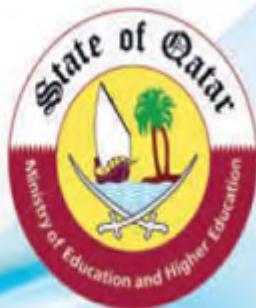


GRADE **12** SEMESTER 2



# **12B** **PORTAL** **TO ENGLISH**

**UNIT 6**

**READING - VOCABULARY - GRAMMAR -WRITING**

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## Vocabulary Pages 84 – 90

### Ex. B, Page 84: Idioms

Idiom	Meaning	Meaning
no sweat	You can do something easily.	تعمل شيء بسهولة
skating on thin ice	To be in a risky situation	وضع شخص ما في خطر
get the ball rolling	make something start happening	البادئ بعمل شيء ما
keep (one's) head above water	be able to manage	قادر على تدبر أمر ما
go the full distance	finish something	ينهي عمل ما
show (somebody) the ropes	teach somebody to do something	يعلم شخص يعلم شيء ما
The ball is in (someone's) court.	to be one's turn to act	دور شخص ما في التصرف
jump the gun	do something soon	يعلم شيء في الحال
saved by the bell	rescued from a tricky situation just in time	أنقذ في الوقت المحدد

**What does the underlined idiom mean? Choose the correct answer.**

1. A: I don't have time to pick up Omar from gymnastics this afternoon. Can you do it?

B: **No sweat**. I'll go.

- A. I finish it.
- B. It is risky to it.
- C. I can do it easily.
- D. It is my turn to do it

2. Saeed is **skating on thin ice** by asking his boss for more time off.

- A. doing something soon
- B. doing something easily
- C. teaching somebody to do something
- D. being in a risky (dangerous) situation

3. I decided to **get the ball rolling**, so I got up and went to serve myself at the buffet. After a few minutes everyone else got up, too.

- A. do something easily
- B. start doing something
- C. finish doing something
- D. manage to do something

4. With all the unexpected expenses Sally has had the past year, she constantly feels like she is barely **keeping her head above water.**

- A. being able to manage
- B. being in a risky situation
- C. being unable to do something
- D. being unable to finish her tasks

5. This is a difficult project. I just hope I will be able to **go the full distance.**

- A. finish the project
- B. postpone the project
- C. go without finishing the project
- D. have someone to do the project for me

6. Layla didn't know how to use the till, but the shop manager **showed her the ropes.**

- A. did it for her
- B. managed to do it easily
- C. taught her how to use it
- D. rescued her from a tricky situation

7. Mr. Abdelaziz has offered me the job, so **the ball is in my court** now.

- A. It is my turn to act.
- B. It is an easy job for me.
- C. It is a difficult job to do.
- D. I like to play ball games.

8. Diana got in trouble because she **jumped the gun** and started the test before the teacher told the students to do so.

- A. didn't start the test
- B. started to do the test soon
- C. shot something by the gun
- D. asked for permission to do the test

9. I was trying to come up with a good excuse for not attending the online meeting when my boss's internet connection stopped working. **Saved by the bell!**

- A. rescued from a tricky situation
- B. did something dangerous
- C. acted towards something quickly
- D. made something start happening

### **Choose the correct idiom to complete each of the following sentences.**

1. A: I can't do all these tasks. Can you help me?

B: \_\_\_\_\_ . I'll help you.

- A. No sweat.
- B. Jump the gun.
- C. Skate on thin ice.
- D. Get the ball rolling.

2. They are \_\_\_\_\_ when they go out without putting their masks on.

- A. rolling the ball
- B. jumping the gun
- C. skating on thin ice
- D. showing the ropes

3. She \_\_\_\_\_ , so she took the driving license. Then her sisters took the driving license, too.

- A. skated on thin ice
- B. get the ball rolling
- C. went for the full distance
- D. kept her head above water

4. In spite of all the difficulties, Salem feels he is \_\_\_\_\_ .

- A. jumping the gun
- B. showing the rope
- C. skating on thin ice
- D. keeping his head above water

5. My parents encourage me to \_\_\_\_\_ and complete my project.

- A. skate on thin ice
- B. get the ball rolling
- C. go the full distance
- D. show them the ropes

6. My grandfather didn't know how to use the mobile phone, but I \_\_\_\_\_.

- A. jumped the gun
- B. got the ball rolling
- C. showed him the ropes
- D. put the ball in his court

7. I got offers to work in Qatar Gas or in the municipality, so \_\_\_\_\_ now.

- A. no sweat
- B. get the ball rolling
- C. the ball is in my court
- D. keep my head above water

8. The teacher warned us not to \_\_\_\_\_ and start the test until he tells us to do so.

- A. jump the gun
- B. skate on thin ice
- C. get the ball rolling
- D. show him the ropes

9. The judge was about to accuse Ali of being guilty when the witness appeared and said the truth.

\_\_\_\_\_!

- A. No sweat
- B. Jump the gun
- C. Get the ball rolling
- D. Saved by the bell did

10. Who wants to \_\_\_\_\_ and ask the first question?

- |                   |                         |
|-------------------|-------------------------|
| a. show the ropes | c. get the ball rolling |
| b. jump the gun   | d. go the full distance |

### Exercise C, SB, Page 84

Word	Meaning	Word	Meaning
match	مباراة	location	موقع جغرافي / مكان وجود / حدوث شيء ما
game	لعبة لها قوانين	position	موقع / مكان شخص أو شيء بالنسبة لمكان آخر
race	سباق	site	موقع أثري / موقع أعمال بناء
competition	مسابقة	spot	مكان خاص بالبيت (رقة)
fan	معجب / مشجع	venue	مكان لعقد المؤتمرات والاجتماعات / صالة رياضية
spectator	متفرج (يحضر حدث مباشر)	win	يكتب / يربح
viewer	مشاهد (على التلفزيون / اليوتيوب)	beat	يهزم
audience	جمهور (مستمعين أو متفرجين) في المسرح	defeat	يهزم
		fail	يفشل
		lose	يخسر

Please, do Exercise C, in SB, page 84.

### Complete the sentences:

viewers	competitions	venue	defeated	location	spot
---------	--------------	-------	----------	----------	------

1. Al-Arabi ..... Al-Rayyan and won the Emir Cup.
2. The ..... of the mall is easy for people to reach.
3. Ali likes to sit near the fireplace. It is his favorite .....
4. The conference ..... is going to be in the Sheraton Hotel.
5. More than 2000 ..... watched my last video on YouTube.

audience	games	lost	fans	position	match
----------	-------	------	------	----------	-------

6. Parents usually advise their children not to play electronic .....
7. The ..... between Manchester and Real Madrid was amazing.
8. The ..... enjoyed the performance and applauded at the end.
9. The stadium was full of ..... who supported Al-Sad club.
10. The soldiers took a good ..... so that they can observe the area well.

**Choose the correct answer to complete the sentences.**

1. Ahmad is a fan of came \_\_\_\_\_. He usually watches them on Fridays.  
( matches / races / games / competitions )
2. There was a fierce \_\_\_\_\_ between the two teams.  
( match / race / game / competition )
3. Unfortunately, I \_\_\_\_\_ the match yesterday.  
( lost / failed / defeated / won )
4. The \_\_\_\_\_ cheered loudly when the players entered the stadium.  
( audience / spectators / viewers / listeners )
5. There are many historical \_\_\_\_\_ in Qatar that worth seeing.  
( spots / venues / positions / sites )
6. Yousef is one of the best tennis players in the world. So far this year, no one has \_\_\_\_\_ him.  
( lost / won / beaten / failed )
7. Millions of \_\_\_\_\_ from all over the world watch the World Cup on television.  
( opponents / audience / viewers / spectators )
8. Look around you. We are now standing on the archaeological \_\_\_\_\_ of Olympia, where the first Olympic Games took place.  
( location / venue / site / position )

**Exercise B, SB, page 90:**

balanced diet	غذاء متوازن
carbohydrates	نشويات
fibre	ألياف
calcium	الكالسيوم
Fatty foods	أطعمة دسمة
nutrition	غذاء
preservatives	مواد حافظة
additives	مواد مضافة

**Complete the sentences with words from the table:**

1. We don't use any \_\_\_\_\_ in our food. The colour is natural.

2. I need to cut down on \_\_\_\_\_ . I've put on too much weight.
  3. You should drink milk more often to get enough \_\_\_\_\_ .
  4. The key to a healthy and \_\_\_\_\_ is to eat a variety of food in the right proportions.
  5. Wholewheat bread contains more \_\_\_\_\_ than white bread.
  6. This meal is low in \_\_\_\_\_ . There's no bread, potatoes or pasta.
  7. There are no \_\_\_\_\_ in this food. Therefore, you should consume it as soon as possible.
  8. Good \_\_\_\_\_ and regular exercise are essential for a long and healthy life.
  9. Some food has many added \_\_\_\_\_ to make it last longer.
    - a. preservatives
    - b. calories
    - c. carbohydrates
    - d. minerals

## Phrasal Verbs, Page 90, Exercises C and D.

Phrasal Verb	Meaning	Phrasal Verb	Meaning
depend on	يعتمد على	lead to	يقود إلى
comment on	يعلق على	refer to	يعد إلى
congratulate on	يهنىء على	relate to	ينتسب إلى
insist on	يصر على	contribute to	يساهم ب
centre on	يتمركز / يركز على		
result in	يسبب ب	cope with	يستوعب / يتكييف مع
invest in	يسثمر ب	interact with	ينتقل مع
believe in	يعتقد ب	replace with	يستبدل ب / يحل محل
participate in	يشارك ب	combine with	يدمج ب
excel in	يتفوق في		

1. The instructor **insisted** \_\_\_\_\_ everyone wearing a life jacket before getting onto the boat.  
( on / in / to / with )
  2. The police are interested in the events that **led** \_\_\_\_\_ the accident.  
( on / in / to / with )
  3. If you don't have any butter, you can it **replace** \_\_\_\_\_ oil.  
( on / in / to / with )
  4. The coach didn't want to **comment** \_\_\_\_\_ the match until it was over.  
( on / in / to / with )
  5. Eating too much junk food can **result** \_\_\_\_\_ obesity.  
( on / in / to / with )

6. The company I work for will **invest** about €500,000 \_\_\_\_\_ new technology.

( on / in / to / with )

7. This is a great book because it **combines** history \_\_\_\_\_ fiction.

( on / in / to / with )

8. Brian had nothing to **contribute** \_\_\_\_\_ the discussion. He just sat there and listened.

( on / in / to / with )

9. She had to **cope** \_\_\_\_\_ a lot of difficulties at the beginning of her adult life.

( on / in / to / with )

10. Everyone **congratulated** Hassan \_\_\_\_\_ his imaginative story.

( on / in / to / with )

11. Peter hates losing, which is why he claims that the wet weather \_\_\_\_\_ **to** the disappointing outcome of the match.

( centred / resulted / contributed / depended )

12. Low performance students \_\_\_\_\_ **with** high achievers to complete their tasks.

( depend / invest / interact / relate )

## Unit 6/ Grammar: Modal Verbs

### Modal Verbs

will/ would

shall/ should

can/ could

may/ might

must

have to

has to

had to

ought to

needn't

don't need to

doesn't need to

didn't need to

don't have to

didn't have to

doesn't have to

Note: All modal verbs are followed by base form (verb 1).

**Modal verb + base form (verb 1)**

- I will play tennis.
- He should study hard.
- They must send the emails

## التعبير عن القيام بعمل اجباري / ضروري / واجب (must, have to/ has to / had to)

It is (was) obligatory..../ It is (was) a must.../ It is (was) necessary.../

It is (was) your duty .../ you are (were) obliged to...

1- It is obligatory for students to come to school before 7:15 am.

Students ..... come to school before 7:15 am.

( must / may / can / should )

2- It is necessary that you drive slowly in towns.

You ..... drive slowly in towns.

( will / may / has to / have to )

3- It was a must that people leave the building during the evacuation drill.

People ..... leave the building during the evacuation drill.

( ought to / had to / can / must )

4- Any person is obliged to speak English when you go to London.

Any person ..... speak English when you go to London.

( would / could / has to / have to )

## 2- Absence of necessity

عدم ضرورة

**(don't have to/don't need to/needn't/ didn't have to/ didn't need to)**

It isn't (wasn't) necessary..../ It isn't (wasn't) obligatory.....

1- It isn't necessary to take a loan to buy a car.

You ..... take a loan. We have enough money.

( mustn't / don't have to / can't / have to )

2- The shops .....close at 10. It's not obligatory.

( needn't / need / don't need / mustn't )

3- Ahmad ..... pay for lunch yesterday. It was free.

( doesn't have to / didn't have to / mustn't / had to )

### **3- Prohibition (*mustn't*)** منع

It is forbidden..../ It is prohibited.... / it is against the rules / law /

You are forbidden..../ you are prohibited ...../ you are not allowed.....

1- You ..... carry liquids in planes. It is forbidden.

( needn't / mustn't / can't / don't have to )

2- Passengers ..... smoke in the airport.

( won't / can't / shouldn't / mustn't )

### **4- Advice (*should, ought to/ had better*)** نصيحة

It's my advice.... / I advise you to ..... / It's a good idea/thing .....

1- If you want to win the match, you .....do a lot of training before.

( will / can / should / must )

2- We ..... shop online for the new gadgets. It is a good idea.

( ought to / have to / don't have to / must )

3. Those of you who want to take part in the marathon ..... start training.

( needs to / might / had better / would )

### **5- Possibility or Probability / Lack of Possibility or Lack of Probability**

#### **(may(not) / might(not)** احتمالية / إمكانية

It is(not) possible ..../ It is(not) probable...../ It is(not)likely.....

1- Salem .....travel to Paris next vacation. I am not sure.

( may / will / should / must )

2- The king ..... give a speech tonight, but it is still not certain.

( might / should / ought to / needn't )

3- Ali ..... come tonight. He is very busy at the moment.

( mustn't / shouldn't / may not / doesn't have to )

## 6- Ability or Inability: مقدرة / عدم المقدرة

### can(not) / could(not)/ was able to/ were able to

1- He ..... walk a distance of 10 kilometers. He is still fit.

( may / can / should / must )

2- They ..... stay in a hotel when they travel.

( are able to / were able to / must / shall )

3- She ..... climb mountains when she was young.

( may / can / should / could )

4- He ..... travel to USA because he got a visa.

( is able to / was able to / can / could )

## 7- Offers/Suggestions/ Permission تقديم عرض / اقتراح / طلب إذن

**(can, would, shall, could, may, might) + subject + verb. 1 +**

1- You want your friend to help you in doing the homework.

..... you help me do my homework?

( should / can / must / will )

2- You want to use your father's mobile phone.

..... I use your mobile phone?

( May / Must / Should / Would )

3- ..... You help me do this exercise?

( Shall / Must / Should / Would )

## 8- Logical Assumptions/Deductions

## عمل فرض أو استنتاج في زمن المضارع

must be + noun/ adjective → positive strong deduction استنتاج قوي مثبت

(I'm sure/certain that sth is true.)

can't be + noun/ adjective → negative strong deduction استنتاج قوي منفي

(I'm sure that sth isn't true, real)

may(not) / might(not) be + noun/ adjective → uncertain deduction

(It is possible./It is likely./Perhaps.)

استنتاج محتمل بنسبة 50%

1- John speaks French fluently. He ..... be French.

( should / can't / must / wouldn't )

2- That man ..... be Ahmad because he has traveled abroad.

( shouldn't / can't / mustn't / needn't )

3- Huda is absent today. She ..... be sick.

( shouldn't / can / mustn't / might )

## فروضيات و استنتاجات في زمن الماضي 9- Assumptions/Deductions about past events

استنتاج قوي مثبت must have

استنتاج قوي منفي can't have

احتمالية may/might have

إمكانية could have

نصيحة متأخرة should have

Past participle (verb 3)

1- Salem is very sad. He ..... have missed a relative.

( should / could not / must / may not )

2- I don't have any new email in my inbox. She ..... have sent me an email.

( shouldn't / can't / mustn't / wouldn't )

3- He made an accident. He ..... have driven carefully.

( should / shouldn't / must / mustn't )

Exercise 1: Choose the correct modal Verb to complete the sentences.

1. \_\_\_\_\_ you lend me your dictionary, please? I really need it.  
( Could / Must / Should / Needn't )
2. Roger \_\_\_\_\_ come to the cinema with us because he has a lot of studying to do.  
( could / can't / will / would )
3. \_\_\_\_\_ I play a game on your computer?  
( May / Must / Should / Will )
4. "I've got a temperature and a sore throat."  
"Oh, you \_\_\_\_\_ be feeling awful!"  
( should / must / ought to / need to )
5. They \_\_\_\_\_ afford to rent a summer house this year, so they've decided to go camping instead.  
( shouldn't / must / can't / can )
6. Salma \_\_\_\_\_ be asleep because there's no light on in her room.  
( should / must / can't / mustn't )
7. \_\_\_\_\_ I use your phone? I need to make an urgent phone call.  
( Should / Needn't / Might / Can )
8. Don't make any plans for Tuesday because we \_\_\_\_\_ leave in the morning.  
I will let you know tonight.  
( can / may / would / needn't to )
9. Maha \_\_\_\_\_ have left. The lights in her house are on.  
( shouldn't / needn't / can't / should )

10. I think you \_\_\_\_\_ to see a doctor.

( ought / needn't / can / must )

11. You shouldn't be watching TV now; you \_\_\_\_\_ be studying.

( ought / needn't / can / should )

12. Police officers \_\_\_\_\_ wear a uniform.

( can't / must / ought to / shouldn't )

13. You \_\_\_\_\_ take your jacket. It isn't cold.

( can / mustn't / should / needn't )

14. You \_\_\_\_\_ smoke in public places.

( can / must / mustn't / needn't )

15. \_\_\_\_\_ you like some more tea?

( Can / Must / Needn't / Would )

16. You \_\_\_\_\_ have told her the truth earlier. She wouldn't have been so angry.

( will / should / ought / need )

17. I haven't seen Ali since October. He \_\_\_\_\_ have traveled to USA.

( can't / mustn't / should / may )

18. We \_\_\_\_\_ go swimming if you like. It's warm today.

( can / ought / needn't / mustn't )

19. I \_\_\_\_\_ buy a present for Mary because her birthday is on Saturday.

( need / needn't / need to / needn't to )

20. Tom \_\_\_\_\_ to see a doctor. He's been ill for the past weeks.

( should / needs / must / ought to )

21. \_\_\_\_\_ you like me to do the shopping for you?

( Must / Should / Would / Ought to )

22. Jim \_\_\_\_\_ be watching TV. I have just seen him outside.

( can't / must / might / shouldn't )

23. Mike, \_\_\_\_\_ we borrow your CD player? We're having a party tonight.

( would / will / could / must )

24. You \_\_\_\_\_ study medicine. I advise you.

( would / will / could / had better )

25. That little boy looks just like Jasim. It \_\_\_\_\_ be his son.

( would / shouldn't / must / can't )

26. He \_\_\_\_\_ register for the course online because the website had crashed.

( shouldn't / wouldn't / couldn't / needn't )

27. Those of you who want to take part in the marathon \_\_\_\_\_ start training.

( needs to / might / had better / would )

28. We \_\_\_\_\_ buy any camping gear in the end. We borrowed everything from my cousin.

( mustn't / didn't have to / needn't / don't need to )

29. It \_\_\_\_\_ have been Hassan you saw this morning. He is away on holiday.

( can't / must / won't / might )

## **Rewrite the sentences using the modals in brackets.**

1. Visitors are not allowed to enter this area. **(mustn't)**  
\_\_\_\_\_
2. Is it OK if I leave after I finish the test? **(May)**  
\_\_\_\_\_
3. Students in all Qatari schools are obliged to wear uniforms. **(have to)**  
\_\_\_\_\_
4. It's not necessary that you bring your books tomorrow. **(needn't)**  
\_\_\_\_\_
5. It's prohibited for motorists to go over the speed limit inside the city. **(mustn't)**  
\_\_\_\_\_
6. It's probable he had **been sick** for the last two weeks. **(might have)**  
\_\_\_\_\_
7. It's a good idea to take up a hobby. **(should)**  
\_\_\_\_\_
8. Don't litter the streets; it's the law. **(mustn't)**  
\_\_\_\_\_
9. You are allowed to eat in here. **(can)**  
\_\_\_\_\_
10. Is it OK if I leave now? **(may)**  
\_\_\_\_\_
11. He's obliged to wear a suit at work. **(have to)**  
\_\_\_\_\_
12. She failed the exam because she didn't study hard. **(should have)**  
\_\_\_\_\_
13. It was possible that they had met before. **(might have)**  
\_\_\_\_\_
14. It was easy for Ahmad to remove the heavy box. **(be able to)**  
\_\_\_\_\_

## Unit 6/ Reading

**Read the following text, and then answer the questions that follow.**

### **Text 1: Marathon des Sables**

The Marathon des Sables is known as the toughest foot race on the planet. This is a **strenuous** event which takes place in one of the world's most inhospitable locations, the Sahara Desert. Every participant has to run under the scorching sun for six days, a total of 250 kilometres. The rules require runners to be self-sufficient and carry everything they need to survive on their backs. The only thing they don't need to carry is water, which is handed out at checkpoints.

Temperatures can reach 50°C and the landscape is just endless sand dunes. The high temperatures do not seem to discourage runners who want to take part though: I must have crossed the starting line with at least a thousand other participants! For me, the most beautiful sight every day was the final checkpoint. There, I could recharge my batteries and compare blisters with my fellow runners. However, as the race progressed, getting up at six in the morning became a real struggle. Nevertheless, focusing on my goal to complete the race as well as thinking about how far I had already come gave me the strength I needed to continue. What's for sure is that I consider it one of my greatest accomplishments in life and will definitely go again next year.

### **Text 2: Jungle Ultra**

I had taken part in a few ultramarathons, so I was quite confident about this race in Peru. I was at the first-ever race in 2012, and it's an experience I will never forget. You have to run on jungle trails, rocky paths and tough mountain roads. The jungle was teeming with creepy-crawlies, there were seventy rivers to cross and hills that took days to climb. There were several times when I wanted to drop out and had to remind myself that I was doing this for fun! The first problem you encounter, though, is lack of oxygen, as the race begins at 3,200 metres in the Manu Cloud Forest in the Andes. As you make your way down to the Amazon Jungle, you will face humidity levels near one hundred per cent. You should have seen me sweating! The race lasts for six days and covers a distance of 230 kilometres, not to mention that you also have to carry your supplies the whole way. You have to register at the checkpoints, which are every ten to fifteen kilometres. I almost missed the second to last one, which would have meant instant disqualification. Imagine being so close to the end and not being able to finish!

1. What is the purpose of the two texts?
  - A. to explain how marathons started
  - B. to give information about two marathons
  - C. to discuss the difficulties that participants face in marathons
  - D. to describe the feelings of participants when winning marathons
2. In text (1) what does the underlined word “**strenuous**” mean?
  - A. strange
  - B. difficult
  - C. cultural
  - D. pleasant
3. Which of the following is **TRUE** about Ultra Jungle Marathon?
  - A. Participants do it for fun.
  - B. The marathon lasts for a week.
  - C. It takes place in the Sahara Desert.
  - D. Participants have to cross seventy rivers.
4. Compare and contrast the two marathons by completing the following table.

Marathon	Type	Location	Distance	Completion Time
<b>des Sables</b>				
<b>Jungle Ultra</b>				

5. From text 1, mention **THREE challenges** that participants face in the marathon.

Challenge 1	.....
Challenge 2	.....
Challenge 3	.....

6. From text 2, mention **THREE landscapes** that participant have to go through during the race.

1 <sup>st</sup> landscape	.....
2 <sup>nd</sup> landscape	.....
3rd landscape	.....

7. According to text 2, how was the participants attitude towards the race?

Give evidence from the same text.

Attitude	.....
Evidence	.....

## Reading 2:

Read the following passage about “Jogging,” and then answer the questions.

- (1) My first piece of advice to people who want to start getting fit is: don’t buy an exercise bike. Typically, people who buy them use them for a week or so and then forget about them. They are effective if they are used regularly, but you need to be determined. Most people will find it much easier to go for a gentle jog around the park.
- (2) As well as being easy to do, jogging is also relatively cheap compared to most other sports. You don’t need to buy expensive clothes if you’re just going running around the park or on the beach. The main thing is that they are comfortable, and that they keep you warm in winter and cool in summer.
- (3) There is one piece of equipment, however, that you will have to spend time and money on, and that’s your running shoes. Remember that you are not looking for a fashion item, but for something that will support your feet and protect you from injury. They can be expensive, but if they are good quality they will last for long time. It’s always best to get expert advice, and the best place for that is a sports shop. As for the actual jogging, the secret is to start gently, and not to do too much at the beginning – especially if you haven’t had any exercise for a long time. Try a mixture of walking and running for ten minutes about three times a week at first. Once you are happy doing that you can then start to increase the amount you do **gradually**. After a few months you should hope to be able to run at a reasonable speed for twenty minutes three or four times a week.
- (4) It’s important that you feel comfortable with whatever you do. If you do so, you’ll start to enjoy it and will probably keep doing it. If it makes you feel uncomfortable, you’ll probably stop after a short time and return to your bad habits. In any case, training too hard is not very effective. Research has shown that somebody who exercises for twice as long or twice as hard as another person doesn’t automatically become twice as fit.

**4. Where can such a text be found?**

- A. in a history book
- B. in a medical book
- C. in a sport magazine
- D. in a scientific magazine

**5. Based on the text, which sport equipment deserves to spend time and money on?**

- A. shoes
- B. clothes
- C. helmets
- D. exercise bikes

**6. What does the underlined word “gradually” in paragraph 3 mean?**

- A. changing quickly
- B. increasing rapidly
- C. moving by degrees
- D. decreasing by steps

**7. Mention two reasons from paragraph (2) that make “jogging” an ideal sport.**

<b>Reason 1:</b>	
<b>Reason 2:</b>	

8. According to the writer, what makes a person keep up doing sport?

Support your answer with evidence from the text.

What?	
Evidence:	

9. Do the following statements agree with the information given in the two texts?

Write Y (YES), N (No) or NG (NOT GIVEN).

1. Sport clothes must be expensive. \_\_\_\_\_
2. It is not necessary to train hard to be fit. \_\_\_\_\_
3. Doing a sport with a friend can be more enjoyable. \_\_\_\_\_

## **Unit 5: Writing: A Discursive Essay (A Persuasive Essay)**

Paragraph 1	<b>Introduction</b>	- General statement about the topic. (paraphrases the question and introduces the topic of discussion) - Say your opinion
Paragraph 2	<b>Reason 1</b>	State the first reason with examples and justifications
Paragraph 3	<b>Reason 2</b>	State the second reason with examples and justifications
Paragraph 4	<b>Reason 3</b>	State the third reason with examples and justifications
Paragraph 5	<b>Conclusion</b>	Restate your opinion and summarise the reasons

### **To introduce opinions**

- In my opinion, ... • As far as I'm concerned, ... • To my mind, ... • I believe (that)...

### **To list points**

- Firstly, ... • To begin with, ... • Secondly, ... • Also, ... • Moreover, ... • furthermore, ...

### **To give examples**

- For example, ... • For instance, ... • In particular, ..., etc., ... • Furthermore, ...

### **To conclude/summarise**

- To conclude, .../In conclusion, .../to sum up, .../In summary, .../All in all, ...

## Writing Template

### **Introduction**

..... **Topic** ..... becomes an important issue that people concern about these days. There are different views about it. In my opinion, ..... for the following reasons / (by different ways).

### **1<sup>st</sup> reason**

To begin with, the most important reasons for ..... **Topic** ..... is ..... **reason 1** .....  
For example, ..... **example / justification** .....

### **2<sup>nd</sup> reason**

Secondly, ..... **reason 2** .....  
For instance, ..... **example / justification** .....

### **3<sup>rd</sup> reason**

Finally, ..... **reason 3** .....  
In particular, ..... **example / justification** .....

### **Conclusion**

All in all, I think ..... **restate your opinion** .....  
Because ..... **reason 1** ....., ..... **reason 2** ....., and ..... **reason 3** .....

## Writing Prompts

How can we lead more active lives?

Write an essay in which you express your opinion on the issue and provide justification for your point of view.

## **Writing Plan: A discursive essay**



Complete the writing plan below and write your essay on the next page.

### **Before you write:**

- Brainstorm the topic of discussion to identify the ideas you wish to develop.

### **Introduction**

- What is the issue / topic of discussion?
- Make a brief, general statement outlining your opinion on the topic.

### **Main part**

#### Paragraph 1

- First idea/argument
- supporting information that justifies the recommended course of action

#### Paragraph 2

- Second idea/argument
- supporting information that justifies the recommended course of action

#### Paragraph 3

- Third idea/argument
- supporting information that justifies the recommended course of action

### **Conclusion**

- Briefly restate the issue / topic of discussion.
- Summarise the ideas/arguments you have put forward.

## **How can we lead more active lives?**

Our modern lifestyle has made us increasingly inactive, and this is having a negative effect on our emotional and physical well-being. In my opinion it is important to find out ways that make us more active.

The first thing we need to do is to make time for working out and exercise. For example, every person needs to dedicate some time for doing sports such as; walking, cycling or playing any kind of sport.

Secondly, it is better if we avoid convenient options such as lifts, cars and remote controls that make our lives easier but they also make us lazier. We should, therefore, limit our use of them and do everyday tasks more actively. This can be as simple as cycling to school instead of taking the bus or the car.

Last but not least, a good way to lead an active life is to do the activities with friends. For example, if you go for a walk with a friend or register in a sport club with a friend, this will make you more motivated to do the activity than when you do it alone.

To conclude, staying active is one of the most important things of a healthy life. This, I believe, can be done by making time for physical activity, avoiding convenient options that make us lazy and training with friends. In other words, it involves moving more and sitting less.

Choose one of the following topics to write about.

Write a **PERSUASIVE ESSAY** giving your opinion on the benefits of going abroad on holiday. (200-250 words)

**Helping tips:**

get to know new cultures – learn new languages – lots of fun for kids – foreign currency...etc.

*\* Your essay will be evaluated on basis of clear and organized ideas, strong details and effective sentences.*

Write a **PERSUASIVE ESSAY** giving your opinion on why we should protect the environment (200-250 words)

**Helping tips:**

less pollution -& fewer diseases – fresh water & healthy food – natural habitat protection – a better life for future generations ..... etc.

*\* Your essay will be evaluated on basis of clear and organized ideas, strong details and effective sentences.*

# Writing Plan: A discursive essay



Complete the writing plan below and write your essay on the next page.

## Before you write:

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- Second idea/argument
- supporting information that justifies the recommended course of action

### Paragraph 3

- Third idea/argument
- supporting information that justifies the recommended course of action

## Conclusion

- Briefly restate the issue / topic of discussion.
- Summarise the ideas/arguments you have put forward.

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