
2 You'll pass your exam.	an arrangement
3 It's going to be hot tomorrow.	a prediction
4 I'll be really careful.	a promise
5 Are you going to study at university?	an offer
6 I'm staying at home tonight. I'm not going out.		

b Use the words / phrases from the list to complete the sentences, as in the example.

sell her car *be late for school* *make a cake*
lose weight *rain* *fix*

- Jane's putting an ad in the newspaper.
She is *going to sell her car*.
- The washing machine isn't working.
My father

- I bought some flour and some eggs.
I
- Robert is on a diet.
He
- Peter is still in bed.
He
- The sky is cloudy.
It

Pronunciation

ق

join

ع

choice

ر

Train

موقع أفدني التعليمي

Hyam Hamido

1_ Shall I make you a cup of coffee?

→ an offer اقتراح

2_ You'll pass your exam → a

prediction تنبأ

3_ It is going to be hot tomorrow

→ a prediction تنبأ

4_ I'll be really careful → a promise

وعدا

5_ Are you going to study at

university? → a plan or intention

خطة او نية

6_ I'm staying at home tonight. I'm

not going out → an arrangement

ترتيب/تخطيط

2_ The washing machine isn't working.

_ My father is going to fix it.

3_ I bought some flour and some eggs.

_ I'm going to make a cake.

4_ Robert is on a diet.

He'll lose weight.

5_ Peter is still in bed.

_ He'll be late for school.

6_ The sky is cloudy.

_ It's going to rain.

Hyam Hamido

موقع أفدني التعليمي



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