

أول ثانوي

فصل أول \ الوحدة الرابعة

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Student Book / Unit Four

Recreation

Arabic meaning (34) : تمرين صفحه

1 : coach dressageequestrian

2 : groom trainingtrot

1 : competition on horse

Training

2 : horseriding in competitions

Coach

3 : someone who takes care of horse

trot

4 : move legs quickly

groom

5 : trainer

equestrian

6 : teaching or learning skills

dressage



Charlotte dujardin

شارلوت دجاردين

The scene is the London International Horse Show , on the 17th of December 2013 ,and the opening event is dressage ,wich is a show of skill and communication between rider and horse . Into the stadium trots a beautiful brown horse , with his rider on his back ,

(56)

They stand perfectly still , waiting for the music to begin . As the first chords are played , they start a routine which will break the only record they haven't broken until now .

This unstoppable team is **Valegro** and his rider **Charlotte Dujardin** . They are now world champions in dressage , and they haven't been beaten for three years . She rose to fame at the Olympics , where she won Great Britain's first - ever gold medal for dressage . This showed everyone that she was a skilled horsewoman , and she has only got better since then . However , Charlotte , who is Valegro's trainer as well as his rider , comes from a humble background .

She was born in a town north of London that is called Enfield , and her love for horse and riding began at the early age of two years old ! Charlotte's mother fond of horses and so she understood Charlotte's love for the animals and hobby . Both Charlotte's parents worked extremely hard to make enough money to fund Charlotte's passion Charlotte grew up with horses , taking lessons at the local riding school and spending as much of her free time as she could helping out to care for the horses she rode .

Since she was 16 years old , Charloote has been working at the stable a famous horseman , **Carl Hester** , Carl asked her to work for him , as a groom , after she won a competition . Hester asked Charlotte to train Valegro , and they made an excellent team from the beginning , their partnership has been developing ever since .

Charlotte's passion has not been lessened by her success , She train hard , of course ,but she says that she still finds time to relax with Valegro . going for rides in the countryside near her parents home . Ever since her first global success , she has been trying as hard as she can to keep her home life as simple and stree-free as possible ,by spending time at home .

She says that her family and friends (and horse) are the reason she has been able to stay relaxed and confident enough to keep up her score of unbroken records , However ,her mother says she has always known Charlotte would be start

Q4 :- Answer the question :-

1 : What is special about the horse and rider's performance in the event described in the first paragraph ?.....

.....

2 : hat is meant by the words ' humble background " ?

.....

3 : how did Charlotte meet her horse Valegro ?

.....

4: name two things that Charlotte does to relax ?

.....

1 : Why do you think Charlotte and her horse are such a successful team ?.....

2 : Does this story inspire you to take up a hobby or try harder At something ?.....

Present perfect continuous

Have + been + ing

Has + been + ing

How long

Lately

all day / all night / all ...

Since

For

تمرین صفحه (35) : Use the present perfect continuous (Q5)

:Charlotte (train) **since** she was young .

2 : She(win 0 competitions ,and she has broken many records **so far** .

3 : **Since** she was employed by Carl Hester , she (brok) as a team with her horse .

4 : Ever **since** she started riding ,her mother (stay) that she would be a star .

A : What have you been doing for the past hour ?

B :

Q6 :- What have the people been doing ?

Use the verb : (pack / paint / study / cook)

1:

2 :

3 :

4 :

Q7 :-Ask and answer question using the present perfect continuous

1 : You / learn / in your English lessons this week ?

.....?

.....

2 : sport ? you / play in P.E . this term ?

.....?

.....

3 : Your classmates / do / for the past half hour .

.....?

.....

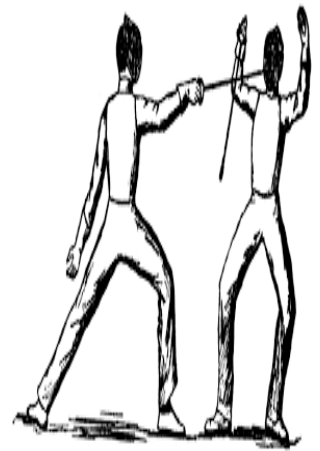
Golf :

During the 15th century , a similar game to golf was played in Scotland . Back then ,instead of using strong and durable club and used to hit peoples using wooden sticks , Later on ,after getting tired of hitting pebbles ,players stared trying other things until the golf ball as we know it today , was invented . golf court are now found in many Middle Eastern countries , such as Jordan , Bahrain and the United Arab Emirates .



Fencing :-

Fencing began as a way of practicing for duels in the Middle Ages ,when nit used to prepare themselves by fighting , In pairs , with swords that were not very sharp , It was made into a spectator sport in Spain and Italy , and fencing trolls have been extremely popular events since then . until the 1930 scoring was extremely difficult , with a whole group of judges watching to see if one fencer had 'hit' the other .However , the judges were replaced by an electrical scoring with an audible tone and a red or green light indicating when a touch landed ,



Badminton :-

People have been playing sports with a shuttlecock and for thousands of years . They were mentioned in written document about Ancient Greece around 2;000 years ago . children played by guests at a house party , The name of the house was..... House . The sport has been growing in popularity and has become the fastest racquet sport : a Can travel up to 320 kilometers per hour .



1 : How did the game of golf use to be played in the past ?

.....
2 : How was fencing scored before the 1930 s ?

.....
3 : How did the game of badminton begin in English ?

.....
4 : Which of the three sports do you think is most interesting to Watch or play ?



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Cycling : past , part and future

قطة صفحة 37

Q9 :- Answer the question :-

1 : What do the underlined refer to ?.....

2 : What is the main difference , according to the article , between a street in 2014 CE ?.....

3 : why do you think the writer of the article calls cycling a useful mode od transport ?.....

4 : What are the two main problems that remain for road cyclists in Jordan ?what is being done to resolve them ?

5 : Do you think that share the Road is doing enough to increase awareness of the sports / Why

6 : discuss the advantages and disadvantage of a city where private transport , such as cars and private taxis , is banned . would you cycle or take public transport ? why ?

.....(61)

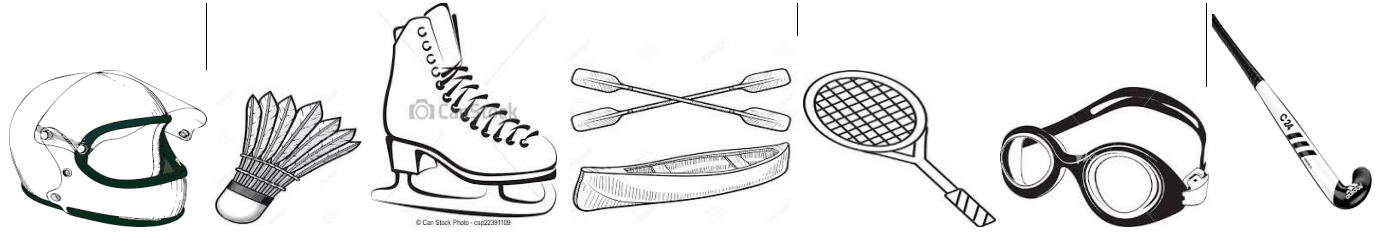
Q 1 :- Arabic meaning

معاني صفحه : (38)

1 : oarsracquetice skates

2 : helmet Shuttlecockgoggles.....

3 : Stickbat



Q2 :- Say a rule or name of the sport :

A : You use this in table tennis ,you hit the ball with it

B :

A : You have to hit the ball over the net , you can't throw the ball
kick it or catch it in your hands .

B :

Q 4 : -Listening

تمرين صفحه : (39)

A : What the benefits of playing sports ?

B :

A : Why some sports can be dangerous ?

B :

A : What are the origins of different types of sport ?

B :

Q6 : Swimming /tennis / gymnastic / running / football/ aerobic

1 :builds up strength and improves stamina.

2 : You can use up a lot of energy when you play

3 : increases strength and flexibility .

4 : excellent for your legs ,heart and lungs .

5 : The good thing about That it helps improve
agility .

6: Exercise uses all of the body , all of the
time .

Q8 :- Write about the sport :-

A : How long have you been doing this sport ?

B :

A : How often do you do this sports, and where ?

B :

A : Why do you enjoy it ?

B :

Write benefits are there in taking part in sports :

.....
.....
.....
.....

Activity Book / Unit four Recreation

Arabic meaning

معاني صفحه (24) :

1 : equestrianscoachdressage.....

2 : dressage trot groom

3 : horsewoman

Q1 :-Coach / equestrians / trot / dressage / groom / horsewoman

1 : You need good relationship with your trainer , or

2 : Professional riders are called

3 : Horse move at four speeds ; walk,..... Canter and gallop

4 : In,which is type of riding competition ,horse and rider are judged for their skill and communication .

5 :If you want to work with horses , you can become a
At a stable .

6 : Many years of training are needed to become a professional
.....

Q2 :-Use present perfect continuous

تمرين صفحه : (24)

1 : What you (do)

2 : I (train) hard .

(63)

- 3 : I (follow) .
 4 : I(go)
 5 : Whatyou(do)
 6 : I (study)

Q3 : Write question in the present perfect continuous :

- 1 : A :
 B : I have been learning English for five years .
 2 : A :
 B : I've been waiting for the bus for an hour .
 3 : A :
 B : I've been watching TV and relaxing .
 4 : A :
 B : I've been reading an interesting story .
 5 : A :
 B : I've been studying Ancient Greece .

Q5 : Arabic meaning : (24) تمرين

: صفحه

- 1 : netbackboard.....basketball.....
 2 : metal hoop wicker basket

Q 7 : Answer the question :- (25) قطعه صفحه :-

- 1 : What was the reason for the invention of the first version of basketball ?.....
 2 : What happened after basketball in Jordan are being made at the moment ?.....
 3 : What improvements in basketball in Jordan are being made at the moment ?.....
 4 : Do you play basketball ? Do you enjoy playing or watching ?

Q8 :-Match the words to make sports

(26) تمرين صفحه :

- | | |
|--------------------------|---------|
| 1 : hockey | racquet |
| 2 : tennis ` | Skates |
| 3 : cycling | goggles |

(64)

4 : swimming

helmet

5 : stick

stick

Q9 : Arabic meaning

تمرین (26) :

: صفحه

1 : trip currenttrainer.....

2 : dive compass athlete Tipsrocks.....

1 : I've been a scuba divingat Aqaba for six years

2 : I'd like to provide you with some quickabout
Safe scuba diving .

3 : You will enjoy your diving

4 : Are there any unique

5 : Before you start your dive , notice the

6 : A would be a good idea to have .

Q 10 :-Make questions (26) : تمرین صفحه

1 : How long / Ameen / trainer ?

.....?
.....

2 : Why / scuba diving / enjoyable experience ?

.....?
.....

1 : Who / provide / tips / safe scuba diving ?

.....?
.....

2 :What / dive compass / used for ?

.....?
.....

Q 11 : -Write :- Write about famous sportsman :

.....
.....
.....