

### Fitness for fun

Not everyone enjoys working out in the gym and many people can't stand going for a jog. Let's be honest, isn't hanging out with friends at the mall or relaxing in front of the TV a lot more enjoyable?

Well, exercising doesn't have to be boring. There's a world of activities and sport to choose from, so there's no excuse. According to an Olympic medalist, "All you need to do is find the right activity for you. Once you've done that, staying fit will be loads of fun!"

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"Technology has made our life easier and helps us to communicate with others. Do you agree or disagree ? give reasons."

Yes, I agree .

Technology has made many things easier in our lives because nowadays we can do many things that before we couldn't , for example, you can see by videochat your relatives in other countries and speak with them in the same way if they were with you but without touch, another example could be to search for things or places it's easier now, or education because you can take online classes and this would help you to save money and time. Without technology honestly where would we even be. Technology has shaped us into the people that we are today. We use technology to help us out in our everyday lives. Doctors use it, Teachers use it, YOU use it. Everyone uses it and you can agree that it has made things way easier, For everyone.

In general, we can conclude that technology is a way of making life easy.

### ----- The future of UAE musical instruments

A series of unique musical instruments are at the centre of Emirati culture. They are played at family celebrations such as engagements and weddings, and holidays such as National Day and Eid. However, each year fewer people are learning how to play traditional instruments ( Tabl, Tambura, Oud, Rababa, Al-Ras ) and the Emirates are in danger of losing this important part of their culture.

These instruments were often showed in TV programs don't exist now. And there is no written record of this music.

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### Satellites in the space

A satellite is an object that orbits another object. In space, satellites may be made by man, or they may be natural. The moon is a natural satellite that orbits the Earth. Most man-made satellites also orbit the Earth, but some orbit other planets, such as Saturn, Venus or Mars, or the moon.

Satellites are used for many purposes. There are weather satellites, communications satellites, reconnaissance satellites, astronomy satellites and many other kinds.

The world's first artificial satellite, the Sputnik 1, was launched by the Soviet Union on October 4, 1957. This surprised the world, and the United States quickly worked to launch their own satellite, starting the space race. Sputnik 2 was launched on November 3, 1957 and carried the first living passenger into orbit, a dog named Laika. The United States launched their first satellite, called Explorer 1 on January 31, 1958.

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### Cars

A car is a road vehicle used to carry passengers. Cars usually have four wheels and an internal combustion engine. Another name is automobile from Greek "auto" and French "mobile". This name means "self-moving" as cars do not need horses or other external sources of power to move. Cars have been around since 1885.

Some small "city" cars carry only two to four people, and have little luggage space. Other types are able to carry many passengers or heavy loads. For example, family station wagons or estate cars carry from 5 to 9 people, or fewer people with lots of luggage. A van or pickup truck is a car-like vehicle made for carrying medium sized loads; for example, goods for delivery or plumber's and builder's tools and materials. Heavy lorries are used to carry deliveries and heavy loads.

In order for a car to work, it must have fuel. The most common fuel is petrol, which is called gasoline in America. Some cars burn diesel or ethanol. A few can run on several different fuels. Alternative fuel vehicles use less common fuels like natural gas, wood gas or electricity. Some car-making companies have also tried building vehicles that run using hydrogen fuel cells, which do not give out any polluting exhaust gases (but most of the hydrogen that people use comes from burning fossil fuels). In some

countries, such as Brazil and Sweden, a mixture of ethanol and petrol, called gasohol in Brazil and E-85 in Sweden, is used as automobile fuel.

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Write a paragraph about the advantages of studying in a university

There are a lot of advantages of studying in a university. For instance, in the university you can meet new friends. Furthermore, university offers the chance to encounter people of all ages and different backgrounds. However university offers such a wide range of activities and finding new interests. Moreover, university can boost your confidence and value of independence in your own abilities. Specially if you apply for an institution which is far from your home.

Write paragraph about your future learning goals

I think I`d really like to go to university. First I want to finish school and get these exams out of way. So one of my first learning goals is to make a revision timetable for every subject each week. Then I am going to lots of exam practice. Then I`ll see I get on. If I get good marks, I will probably apply for university.

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Good citizens are actively involved in their community and in the betterment of their fellow citizens. They take pride in where they live and strive to make it a better place. We all want to be known as a good citizen, and with a little thought and effort, anyone can be one.

Get a good education. One of the best things you can do to help your community is to get a good education. When you're well educated, you can get better jobs and contribute more to the economy.

Work hard. No matter what job you have, working hard is an important part of being a good citizen. When you work hard, you provide services to others and you earn money, both of which contribute to a stronger economy in your area.

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**Stay healthy. When you get sick, you put others at risk and you take up valuable space in doctor's offices and hospitals that could go towards someone else. Exercise, eat right, and make sure you stay current on all your shots. important to take care of your body and stay as healthy as possible It's.**

**Pick up litter. If you see trash lying around don't just stare at it and walk pass it. Try to make time once a month to go around your neighborhood and pick up all of the trash that you see. Just be sure to use a grabbing stick or gardening gloves, to prevent hurting yourself on something dangerous.**

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### **Healthy life style**

**Health is wealth. There is nothing in our life that is more valuable than good health. Without health there is no happiness, no peace and no success. A person with bad health cannot enjoy the enjoyment of being wealthy.**

**To be healthy and fit you should follow these advices. Firstly, you should eat healthy and balanced diet. Secondly, you should do exercises and some trainings such as cycling, running, taekwondo, and playing football. Thirdly, eat fruits and vegetables more than meats, fish, and eggs.**

**Morning walks and physical exercises are very helpful for the fitness of our mind and our body. A healthy person enjoys good food and sound sleep. Good health is very important because a person of good health can end a large amount of work in a short time. Finally, we don't forget that "a sound mind in a sound body."**

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### **Education in past and present in the UAE**

**منتديات صقر الجنوب التعليمية المنهاج الاماراتي**

Hey i am Moustapha . In this blog I will give information about the education during the past and present.

Education in the past before the oil came it was a lot different than its now.

people used to send their children to the mosque to read the holy Qur'an , learn mathematics principals and the basics of life.

It was hard for them to learn because there weren't hi-tech equipments or fast and comfortable transportation .

Zayed ruled and united the 7 emirates he hired oil companies to search the for black gold"oil".

After the oil discovery the UAE developed in all fields including education.

The education now is a lot easier than before . The UAE government realized how education is important these days .

They built schools everywhere and equipped them with hi-tech projectors, computers and boards .

It's easier now because the student can get information from the internet or the library.

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### Camel Racing

Thoroughbred Racing Camels are first put through their paces when they are about two years old. Initially the animals are trained to obey basic commands issued by the jockey. Then, a crucial two-kilometer gallop decides which have the ability for racing. To help build their stamina, the camels are

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made to run certain distances every day, which varies in proportion to their age. Recently jockeys were banned from racing and instead robots were used in their place according to human right laws.

### **Dhow Racing**

Traditional boat racing involves traditional boats called dhows, which were used in the past for pearl diving or merchandise transportation. Dhow races are held during the winter season, and use 40-60 feet dhows and up to 100 oarsmen who use their physical strength and traditional practices passed down to them from their forefathers to raise the mast and slide down swiftly through waves