

Republic of Iraq

Ministry of Education

General Directorate of Vocational Education

English for Sports Science

Book 1

First Preparatory Grade

Prof. Ansam Yarub Khyoon

Rana Wisam Yousif

Khawla Wahaib Jari

Rifaq Kadhim Sultan

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الطبعة الاولى

Print Designer

Israa Jasim Hmoud

No	Unit	Reading	Vocabulary	Conversation	Grammar	Language skills	Pronunciation	Writing	Practice
1	One	History of sports	Sports	The Olympic symbols	Past tense	Greetings	English voiced consonants (1)	History of a sport	Sports
2	Two	The world of sports	Individual vs team sports	Classification of sports	Simple present tense	Play/do/go	English voiced consonants (2)	Classification of sports	Sport verbs
3	Three	The human body and sports	The human body	Talking about sport injury	Simple future tense	If clauses	English voiced consonants (3)	Sport injuries	Sport injuries
4	Four	Fitness and Healthy food	Food	Gym and fitness center	Adjectives	Expressing ability	English voiceless consonants (1)	Healthy food	Healthy vs unhealthy food
5	Five	Iraqi Athlete	Sport competitions	Talking about an athlete	Adverbs of manner	Invitation	English voiceless consonants (2)	Iraqi champion	Summer Vs winter Olympics
6	Practice		Learning through games						
7	Safety corner								
8	Pictionary		Fundamental motor skills						

Introduction

English is one of the most important language learned all over the world. This book is the first of a series specially designed for students of Sport Sciences Preparatory School. The book consists of five units; each unit develop various aspects of English language and they are as follow:

1. Reading Comprehension :

Each unit starts with a reading passage related to the world of sports. Each passage introduces a set of new terminology that the students are required to learn. At the end of the passage there are various types of exercises to test the student's comprehension starting with Wh questions, true and false, find the opposite, and so on. Teachers can use these exercises for daily and monthly tests.

2. Vocabulary :

The most important terms introduced in the passage are highlighted in this section through matching or label that picture exercises. The student here will not only learn the terms but will reinforce his learning through a picture representing that term. All pictures in this section are taken from google pictures as well as websites that are specially designed for learning English through pictures. Teachers can ask students to do these vocabulary practices in pairs or use any creative, up – to – date style for teaching them through games.

3. Conversation :

In this section the students are introduced to a situation where the keywords mentioned in the passage are used within a simple conversation. Students can practice these dialogues in class to improve their speaking skills.

4. Grammar :

Grammar is the building blocks of good English that is way it is essential for teachers to teach this section to students and do all the exercises in class yet it is advised not to overload the students with grammar during daily and monthly exams.

Instead, teachers should focus on sport – related exercises for better grades as well as for boosting the students’ confidence of learning English without being frustrated with grammatical rules.

5. Language focus :

This sections is essential for improving speaking skills thus it is advisable to practice the exercises in class within a speaking activity. The topics range from general to specific and of course from easy to difficult.

6. Pronunciation :

Rules for correct pronunciation are simplified and presented to students in an interesting way as a guideline and they are not for memorization.

7. Writing :

Writing is an important language skill that is way it is introduced gradually to students from writing only one paragraph in unit one then moving to writing a full essay in unit five. In these writing practices teachers will be able to test how much their students have learned from each unit.

8. Practice :

This section of the book is given to the students as homework to practice their ability to do the exercises without the teacher’s help.

9. Pictionary and Practices

These pages are dedicated for those students who want to enjoy learning English through games and they are not included in exams.

Unit 1

Reading comprehension:

1.1 History of Sport



Sports have been a part of human culture for thousands of years .The origins of sports can be traced back to ancient civilizations where people engaged in physical activities for survival and military training.

One of the earliest known sports is running, which dates back to prehistoric times .Early humans had to run to hunt animals and escape danger. Over time, running became a competitive activity.

The first recorded Olympic Games were held in ancient Greece in 776 BC.These games included running, wrestling, and chariot racing, and they were held every four years to honor the Greek gods.

In ancient Rome, sports like gladiator fights and chariot races were very popular. These events were not only entertainment but also a way for the Romans to display their power and strength.

The Colosseum in Rome, where many of these events took place, is still a famous historical site today.

In the Middle Ages, knights participated in jousting tournaments, which were competitions on horseback .These events were not only tests of skill but also ways to gain honor and prestige.

The modern era of sports began in the 19th century with the industrial revolution .Sports like soccer, cricket, and tennis became popular in Europe and spread to other parts of the world.

The revival of the Olympic Games in 1896 marked the beginning of modern international sports competitions.

In conclusion, sports have a rich history that reflects the development of human society.

1.2 After reading the passage answer the following questions.

1. What is one of the earliest known sports that dates back to prehistoric times?
2. When was the first recorded Olympic Games held?
3. What types of events were included in the ancient Greek Olympic Games?
4. What sports were popular in ancient Rome?
5. What was the purpose of jousting tournaments in the Middle Ages?
6. When was the modern Olympic Games revived?

1.3 Read the passage carefully then fill the blanks.

1. The origins of sports can be traced back to
2. The earliest known sport is
3. The first recorded Olympic Games were held in BC.
4. were competition in the Middle Ages.
5. Sports like..... and become popular in Europe.

Vocabulary

1.4 Match the following words with the pictures below.

rugby	tennis	football	car racing	rowing
golf	running	wrestling		



.....



.....



.....



.....



.....



.....



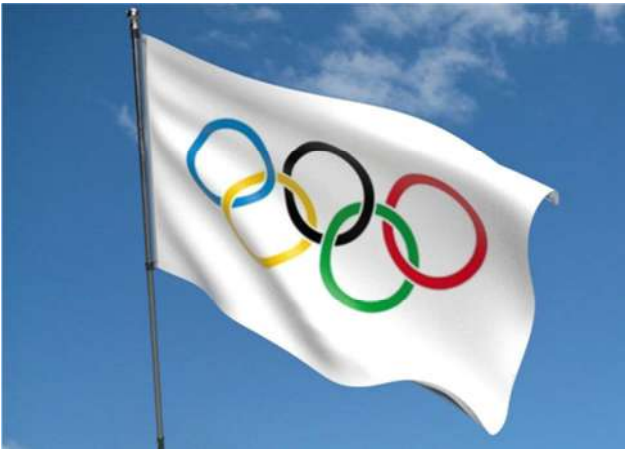
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.....

Conversation:

1.5 Olympic Symbols



Sara: What is this?

Ali: It is the Olympic flag and it has the Olympic Logo.

Sara: What do the five rings represent?

Ali: They represent the union of the five continents.

Sara: Yes, I read that each color represent a content.

Ali: Well, actually the colors of the rings as well as the white background of the Olympic flag represent the colors of the flags of all nations without exception.

Sara: Does the Olympic Games have a motto?

Ali: Of course, the Olympic motto is “faster, higher, stronger – together”

Sara: Thank you for the information.

Ali: You welcome.

1.6 Guess what sport is it?

1. A Mind sport

2. Sport doing in the morning

3. A healthiest sport

4. A sport is not in the Olympics

5. The oldest sport known

6. Best sport to release stress

(cricket, yoga, swimming, jogging, chess, wrestling)

1.7 Opposite Words

ancient × modern

earliest × latest

danger × safety

popular × unknown

gain × lose

revival × collapse (decline)

Grammar

1.8 Past Simple Tense

We use the Past Simple for things that happened in the past

	I	went	shopping.
	she	bought	some clothes.
	I	didn't go	shopping.
	she	didn't buy	any clothes.
Did	you	go	shopping?
Did	she	buy	any clothes?

- We looked at some clothes.
- I listened to some music yesterday.

For regular verbs, we form the past simple with-ed.

Some verbs are Irregular.

- He bought a magazine
- She ate some chocolate.

Past Simple of to be

I/he/she/it	was....
You/we/ they	were...
I/he/she/it	wasn't
You/we/ they	weren't ...
Was	I/he/she/it...?
Were	You/ we / they...?

- The phone was expensive.
- The shops were closed yesterday.

1.9 Read the following questions carefully then circle the correct tense.

1. (Was/Were) you on holiday last month?
2. (Do/ Did) your dad go to the football match?
3. Did Sara (go/went) to school yesterday?
4. Was the test difficult? Yes, it (is/was).
5. (Did/Was) the thief steal anything?

1.10 Complete the questions.

1. I played tennis with Paul and Cindy today.
..... (have) a good time?
2. Somebody stole my bike last week.
..... (call) the police?
3. My parents went to Turkey on holiday last week.
..... (enjoy) it?
4. You didn't come to school yesterday.
.....ill?

1.11 Correct the verbs between the brackets in the past simple:

1. I (try) to speak Spanish.
2. We (not play) tennis.
3. They (travel) around the city by car.
4. Dad (want) to go to the beach.
5. (it/rain) a lot?

1.12 Write the past simple tense of the following words then mark the regular past form with a tick (✓).

- 1- come came ()
- 2- lose ()
- 3- cook ()
- 4- say ()
- 5- play ()
- 6- show ()
- 7- be ()
- 8- fly ()
- 9- get ()
- 10- ride ()
- 11- have ()
- 12- plan ()

1.13 Complete the sentences with (was) or (were).

- 1. Ihere last Monday.
- 2. We..... on a school trip yesterday.
- 3. Our neighbours on holiday last week.
- 4. Salim and Tawfeeq at the sport center yesterday.
- 5. Our Maths teacher ill last day

1.14 Greetings

Formal vs Informal Greetings

Formal greetings:

This form of greetings are used when you talk with someone higher than you in rank or older in age: *(Good morning / good afternoon/ good evening)*



Informal greetings:

This form is used when you talk with friends, colleagues and people who are your age and younger. *(Hi / hello / morning/ afternoon/ evening)*

In special occasions we use

Long time no see / Good to see you again

1.15 Write in the boxes suitable greetings:

Formal and Informal Greetings	
	Formal <input type="text"/> <input type="text"/> <input type="text"/>
	Informal <input type="text"/> <input type="text"/> <input type="text"/>

Pronunciation

1.16 English Voiced Consonant

Voiced consonant are sounds that are made by vibration of the vocal cords. They include (15) consonant sounds.

1- /b/	boy	box	able	babble	ball	back
2- /r/	read	run	room	strange	throw	
3- /g/	goat	leg	flag	go	garden	
4- /l/	yellow	like	girl	call	long.	
5- /dʒ/	project	orange	gym	jar	biology	

1.17 Give the phonetic symbol for the voiced consonant sounds in each of the following words.

- 1- egg
- 2- joke.....
- 3- leave.....
- 4- baby.....
- 5- bat
- 6- wrong.....
- 7- room
- 8- proof
- 9- age

Writing

1.18 Write a paragraph about history of any sport you choose. Discuss its origins, how it has developed over time.

Sports

1.19 Match to the correct option.



running

windsurfing

boxing

tennis

hocky

football



1.20 Key Components of a Safety Corner in Sports:

1. A First Aid kit
2. Safety Guidelines and Posters.
3. Emergency Action Plan (EAP)
4. Protective Gear Checklist
5. Injury Reporting Log
6. Hydration & Weather Alerts
7. Contact Information

1.21 Pictionary

((FMS))

Fundamental Movement Skills

		
<p>Locomotor (travelling)</p>	<p>Stability (balance)</p>	<p>Manipulative (object control)</p>
<p>Basic Walk, Jog, Run</p> <p>Rhythmical Skip, Gallop, Side Gallop (side step, bounding)</p> <p>Jumps Jump, Skip jump (See bounding), Hop</p> <p>Apparatus Climb, Swing</p>	<p>Postural Upright posture, Ready position, Stopping, Landing, Balance, Freezing</p> <p>Coordination Rotation, Turning, Twisting, Stretching, Curling, Pivoting, Spinning, Sink/fall, Body roll, Dodging, Cross laterally (carioca)</p>	<p>Send Throw, Slide, Roll, Kick, Punt, Static ball strike, Rolled ball strike</p> <p>Receive Catch (below waist, above waist), Trap/stop (feet, stick)</p> <p>Travel with Dribble x 3 (feet, hands, stick)</p> <p>Receive and Send Volley, Strike</p>

Unit 2

Reading comprehension

2.1 The World of Sports



Sports can be an excellent source for fun and entertainment. There are other benefits for sports as well; they can improve health and teach some important lessons in life.

Sports improve health because they involve moving, running, jumping, catching, throwing, and much more. There are so many sports in the world nowadays, but we can classify them according to the number of players. Sports can be classified into individual sports, dual sports, and team sports.

- The first classification of sports is **individual sports**, in which one athlete compete against another athlete like boxing, weightlifting, fencing, wrestling, swimming and athletics. You can play these sports whenever you are free, or at school, and it can improve energy for performing other things in life.

- The second classification is **dual sports**. It is played by two athletes against two like tennis, squash, table tennis, and badminton.
- The last classification of sports is **team sports**, in which a team of athletes play against another team like basketball, handball, water polo, softball, baseball, American football, soccer, volleyball, etc.

The benefits of playing in a team are many; improving physical fitness, building strong relationships, increasing self – confidence, improving cognitive ability, developing teamwork, and building social skills.

2.2 Answer the following questions from the text:

1. What can sports teach you?
2. How do sports improve health?
3. According to what are sports classified?
4. How many classifications are there of sports?
5. Give three examples on team sports.
6. How many players compete in dual sports?
7. Give two benefits of playing in a team.

2.3 Put (T) for true statements and (F) for false statements.

1. Sports are practiced only for fun and entertainment.
2. Sports cannot improve health.
3. Athletics, table tennis, and badminton are team sports.
4. Individual sports can give energy for performing other things in life.
5. Team sports involve a team of athletes working together.

2.4 Now discuss these questions with a partner:

- a. Which sports would you consider to be extreme or dangerous? Why?
- b. Have you ever tried or watched a dangerous sport? What was it?

2.5 Opposite Words

individual sport × team sport

available × unavailable

free × busy

energy × weakness (laziness) .

Self- confidence × unconfident (distrust)

Vocabulary: ((individual and team sports))

2.6 Match the pictures with their names then put (I) for individual sports and (T) for team sports

*Boxing/ swimming / soccer / baseball / fencing/ Basketball /
athletics /volleyball/ wrestling/ handball*



Conversation:

2.7 Other Classifications of Sports



Emad: There are so many sports in the world how can you classify them?

Layla: Well, you can classify them according to the place you play that sports like water sports, air sports, court sports, you know.

Emad: Interesting! so when you say water sports you mean swimming and water polo right?

Layla: Yes, that is right.

Emad : But what do you mean by air sports? Are they sports played outdoors like soccer and athletics?

Layla : No, these sports are played outdoors that is right but they are not air sports.

Emad : So what are air sports ?

Layla: Air sports are sports performed in the sky like sky diving and parachuting.

Emad : Nice. I have a question; can you classify sports according to the equipment they use?

Lalya: Yes of course, great examples are racket sports and ball sports.

Emad: This sounds really amazing!

Lalya: It is amazing.

Grammar:

2.8 Simple Present Tense

We use simple forms to talk about general situations, habits, and things that are always true such as:

- Kareem **plays** golf very well.
- These birds **build** their nests on the ground
- I **watch** lots of sport on television.
- I **don't eat** cheese for breakfast.
- **Do** gymnasts **wear** helmets?
- Footballers **are** very rich.
- The swimming pool **doesn't open** at 7 everyday.

2.9 Complete these questions with Do or Does.

1. you live in a village?
2.Ali ask a lot of questions?
3. his parents answer his questions?
4. she play the piano?

2.10 Correct the words between the brackets:

1. How (you/spell) your name?
2. She (get up) early every day.
3. (You/like) sport?
4. He (not/do) the shopping.
5. Rami (sometimes/feed) the cat.

Third Person Singular

2.11 Write the third person singular of these verbs.

1. help helps
2. watch
3. go
4. carry
5. catch
6. read
7. do
8. fly
9. study
10. miss
11. have
12. cry
13. eat

2.12 Frequency adverbs

Frequency adverbs go before a main verb but after an auxiliary verb and to be:

never, sometimes, often, usually, always

1. Basketball players are ***often*** tall.
2. Good athletes ***never*** smoke
3. Surfers ***always*** get wet.
4. Do you ***always*** play with friends?
5. She ***sometimes*** eats outdoors

2.13 Put the words in correct order.

1. Cinema/you/to/ often/go/ the/do/?
2. for /late/never/ am / school/I
3. Sometimes/restaurant/we/Japanese/go/a/to.


2.14 Write sentences about your life, Write about something that.

1. You always do.
2. You usually do at the weekend.
3. You don't often do.
4. Doesn't often happen.
5. Is usually good.
6. You never watch on TV.
7. You don't normally play.

2.15 How to use (Play-Go-Do) with sport games?

Verbs used to talk about

SPORTS



Play → for team sports or sports played with a ball:
(football, soccer, baseball, basketball, cricket rugby, tennis, badminton, golf, hockey)

Go → for sports that end in -ing. You go somewhere to do something
(skiing, swimming, climbing, diving, fishing, running, skating, golfing)

Do → for recreational activities and a non-team sport. You don't use a ball:
(Yoga, Karate, gymnastics, aerobics)

2.16 Complete these sentences with: do, go, or play

1. We like to bowling every Saturday.
2. How many people do you need tofootball?
3. Do you like to..... Yoga?
4. Where is the best place to..... swimming?
5. Do you want to stay strong? You should..... exercise!
6. Muhanad really likes to..... fishing at the lake in Summer

2.17 Match the sports (A) with the correct verb (B) and the place where the sport takes place (C)

A	B	C
aerobics	do	pitch
martial arts		court
swimming		track & field
athletics	play	gym
basket ball		piste
snow boarding		course
golf		track
running	go	dojo
football		Pool
gymnastics		

Pronunciation:

2.18 English voiced consonant Sounds

6- /d/	need	needle	door	moved
7- /z/	zero	zoo	is	close
8- /j/	year	fuse	few	yes
9- /ʒ/	measure	usual	television	garage
10- /w/	want	quick	twice	queen

2.19 Write the phonetic symbol for the voiced consonant sounds in each of the following words

1. yearly
2. hide
3. treasure
4. twin
5. rose

Writing

2.20 Write a paragraph on one of the classifications of sports, define it then give examples on it.

Sports Verbs

2.21 Look at the picture and circle the correct word



run
ride



swim
jump



throw
kick



run
dive



Throw
catch



throw
swim

2.22 Safety Corner for Individual Sports:

Individual sports like running, swimming, cycling, weight lifting and martial arts require special attention to safety to prevent injuries and ensure long-term performance.

Here are some key safety tips:

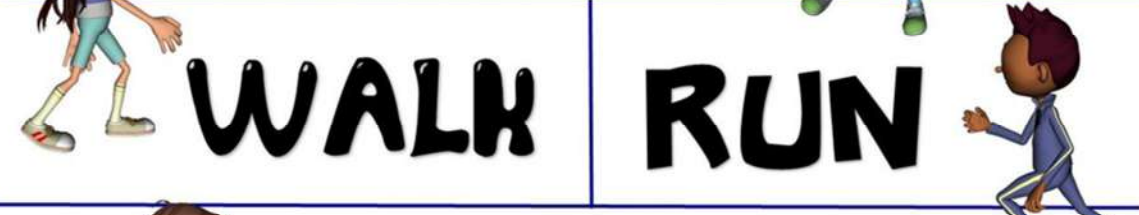
1. warm-up and Cool down
2. Proper Equipment and Gear
3. Hydration and Nutrition
4. Technique and Form
5. Environment and Conditions
6. Rest and Recovery
7. Emergency Preparedness

2.23 Pictionary

Locomotor Movement



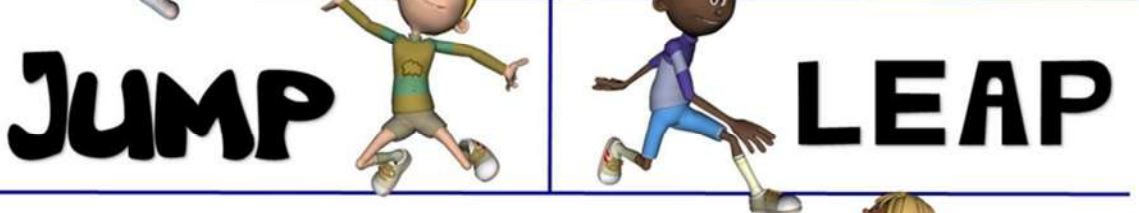
SLIDE STEP



WALK RUN



GALLOP



JUMP LEAP



CRAB WALK



HOP SKIP



ROLL

Unit 3

Reading comprehension

3.1 The Human Body and Sports.

The human body is made up of various parts, each part plays an important role in our daily activities and in sports. Understanding how different parts of the human body work together can help athletes train more effectively and avoid injuries. Some of the parts that are integral in most sports are:

1. **The Head:** many skills require using the head like heading in soccer. The head also contains the brain, which controls the body.



In sports, it is very important to protect the brain from injuries that is why athletes wear head gear like helmets.

2. **The arms, hands, legs and feet:** the extremities are very important for performing a wide range of skills



like kicking, passing, shooting, throwing, catching, setting, etc. Athletes wear protective gear on their upper and lower

limbs to avoid injuries like shin guards in soccer, hand grips in gymnastics, and gloves in boxing.

3. **The torso:** includes the chest, back and abdomen which provide support and balance.



In armed combat sports like fencing, fencers

wear vests to protect their torso and the same is true in contact sports like American football.

4. **Joints and Muscles:** Joints allow the body to move in different directions, while, muscles provide the power for these movements.

3.2 Answer the following questions using information from the text.

1. What do athletes wear to protect their heads from injuries?
2. What type of protective gear can athletes wear to protect their arms and hands?
3. What type of protective gear can athletes wear to protect their legs and feet?
4. What does the torso include?
5. What is the role of joints in human body?
6. What is the role of muscles in the body?
7. How can understanding the body help athletes?

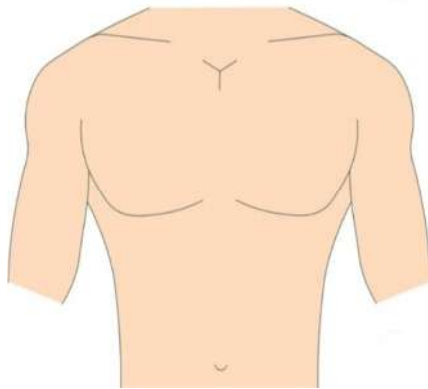
3.3 State whether the following statements are (True) or (False).

1. You can avoid injuries by understanding how different parts of the body work together.
2. It isn't important for athletes to wear headgear like helmets.
3. Torso includes hands and feet.
4. Fencers wear vests to protect their torso.
5. Joints provide the power for the body movement.

Vocabulary

3.4 Look at the pictures and match them to the following words.

- | | | | | | |
|------------|--------------|----------|-----------|------------|---------|
| 1. tendons | 2. feet | 3. torso | 4. Joints | 5. muscles | 6. hand |
| 7. arm | 8. ligaments | 9. head | 10. legs | | |





.....

Conversation

3.5 Work in pairs to practise the conversation below.



Rami: Hey, Ali you didn't play as you usually do, Are you Okay?

Ali: Not really, I think I hurt my ankle during the game.

Rami: Oh no! How did it happen?

Ali: I ran to get the ball and twisted my ankle.

Rami: Did you sprain it or just bruised it?

Ali: I'm not sure. It's swollen, and it hurts when I walk.

Rami: You should have it checked.

Ali: Yeah, I'll see a doctor tomorrow.

Rami: Good idea.

Ali: Thank you, Rami.

Grammar:

3.6 Simple Future Tense

"Will"

(A) for the future

- We can use will to say what we think about the future, and for general predictions and spontaneous decisions.
- We often use will with words like; perhaps, maybe and probably.

EX:

1. I think it will get much hotter in the next century.
2. You'll enjoy your holiday in Tunisia

(B) Now complete these sentences with the verbs in brackets and ('11), (won't)

1. They(live) in space
2. I (not be) an astronaut.

"Going to"

(A) For the future We use going to for intentions and plans, and to talk about things we decide to do as we are speaking .

1. She is going to go skiing.
2. Laila is going to do a bungee jump.
3. Majed and Rashed are going to sail a boat.
4. I'm going to climb some mountains.

(B) Read sentences with negative and question form of "be going to"

1. Muna isn't going to play beach volleyball.
2. Asma and Nadia aren't going to swim in the lake.
3. Are they going to make a camp fire?
4. I'm not going to train as a doctor.

3.7 A reporter is talking to Professor Henry. Make the questions. Use these cues with simple future Tense. "will"

Why will we send spaceships to Mars?

1. why/we/send/ spaceships to Mars
2. It/ be / expensive
3. astronauts/travel/ on the spaceships
4. why/we/use/robots
5. they/ need/electricity
6. where / they/get/ it from
7. what/ the robots/do/ on Mars
8. they / come back/ to Earth

3.8 Choose the correct verb form.

1. I probably (won't / am going to) get married till I'm 30
2. I decided that I (will /am going to) learn Spanish.
3. She (will / is going to) have another baby
4. What do you think about the future of the planet?
I think it (will /is going to) be more crowded.
5. What your plans for the summer?
I (am going to/ will) join a sports club.

3.9 Complete these sentences about the future with " will "or "be going to". Use the verbs below or your own ideas.

- | | |
|---------------------------|--------------------------------------|
| - play football/tennis | - win the Noble Prize |
| - have a holiday in space | - chat to my friends on the Internet |
| - watch a film | - visit a friend's house |
| - own a fast car | |

1. When my brother is 30, he.....
2. On Sunday, I
3. In ten year's time, my best friend.....
4. Tomorrow afternoon, my mum.....
5. When I'm 40, I'm.....
6. Later today.....

What will you do?

3.10 Put a check (✓) next to four items from the following checklist that you want to do in your future.

Future checklist	
• Immediate future	
<input type="checkbox"/>	Join a football team
<input type="checkbox"/>	Learn a new language
<input type="checkbox"/>	Get in shape by exercising and losing weight
<input type="checkbox"/>	Focus on studying and doing well in exam
• Distant future	
<input type="checkbox"/>	Apply for college
<input type="checkbox"/>	Buy a new car
<input type="checkbox"/>	Work in a successful career in my field

3.11 IF Clauses (First Condition)

Study the Example then complete the rules with present simple or will/won't.

- IF I stay at home all day, I won't spend any money.
- IF you work hard, you will do well.

Rules:

We use first conditional (if + present simple, will + base form) for events that seem likely or possible in the future.

IF clause

If you are careful,

main clause

You won't hurt yourself.

1. We use the first conditional to talk about things that are likely/unlikely to happen in the future.
2. The verb tense in the main clause uses will + infinitive / if clause in the present.

3.12 Make first conditional sentence.

1. If / play football in the rain / get very dirty
2. make new friends/if/ join the football team.
3. get a silver cup/if/win the race.
4. if/watch TV all day/not be very healthy.
5. if/finish the course/get a certificate.

3.13 Complete the sentences with the first conditional form of the verbs.

1. You..... (smile) all day if you..... (brush) your teeth.
2. If Salim(play) World Master, he(not want) to go back to the real world.
3. You(beat) the rest if you(wear) Mega sportswear.
4. You(not perform) at your best if you(drink) Sportades.
5. If he(eat) a Flash energy bar, hunger(disappear) in a flash!

3.14 IF Clauses (Second Condition)

We use the second conditional for events that seem unlikely or impossible.

If + past simple, would + base form

IF clause

If I had time at the weekend,

main clause

I would go shopping

The verb in the if clause / the verb in the main clause

in the past tense

uses would+ infinitive

Examples

1. I wouldn't buy this if I were you. It's a waste of money.
2. If I worked in advertising, I wouldn't want to write slogans
3. If she was on that show, she'd try to have some singing lessons first.

3.15 Match the two halves of the sentence to give a clear meaning.

1. If they banned smoking in the street,
2. We'd go to the beach more often,
3. IF he had a scooter,
4. If we had enough money,
5. I wouldn't play football,

- a. if it rained less
- b. he'd feel more independent
- c. If I didn't have my boots.
- d. more people would give up.
- e. We'd travel somewhere interesting

3.16 Write sentence using the second conditional.

1. I haven't got a laptop. I can't lend it to you.
If I had a laptop, I would lend it to you.
2. Anna likes maths. She studies it at university.
.....
3. Dad's got a small car. He pays low road tax.
.....
4. I don't study French. I don't visit France.
....., I would visit France.

3.17 Join the sentences with (if):

1. You don't get this now. You will regret it.
2. You'll be fit. You join a sport club.
3. She finished it before. They would go on holiday
4. The technology were to become available. We would be able to expand the business.
5. I'd gladly lend them the money. I knew they were honest.

Pronunciation:

3.18 English Voiced Consonants

11. /n/	nor	moon	name	run
12. /m/	man	room	mall	comb
13. /ŋ/	thing	rang	thank	going
14. /ð/	this	mother	although	either
15. /v/	very	of	live	save

3.19 Give the phonetic symbol for the voiced consonant sound in each of the following words.

Vase come ring
near brother

3.20 Match the symbol of the sound with the suitable words.

1. /m/ 2. /v/ 3. /-/ η/ 4. /n/ 5. /ð/
a- King b- rather c- of d- more e- name

Writing

3.21 Write a short paragraph about "Sports Injuries".

3.22 Safety Corner for body injuries.

A safety Corner for body injuries is a dedicated space in workplaces, schools, gyms, or community areas that provides information, tools and first aid supplies to prevent and address common -physical injuries. Here's how to set one up effectively.

1. Essential First Aid Supplies
2. Educational Materials

Display posters or leaflets on:

3. Injury Prevention Tools
4. Regular Maintenance

3.22 Pictionary ((Non – Locomotor Skills)

What Are Non-Locomotor Movements?



Movements Where You Don't Travel Through Space

Unit 4

Reading Comprehension

4.1 Fitness and Healthy Food



Fitness and healthy food are essential components of a balanced lifestyle. Regular physical activity, such as exercises or sports, enhances cardiovascular health, builds muscle strength, and boosts mental well-being. Complementing this with a diet rich with fruits, vegetables, whole grains, and lean proteins ensures that it receives the nutrients that the body needs to function. Together, fitness and nutritious eating support energy levels, improve the mood, and reduce the risk of chronic diseases. Adopting these habits can lead to a more vibrant and fulfilling life. So we can summarize all this by controlling what we eat and maintaining a steady exercise program we can revive our health and have the body we desire.

4.2 After reading the passage answer the following questions:

1. What are the essential components of a balanced lifestyle?
2. What does regular activity enhance? What does it build? What does it boost?
3. Rich diet consist of a number of nutrients what are they?
4. How can we reduce the risk of chronic diseases?
5. What can lead to a more vibrant and fulfilling life?

4.3 Correct the following statements:

1. Fitness and nutritious eating decrease energy levels, and impair the mood.
2. The body receives the nutrients that it needs to malfunction.
3. Controlling what we eat and maintaining a steady exercise program we cannot revive our health and have the body we desire.

Vocabulary

4.4 Match the following words in list A with their meanings in list B.

list A

1-Grilled

2 -Fried

3-Baked

4 -Boiled

list B

a- cooked in an oven

b- cooked under strong heat

c-cooked in boiling water

d. cooked in hot fat or oil

4.5 Fill in the blanks with suitable words from the box below.

nutritional, smoking, sleep, sufficient, exercises

1. You should give up because it is dangerous.
2. Doing everyday is essential for your health.
3. We have to..... about 7-8 hours per night.
4. Eating three meals a day, make your body fit.
5. It is necessary to drinkamount of water everyday.

4.6 Match the following words with the pictures below.

1- fit body

2- vegetables

3-No smoking

4- mineral water

5- daily exercise

6- grilled meat

7- enough sleep

8-fruits



.....



.....



.....



.....



.....



.....



.....



.....

Conversation

4.7 Gym and Fit Center



Ali: Hello, Is that a fitness center or a gym?

Ahmed: Hello, It's a gym, sir.

Ali: Sorry, but what's the difference between them?

Ahmed: Fitness centers usually focus on whole-body and mental health while gyms focus on physical health only by using different types of equipments.

Ali: That means a fitness center is a broader form than a gym.

Ahmed: Exactly.

Ali: Thank you

Grammar

4.8 Adjective

An Adjective is a word that modifies or describes a noun or pronoun.

Examples:

- The game is difficult.
- He is a fast driver.
- 1. How to form comparative degrees of adjectives.
 - Adjectives with one syllable, add -er.

EX: fast - faster.

- Adjectives with more than two syllables, add (more) before the adjective.

EX: dangerous - more dangerous

- 2. How to form superlative degrees of adjectives.
 - Adjectives with one syllable, add -est.

EX: tall - tallest

- Adjectives with more than two syllables, add (most) before the adjective

EX: beautiful - most beautiful

Examples

- Boxing is more dangerous than football.
- Football is safer than boxing.
- Basketball is the easiest sport for beginners.
- Wrestling is the most challenging sport.

*Irregular adjectives are adjectives that do not change form by adding -er/-est or more/most:

Adjectives	Comparative	Superlative
good	better	best
bad	worse	worst
little	less	least
many /much	more	most
far	farther	farthest

4.9 Change the adjectives between brackets into comparative or superlative.

- 1- Breakdancing is the (new) sport.
- 2- Volleyball is the (good) than football for girls.
- 3- Wrestling is the (old) sport.
- 4- I think gymnastics is the (hard) than running for Kids.
- 5- What is the (calm) sport in your opinion?

4.10 Give the Comparative and superlative degrees for the following adjectives enhance your answer with examples either for comparative or superlative

	Adjectives	Comparative	Superlative	Examples
1-	Great	—	—	My teacher is the greatest ideal for me.
2-	Young	—	—	—
3-	Famous	—	most famous	—
4-	Far	farther	—	—
5-	Important	—	—	—

4.11 Expressing Ability

Ability is the state of being able to do something. We use the model (can) to express ability:

- He can ride a horse.
- They can swim.
- while we use (can't) to express inability
 - we can't ride the bike.
 - I can't play tennis.

Expressing ability and inability **Interrogative Form**

- Can you drive faster? yes, I can
- Can Ali speak 3 languages ? No, he can't.

4.12 Look at the table and complete the sentences with can or can't.

	Salim	Ahmed
Drive a car	✓	X
Run fast	X	X
Ride a skateboard	X	✓
Play tennis	✓	✓
Ride a bike	✓	X

1. Salim can drive a car.
2. Ahmed ride a bike.
3. They play tennis.
4. Ahmed..... drive a car.
5. They..... run fast.

4.13 Rearrange the following words to make full sentences:

1- do, you, gymnastics, ?, can

2- can't, football , we, play

3- ride, I, can , horse, a

Pronunciation

4.14 English Voiceless Consonants

There are nine English voiceless consonants. These are produced without vibration in the vocal cords.

1. /p/ : camping, jumping, pool, stop

Except: receipt, psychology

2. /t/ : tennis, fitness, cricket, equestrian, walked, wished, badminton

Except: match, listen, castle, witch

3. /k/ : Kick, Karate, squash, soccer, cycling, boxing, Kung Fu, taekwondo

Except: know, knight

4. /f/ : football, fencing, fishing, weightlifting, Golf, tough, enough, phrase, off

Except: of, might, daughter

5. /θ/ : thin, throw, therapy, athletics, marathon

4.15 Identify the voiceless consonant sound in each of the following words:

1- three / /

2- Iraq / /

3- Life / /

4- Play / /

5- table / /

4.16 Choose the correct one.

1- /t/ is not pronounced in:

a. fit b-wished c-castle

2- /f/ is pronounced in:

a- of b- off c-light

3- /k/ is not found in:

a- Know b-box c-Knight

4- /p/ is found in:

a- receipt b-psychology c-tape

Writing

4.17 Write a short paragraph about food and much a person needs of each type to live a healthy life.

Healthy or Unhealthy

Direction : Put the words in the correct column.

egg

burger

rice

fish

cake

fruit

milk

candies

juice

chicken

pizza

softdrink

Healthy



Unhealthy



4.19 Safety Corner of Food Safety Basics

Expiration Date Reminders

Nutrition and Balanced Diet Tips

Safe food Prep and Cooking

- Temperature guide
- Avoiding burns / cuts
- Reducing food waste

4.20 Pictionary (Manipulative Skills)

What Are Manipulative Skills?



The image features a central cartoon boy with dark skin and spiky black hair, wearing a green long-sleeved shirt and pants with a blue zipper. He is holding a blue tennis racket. Surrounding him are several grey thought bubbles, each containing a different manipulative skill. The skills listed are: Punt, Dribble, Strike, Bowl, Roll, Catch, Volley, Kick, Hit, and Throw. The word 'Roll' is written in a bold, black font, while the others are in a standard black font. At the bottom of the image, a green banner contains the text: 'Moving an Object With Feet, Hands or Other Body Parts'.

Punt

Dribble

Strike

Bowl

Roll

Catch

Volley

Kick

Hit

Throw

Collect

Moving an Object With Feet, Hands or Other Body Parts

Unit 5

Reading:

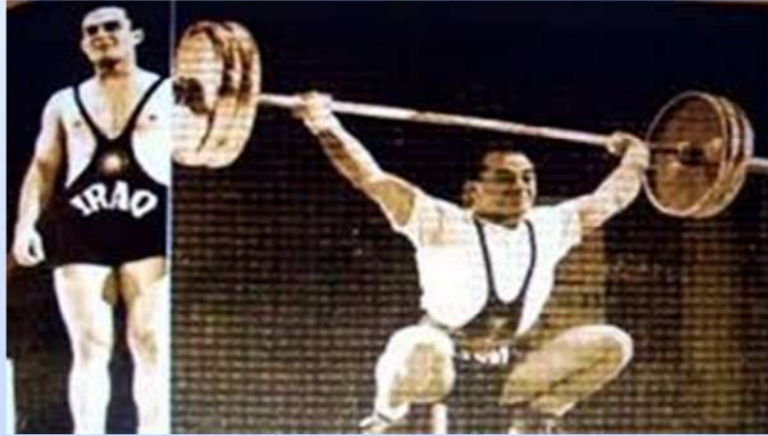
5.1 Iraqi Athlete

The person who practices sports is either called *athlete* or *sportsperson*. *Athlete* is the person who practices sports as a profession.

An athlete is usually described according to one or more of the following:

1. **Age group**: young, youth, junior or U+ Age (like U19 means under the age of nineteen)
2. **Level of skill**: beginner, amateur, professional and elite.
3. **Weight class** : in some sports like wrestling, weightlifting, judo and boxing athletes are rated according to their weight either using kilos (in weightlifting the first weight division or class is 56 **kg** (123 **lb**) or using terms like heavyweight or lightweight in boxing.
4. **Records** : there are two types of records; world records and Olympic records.
5. **Medals** : the most famous medals are the bronze, silver and gold Olympic medals .





Iraq is rich with great champions and many athletes have national and international world records. Athletics is one of the sports that has many national record breakers like Hussein Ali Nahi who broke the national record in 100m running in 2021. Yet one of the most famous international Iraqi champions is the bronze medalist in weightlifting Abdul – Wahid Aziz (1931 – 1982). Aziz was an Iraqi weightlifter from Basra and he is the only Iraqi to win an Olympic medal. He won a bronze medal in lightweight division at the 1960 Summer Olympics.

5.2 Answer the Following questions :

1. How can you define an athlete?
2. How can you classify an athlete according to his age group?
3. How can you classify an athlete according to his weight class?
4. What are the athlete's four levels of skill?
5. What are the two types of sport records?
6. How many Olympic medals are there? What are they?

5.3 State whether the following statements are (True) or (False).

1. U19 means a person under the age nineteen.
2. There are four types of records.
3. Aziz was one of the famous Iraqi weightlifter.
4. Sports person is the same word of athlete.
5. An athlete is only described according to his weight class.

Vocabulary

5.4 Place each of the following terms under the picture that suits it:

Weight class / Bronze medal/ golden medal/ world record/ silver medal/athletics / weightlifting/ world cup





Conversation

5.5 Talking about an Athlete



Omar: What a goal!

Ahmed : Yes. It is a great goal. Zaid is a great scorer.

Omar : So is he going to join our team?

Ahmed : No he is still young, he is in the junior league.

Omar : But he plays better than most of our attackers? Isn't he?

Ahmed : Yes, he's a great attacker.

Omar: I hope he will become an elite footballer and join the Iraqi International League.

Ahmed : I hope so too.

Grammar

5.6 Adverbs of manner

Adverbs are words that describe or modify verbs, adjectives or other adverbs.

EX:

- Verb: She sings softly.

(Modifies the verb sings)

- Adjective: It's a very hot day.

(Modifies the adjective "hot")

- Another Adverb: He ran quite quickly. (Modifies the dverb "quickly")

- **Types of Adverbs**

1. **Adverbs of Manner:** Describe (How) an action is performed, they often end in-ly her

EX:

- She finished homework *quickly*.

- They pass the ball *slowly*.

2. **Adverb of Time:** Tell us (When) an action happens.

EX:

-We will meet *tomorrow*.

- Team coach traveled *yesterday*.

3. **Adverb of place:** Indicate (Where) an action takes place.

- They looked *everywhere* for the missing Keys.

-The player threw the ball *outside*

Notice that: some adverbs of manner don't take the "ly" ending

EX: fast, hard, high, well, late

- We ate dinner late.

- He plays well.

5.7 Fill in the blanks with suitable adverb from the box.

skillfully	early	last night	outside	well
------------	-------	------------	---------	------

1. The tournament ended.....
2. The game starts
3. He dribbled the ball
4. The players train the gym
5. The team workedtogether

5.8 Circle the suitable word between brackets to complete the following sentences.

1. The exercise that my coach gave me was (easy/easily)
2. My cousin always walks..... (quick/quickly)
3. My teacher is very....., he always help me. (kind/kindly)
4. I can speak English very.....(good/well)
5. My friend told me that I run(bad / badly)

5.9 Complete the following as the example below.

1. kind kindly
2. fast
3. angry
4. easy
5. safe
6. good

5.10 Invitation

A. Making Invitation: When you invite someone to an event or activity, you can use the following expressions:

1. Would you like to.....?
2. Would you love to?

EX:

- Would you like to join us for a soccer game this weekend?
- Would you love to visit our School this week?

B. Accepting Invitation: To accept an invitation you can use the following:

1. I would like (love) to....., thanks.
2. Yes, with pleasure ‘

C. Declining Invitation: We use the following expressions to refuse the invitation politely.

1. I'm sorry, I have other plans.
2. I'm afraid I can't, I'm very busy.

5.11 Making invitations from the following situations

- a. Invite your friend to attend the sport festival next Saturday.
- b. You have a party today. Invite your classmate to join you.

5.12 Accept the following invitations.

- a. Would you like to come to the basketball game this weekend?
- b. Would you love to join the cycling group on Sunday?

5.13 Declaim the following invitations

- a. Would you love to go to the gym with me after work?
- b. Would you like to come to the soccer practice tonight?

Pronunciation

5.14 Voiceless consonant Sounds

1- /s/	sleep center	space city	box	pass	cinema		
2- /ʃ/	she sugar	machine pressure	expression	nation	wish		
3- /tʃ/	chalk which	much China.	change	catch	chair		
4- /h/	he	head	behind	have	perhaps	help	here

5.15 Now identify the voiceless consonant sounds to the following words.

- 1- shells / /
- 2- circle / /
- 3- match / /
- 4- house / /
- 5- Listen / /
- 6- watch / /
- 7- hands / /
- 8- shirt / /
- 9- sure / /

Writing

5.16 Write an essay about a great Iraqi champion you admire. Use the vocabulary in the reading passage to guide.

5.18 Safety Comer

For boxing involves a dedicated space and protocols to promote safe training, injury prevention and emergency preparedness.

Here's a structured guide:

1. Equipment Safety Station: Gloves and Hand wraps, headgear and mouth guards.
2. Environment Safety: Ring / Mat Area. - Lighting and Ventilation
3. Injury Prevention and training Practices:
 - Warm up / cool - down Zone
 - Supervision
 - Hygiene
4. Medical Readiness
 - First Aid Kit
 - Emergency Protocols
5. Education and Awareness
 - Rule posters
 - Mental health tips
 - Buddy system
6. Hydration and Nutrition
 - Water station
 - Nutrition tips
7. Incident Reporting and Feedbacks
 - log book
 - Suggestion box

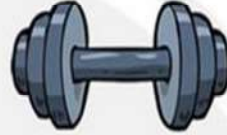
5.19 Pictionary ((Fitness Equipment))



scale



**medicine
ball**



dumbbell



kettlebell



stability ball



**hand
grippers**



**jump
rope**



**punching
bag**



ab bench



treadmill



barbell

Mini Dictionary

Word	Meaning	Word	Meaning
traced	تتبع	athletes	رياضيين
ancient	قديم	effectively	بشكل فعال
civilization	حضارة	injuries	اصابات
engaged	مرتبط	integral	اساسي
prehistoric	ماقبل التاريخ	helmets	خوذة
competitive	تنافسي	performing	اداء
wrestling	مصارعة	shooting	رمي
chariot racing	سباق العربات	torso	الجذع
gladiator	مصارع	joints	المفاصل
horseback	ظهور الخيل	muscles	العضلات
conclusion	بالنتيجة	fitness	لياقة بدنية
throwing	رمي	essential	اساسي
catching	التقاط	components	عناصر
entertainment	ترفيه	enhances	يعزز
individual sports	العاب فردية	cardiovascular	القلب والالوعية الدموية
dual sports	العاب زوجية	boosts	يعزز
team sports	العاب فرقية	complementing	مكمل
badminton	كرة الريشة	champions	ابطال
benefits	فوائد	sportsman	رياضي
increasing self	تطوير الذات		
confidence	ثقة		
improving	تحسين		
cognitive ability	القدرة المعرفية		