

## **ENGLISH**

**Chapter 9 Session B** 





**LOOK AFTER YOURSELF** 



#### **HELICOMOTIVATION**



#### Reinforcement Are the sentences correct or

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### incorrect? Correct the incorrect sentences.

**1** I can't stand to stay indoors all day. I can't stand staying indoors all day.



**2** We agreed meeting outside the hotel at 8. We agreed to meet outside the hotel at 8.



3 Are you interested in learn another language? Are you interested in learning another language?



4 When I'm on vacation, I miss seeing my friends.



5 To listen to music is one of my favorite hobbies. **Listening** to music is one of my favorite hobbies.



# Challenge Complete the article with the gerund or infinitive of the verbs.

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My top tips for a healthy life!

It's important <sup>1</sup> to sleep (sleep) at least eight hours a night, but sometimes we don't have time. I'm usually tired when I get home from school, but <sup>2</sup> having (have) a nap (5–10 minutes) helps. Did you know that  $^3$ smiling (smile) is good for your heart? When I finish <sup>4</sup> doina (do) my homework, I usually turn on the TV and watch a comedy! It's impossible <sup>5</sup> (feel) bad when you're to feel laughing!



If you're stressed, you can relax by <sup>6</sup> sitting (sit) quietly in a chair for 10 minutes. It helps me when I'm worried about <sup>7</sup> studying (study) for an exam, for example. (I suggest <sup>8</sup> (turn off) your phone though!) Plan <sup>9</sup> turning off to spend (spend) at least half an hour every day doing something you love. I enjoy <sup>10</sup> (ride) my bike. I do it 11 to keep riding (keep) fit, but it also puts me in a good mood. And it's great <sup>12</sup> to be (be) outdoors!

## An informal email

Work in pairs. Does your school organize any events to promote healthy activities?

## 2 Read the email quickly and answer the questions.

- **1** What is the event? **3** Where and when is it?
- **2** Who can take part? **4** How much does it cost?

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Hi Nico,

How are you doing? Sorry I haven't written for ages, I've been really busy at school. Guess what? It's our school's health week soon. My class had to organize an event, so we decided to have a Fun Run in our local park. It's only five kilometers, and you don't have to run; you can walk, skip or skateboard round the course instead. It costs \$5.00 to enter, but the money goes to SportsAid (a charity for young athletes). The Fun Run's on February 20th and it starts at 10:30 am. Anyone can come!! It'll be fun and you're always saying you want to keep fit and spend time outdoors! Please, please come! Mom says you can stay for the weekend if you want, so we can meet up with my friends in the evening.

I can't wait to hear all your news. What have you been doing? What about your family and friends, are they all OK? Write soon!

Love

Rosa

P.S. Text me when you know if you're coming or not. I have to register you for the event.



## **2** Read the email quickly and answer the questions.

- 1 What is the event? 3 Where and when is it?
- 2 Who can take part? 4 How much does it cost?

#### **ANSWERS:**

- 1. The event is a 5 km Fun Run.
- 2. Anyone can take part.
- 3. It's in the local park, on February 20th at 10:30 am.
- 4. It's \$ 5.00

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#### Subskill: Using punctuation

Punctuation is necessary for our writing to make sense. Punctuation marks include: exclamation mark! question mark? comma, apostrophe' parentheses () period.

3 Read the email again and find an example of each type of punctuation. Which is used ...?

1 to finish a sentence period

2 after a question question mark

3 at the end of a sentence to show surprise, excitement or other strong emotions

exclamation mark

4 to separate items in a list or separate two clauses

<u>comma</u>

5 in contractions and possessive forms

apostrophe

6 to separate extra information from the rest of the sentence

parentheses

## 4 Add punctuation to the sentences.

- 1 Students friends and families are welcome.
- 2 Can you come to the event?
- 3 Zumba is a fun, energetic activity and you don't need any experience.
- 4 Feel the music and get dancing
- 5 As part of Health Week, we're organizing a Zumba Dance Party.
- 6 Health Week aims to get people active in a fun, easy way.

Write an email to invite a friend to come to another event during Health Week. Follow the steps in the Skills boost.

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#### SKILLS BOOST

#### THINK

Decide on an event. Choose from the events below or think of an event of your own.

- Zumba Dance Party
- · Making healthy snacks
- · Sponsored walk or swim
- · Bike ride

Make notes of all the information you need to include. Include answers to all the questions in exercise 2.



#### PREPARE

Organize your notes. Where are you going to put each piece of information?

Find the photos or pictures that you need.

#### **WRITE**

Write the email. Use the model and your notes to help you.

#### **CHECK**

Read your email. Answer the questions.

- 1 Did you use the correct punctuation?
- **2** Did you use modal verbs?
- **3** Did you use gerunds and infinitives correctly?
- 4 Did you include health vocabulary?

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## HOMEWORK from 1 to 5

#### Gerund and infinitive

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- 4 Reinforcement Write the verbs in the gerund or infinitive. Give a reason for your answer.
  - 1 I'd find it hard \_\_\_\_\_ (stop) eating chocolate.
    I love it!
  - 2 My brother hopes \_\_\_\_\_ (become) a doctor in the future.
  - 3 Abi has gone to the store \_\_\_\_\_ (buy) some milk.
  - 4 We're thinking of \_\_\_\_\_ (have) a party for my birthday.
  - 5 \_\_\_\_\_ (get up) early for school is always difficult for me!

