1) Simply add: | if b then S

2)

if
$$x+1 \le 0$$
 then $x:=0-1$
 $\neg (x \le 0)$ then $x:=1$

$$\begin{array}{c}
(s_{7},s) \rightarrow s' & \text{if } B \text{ [b]} = tt \\
\hline
(skip, s) \rightarrow s' & \text{if } B \text{ [b]} = ff
\end{array}$$
[iff ns] $(skip, s) \rightarrow s' & \text{if } B \text{ [b]} = ff$

4) $(if (x+1 \le 0) then (x:=0-1)); (if !(x \le 0) then x:=1)$

or

if $(x+1 \le 0)$ then $((x:=0-1); if !(x \le 0) then x:=1))$