

تم تحميل هذا الملف من موقع المناهج الإماراتية



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What are the best sports for people who want to get fit?

Family 1	Abdulla said Football because its build your muscles
Family 2	Hahra said walking because it good to make your legs with enjoy the view

- 4 Read this email you received from a friend. Write your reply (60–80 words) suggesting one of the sports you have learned about in this lesson.

Hi,

I've been thinking. All we do is study and watch TV, so it's time we do something to get fitter. How about taking up a new sport? Do you have any ideas?

I think mountainbiking is the best sport to get fitter, to make our muscles stronger and its way to blow of some team after a busy day to enjoy our time we have to make sure that we take a good helmet, a pump and some water. the best place for mountainbiking is the desert

- 5 "Can exercise be fun?" Write an essay giving your opinion (80–100 words).

every one in the world has a different opinions some of this opinions, positive and some of negative so in this essay I will write about my opinion in exercise.

the advantages and disadvantage of doing exercise before sport. First, the advantages are make our muscles stronger and keep our body healthy. Second,

4 Complete the rules with the missing words.

- Yes/No questions usually end in a rising intonation.
- Wh- questions and statements usually end in a falling intonation.

5 Draw rising or falling arrows to indicate intonation. Draw stress dots on the words in bold.

1 Do you **understand** your sleeping pattern?2 It isn't **impossible** to improve your sleep.3 It can be **difficult** to sleep when you aren't tired.4 Do you have **insomnia**?5 Did you **exercise** before you went to bed?6 I sleep **between** eight and nine hours a night.

6 Number the expressions in order from the most positive (1) to the most negative (6).

2 I agree.4 I don't agree.5 I disagree.3 I see your point, but ...1 I totally agree.6 I totally disagree.

7 Do you agree with these sentences? Write responses using the phrases in Activity 6.

1 Children don't need as much sleep as babies.

I totally agree. Children need a lot of sleep, but babies need about 17 hours a day.

2 The quantity of sleep you have is more important than the quality of sleep.

I see your point, but quality of sleep is also important.

3 You shouldn't wake up at the same time every day in case you interrupt your stage 4 sleep.

I totally agree. wake up at the same time every day important to have on
organize day

4 If you only get stages 1 and 2 in the sleep cycle, you will be healthy.

I totally disagree. get stages 1 and 2 in the sleep cycle are unhealthy for our body