



VOCABULARY

New words	Transcription		Meaning
athlete	/ˈæθ.li:t/	(n)	vận động viên
basketball	/ˈbɑː.skɪt.bɔ:l/	(n)	môn bóng rổ
boat	/bəʊt/	(n)	con thuyền
career	/kəˈrɪər/	(n)	nghề nghiệp, sự nghiệp
congratulation	/kənˌgræt.jʊˈleɪ.ʃən/	(n)	sự chúc mừng
elect	/ɪˈlekt/	(v)	lựa chọn, bầu chọn
equipment	/ɪˈkwɪp.mənt/	(n)	thiết bị, dụng cụ
exhausted	/ɪɡˈzɔː.stɪd/	(adj)	mệt nhoài, mệt lử
fantastic	/fænˈtæs.tɪk/	(adj)	tuyệt diệu
fit	/fɪt/	(adj)	manh khỏe
goggles	/ˈgɒɡ.l z/	(n)	kính (để bơi)
gym	/dʒɪm/	(n)	trung tâm thể dục
last	/lɑːst/	(v)	kéo dài
marathon	/ˈmær.ə.θən/	(n)	cuộc đua ma-ra-tông
racket	/ˈræk.ɪt/	(n)	cái vợt (cầu lông ...)
regard	/rɪˈgɑːd/	(v)	coi là
ring	/rɪŋ/	(n)	sàn đấu (boxing)
skateboard	/ˈskeɪt.bɔːd/	(n, v)	ván trượt, trượt ván
ski	/skiː/	(v, n)	trượt tuyết, ván trượt tuyết
skiing	/ˈskiː.ɪŋ/	(n)	môn trượt tuyết
sports competition	/spɔːts.kəm.pəˈtɪʃ.ən/		cuộc đua thể thao
sporty	/ˈspɔː.ti/	(adj)	khỏe mạnh, dáng thể thao
volleyball	/ˈvɒl.i.bɔːl/	(n)	môn bóng chuyền

GRAMMAR

I. Past simple (Thì quá khứ đơn)

1. Cách dùng

- Thì quá khứ đơn được dùng để diễn tả một hành động đã xảy ra và kết thúc trong quá khứ.

2. Dạng thức của thì quá khứ đơn

✚ Công thức thì quá khứ đơn với động từ to be

Thể khẳng định (Positive form)

I / She/ He / It + was

We / You / They + were

Ví dụ: She was in the office an hour ago. (Cô ấy ở trong văn phòng cách đây một tiếng)

Thể phủ định (Negative form)

I / She/ He / It + was not

We / You / They + were not

Ví dụ: They weren't at home yesterday. (Họ không ở nhà hôm qua.)

Thể nghi vấn (Question form)

Was + I / she/ he / it ...?

Were + we / you / they ...?

Trả lời:

Yes, I / she/ he / it + was No, I / she/ he / it + wasn't

Yes, we / you / they + were No, we / you / they + weren't

Ví dụ: Were they in the room ten minutes ago?

(Họ ở trong phòng bạn cách đây mười phút phải không?)

Yes, they were / No, they weren't

(Vâng, đúng rồi / Không, không phải)

⚡ Công thức thì quá khứ đơn với động từ thường

Thể khẳng định (Positive form)

I / She/ He / It / We / You / They + V2/ed

Ví dụ: She visited an old friend last Sunday.

(Cô ấy thăm một người bạn cũ vào Chủ Nhật tuần trước.)

Quy tắc thêm "ed"

- Thông thường ta thêm **"ed"** vào sau động từ.

walk → walked roll → rolled inform → informed

- Tận cùng của động từ là **"e"** ta chỉ cần thêm **"d"**

live → lived invite → invited share → shared

- Tận cùng của động từ là **y**:

Nếu trước **y** là một nguyên âm (**a,e,i,o,u**) ta thêm **ed** bình thường.

play → played stay → stayed delay →

delayed

Nếu trước **y** là phụ âm ta đổi **y** thành **i** rồi thêm **ed**

study → studied satisfy → satisfied reply → replied

- Nếu động từ có một âm tiết, tận cùng là một phụ âm, trước phụ âm có một nguyên âm, ta nhân đôi phụ âm cuối rồi thêm **ed**

stop → stopped plan → planned

Ngoại lệ:

travel → travelled prefer → preferred permit → permitted

Động từ bất quy tắc

come → came (đến)

drive → drove (lái)

go → went (đi)

know → knew (biết)

run → ran (chạy)

say → said (nói)

take → took (lấy)

Thể phủ định (Negative form)

I / She/ He / It / We / You / They + did not + V (nguyên thể)

Ví dụ: He didn't come to the club last month.

(Tháng trước cậu ấy không đến câu lạc bộ.)

Thể nghi vấn (Question form)

Did + I / she/ he / it / we / you / they + V (nguyên thể)

Trả lời

Yes, I / she/ he / it / we / you / they + did

No, I / she/ he / it / we / you / they + didn't

Ví dụ: Did he miss the bus yesterday?

(Hôm qua cậu ấy

nhỡ xe buýt phải không?)

Yes, he did / No, he didn't (Vâng, đúng vậy / Không, không phải)

3. Dấu hiệu nhận biết

Trong câu sử dụng thì quá khứ thường có các trạng từ chỉ thời gian xác định trong quá khứ:

- yesterday (hôm qua)

- last night/ last week / last month / last year (tối qua/ tuần trước/ tháng trước/ năm ngoái)
- ago (cách đây): two hours ago (cách đây 2 giờ); two days ago (cách đây 2 ngày)
- in the past (trong quá khứ)

II. Imperatives (Thể mệnh lệnh)

Thể mệnh lệnh thường được dùng để đưa ra các mệnh lệnh, yêu cầu, đề nghị, ...

✦ Thể khẳng định (Positive form)

Trong câu khẳng định (hoặc xác định) thì động từ đứng đầu câu, chủ ngữ **You** bị lược bỏ.

Ví dụ: Come here! (Đến đây!)

Be quiet! (Hãy yên lặng)

✦ Thể phủ định (Negative form)

Trong câu phủ định ta chỉ cần thêm trợ động từ ở thể phủ định trước động từ.

Ví dụ: Don't open the door! (Đừng mở cửa!)

Don't hurry! (Đừng vội!)

PRONUNCIATION

I. Short vowel /e/ (Nguyên âm ngắn /e/)

- "a" được phát âm là /e/

Examples	Transcription	Meaning
many	/meni/	nhiều
anyone	/eniwʌn /	bất kỳ ai

- "e" phát âm là /e/ khi nó nằm trong những từ một âm tiết có tận cùng là một hay nhiều phụ âm (trừ "r")- air, are

Examples	Transcription	Meaning
get	/get/	có, trở nên
bread	/bred/	bánh mì

- "ea" được phát âm là /e/ trong một số trường hợp

Examples	Transcription	Meaning
heavy	/hevi/	nặng
breakfast	/'brekfəst/	bữa sáng

II. Short vowel /æ/ (Nguyên âm ngắn/æ/)

"a" được phát âm là /æ/ trong các trường hợp:

- Trong những từ có một âm tiết mà tận cùng bằng một hay nhiều phụ âm

Examples	Transcription	Meaning
hat	/hæt/	cái mũ
sad	/sæd/	buồn

- Khi ở trong một âm tiết được nhấn mạnh của một chữ có nhiều âm tiết và đứng trước hai phụ âm

Examples	Transcription	Meaning
candle	/'kændl/	cây nến
captain	/'kæptɪn/	đại úy, thuyền trưởng

PRACTICE

A

LISTENING

1. Listen to the short talk twice and circle the correct answer to each of the following questions

1. Does Rita play sports on the weekend?

- A. Yes, he does B. Yes, she does C. No, he doesn't D. No she doesn't
2. What does she do on the weekend?
A. watch favorite programs on TV B. play games
C. listen to music on the radio D. go fishing
3. Does Rod play sports?
A. Yes, he does B. Yes, she does C. No, he doesn't D. No she doesn't
4. What is his favorite sport?
A. swimming B. basketball C. tennis D. volleyball

II. Listen to the monologue twice and decide whether the following sentences are True or False.

1. The man loves exercise. T F
2. He and his friend play tennis every Wednesday. T F
3. He loves cycling in his neighbourhood on the weekends. T F
4. He likes playing baseball, too. T F

B PHONETICS

I. Put the words into two groups (/æ / and /e/)

- | | | | |
|----------------|-----------------|---------------|----------------|
| bad | bend | dead | contest |
| bed | men | lend | land |
| hat | stand | Dad | friend |
| bag | exercise | tennis | active |
| racket | band | man | head |
| head | test | lemon | pan |
| measure | leisure | match | |

/æ/

/e/

II. Choose the underlined part which is different from the other.

- | | | | |
|-----------------------------|---------------------|----------------------|--------------------|
| 1. A. <u>celebrate</u> | B. <u>decorate</u> | C. <u>gathering</u> | D. <u>relative</u> |
| 2. A. <u>family</u> | B. <u>ago</u> | C. <u>again</u> | D. <u>afford</u> |
| 3. A. <u>weekend</u> | B. <u>exercise</u> | C. <u>exhaust</u> | D. <u>contest</u> |
| 4. A. <u>family</u> | B. <u>sportsman</u> | C. <u>congrats</u> | D. <u>marathon</u> |
| 5. A. <u>clever</u> | B. <u>comedy</u> | C. <u>educate</u> | D. <u>helmet</u> |
| 6. A. <u>any</u> | B. <u>fat</u> | C. <u>dad</u> | D. <u>glad</u> |
| 7. A. <u>let</u> | B. <u>hotel</u> | C. <u>check</u> | D. <u>racket</u> |
| 8. A. <u>animated</u> | B. <u>channel</u> | C. <u>character</u> | D. <u>appear</u> |
| 9. A. <u>congratulation</u> | B. <u>fantastic</u> | C. <u>last</u> | D. <u>marathon</u> |
| 10. A. <u>event</u> | B. <u>female</u> | C. <u>special</u> | D. <u>sentence</u> |
| 11. A. <u>fantastic</u> | B. <u>programme</u> | C. <u>badminton</u> | D. <u>karate</u> |
| 12. A. <u>many</u> | B. <u>active</u> | C. <u>happen</u> | D. <u>match</u> |
| 13. A. <u>last</u> | B. <u>fast</u> | C. <u>animal</u> | D. <u>class</u> |
| 14. A. <u>camera</u> | B. <u>shelf</u> | C. <u>everything</u> | D. <u>tennis</u> |
| 15. A. <u>threat</u> | B. <u>bread</u> | C. <u>head</u> | D. <u>team</u> |

III. Choose a word that has different stressed syllable from others.

- | | | | |
|---------------------|-------------------|-------------------|-------------------|
| 1. A. <u>appear</u> | B. <u>career</u> | C. <u>goggles</u> | D. <u>compete</u> |
| 2. A. <u>clever</u> | B. <u>cartoon</u> | C. <u>active</u> | D. <u>funny</u> |

- | | | | |
|------------------|----------------|--------------|----------------|
| 3. A. talent | B. tennis | C. around | D. swimming |
| 4. A. racket | B. contest | C. football | D. begin |
| 5. A. champion | B. report | C. amaze | D. complete |
| 6. A. volleyball | B. equipment | C. badminton | D. marathon |
| 7. A. player | B. swimmer | | C. athlete |
| | D. relax | | |
| 8. A. champion | B. favourite | C. important | D. interesting |
| 9. A. playground | B. paddle | C. cycling | D. regard |
| 10. A. fantastic | B. achievement | C. adventure | D. |
- skateboarding

C

VOCABULARY-GRAMMAR-COMMUNICATION

I. Fill in each blank with a word from the box.

aerobics chess champion sporty

1. He became the youngest Olympic _____ for 80 years.
2. Thousands of students entered the national public speaking _____.
3. I'm not _____. I don't do exercise or play any sports.
4. My sister goes to her _____ class every day. She loves exercises with music.
5. Nam plays _____ as a hobby. He likes any board game.

II. Choose the correct answers A, B, C, or D to finish the sentences.

1. You must learn the _____ of the game before playing.
A. rules B. laws C. agreements D. sayings
2. We _____ to Ho Chi Minh for our last summer vacation.
A. go B. went C. goed D. will go
3. _____ Liz buy a lot of souvenirs for her friends?
A. Did B. Do C. Were D. Is
4. John _____ return to America last week.
A. doesn't B. isn't C. didn't D. wasn't
5. Last weekend Phong and Lan _____ their grandparents.
A. visit B. is visiting C. will visit D. visited
6. All of us _____ at home yesterday evening.
A. were B. was C. did D. are
7. You have to throw the ball into the net when you play _____.
A. basketball B. football C. tennis D. badminton
8. Thanh is a good badminton player. I cannot _____ him.
A. win B. defeat C. control D. hit
9. Karate is a form of martial _____.
A. fighting B. skill C. sports D. art
10. This small _____ is used to play table tennis.
A. racket B. stick C. bat D. hoop
11. At weekend we can play a _____ of badminton or join in a football match.
A. sport B. game C. match D. exam
12. Football is an _____ game.
A. outdoor B. indoor C. individual D. team
13. Many girls and women _____ aerobics to keep fit.
A. play B. go C. do D. have
14. It's very _____ to swim there. The water is heavily polluted.
A. safe B. unsafe C. unpopular D. good
15. What's your favourite _____? - I like swimming.
A. subject B. game C. drink D. sport

16. I play sport very often, so I look very _____.
- A. sport B. sports C. sporty D. sporting
17. She'd like to watch motor racing because it is very _____.
- A. frightening B. exciting C. excited D. boring
18. Team sports are sometimes called _____ sports.
- A. compete B. competition C. competitor D. competitive
19. My sister is a _____ volleyball player.
- A. badly B. well C. good D. skillfully
20. Playing sports helps us get _____.
- A. free B. fat C. fittest D. fitter
21. I like watching football matches but I am not very good _____ playing football.
- A. in B. on C. at D. for
22. Will you come _____ me this Sunday morning ?
- A. to B. for C. with D. at
23. _____ run too fast. You may fall.
- A. Don't B. Do C. Didn't D. Did
24. The football match on TV last night _____ great. Our team lost.
- A. is B. wasn't C. isn't D. was
25. You're talking too much. _____ please.
- A. Continue B. Don't continue C. Stop D. Don't stop
26. Congratulations on your exam result!
- A. I don't want to. B. No worry C. Thank you. D. That's fine.
27. Did you play any sport last year?
- A. I didn't know. B. How about playing football?
C. Yes, I did. I played tennis. D. We can play chess.
28. What do we need to play badminton?
- A. I think you should stay at home. B. We brought a racket.
C. We can buy some things. D. Just two rackets and a shuttlecock.
29. Don't eat much fast food.
- A. What is that? B. Thanks for your advice.
C. I don't know. D. Where is my food?
30. Our team won the game yesterday.
- A. That's a good idea. B. Congratulations! C. I know it. D. Thank you.

III. Find a mistake in the four underlined parts A, B, C or D of each sentence and correct it.

1. Last summer my parents buyed me a lot of different gifts.
- A B C D
2. There was many people standing on the street.
- A B C D
3. I ate noodles for dinner, but I wasn't eat anything for lunch.
- A B C D
4. The food was delicious, but most things didn't cheap.
- A B C D
5. Did your uncle took you to watch the football match last week?
- A B C D

IV. Give the correct form of the words given to complete the sentences.

1. Stories about _____ people in the world of sports are often very interesting. **(fame)**
2. When you open a newspaper, you'll always find _____ about some games. **(inform)**
3. Huy's brother is a _____ football player, isn't he? **(profession)**
4. Please listen to the _____ carefully. **(instruct)**

5. Did you join the sports _____ last week, Tom? **(compete)**
 6. _____ ! Your team won the first prize.

(congratulate)

7. The _____ in this gym is very modern. **(equip)**
 8. I think sports and games are very _____. **(use)**
 9. The football fans cheered _____ for their side. **(loud)**
 10. I did many sports last week and was _____. **(exhaust)**

V. Complete each sentence by using the appropriate verbs in the box in the past simple tense.

begin	buy	eat	get up	play
take	visit	walk	watch	write

1. My brother _____ TV all day yesterday.
 2. We _____ to school last week.
 3. Mr. Pike _____ a big hamburger for breakfast.
 4. Mary _____ her grandparents.
 5. Peter _____ to me two days ago.
 6. John _____ chess with his friend.
 7. Mr. Smith _____ a new house.
 8. The tennis match _____ at half past nine.
 9. Julia _____ some photos.
 10. Vinh _____ late this morning.

VI. Match the questions with the answers.

1. What's your favourite sport?	a. Twice a week.
2. What's your favourite team?	b. No, I don't.
3. Do you do any sports?	c. Yes! It was wonderful.
4. How often do you go to the gym?	d. I like volleyball.
5. Did you enjoy the football match last night?	e. Tottenham Hotspur.

VII. Rearrange the sentences to make a meaningful conversation.

- a. Yes. I join a basketball club and practise three times a week. I also run for 30 minutes every day in the early morning.
 b. Do you usually practise them?
 c. What sports do you like, Andrew?
 d. No, I don't. But I enjoy watching basketball.
 e. I like basketball and running.
 f. 9.00 in the morning
 g. Oh really? I have two tickets for a basketball match tomorrow. Do you want to join me?
 h. Wow! You're very active.
 i. What about you? Do you do any sports?
 j. Sure! What time is the event?

D READING

I. Read the passage and choose the correct answer (A, B, C or D) to each question.

① Serena Williams is an American professional tennis player. She was born in 1981 in Michigan. She is known as one of the greatest female tennis players of all time. She used to be the world No. 1 in both women's singles and doubles tennis. In 1999, she won her first Grand Slam singles title. She started playing tennis when she was very young. She turned professional when she was just 14 years old. So far, she has had 4 Olympic gold medals and 23 Grand Slam singles titles. With her powerful style, she changed the way women play professional tennis. Her elder sister, Venus

Williams, is very famous too. They play doubles together and they are two women that have the most Grand Slam singles titles among active females.

1. Who does this passage mainly talk about?
A. Serena Williams B. Venus Williams C. Grand Slam D. Michigan
2. Which sport does she play?
A. tennis B. table tennis C. badminton D. football
3. When did she become a professional player?
A. 1994 B. 1993 C. 1999 D. 1995
4. How many Olympic gold medals has she had so far?
A. 4 B. 14 C. 23 D. 5
5. Who does Serena Williams team up with?
A. Serena Williams B. Grand Slam C. Venus Williams D. Olympic Gold

② There are many ways to exercise. Some require lots of equipment. Others need lots of people. Running doesn't need any of those. It's a great way of exercise. Running helps your brain work better. It also improves your feelings and sleep. Better sleep helps you healthy. Running also gives you a healthier heart. You may live three years longer. When your body is healthy, it can fight diseases. Let's go for a nice run! Run with your friends, your family or your dog. Run in the park or in the street in the early morning. You can get some fresh air, enjoy the scenery and keep fit at the same time. Just remember to stretch before you run and cool down after running.

1. Running needs _____.
A. a lot of equipment B. many people C. none of these D. many person
2. Running improves _____.
A. our feelings B. our sleep C. both A and B D. our feeling and sleep
3. Running can help us live longer for _____.
A. three years B. four years C. five years D. two years
4. We can run in, _____.
A. our house B. parks and streets C. our school D. Both A and B
5. Don't forget to _____.
A. do some exercise before running B. cool down after running
C. Both A and B are correct. D. Both A and B are incorrect.

II. Read the text and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

① According to a study, only 6 out of 10 children between 5 and 14 years (1) _____ join in sport outside of school. More boys than girls play sport. There (2) _____ some benefits of playing sport for children. Firstly, sport helps them improve fitness and sleep. When they play sport, they become fitter and (3) _____ better. Secondly, sport reduces the risk of obesity. The (4) _____ is they can burn calories when playing sport. Finally, when children play sport in teams, they can improve their social skills. They work (5) _____ their teammates to play well and win the game.

1. A. old B. young C. age D. older
2. A. is B. many C. are D. be
3. A. eat B. go C. have D. sleep
4. A. word B. thing C. reason D. right
5. A. with B. for C. out D. against

② There are (1) _____ main kinds of sports: team sports and (2) _____ 1 sports. Team sports are such sports as baseball, basketball (3) _____ volleyball. Team sports require two separate teams. The teams play against each other. They

complete against each other in order (4) _____ the best score. For example, in a football game, if team A scores 4 points and team B scores 2 points, team A wins the game. Team sports are sometimes (5) _____ competitive sports.

1. A. one B. two C. three D. four
2. A. individual B. ordinary C. special D. collective
3. A. and B. because C. or D. so
4. A. to do B. to make C. to get D. to play
5. A. calling B. having C. call D. called

III. Read the passage and choose the correct answer (A, B, C or D) to each question.

Serena Williams is an American professional tennis player. She was born in 1981 in Michigan. She is known as one of the greatest female tennis players of all time. She used to be the world No. 1 in both women's singles and doubles tennis. In 1999, she won her first Grand Slam singles title. She started playing tennis when she was very young. She turned professional when she was just 14 years old. So far, she has had 4 Olympic gold medals and 23 Grand Slam singles titles. With her powerful style, she changed the way women play professional tennis. Her elder sister, Venus Williams, is very famous too. They play doubles together and they are two women that have the most Grand Slam singles titles among active females.



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IV. Read the registration form below. Then decide if each statement is true (T) or false (F).

School Basketball Championship, Spring 2021	
TEAM REGISTRATION FORM	
School: Summerhill	District: X
Team name: NIGHT LIGHTNING	Team captain name: Johnathan
Coach name: Mike Kruger Dinh	Tournament: Boys
Age group: 13-15	Phone number: 836 848 182
Total number of players: 12	Signature

	T	F
1. The form is for team registration to a basketball competition.		
2. The players study in Summerhill Elementary School.		
3. Members of the team are between the ages of 12-15.		
4. All team members are boys.		
5. Johnathan Dinh is the main coach.		

V. Read the passage and answer the questions

A short history of modern Olympics

The modern Olympic Games or Olympics are leading international sporting events. The Olympic Games are held every four years, with the Summer and Winter Games alternating by occurring every four years but two years apart.

The modern Olympic Games began with the creation of the International Olympic Committee (the IOC) in 1894 and Greece was the first country to hold the games, in the city of Athens, in 1896. Fourteen countries with 241 athletes competed in forty-three events. Although some people wanted to have the games in Athens every four years, the IOC decided to have them in different countries and cities. In 1900, they were held in Paris and women were allowed to compete in the games for the first time. The first Winter Olympic Games were held in 1924 and athletes competed in events such as skating and ice hockey. Over 200 countries now compete in the Summer Olympic Games. The number of events has increased to 200 events and instead of five days competition, the games now last for seventeen days.

1. When did the first modern Olympic Games begin?



2. Where were they held?



3. When were the first Winter Games held?



4. How many events are there in the Olympic Games?



5. How many days do the games last?



VI. Fill in each blank with a word from the box.

week friends together when reasons

My favourite sport is badminton. There are three (1) _____ why I like it. Firstly, I can improve my health by playing it. I play it twice a (2) _____. It makes me feel good everyday. Secondly, I can make many (3) _____ when I play badminton. I often play it with different people. We can improve our skills and talk about many interesting things (4) _____ we have a break. Finally, playing badminton is not as hard as other sports such as basketball and football. You can't get hurt easily. So if you like (5) _____ badminton, please contact me. I think we can play (6) _____ and make friends.

E WRITING

I. Write complete sentences. You can change the given words and add necessary words.

1. I/ play/ table tennis / my cousin / last Sunday.



2. We/play/ each other / for / two hours.



3. I/win / two/ game/ and / she/win / three.



4. Then/ we/go out / have/ drink/ together.



5. It/ be/great/ Sunday/ because / we/have/ good time.



II. Put the words into the correct order

1. you / a/ Did / bring / ball / remember/ to/?



2. did/what / home / yesterday / time/ get / you /?



3. When / start/ yoga/ did/ practising/you/?



4. holiday/ Where/ the / go/ they/ for / did/?



5. during /Were/ game/students/ the/the/ excited /?



6. playing/ enjoy/ I/ volleyball/ my/ in/ free time.



7. sport./ It/ a/ team/ is/



8. has/ each team/ six players/ the court/ on/.



9. are/ players/ not/ allowed/ the ball/ to catch./ hold/ or throw/



10. their hands/ Players/ usually/ or arms/ the ball./ to push or hit/ use/



III. Use the words and phrases given to write a complete paragraph.

There/ reasons/ why I swimming/ so/ popular. // First/ swimming / sport/ all age groups.// Also/ it/ a lifetime activity. // People / can learn / swim/ when / they 14 or 5 years/ or /they/ as old as 50 or 60. I/ Second / swimming/ very cheap. // You/ don't have to/spend/ much money/ it. // All you need / a swimming suit / goggles. // Even though/ you/ may / have to/buy / ticket / swimming pool, I you/ can probably / still / afford/ go swimming/ anytime.

IV. Write an email of about 50-60 words to a friend. Tell him/ her about what you do to keep fit. You can follow the questions below:

1. What sport/ activity do you do to keep fit?
2. How often do you do it?
3. Who do you do the activity with?
4. What do you eat to be healthy?
5. What do you drink to be healthy?

Hi Mark,

How are you? I'm fine. I feel good. Now I'm telling you _____

Cheers,