



ENGLISH

Chapter 1 Session A

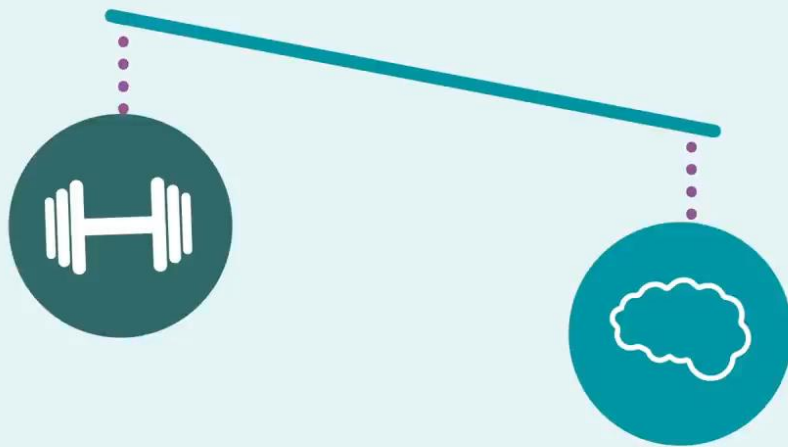
4th
SECONDARY

STARTER



 **SACO OLIVEROS**

MOTIVATION



How healthy
do you think
you are?

How often
do you
exercise?




What do
you know?

Page 6



Take care of yourself!

Vocabulary: health and well-being

- 1**  1 Read the questionnaire and complete 1–6 with the phrases in the box. Listen and check.

chill out

cut out sugary snacks

feel stressed

improve your mood

meet up with friends

take care of yourself

cut down on fast food

eat healthy food

get enough sleep

keep fit

spend time outdoors

work out

Questionnaire

We're trying to find out what schools can do to improve students' well-being. Please fill in this questionnaire as honestly as possible. Thank you!

YOUR INFORMATION

Name Michael Jones

Age 16

School Middletown High School

Email Michael@JonesFamily.com

YOUR SCHOOL

Are you starting a new school now?

No, I'm not. I'm studying at the same school as last year.

How does your school take care of your well-being?

We can talk to our tutor if we have any problems.

Does your school have a 'relaxation room' where you can go to chill 1 _____ ?

No – we can't relax at school. If we want a quiet space, we have to go to the library.

FITNESS

How often do you usually have P.E., and what do you do?

We have P.E. twice a week – usually basketball, football, track and field ...

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How does your school take care of your well-being?

We can talk to our tutor if we have any problems.

Does your school have a 'relaxation room' where you can go to chill 1 **out**?

No – we can't relax at school. If we want a quiet space, we have to go to the library.

FITNESS

How often do you usually have P.E., and what do you do?

We have P.E. twice a week – usually basketball, football, track and field ...

How could P.E. be improved?

We should have outdoor gym machines on the playground so we can keep 2 **fit** during break times. You don't have to work out for long, but every little helps!

DIET

Do you usually have lunch at school?

I eat at school every day, but I don't always have the cafeteria food – I sometimes bring sandwiches.

Is it possible to eat healthy food at school?

They should definitely cut 3 **down** on the fast-food options in the cafeteria. They should also 4 **cut** out the unhealthy snacks from the vending machines!

YOUR IDEAS

What suggestions would you make to improve the well-being of students at school?

It would be great to have a 'chill-out' space at school where we can go if we feel **stressed**. Also, I've heard that some schools are getting pet dogs these days because animals can help to improve your 6 **mood**!

2 Complete the diagrams with the phrases in exercise 1.

eat healthy food



diet

eat healthy food ..

cut down on fast
food ..

cut out sugary
snacks ..

fitness

keep fit ..

work out ..

relaxation and well-being

chill out ..

feel stressed ..

get enough sleep ..

improve your
mood ..

meet up with
friends ..

spend time
outdoors ..

take care of
yourself ..

3 How many phrasal verbs can you find in exercise 1? Match five of them with the definitions.

- 1 eat or do less of something
- 2 stop eating or doing something
- 3 look after
- 4 spend time relaxing
- 5 arrange to see someone

cut down on ∴

cut out ∴

take care of ∴

chill out ∴

meet up with ∴

4 Read the questionnaire again and answer the questions.

- 1** How does Michael's school take care of students' well-being?
- 2** What does Michael suggest to improve students' fitness at school?
- 3** Does the cafeteria at the school serve fast food?
- 4** What else does Michael suggest to improve students' well-being?

How does Michael's school take care of students' well-being?

The students can

talk to their teacher

if they

have any problems

What does Michael suggest to improve students' fitness at school?

He suggests having outdoor gym machines in the playground

so they can keep fit during break times

3

Does the cafeteria at the school serve fast-food?

Yes

, it

does

.

4

What else does Michael suggest to improve students' well-being?

He also suggests having

a 'chill-out' space at school

, where

students can

go if they feel stressed

. He has also

heard about some schools

getting pet dogs nowadays because animals can help to improve your mood!

.

Grammar: simple present and present progressive

5 Read the examples. Then answer the questions.

How often **do** you **usually do** P.E.?

We **do** P.E. **twice a week**.

Are you **starting** a new school **right now**?

No, I'm not. **I'm studying** at the same school **now**.

- 1 Which tense is for actions in progress?
- 2 Which tense is for habits and routines?
- 3 Copy and complete the table with the time expressions. How many more can you add?

With simple present	With present progressive
<i>usually</i>	<i>right now</i>

1

Which tense is for actions in progress? present progressive ✓

2

Which tense is for habits and routines? simple present ✓

6 Change the words in bold so the sentences are true for you. Write one negative and one affirmative sentence for each.

1 We're studying **French** now.

We aren't studying French now. We're studying English.

2 We study English **six times a week**.

3 I'm sitting next to **the teacher** right now.

4 I usually work out **every day**.

5 I usually meet up with friends on **Sunday evenings**.

6 We're finishing **exercise 8** now.

Grammar: modal verbs (present and past)

7 Read the examples. Complete the table with the correct modal verbs.

We **can't** relax at school. If we want a quiet space, we **have to** go to the library.

We **should** have gym machines so we **can** keep fit at break time. You **don't have to** work out for long, but every little helps!

	Present	Past
ability / permission	can / ¹ can't	could / couldn't
obligation	² have to = must	had to
no obligation	³ don't have to	didn't have to
prohibition	mustn't	X
advice	⁴ should / shouldn't	should have / shouldn't have

8 Complete the sentences with modal verbs from exercise 7. There may be more than one possible answer.

- 1 I didn't meet up with friends last night because I _____ study for a test.
- 2 I tried to chill out before the exam, but I _____ relax – I was too stressed.
- 3 You _____ try to get enough sleep before an exam.
- 4 I was glad I _____ spend time outdoors yesterday because the weather was terrible.
- 5 You _____ work out at the gym if you don't want to – all types of exercise are good!
- 6 You _____ eat too many unhealthy snacks if you want to keep fit.

1

I didn't meet up with friends last night because I **had to** study for a test.

2

I tried to chill out before the exam, but I **couldn't** relax – I was too stressed.

3

You **must/ have to/ should** try to get enough sleep before an exam.

I was glad I **didn't have to** spend time outdoors yesterday because the weather was terrible.

You **don't have to** work out at the gym if you don't want to – all types of exercise are good!

You **mustn't/ shouldn't** eat too many unhealthy snacks if you want to keep fit.


Vocabulary: personal qualities

- 1** In your opinion, which personal qualities do explorers need? Make sentences with these adjectives or your own ideas.

brave calm confident curious enthusiastic
patient practical sensible sociable talented

I think explorers have to be brave because they might go into dangerous situations. I don't think they need to be ... because ...

2 Would you like to be an explorer? Why/Why not?

3  **2** Listen to Caleb's presentation about Dwayne Fields. Which of the personal qualities in exercise 1 do you think Dwayne has?



4 Listen again and complete 1–5 in the fact file about Dwayne Fields.



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Dwayne Fields: polar explorer

Born: in 1 _____

Age 6: moved to 2 _____

First expedition:

to the North Pole with
two teammates
walked 3 _____ km in
4 _____ days suffered
temperatures as low as
5 _____ degrees

Next expedition:

to the South Pole

Other achievements:

- ambassador for the Scouts
- inspires young people to get outdoors



Dwayne Fields: polar explorer

Born: in ¹ Jamaica

Age 6: moved to ² London

First expedition: to the North Pole with two teammates

walked ³ 600 km in ⁴ 22 days.

suffered temperatures as low as ⁵ minus 40 degrees

Next expedition: to the South Pole

Other achievements:

ambassador for the Scouts

inspires young people to get outdoors



5 Answer the questions.

- 1 Where did Dwayne grow up?
- 2 Why did he decide to go on an expedition?
- 3 What did he see while he was walking to the North Pole?
- 4 What did he do when he arrived at the North Pole?
- 5 Why does Caleb think that Dwayne is inspirational?

1

Where did Dwayne grow up?

He grew up in

Jamaica

and

London

2

Why did he decide to go on an expedition?

He decided to go on an expedition after

a life-changing experience

3

What did he see while he was walking to the North Pole?

He saw seals

and polar bears

while

he was walking to the North Pole.

What did he do when he arrived at the North Pole?

When he arrived at the North Pole, he

took photos

cooked hot soup

and


called base camp

Why does Caleb think that Dwayne is inspirational?

Caleb thinks that Dwayne is inspirational because he

was the first black British person to travel to the North Pole

Vocabulary: extreme adjectives

- 6**  **3** Read the sentences and change the words in bold for extreme adjectives in the box. Listen and check.

amazing exhausted freezing
huge unforgettable

- 1 This is a nice story. **amazing** .
- 2 Dwayne had a memorable trip. **unforgettable**
- 3 The North Pole is a big area of ice. **huge**
- 4 It's cold there. **freezing**
- 5 I'd be tired if I walked to the North Pole!
exhausted

Vocabulary: traveling

- 7** Look at the travel words. Are they nouns, verbs or both? Write sentences for each word.

journey tour travel trip

Grammar: simple past, past progressive, *used to*

8 Read examples 1–3. Then match them with a–c. Which tense do we use for each?

- 1 Dwayne Fields **used to live** in Jamaica.
- 2 He **moved** to London at the age of six.
- 3 While he **was walking** to the North Pole, he **saw** seals and polar bears.

- a an action that happened while another action was in progress
- b a single completed action in the past
- c a past habit or state

1

Dwayne Fields **used to live** in Jamaica.

c. a past habit or state .. used to

2

He **moved** to London at the age of six.

b. a single completed action in the past .. simple past

3

While he **was walking** to the North Pole he **saw** seals and polar bears.

a. an action that happened while another action was in progress ..

past progressive

9 Correct the sentences about Dwayne. Use the correct form of *used to* and the words in parentheses.

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1 Dwayne used to live in Canada. (Jamaica)

He didn't use to live in Canada. He used to live in Jamaica.

2 He used to play in the snow. (forest)

3 He used to train in the mountains. (gym)

4 He used to be a Scout ambassador. (Cub Scout)

2

He used to play in the snow. (**forest**)

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He didn't use to play in the snow. He used to play in the forest.

3

He used to train in the mountains. (**gym**)

He didn't use to train in the mountains. He used to train in the gym.

4

He used to be a Scout ambassador. (**Cub Scout**)

He didn't use to be a Scout ambassador. He used to be a Cub Scout.

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- 10** Complete the text about explorer Jade Hameister. Use the simple past or past progressive form of the verbs in parentheses.

While I 1 was reading a magazine recently, I 2 saw an article about the polar explorer Jade Hameister. She's only 17 and she's already skied to the North Pole and the South Pole! While her friends 3 were celebrating New Year in Melbourne, Australia, Jade was skiing across the Antarctic in freezing temperatures. Apparently, her love of travel 4 began **(begin)** at the age of 12, when her parents 5 took her on a trip to Everest Base Camp. Since then, she's had plenty of adventures. I felt a little bad because I 6 was lying on the sofa reading about her expeditions!

Grammar: present perfect and simple past

11 Read the examples and answer the questions.

Jade **went** to Everest Base Camp when she was 12. Since then, she **has skied** to the North Pole and the South Pole.

- 1 Which tense do we use to talk about a completed activity that happened at a specific time in the past?
- 2 Which tense do we use to talk about a completed activity without a specific time?
- 3 Which time expressions are used in the example sentences? Can you think of any other time expressions which we use with the present perfect and simple past?

the simple past

the present perfect

when

Since

12 Write present perfect or simple past questions.
Then answer the questions with information
from exercise 10.

1 Has Jade been to the South Pole yet ?

2 Where did she celebrate New Year last year ?

3 Has she ever been to Everest Base Camp ?

4 When did she travel there ?

5 Has Jade already had lots of adventures ?

THANK
YOU 😊