GRADE 9 - 1ST SEMESTER - Unit (3) – Be fit, but be safe!

1-Choose a correct sentences to fill in the blanks:

I should ask the teacher – I'm sweating – I'm having an important exam today.
Something isn't right – you should go home soon – I feel I'm going to collapse

Mariam : You don't look well .....
Maha : I know. ..... , but I'm not hot. I feel cold.
Mariam : You seem to have flu.
Maha : Yes , and .....
Mariam : So, ...
Maha : I can't .....
Mariam : You can have it later
Maha : But .....
Mariam : Let's go.

2-Read the following passage then answer the questions .

Dr. Blake is at Waleed's school, and he has been using charts to talk about health, sport and getting fit. Now he is answering questions. Hello. I'm Julie Nixon. I started rock climbing last year, but I fell and broke my leg. Since then, I haven't been active enough, but I want to try something safer! What's your advice? You feel that rock climbing is too dangerous for you, and yes, it is more dangerous than most sports. The safest activity is swimming, and that's also good for old injuries like yours. But with all sports, always remember to warm up first. Do gentle exercises for the various parts of your body. This helps stop injuries. I'm Jamie Smith, and I recently went football training after a week in bed with flu. I started well enough, but then I got out of breath. I began sweating badly, and my heart started beating very fast. Then collapsed. They say my heart rate was 190 beats a minute! But I was all right after ten minutes, and I wanted to start again. The problem was that our coach sent me home! He said I wasn't fit enough to train. Was he wrong? No, he was right - and you were wrong. Hard training after you've been sick is dangerous, Jamie. Your body was still too weak to do sports, and you didn't wait long enough to get well again. The rule is this: be sensible, and don't push yourself too hard or too soon. Take things slowly, and remember the old saying: 'Better safe than sorry.

- **Put (✓) or (X)**

Julie Nixon started rock climbing last year. ( )

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- She broke her arm. ( )
- Dr. Blake advised Julie to practice swimming. ( )
- Jamie Smith went football training after a month in bed with flu. ( )

b- Answer the following questions:

1. What is Dr. Blake talking about?

.....

2. What's the safest activity for Julie

.....

3. What did Dr. Blake advise Jamie to do

.....

c- The underlined word (it) refers to : .....

d- The best title for this passage is : .....

3-Finish the following sentences with one of the words in the list:

calm down - collapsed - cover - first aid kit - ground - lie – pulse - right - sweating - (thermal) blanket

1) Stop working under the sun. You are _____.
2) Don't be afraid. Everything will be fine. Just _____.
3) A lot of buildings _____ during the war
4) Could you _____ the baby. It's getting cold
5) Ali has cut his finger. Get the _____ soon .
6) A _____ keeps you warm in cold weather.
7) _____ is the number of heart beats per minute.
8) Excellent. Your answer is _____
9) After lunch. My father likes to _____ on the sofa and watch TV.
10) We sat on the _____ to eat our picnic .

4-Finish the following sentences with one of the words in the list

beats - charts - gentle - heart - injury - out of breath - active - sensible - warm up - activities - rate

1) If I run 100 metres. I soon get _____
2) My heart _____ rises during exercise.
3) Be _____ after you've been ill. Don't do too much too soon.
4) Your _____ is the part that sends blood round the body.
5) It's a bad _____ . She broke her leg in three places.
6) Footballers usually _____ before they start the match.

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When I run , my heart _____ faster.

8) I do some _____ exercises every morning.

9) We have different _____ during our English lessons.

10) I usually use so many_____ in my teaching as they are easier to understand.

5-Choose the correct answer.

1. Khaled is (fit – fitter – the fittest) boy in the team
2. I am much (better than – good – the best) I was.
3. Raghad walks (slower – more slowly - slowly) than Sally .
4. Flu is (bad – worse than – the worst) cold.
5. You are not as (strong – stronger – the strongest) as you think.
6. Science is as (difficult – more difficult – most difficult) as Technology.
7. Sameer did (good – better – the best) than Amal in the test

6-Use (as ... as ...)

1. The lion is big. The tiger is big. .....
2. Kamal is tall . Amal is tall .....
3. Zeina sings beautifully. Jana sings beautifully.

.....

7-Rewrite the sentences (using not ... enough)

- The road is too narrow for the bus .....
- The dress is too expensive for me .....
- The question is too difficult .....
- The shirt is too small to wear .....

8-Write a short paragraph about ' Sports and fitness '.

You can use the answer of the following questions:

1. Is sport essential for our bodies? Why?
2. What should we do before beginning with a sport?
3. How should we warm up?
4. What should we wear when we do sport?
5. Give an advice to people who do sport?

Start like this:

Sport is very essential for our bodies .....

☺ Good luck ☺ - Teacher: Sameh Darwish Ahmed

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