

Unit 3	Title: Be Fit, But Be Safe	Card # 8
Grade: 9	Learning new vocabularies	

### أهداف البطاقة:

1. أن تتقن الكلمات التالية قراءة ولفظاً وأن توظفها في جمل من تعبيرك.
2. أن توظف الكلمات التي تعلمتها في سياقات التواصل المختلفة.

Word	Meaning
Beat (n / v)	ينبض - نبضة
chart = diagram	رسم بياني
gentle = kind	لطيف
X unkind	غير لطيف
heart	قلب
injury	إصابة
out of breath	يلهث
rate = average	معدل
sensible = rational	منطقي (عقلاني)
warm up	يقوم بالتحمية

Word	Meaning
calm down = relax	يهبط
collapse	ينهار - يفقد وعيه
cover (n. / v.)	يغطي - غطاء
first aid kit	علبة الإسعافات الأولية
ground = land	الأرض
lie	يستلقي
pulse	نبض
right	صائب
sweat	عرق - يتعرق
(thermal) blanket	البطانية الحرارية

Verb	Noun	Adjective	Noun
act	act	active	activity
*****	health	healthy	



أكمل من القائمة: Finish the following sentences with one of the words in the list:

sweating - lie - ground - calm down - out of breath - warm up - chart - pulse - cover - first aid kit

- 1- When you feel tired, you need to \_\_\_\_\_ down and rest.
- 2- He is \_\_\_\_\_ because he was running.
- 3- People \_\_\_\_\_ food before putting it in the fridge.
- 4- Do not feel stressed in exams, just \_\_\_\_\_.
- 5- Doctors check the \_\_\_\_\_ to see if it is strong or weak.
- 6- Heba found a golden ring on the \_\_\_\_\_ on her way home.
- 7- I have cut my finger. Please bring me the \_\_\_\_\_.
- 8- The \_\_\_\_\_ shows that the world's population is rising.
- 9- You should \_\_\_\_\_ before doing exercises.
- 10- Do you get \_\_\_\_\_ quickly when you run?

