



Dictation List

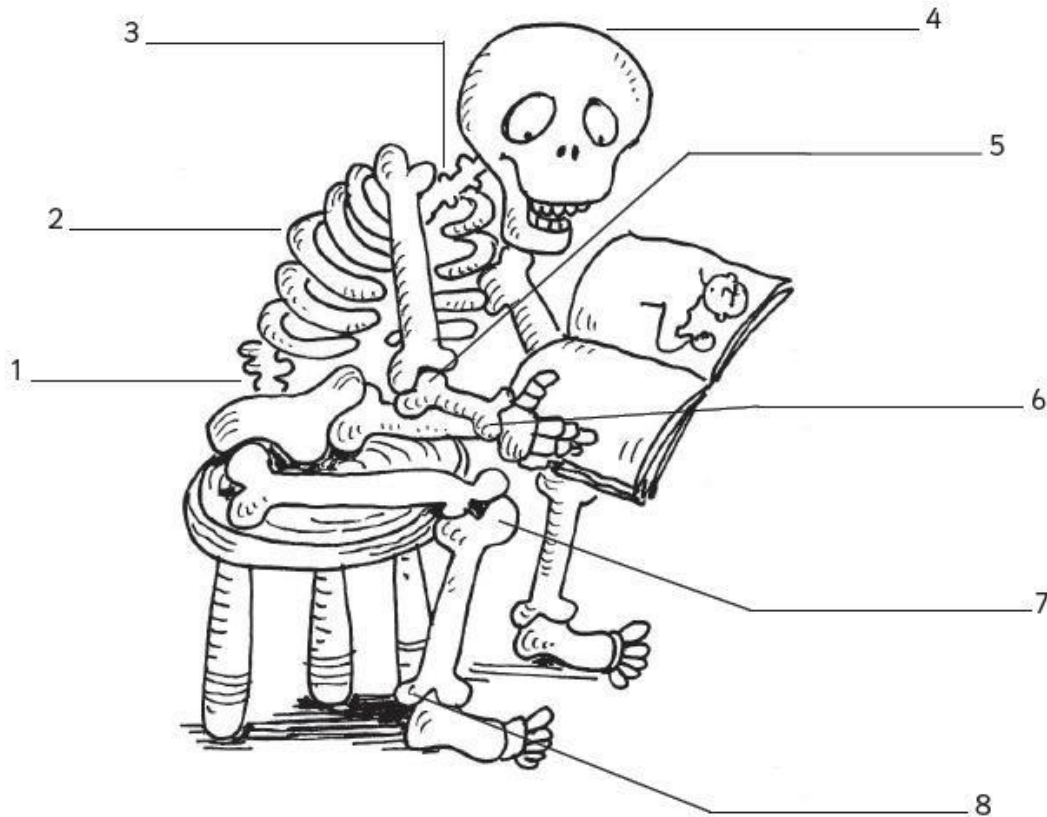
- 1) human - body - heart - beat - lung - bone - backbone - skull
- muscle - fist - pump - rib
- 2) breath - breathe - exercise - healthy - head - hard - need
- nose - smell - sniff - flow - fruit - vegetables
- 3) ear - listen - hear - finger - fingernail - glass of water -
play football - go for a swim - go for a walk
- 4) lips - lick - chew - see - skin - sleep - smile - soft - stroke
- sweet - pulse - take good care of
- 5) taste - throat - thumb - toenail - tooth - tummy - touch -
watch - unhealthy - upset
- 6) whale - rabbit - shark - ice pack - salty - plaster - blink -
beautiful - asleep - awake
- 7) ride a bike - I've cut my ... - I fell and hit my knee/elbow/
arm - shall I bring you ... - shall I get your
mother/father/teacher
- 8) sink - frown - forehead - point - join together - grown-up

- dark - bright

9) basket - bat - mouse - more quickly - leather - glove - oyster shell - pearl diver - tidy my/his/her room

Label the skeleton with words from the box:

ankle - backbone - elbow - knee - neck - ribs - skull - wrist



Read and complete the sentences:

rib bones - backbone - muscles - heart - skull - bones

- 1- Your is the size of your fist.
- 2- Our give our body its shape.
- 3- Your helps you to stand up and move.
- 4- The is inside your head.

5- Your protect your heart and lungs.

6- move our arms and legs when we run, jump, climb and lift things.

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Brilliant bones and marvellous muscles

Our **bones** give our body its shape. Put your hand on your back. Feel your **backbone**. Your backbone helps you stand up and move.

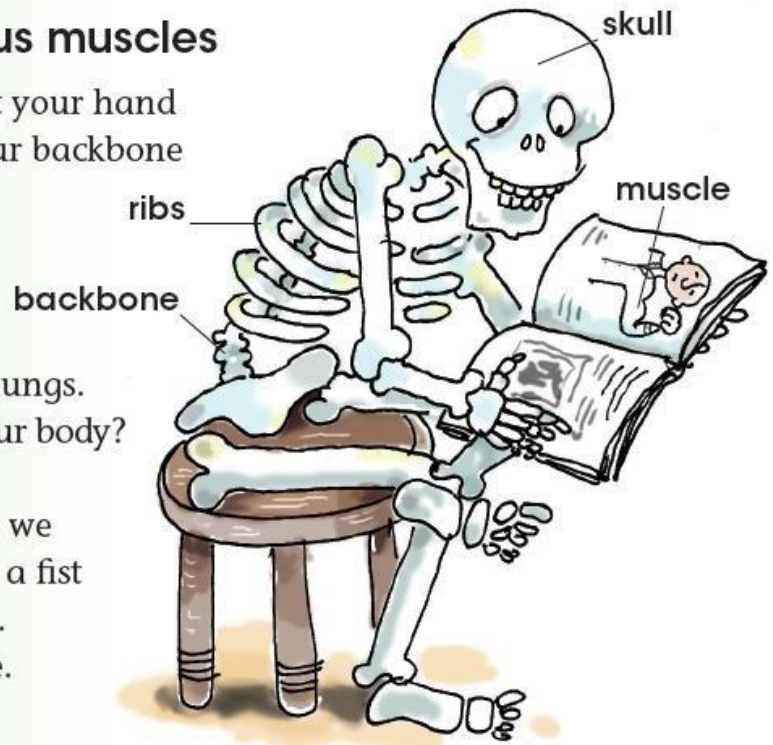
Inside your head is your **skull**.
Feel your skull.

Now put your hands on your **ribs**.
Your rib bones protect your heart and lungs.

What other bones can you feel in your body?

Muscles touch our bones.

Muscles move our arms and legs when we run, jump, climb and lift things. Make a fist and feel the muscle in your upper arm. Smile and feel the muscles in your face. What other muscles can you feel?



Circle the correct answer:

1- You can feel your (skull - muscle - backbone) on your back.

2- The (ribs - muscles- heart) touch our bones.

3- The (heart - wrist - skull) is inside your head.

.....

Read and write (T) or (F) :

4

1- Our muscles give our body

its shape.

2- Your backbone protects

your heart.

3- My ribs help me to stand up.

Read and answer:

How can we stay healthy?

To keep your body healthy and strong, you need healthy food to eat and clean water to drink. You need plenty of exercise and plenty of sleep. You need to keep clean.

Healthy food

We need food to make our muscles strong – foods like eggs, beans, fish, meat, milk and cheese. Fruit and vegetables are also important.

Sleep

Your bones grow while you sleep. Your brain and body need to rest. Children need to sleep for about 10 hours each night.



Exercise

Exercise makes strong bones and muscles. There are many ways to exercise, for example: walking, running, climbing stairs and playing ball games.

Try this!

Balance! Stand on your left leg. Hold your right foot. Bring your heel close to your body. How long can you stay in this position? Swap legs. Was it easier to balance on your right or your left leg?



1- Why do we need food?

.....

2- Name some kinds of healthy food:

.....

3- What happens to your bones while you sleep?

.....

4- Why is exercise good for our bodies?

.....

5- Name some kinds of exercise:

..... 5

Look at the pictures and write five things that you need to do to stay healthy and strong:

1- I need to

2- I need to

3- I need to

4- I

5-



1



2



3

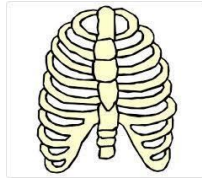


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Look, read and match:



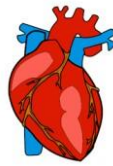
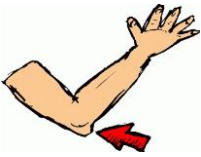
ribs

muscle

skull

knee

backbone



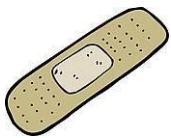
heart

elbow

feet

wrist

thumb



tummy

throat

plaster

ankle

ear

Partner A

Explain the problem:

My (head) hurts.



head tummy ear throat

I've cut my (finger).



finger hand thumb

I fell and hit my (knee).




knee elbow arm

Partner B


Try to help:

Shall I bring you (a plaster)?



a plaster an ice pack a glass of water

Shall I get (the teacher)?



the teacher your mother your father the nurse

Look at the pictures and write the sentences for partner A and partner B:



Example:

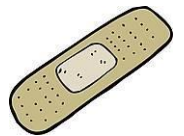
A: I fell and hit my ankle.

B: Shall I bring you an ice pack.



A:

B:



A:

B:






A:

B:



H = Haya **K** = Khalid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
playing tennis	sweeping the floor	tidying her room	doing karate	reading books	visiting Grandma	playing football
						
H	K	H	K	H K	H K	H K

Look, read and design your own calendar:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

* Write about things you are going to do and draw / stick pictures of them.

Look, read and circle the answer:

1- There was no (more - most) paint.

2- They caught (more - most) fish to eat.

- 3- She stayed awake (more - most) of the night.
 - 4- (More - Most) of the boat is under water.
 - 5- Add (more - most) wood to your fire.
 - 6- There is little (more - most) to say about it.
 - 7- My father is the (more - most) wonderful man.
 - 8- This is the (more - most) delicious chicken I've ever eaten.
 - 9- The weather is (more - most) beautiful today than yesterday.
 - 10- Winter is the (more - most) wonderful season of all.
-

Read and circle:

Fact or opinion?

- 1- My mother is the most beautiful woman in the world. fact / opinion
- 2- There are seven emirates in the UAE. fact / opinion
- 3- Pizza is more delicious than pasta. fact / opinion
- 4- Global village is in Dubai. fact / opinion
- 5- The largest animal ever is the blue whale. fact / opinion
- 6- Pink color is awful on cars. fact / opinion




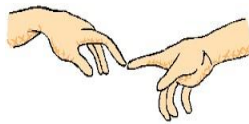

Read and circle:

1- I sit in the bus **quietly** / loudly.

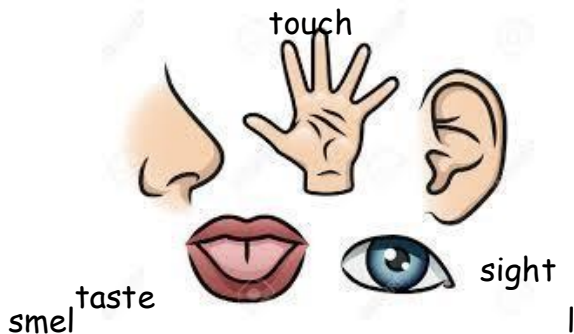
2- I go to my class **slowly** / quickly.

3- I write my homework **neatly** / carelessly.

4- When I run, my heart beats **slowly** / quickly.

				
.....

Read and write full answers:



Speaking tip

Use these questions to help your friends talk about the things they like:

What's your favourite sound/taste/smell?

Here is how they should answer:

My favourite sound/taste/smell is

hearing

1- What is your favorite smell?

.....

2- What is your favorite taste?

.....

3- What is your favorite sound?

.....