

Sports equipment



1 Match the photos A-E to the words in the box.

EP



bat ball board racket stick

2 Complete the table with the sports in the box. Some sports can go in more than one column.

badminton baseball basketball
 cycleball cycling football
 gilli-danda hockey octopush
 rugby running sailing skating
 snowboarding surfing swimming
 table tennis tennis volleyball



Use a stick,
a racket or a bat



Use a ball



Use a board

Badminton
 Baseball
 Gilli-danda
 octopush
 rugby
 Table tennis
 Tennis

basketball
 cycleball
 football
 hockey
 volleyball

snowboarding



TABLE TENNIS

- 1 One racket for each player.
- 2 One small, light ball for the game.

BASEBALL

- 3 One bat for each team.
- 4 One small, hard ball for the game.

BADMINTON

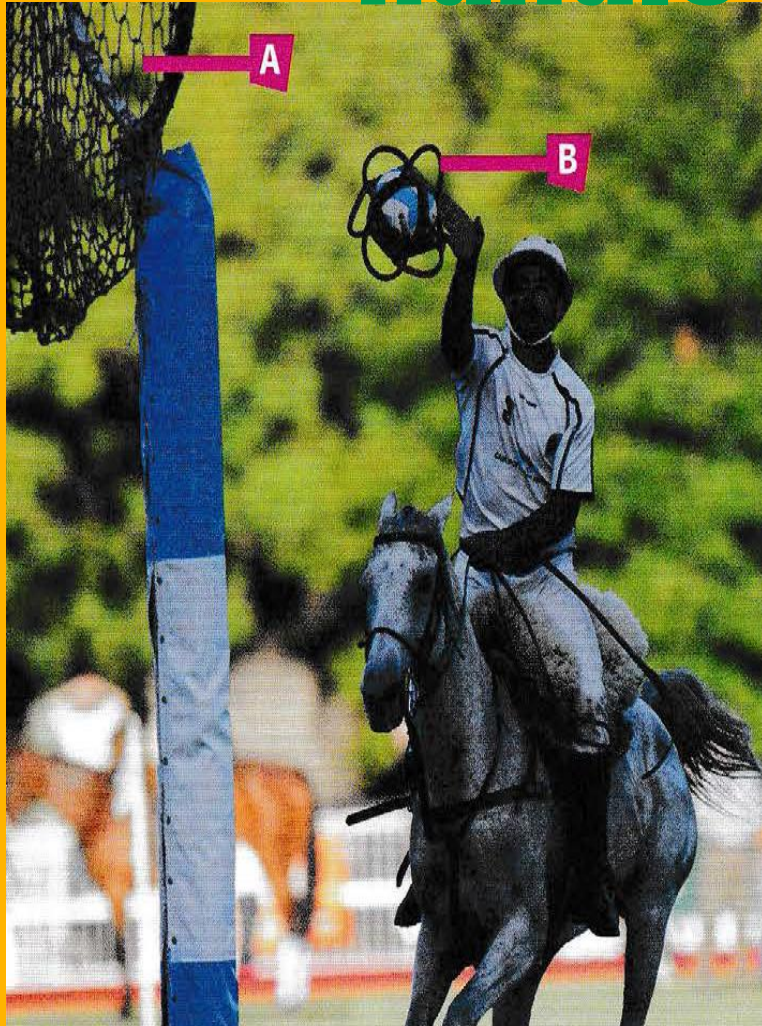
- 5 One racket for each player.

OCTOPUSH

- 6 One small stick for each player.
- 7 One heavy puck, like a flat ball for the game.

bat ball board racket stick

Handle

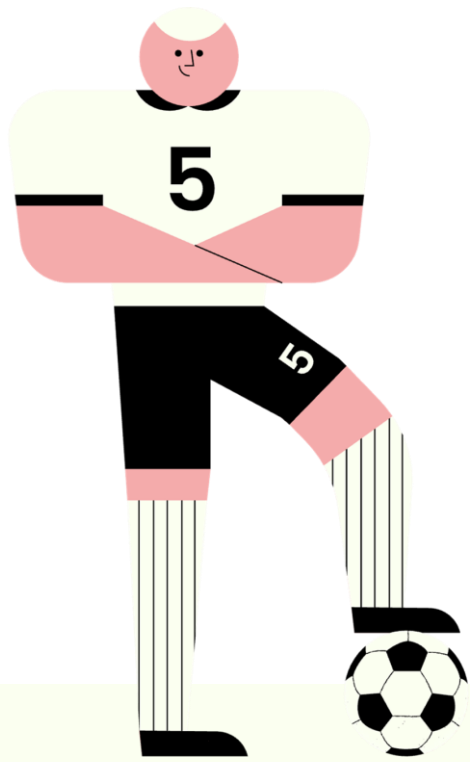


Net

Listen to an interview with a boy about his unusual sport. What's the name of the sport?

Listen again, and choose the correct words.

- 1 There are four / *six* players in each team.
- 2 There are six / *eight* handles on the ball.
- 3 Players *throw* / give the ball to each other.
- 4 Players throw / *put* the ball in the net to score a goal.

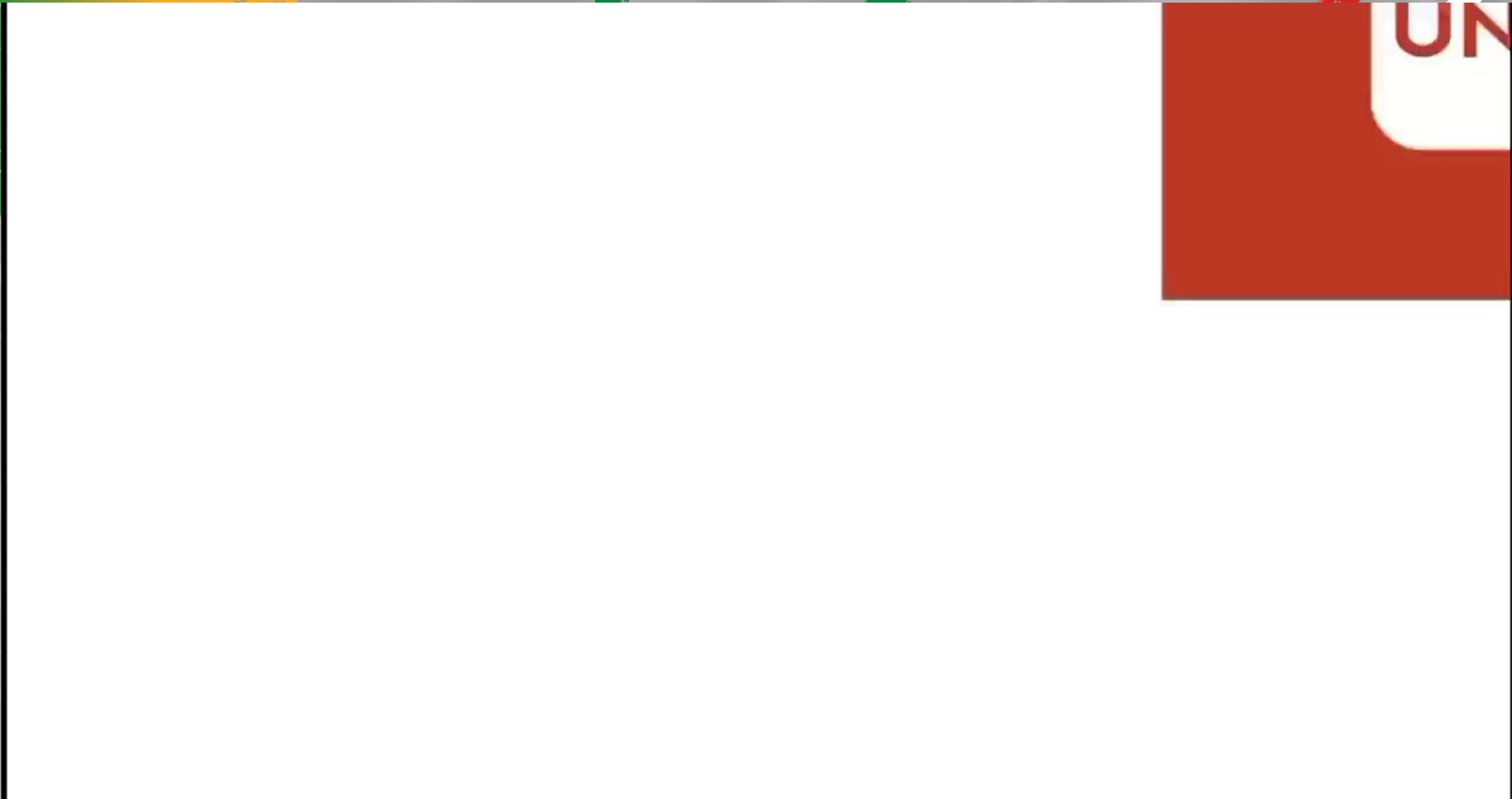


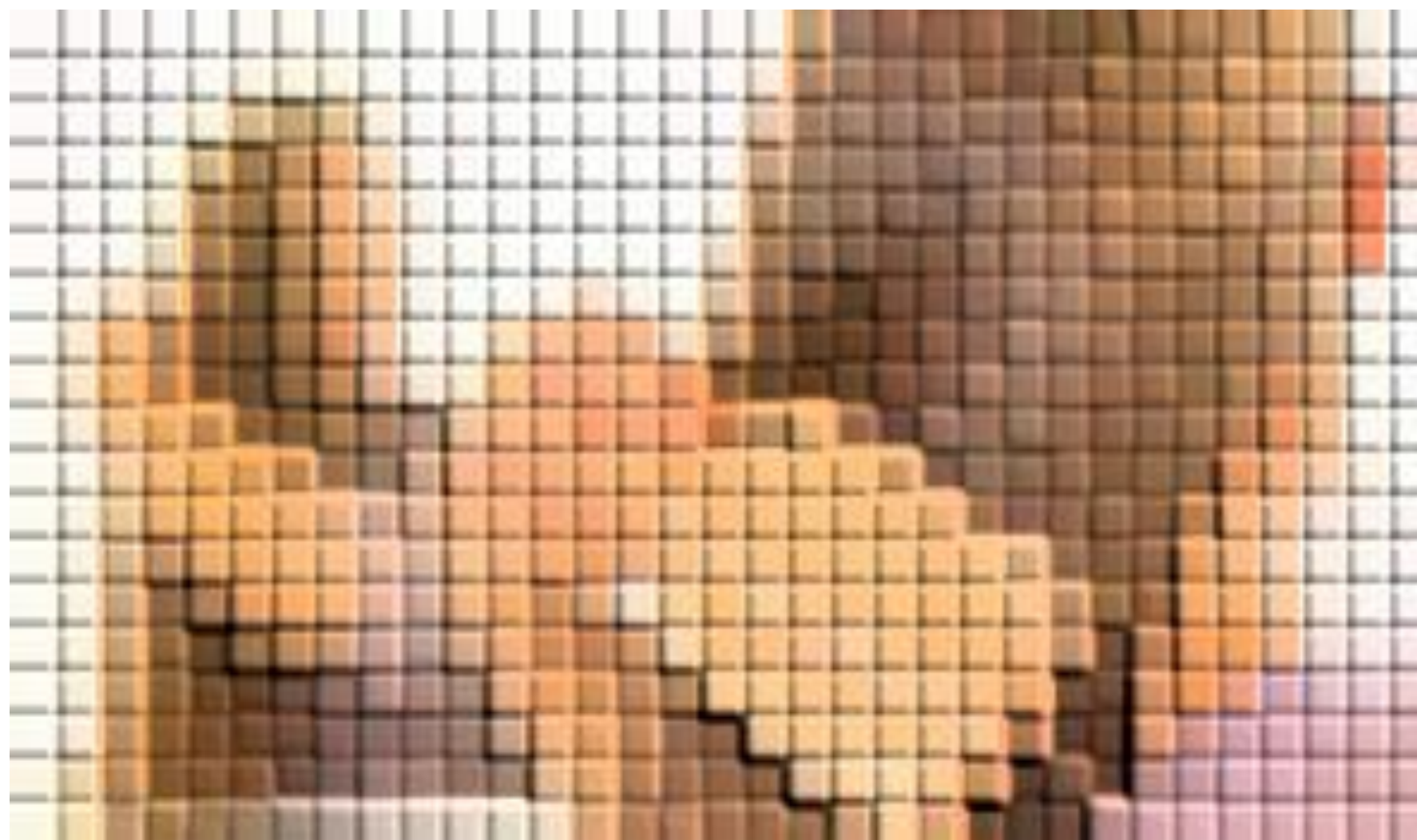
1 Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.

- 1 Do people do this sport inside or outside?
- 2 Is the sport on or under water?
- 3 Is this sport on snow?
- 4 What things do people need to do this sport?
- 5 Do people play this sport in your country?
- 6 What do you like about this sport?
- 7 Who are some of the famous players of this sport?

Try and guess the sport.







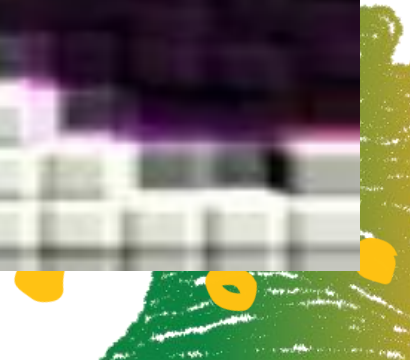


















2

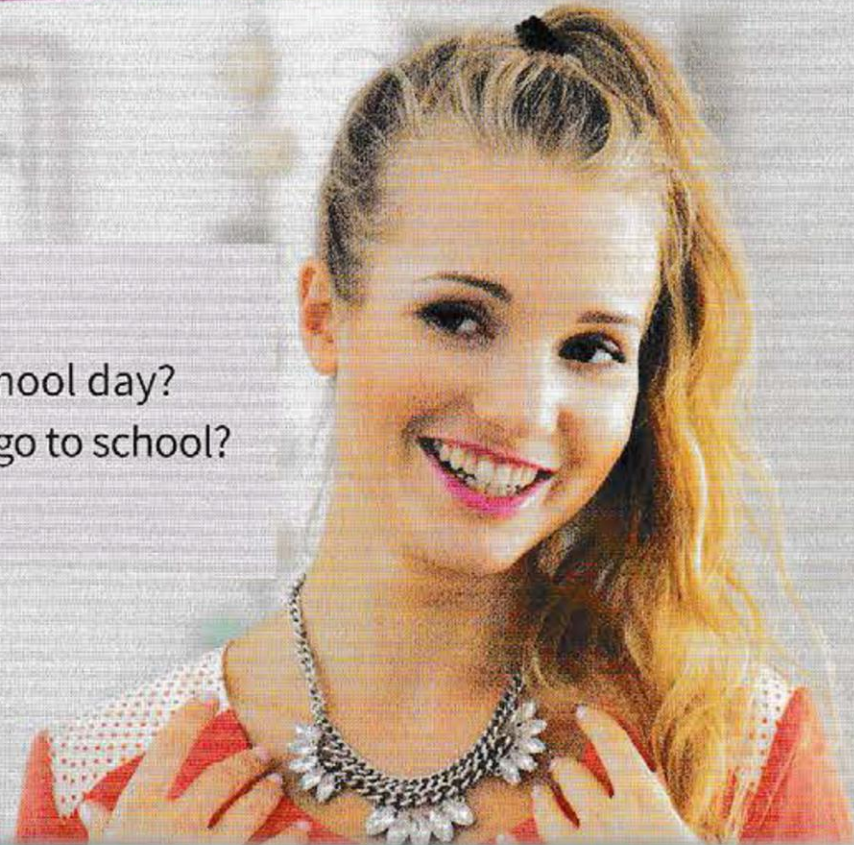
THIS IS MY DAY



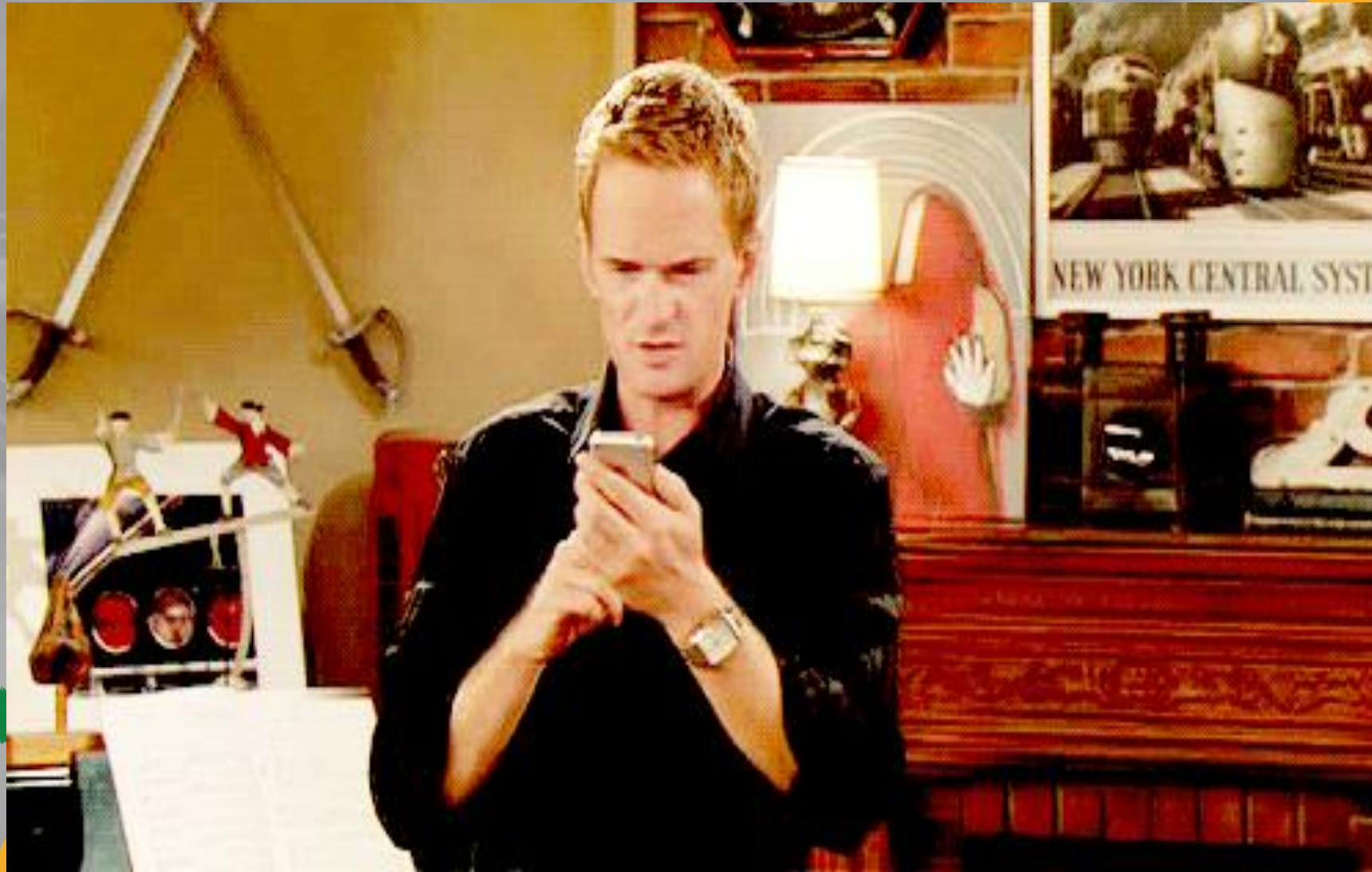
ABOUT YOU

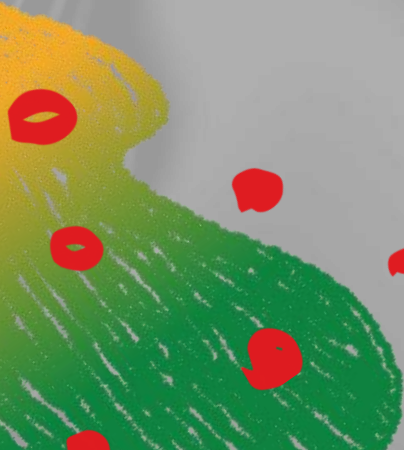
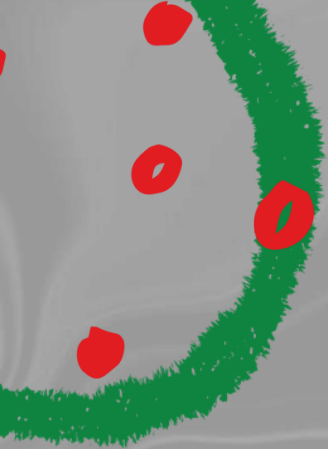
What time does your alarm go off on a school day?

What do you do in the morning before you go to school?









我每天穿衣服。



[gifs.com](https://www.gifs.com)

Disney.com



VOCABULARY

AND

LISTENING

Daily routines

1 Match the photos to the phrases in the box.

EP

brush your hair
clean your teeth
leave the house
put on your shoes

check your messages
get dressed have breakfast
prepare your school bag
tidy your room wake up



15

Listen and check. Then repeat.

brush your hair H

clean your teeth J

leave the house F

put on your shoes I

check your messages A

get dressed B

prepare your school bag E

tidy your room

have breakfast D

wake up G



0:03 / 4:05

MY MORNING ROUTINE

A 

B 

C 

D 





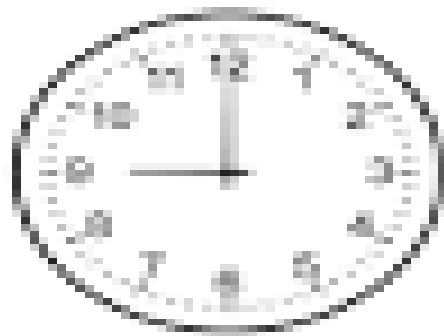


16

2

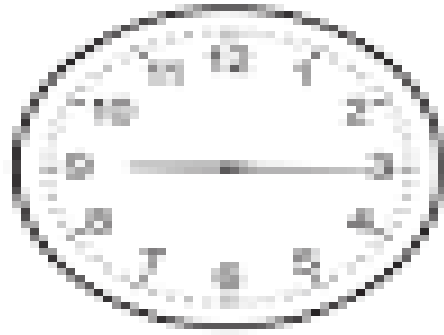
Listen to Maddie talking about her morning routine.
Number the photos in the order that you hear them.





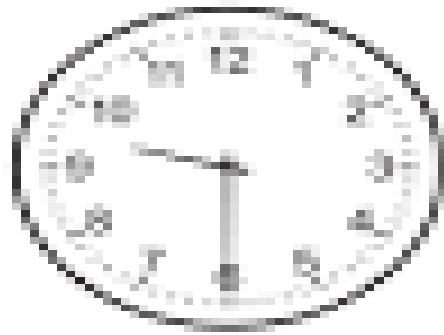
09:00

9 o'clock



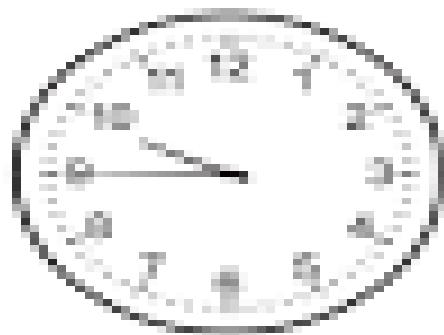
09:15

a quarter past 9



09:30

half past 9



09:45

a quarter to 10

What time is it?

8.00

7.45

6.30

5.15



3 Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at 6.30.
- 2 I get up at 6.45.
- 3 I clean my teeth at 7.00.
- 4 I get dressed at 7.15.
- 5 I prepare my school bag at 7.30.
- 6 I put my shoes on and leave home at 7.40.



Listen again and check.

- 4** In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.



Unscramble words.

1-aecln royu thtee

2-dsresde tge

3-rahi srubh oyru

4-gab eprapre oyur

5-the aelve ouseh

6-pu awke

2nd

Grammar



0:48

aparar.com/MuhammadJafarpour

Simple Present Tense

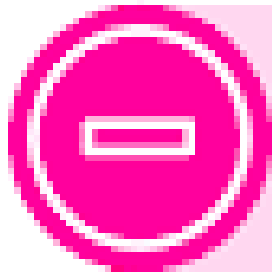
onlymyenglish.com

A present simple tense is a verb form of a sentence that tells about the action, circumstance which happens regularly, or occurrences.



Subject + verb (s/es) + object

Romie loves to eat burgers.



Subject + do/does + not + verb + object

Romie does not love to eat burgers.



Do/does + subject + verb + object + ?


Does Romie love to eat burgers?

Get up _have breakfast _go to work

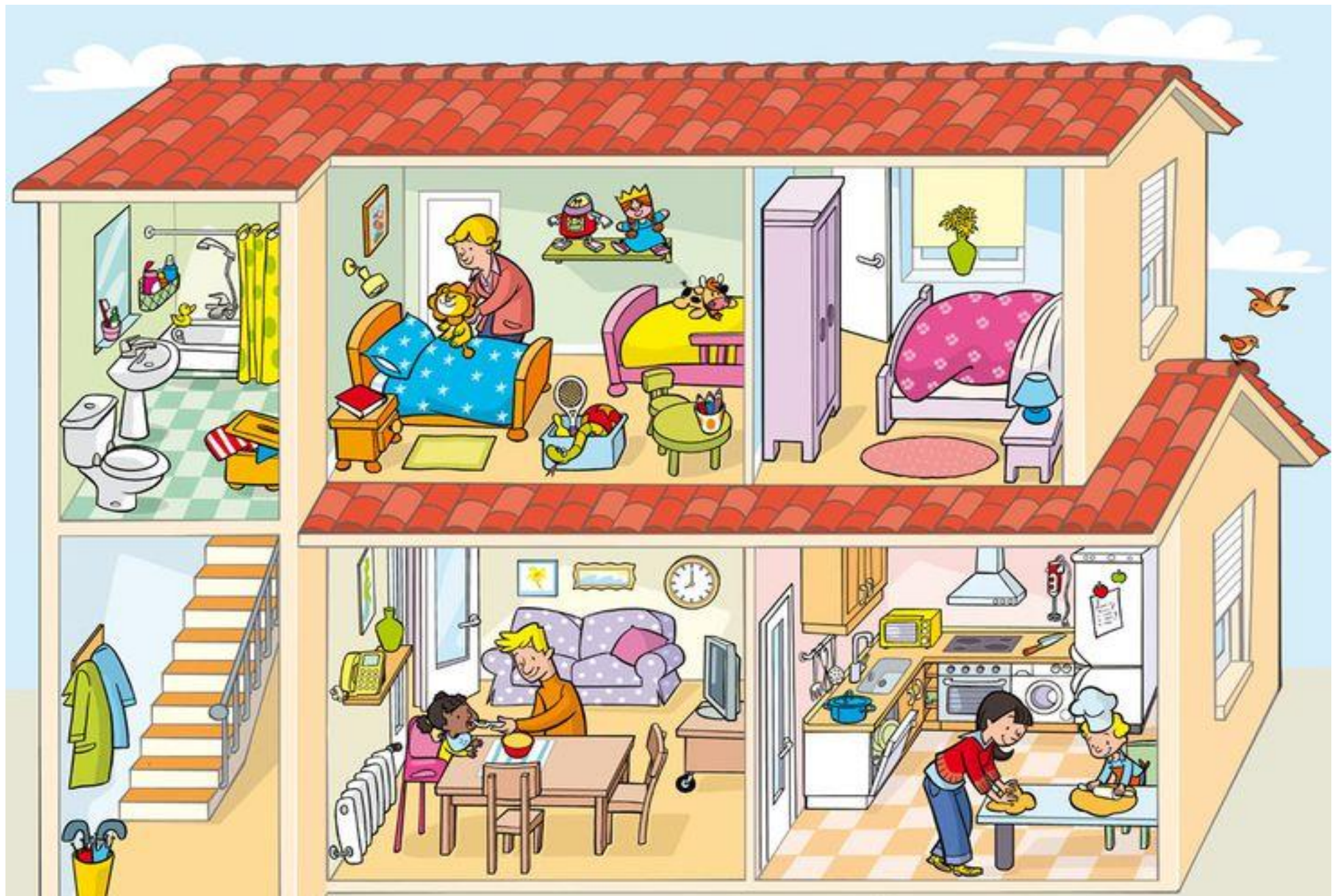
1st

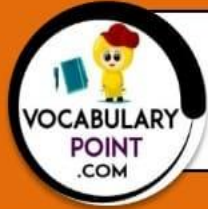
2nd

3rd



aparat.com/ReyhanehTarashtinezhad





Present continuous tense



Sub+ helping verb (is/am/are) + 1st + ing+ object

He is crying.



Sub + helping verb+ not + 1st + ing + object

He is not crying.



Helping verb + sub+ 1st + ing+ object?

Is he crying ?

GRAMMAR

Present continuous and present simple

- 1** Look at the examples from the listening. Write *simple* or *continuous*.

Present _____

Today, I'm **talking** about my morning routine.

I'm **having** cereal with fruit today .

At the moment , I'm **wearing** my favourite T-shirt.

I'm **leaving** the house now .

I'm **not wearing** my uniform today .

Present _____

I never **have** a shower in the morning.

I always **check** my messages in the morning.

I sometimes **have** toast and butter.

I usually **wear** my uniform.

I **don't** usually **have** a shower in the morning.

2 Complete the rules with the underlined words.

We often use the **present simple** with words like _____, _____, _____ and _____.

We often use the **present continuous** with words like _____, _____ and _____.

3 Complete the sentences with the correct tense of the verbs in brackets.

- 0** I 'm shopping (shop) at the moment. I can't talk.
1 My mum always _____ (cook) nice food.
2 The teachers usually _____ (give) us a lot of homework on Monday.
3 I _____ (stay) at home today. I _____ (not go) to school.
4 It's five o'clock now and I _____ (watch) TV with my sister.
5 What time _____ your dad usually _____ (get up) on a Sunday?
6 It's OK, Jack's _____ (not sleep) at the moment. You can go and talk to him.

4 Correct the mistakes in the sentences.

is getting

- 0** My cousin gets married today.
1 How are you? I write to you to give you some news.
2 What do you do at the moment?
3 My brother and I are not going swimming every day.
4 My mum is only working in the mornings.
5 We usually are eating a big breakfast on Sunday.



5 Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.

- 0** walk to school / go by bus.
I usually walk to school, but today I'm going by bus.
- 1** have a sandwich for lunch / spaghetti
2 watch TV after school / do my homework
3 play football on Saturday / play tennis
4 get up at seven o'clock / eight o'clock
5 have a shower / have a bath

6 Put the words in order to make questions.

- 1** your / the / moment / friend / what / doing / is / at?
2 bed / do / go / you / what / usually / to / time?
3 school / do / get / home / how / from / you?
4 sitting / is / teacher / at / down / your / the / moment?
5 sun / today / shining / is / the?
6 day / do / every / get / at / same / up / the / time / you?

Now match the questions to the correct answer.

- | | |
|------------------------|--------------------------|
| a No, it isn't. | d Yes, he is. |
| b 10 pm. | e She's sleeping. |
| c I walk. | f Yes, I do. |

In pairs, ask and answer the questions.

7 Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.

catch a bus check your messages
do some homework go to sleep
paint a picture play football
prepare lunch put on your coat
take a photo



Are you putting on your sunglasses?

Are you taking a photo?

No

Student A, when Student B guesses the activity, give more information:

I go to a photography club every Friday.
It starts at 7 pm. I go there by bus.

Student B, ask more questions.

PRESENT SIMPLE

Positive	I/You/We/They play volleyball. He/She/It goes running.
Negative	I/You/We/They don't paint pictures. He/She/It doesn't write poems.
Questions	Do I/you/we/they sit near the window? Does he/she/it live near here?
Short answers	Yes, I/you/we/they do . No, I/you/we/they don't . Yes, he/she/it does . No, he/she/it doesn't .

We use the **present simple** to talk about things we do often or every day.

I play football after school every day.

He doesn't go skating in the summer.

UNIT 1

ADVERBS OF FREQUENCY

- We use the present simple to talk about things we do often or every day.

100%



0%

*I **always** play table tennis in the summer.*

*I **usually** go sailing with my dad.*

*I **often** do athletics with my friends.*

*I'm **sometimes** late for school.*

*I'm **never** unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.
How often do you go snowboarding?
*We **sometimes** go snowboarding in the winter.*
- With the verb **be**, we put the adverb after the verb and before the adjective.
*Are you **sometimes** tired after school?*
*Yes, I'm **often** tired. / No, I'm not **often** tired.*
- With other verbs in the present simple, we put the adverb before the main verb.
*Do you **often** play hockey at school?*
*Yes, I **often** play hockey. / No, I don't **often** play hockey.*
- Remember, we use **never** with positive verbs.
*I **never** go snowboarding. (not + don't never go...)*

Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

go not go not play
play study watch

- 1** I basketball in a team.
- 2** My teacher sailing when the weather is bad.
- 3** My brother TV after dinner every day.
- 4** your mum running before work?
- 5** My friends and I rugby at the weekend. We prefer football.
- 6** My best friend always hard before an exam.

2 Rewrite the sentences with the adverb of frequency in brackets in the correct place.

0 I'm late for school. (always)

I'm always late for school.

1 We play badminton. (never)

2 My dad doesn't go running. (often)

3 My friends and I go cycling. (sometimes)

4 We aren't bored in our sports lesson. (usually)

5 Are you tired in the morning? (often)

3 Put the words in order to make questions. Then write answers that are true for you.

0 play / you / table tennis / how often / do / ?

How often do you play table tennis?

I sometimes play table tennis.

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

PRESENT SIMPLE

Positive	I/You/We/They play volleyball. He/She/It goes running.
Negative	I/You/We/They don't paint pictures. He/She/It doesn't write poems.
Questions	Do I/you/we/they sit near the window? Does he/she/it live near here?
Short answers	Yes, I/you/we/they do . No, I/you/we/they don't . Yes, he/she/it does . No, he/she/it doesn't .

We use the **present simple** to talk about things we do often or every day.

I play football after school every day.

He doesn't go skating in the summer.

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100%



0%

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2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

2

THIS IS MY DAY

VOCABULARY

Daily routines

- 1** Complete the phrases with the verbs in the box.

brush check clean get
have leave prepare
put tidy wake

- 0** *clean* your teeth
1 your room
2 the house
3 up
4 breakfast
5 your messages
6 dressed
7 your school bag
8 on your shoes
9 your hair

2 Match the phrases in Exercise 1 to the photos.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____

3 Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually ⁰ wake up at 7 o'clock. Before I get out of bed, I ¹ _____ on my phone. Then, I ² _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ _____ in my room. I usually wear jeans and a T-shirt. Then, I ⁴ _____ (I do this at least twice a day and after every meal!) and brush my hair. After, I ⁵ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ _____ at 8 o'clock. I always walk to school with my friend Lucas.



GRAMMAR

Present continuous and present simple

1 Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

a I always leave the house at 8 o'clock.

b I'm wearing a T-shirt and jeans today.

adverbs of frequency present continuous
present simple *today, now and at the moment*

We use the ¹ _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

2 Choose the correct words or phrases to complete the sentences.

- 1 I *always* / *at the moment* prepare my school bag before school.
- 2 My parents *now* / *always* watch TV in the evening.
- 3 My brother is making breakfast *now* / *usually*.
- 4 Why have you got your maths book? We're studying English *often* / *today*.
- 5 What are you doing *sometimes* / *at the moment*?
- 6 I don't *usually* / *never* go to bed at 9 o'clock.

3 Complete the sentences with the present simple or present continuous form of the verbs in brackets.

- 0 He plays (play) tennis every day.
1 I never _____ (tidy) my room. My mum hates it!
2 They usually _____ (watch) films at the weekend.
3 My dad _____ (cook) breakfast today.
4 My mum _____ (not work) in a school. She's a police officer.
5 Jack _____ (not work) today because he's not very well.
6 What book _____ (you / read) at the moment? Is it good?

4 Correct the mistakes in the sentences.

- 1 I study now because I've got an exam tomorrow.
2 Are you knowing Katy? She's my sister.
3 My brother watching TV with his friends.
4 My mum is a doctor. She is usually working at weekends.
5 Every day we are drinking tea for breakfast.

- 1** Look at the photos and choose the correct words.



- 1** We eat *cereal* / *rice*, *bread* / *pasta* and *jam* / *honey* for breakfast.



- 2** In summer, we often have salad with *cabbage* / *cheese* and *tomatoes* / *cucumber* for lunch.





3 Yesterday I ate *fish / meat, rice / pasta* and *mango / vegetables*.



4 I usually eat *fruit / yoghurt* for dessert.

2 Match the words to the meanings.

- | | |
|---------------|--|
| 1 breakfast | a the large part of a meal |
| 2 dessert | b a drink, usually made from fruit |
| 3 dinner | c the first meal of the day |
| 4 juice | d you eat this between meals |
| 5 lunch | e you eat this in the evening |
| 6 main course | f you eat this at midday |
| 7 snack | g you eat this sweet food at the end of a meal |

3 Complete the sentences for you.

- 1 For breakfast, I always have
- 2 My favourite dessert is
- 3 My favourite snacks are
- 4 For dinner, we usually have