

LOOK!

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

GRAMMAR

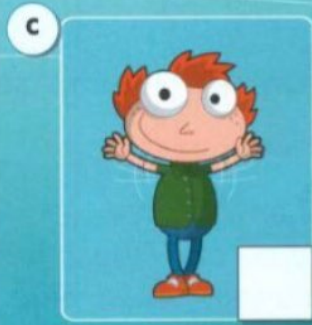


clap your hands

touch your nose

stretch your arms

4 Listen and number. Then say.



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.

<p>a  swim</p>	<p>b  run</p>	<p>c  jump</p>	<p>d  skip</p>
<p>e  hop</p>	<p>f  football player</p>	<p>g  basketball player</p>	<p>h  athlete</p>

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!



cut-outs

p.III

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

- 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!

LOOK!

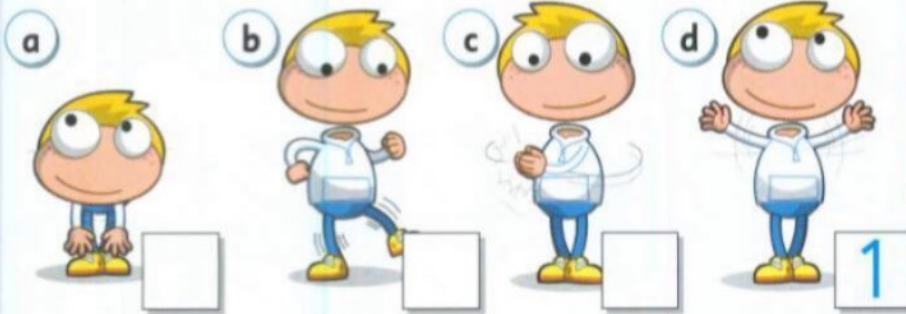
These words show the order of actions:

First,

Then,

Next,

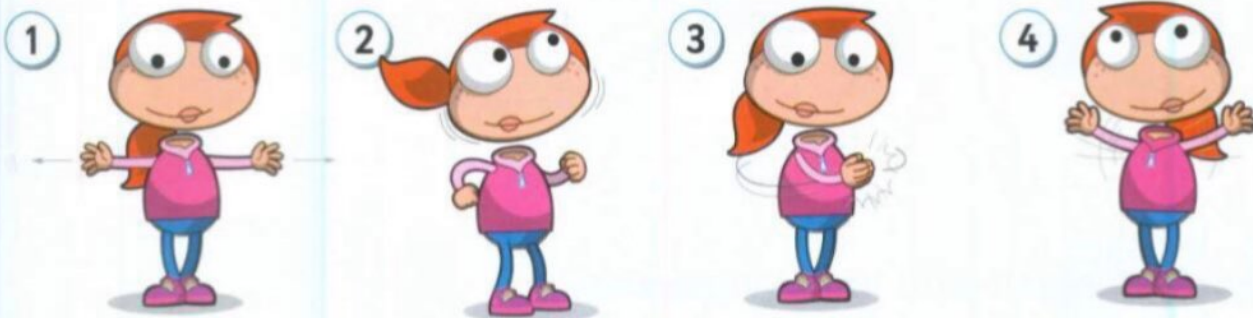
Finally,



- 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 _____.


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

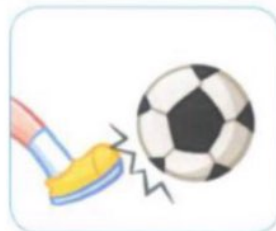
18 Underline *ck*, *e* and *k*. Read the words aloud.

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.



pull



push



kick



skip

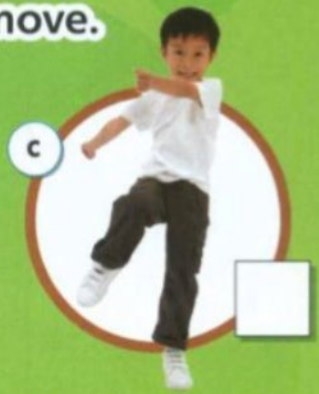
21 Listen and number. Then move.



Clap your hands.



Jump.



Stamp your feet.



Wave your arms.



Move your head.



Kick your legs.



Touch your toes.



Pull.



Push.



Hop.



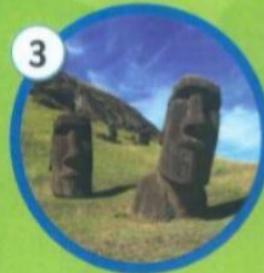
Skip.

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 (✓).

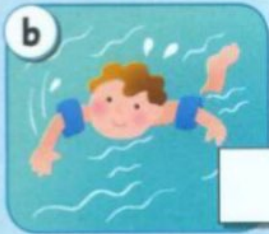
1 Can she skip? Yes, she can.



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

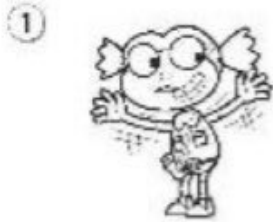
6 t_n

4 Move your body

1 Look and write.

VOCABULARY

clap move nod stamp touch (x2) wave



wave your arms.



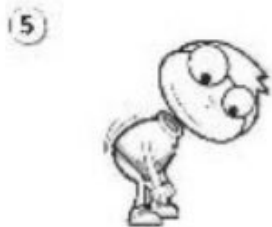
_____ your head.



_____ your nose.



_____ your feet.



_____ your toes.



_____ your hands.



_____ your legs.

2 Read and circle.



He / She can move his / her legs.



He / She can stamp his / her feet.



I can stretch my / your fingers.



I can / can't wave my / your arms.

3 Read, look and number.

- 1 I can't touch my nose.
3 I can stamp my feet.

- 2 I can wave my arms.
4 I can't move my legs.



VOCABULARY

4 Look and match. Write.



h_p

sw_

sk_

j_p

r_

5 Look and circle *True* or *False*.

- 1 He can climb.
- 2 He can skip.
- 3 He can jump.
- 4 He can't swim.

True / False

True / False

True / False

True / False

GRAMMAR 4

6 Look, write and circle.

hop run jump swim

1

Can he run ?



Yes, he can. / No, he can't.

2

Can you _____ ?



Yes, I can. / No, I can't.

3

Can he _____ ?



Yes, he can. / No, he can't.

4


Can you _____ ?



Yes, I can. / No, I can't.

READING

7 Read. Complete the sentences.



Name: Dan
Age: 15
Sport: football
My name's Dan. I'm a football player. I exercise every day. I can run. I can hop and skip too. It's fun! I play football a lot, but I can't swim.

His name's _____.

He's a _____ player.

He can _____. He _____ hop and skip too.

He can't _____.

8 Exercise or not exercise? Write (✓) or (X).

1 	2 	3 	4 
5 	6 	7 	8 

WRITING

9 Think of an exercise routine. Choose, draw and write.

hop skip wave my arms stamp my feet
jump swim run nod my head

jump, wave my arms, hop, run

1	2
3	4

10 Write your routine.

First Then Next Finally

First, I jump.

_____, I _____.

_____, I _____.

_____, I _____.

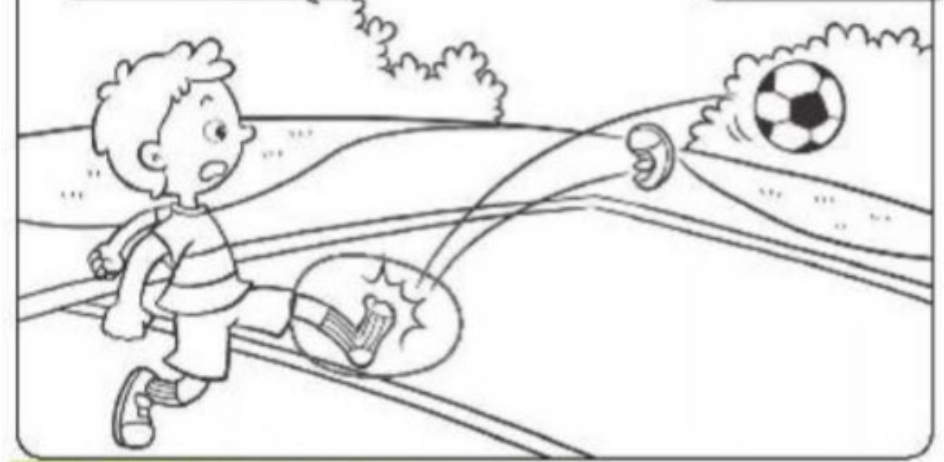
_____, I _____.

11 Read the words and circle.

PHONICS

ck e k

kick kid neck sock



12 Look and say the sound.

- 1 sock
- 2 kid
- 3 pen

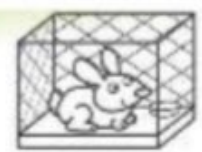
13 Look and write.

ck e k

- 1 kick
- 2 _it
- 3 n_ck
- 4 t_n

14 Read and match.

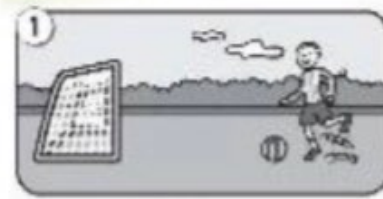
- 1 kit
- 2 pen
- 3 pet
- 4 ten



10



15 Look and write.



pull
kick
push
skip

kick



16 Read and find. Then number.



- Wave your arms.
- Jump.
- Clap your hands.
- Touch your toes.
- Skip.
- Hop.

CULTURE

17 Read and circle.

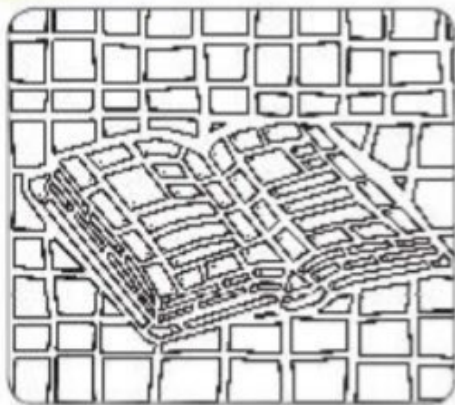


1 It's a painting / mask.
It's a man / woman.



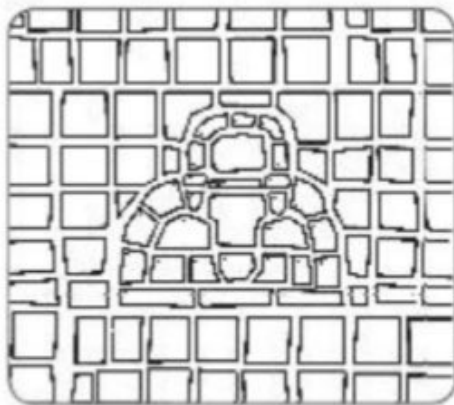
2 It's a mosaic / statue.
It's a man / woman.

18 Look at the mosaic pictures and colour. Then write.



What's this?

1 It's a _____ . 2 _____ .



What's this?

Unit Review

19 Look and write.

can he jump hop No skip swim Yes



Can he _____ ? _____, he can't.



Can he _____ ? _____, he can.



Can he _____ ? Yes, _____ can.



Can he _____ ? Yes, he _____ .

20 What can you do? Read and circle.

- 1 I can / can't swim.
- 2 I can / can't jump.
- 3 I can / can't skip.
- 4 I can / can't run.

21 Put the words in order.

- 1 feet. / Stamp / your
- 2 your / nose. / Touch
- 3 legs. / your / Move
- 4 your / Clap / hands.