

4

Move your body

VOCABULARY

1  Listen and point.

nod your head

wave your arms

move your legs

stamp your feet

2  Listen and repeat.

3  Listen and play. Then listen and chant.

I can wave my arms.
I can move my legs.
I can stamp my feet.
I can clap my hands.
But I can't touch my toes!



He can wave his arms.
He can move his legs.
He can stamp his feet.
He can clap his hands.
But he can't touch his toes!



LOOK!

GRAMMAR

I can wave my arms.

I can't touch my toes.

He can wave his arms.

He can't touch his toes.


She can wave her arms.


She can't touch her toes.


my, your, her, his, our, their




4 Listen and number. Then say.

a 

b 

c 

d  1

I can nod my head.

You're number 2!

Look for milk today.
An egg, a blanket, a torch,
a book and milk!
Look for milk today!



VOCABULARY

5 Listen and repeat.



swim



run



jump



skip



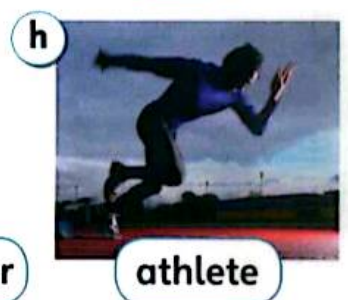
hop



football player



basketball player



athlete

6 Listen and circle. Then sing.

SONG

Happy Birthday!

It's my birthday!
Hip hip hurray! Happy birthday!
Clap, clap, clap. / Hop, hop, hop.

I'm six today!

It's my birthday!
Hip hip hurray! Happy birthday!
Run, run, run. / Stamp, stamp, stamp.

I'm seven today!

It's my birthday!
Hip hip hurray! Happy birthday!
Jump, jump, jump. / Skip, skip, skip.

I'm eight today.

Happy birthday!
Happy birthday!



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- 7 Look, read and circle. Then ask and answer.

LOOK!

Can you wave your arms? Yes, I can.

Can he run? Yes, he can.
No, he can't.

Stamp your feet! Clap your hands!

Can he jump?

Yes, he can.

- 1 Can you jump?

Yes, I can.

No, I can't.



- 2 Can you run?

Yes, I can.

No, I can't.



- 8 Write (✓) or (X) for you. Then ask a friend.

	run	jump	hop	skip	swim
Me					
My friend					

- 9 Write about yourself. Then ask a friend.

I can _____ . I can't _____ .

My friend can _____ .

He/She can't _____ .

10  Listen and read.

READING

Name: Jamie

Age: 12

Sport: basketball




My name's Jamie. I'm a basketball player! I exercise every day. I can run fast. I can jump too. It's fun. I play basketball a lot, but I can't play football.

11 Read again. Tick (✓) the sentences that are true.

- 1 Jamie can run.
- 2 Jamie can't jump.
- 3 Jamie can't play basketball.
- 4 Jamie can play football.

VALUES

 Exercise regularly.

HOME-SCHOOL LINK

Draw a picture of yourself doing exercise. Show it to your family.



WRITING

LOOK!

These words show the order of actions:

First,

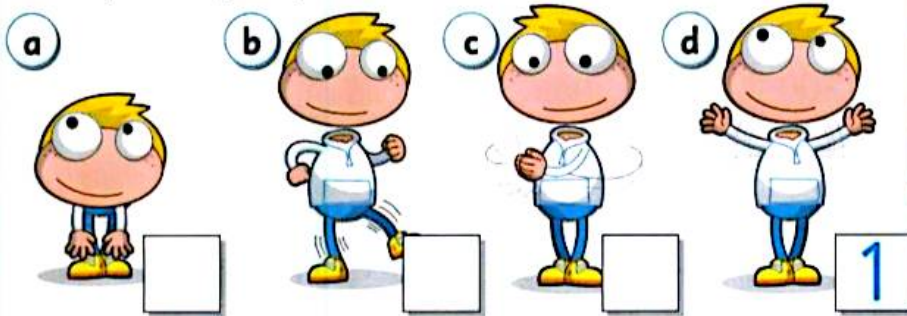
Then,

Next,

Finally,

- 12 Look and read. Then number the pictures in order.

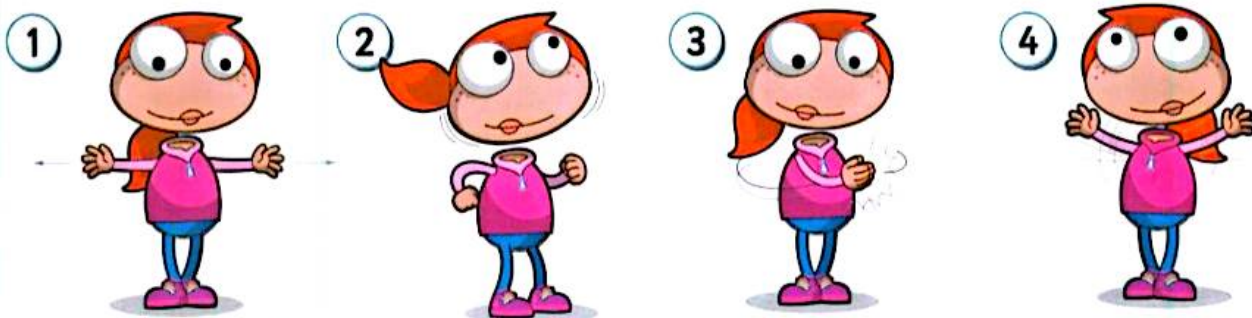
My exercise routine. This is my exercise routine. I exercise every day. First, I wave my arms. Then, I touch my toes. Next, I move my legs. Finally, I clap my hands!



- 13 Underline the words which show the order of the sentences.

First, I touch my toes. Then, I clap my hands.
Next, I wave my arms. Finally, I move my legs.

- 14 Look at the pictures. Complete the sentences.



1 First, I stretch my arms.

2 _____, I _____ my head.

3 _____, I _____ hands.

4 _____, I wave _____.

PHONICS

15  Listen.

1 ck

2 e

3 k

16  Listen, point and say.

17  Listen and blend the sounds.

1 k - i - ck kick

2 s - o - ck sock

3 p - e - n pen

4 p - e - t pet

5 t - e - n ten

6 n - e - ck neck

7 k - i - d kid

8 k - i - t kit

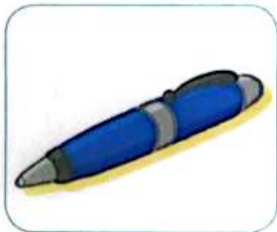
18 Underline *ck*, *e* and *k*. Read the words aloud.

1 pen

2 neck

3 kick

4 kit



19 Join the words with matching sounds.

1 neck

kit

2 kid

red

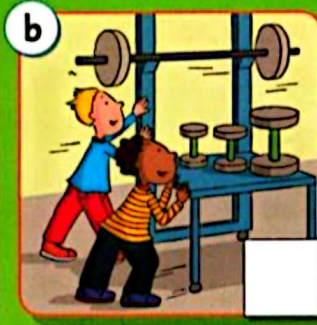
3 pen

sock

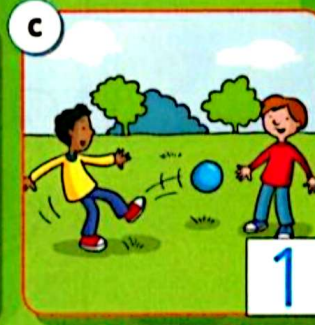
20  Listen and number. Then say.



a pull



b push



c kick



d skip

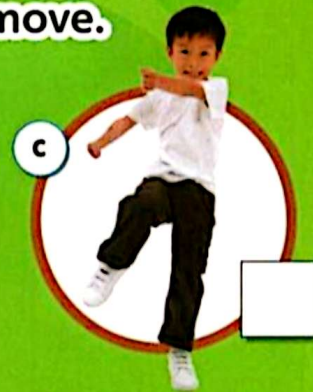
21  Listen and number. Then move.



a Clap your hands.



b Jump.



c Stamp your feet.



d Wave your arms.



e Move your head.



f Kick your legs.



g Touch your toes.



h Pull.



i Push.



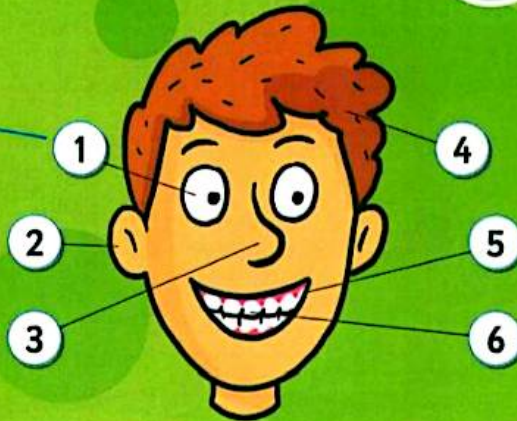
j Hop.



k Skip.

22 Read and match.

eyes ears nose
mouth hair teeth



23 Read and write the number.



a This is a statue of a head. You can see two eyes, a nose and a mouth. You can see an ear. The statue is brown.

b This is a mosaic. It's a woman. She's got dark hair. She's got big eyes and a red mouth. Her eyes are brown.

c This is a mask. It's from Africa. It's red, black and white. It's a man. He's got big eyes and a big mouth. You can see his teeth!

d This is a painting of a girl. She's got long brown hair. She's got brown eyes. You can see two ears. Her mouth is small.

MINI-PROJECT
Find and write about more examples of art from around the world.

24 Make a face collage.



Vocabulary

25 Look and write.



1 _____
your hands



2 _____
your head



3 _____
your nose



4 _____
your arms

Grammar

26 Read and tick (✓).

1 Can she skip? Yes, she can.



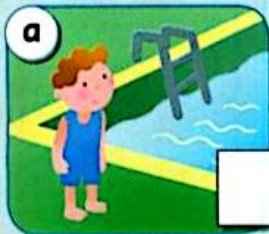


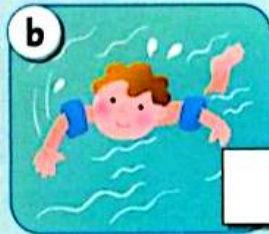
2 Can you run? No, I can't.





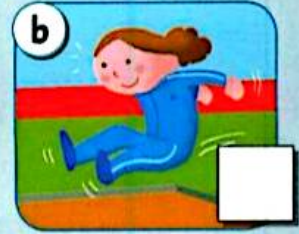
3 Can he swim? Yes, he can.





4 Can you jump? No, I can't!





Phonics

27 Use *ck*, *e*, or *k* to complete the words.

1 ki__

2 so__

3 _it

4 _id

5 p_n

6 t_n



Level:



Full Name:

Date:

Topic:

Unit 4

38	Can you stretch your arms? Yes, I can. / No, I can't.
39	Can your dad swim? Yes, he can. / No, he can't.
40	What can you do? I can hop, But I can't skip,
41	What can (your mum) do? She can run, But she can't play football,
42	Do you exercise regularly? Yes, I exercise every day.
43	Do you have an exercise routine? Sure. First, I wave my arms. Then, I move my legs. Next, I touch my toes. Finally, I stretch my arms.

Comment:

[Dashed box for comment]

