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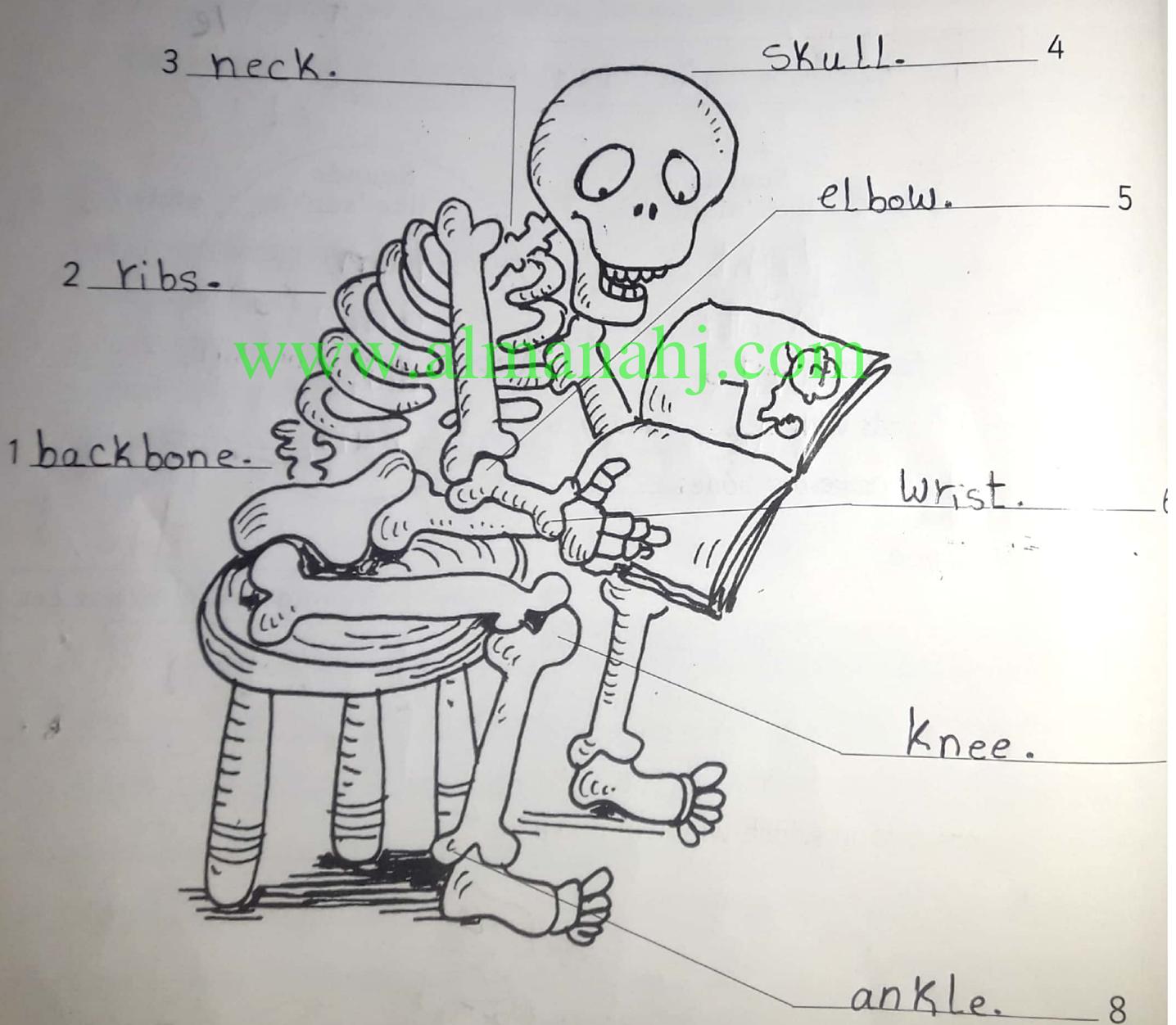
Our amazing body

Lesson 1 Inside our bodies

1 Word study

Label the skeleton with the words in the box.

ankle backbone elbow knee neck ribs skull wrist



Lesson 2 Healthy and strong

HW

1 Word study

Read the clues. Write the words in the crossword puzzle.

vegetable water
strong exercise sleep
muscles beans

		1 v		2 m			3 w
		e		u			a
4 b		g		s			t
5 e	x	e	r	c	i	s	e
a		t		L			r
n		a		e			
s		b		6 s t r o n g			
		L					
7 s	L	e	e	p			



هنا في غلطه في تنسيق الكلمات
استقطبه في كتاب العام الماضي
وتم تدارك الغلطه في كتاب
السويدي

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Across →

5 What's your favourite kind of _____? Skipping, walking or playing football?

6 Wash your hands with soap and water.

~~7 Exercise helps makes our bones strong~~

7. Get enough sleep every day.

Down ↓

1 A carrot is a vegetable, like a bean or an onion.

2 Our muscles help us move, bend and lift heavy things.

3 Drink plenty of water every day.

4 Beans are a food which will help make our muscles strong.

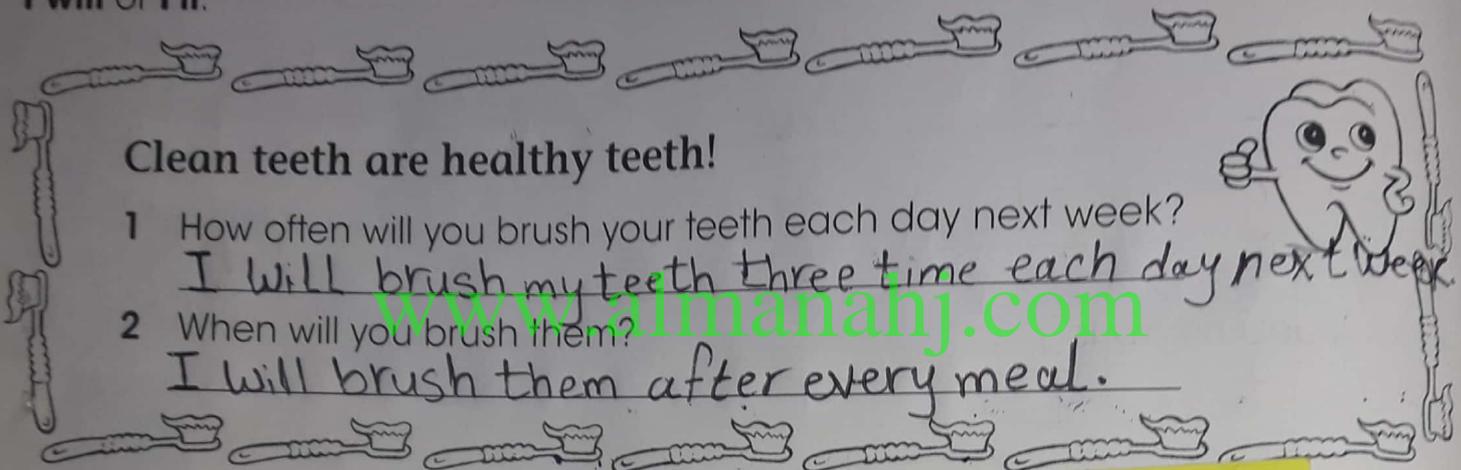


Lesson 3 Looking after yourself

HW

1 Use of English

Say how you will look after your teeth next week. Answer the questions with **I will** or **I'll**.



Clean teeth are healthy teeth!

1 How often will you brush your teeth each day next week?

I will brush my teeth three time each day next week.

2 When will you brush them?

I will brush them after every meal.

2 Write

Looking after your teeth is another way to stay healthy. Make a poster for children younger than you. Tell the children how to look after their teeth. Make the poster

②

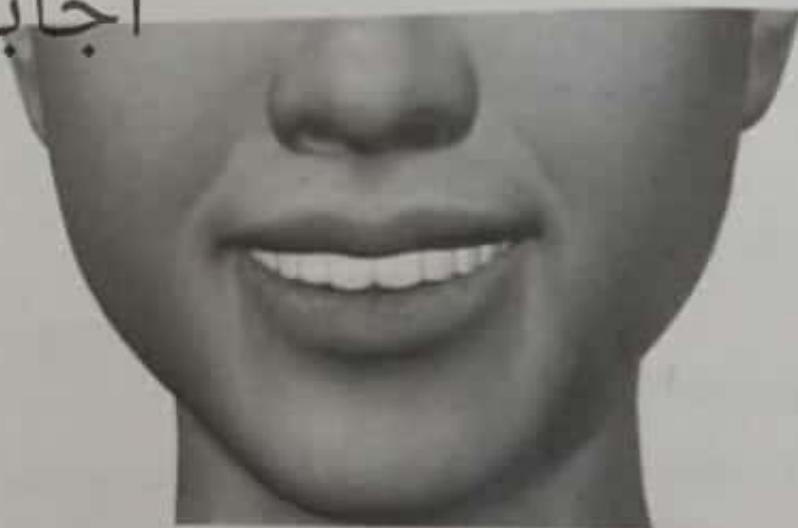
اجابه اخرى

I will brush my teeth
at night, morning and after
the three meal **meals.**

اجابة سر 2. ص 92

Write

Looking after your teeth is another way to stay healthy. Make a poster for children younger than you. Tell the children how to look after their teeth. Make the poster interesting and add pictures.



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another way,
Make a poster for children
younger than you. Tell the
children how to look after
their teeth. Make the poster
interesting and add pictures.

H:س

اجابة تانية ل س.ص 92

Wash your teeth
after meals.

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Don't eat a lot of sweets



Lesson 4 I don't feel well!

HW

1 Write

Read the problems and write sentences about how you would help your friend.

1 My head hurts.

Have a rest, go to a quiet place.

2 I cut my arm.

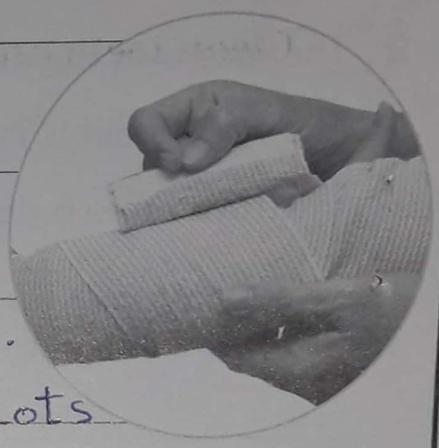
put a plaster on it.

3 I fell and hit my leg.

put a bandage on it; have a rest
don't run; walk slowly.

4 My stomach hurts.

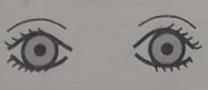
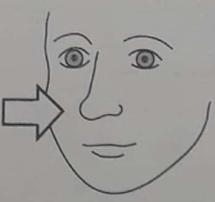
Have a drink of water; don't eat lots
of food; have a rest.



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2 Word study

Sort the words into rhyming groups.

head	eyes	nose
		
bed	files	toes
bread	wise	knows
red	buys	rose
said	prize	goes

flies	knows
bed	buys
bread	rose
toes	prize
red	said
wise	goes

1 Read the problems and write sentences about how you would help your friend

1 My head hurts.

I Have rest - sleep

2 I cut my arm.

put a plaster on it

3 I fell and hit my leg.

put a bandage on it

4 My stomach hurts.

Don't eat a lot of food



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Hw

Lesson 5 The horse rider

1 Read and write

What can you remember about the horse rider from the poem?
Circle the correct answer. T = true F = not true

- 1 The horse rider eats a bowl of labneh before the race. T(F)
- 2 The race is in the desert. (T)F
- 3 The horse rider is not a strong man. T(F)
- 4 The race takes 6 days. T(F)

2 Read and match

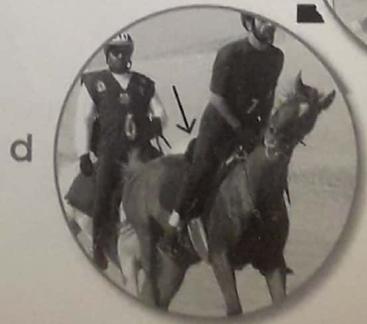
Look at the words from the poem. Match with a picture.

1 saddle (d)

2 hooves (c)

3 reins (a)

4 rider (b)



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Lesson 6 My learning

Talk

1 Can you remember the advice for taking care of your heart on page 137 of your Learner's Book? Work with your partner. Can you think of two more things you need to do to keep healthy?

1 You need to exercise and play sport.

2 You need to eat healthy food to keep your heart healthy.



Listen

Read the questions. Now listen and tick the correct answer.

1 What is Hamad doing to stay healthy and strong?



2 What is the answer to the teacher's question?



Assessment box

Tick the box for you.

I can talk about what I need to do to stay healthy.

I can write parts of the body.

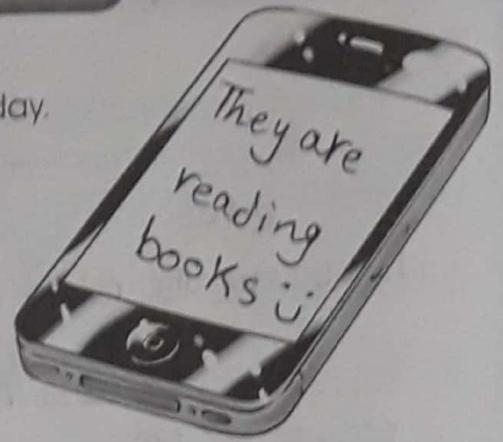
	☺ yes	☹ sometimes	☹ no
I can talk about what I need to do to stay healthy.	✓		
I can write parts of the body.	✓		

Lesson 7 What are you doing next week?

Hw

1 Read

Maha and Haya are discussing what to do on Tuesday. What do they decide? Write it on Maha's phone. Then answer the questions below.



Maha: Are you doing anything on Tuesday?

Haya: No, I'm not doing anything. I'm free!

Maha: Oh great! I'm free too. Would you like to play computer games at my house?

Haya: No, thanks. I don't like computer games.

Maha: Do you want to go shopping with me and my mum?

Haya: No, thanks. I don't like shopping.

Maha: How about reading a book at my house?

Haya: Yes, let's do that. I love reading books.

1 Why aren't Maha and Haya playing computer games?

Because Haya doesn't like computer games.

2 Why aren't they going shopping?

Because Haya doesn't like shopping.

2 Write

You and your friend are deciding what to do together. Write three suggestions. Use these words to start your suggestions.

Would you like to ...? How about **-ing** ...? Do you want to ... Let's ...

1 Would you like to go to the park?

2 Let's play foot ball.

3 How about reading a book?

1 Read

Read the five statements and circle fact or opinion.

Vocabulary

A **fact** is something that is true or false.

An **opinion** is something that someone believes.

Fact or opinion?

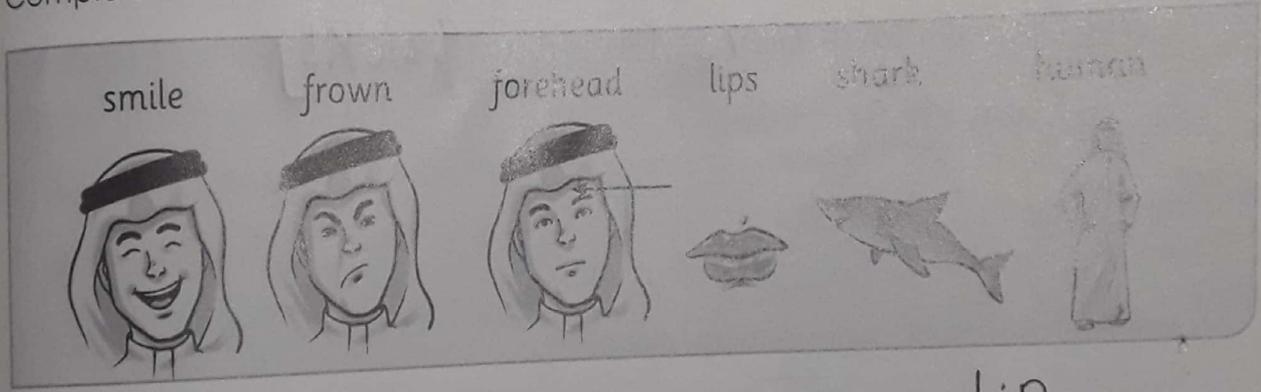
- 1 Humans and whales are both mammals.
- 2 Sharks are fish.
- 3 Mice are lovely.
- 4 Humans and mice have about the same number of bones.
- 5 Long fingernails are better than short fingernails.

fact opinion
 fact opinion
 fact opinion
 fact opinion
 fact opinion

2 Word study

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Complete the sentences with the words in the box.



- 1 When we talk, we move our tongue, our teeth and our two Lips.
- 2 An elephant is a mammal. A human is a mammal too.
- 3 Your fore head is part of your face. It is above your eyebrows.
- 4 When I am happy, I have a smile on my face.
- 5 When I am cross or worried, I have a frown on my face.
- 6 A shark is a big fish with lots of sharp teeth.

Lesson 9 What am I?

HW

1 Over to you

Compare yourself to a friend (or someone in your family).

Write their name here: Noor and Eman.

Follow the instructions with your friend. Then write the missing words and circle the correct answer.

1 Walk across the room quietly.

Who can walk more quietly ? (quietly)

I can. My friend can.

2 Write 'five big elephants' neatly.

Who can write 'five big elephants' more neatly? (neatly)

I can. My friend can.

3 Count to 20 quickly.

Who can count to 20 more quickly ? (quickly)

I can. My friend can.

2 Word study

Read the sentences and circle the correct word.

1 When I run, I breathe **neatly** / quickly

2 I am polite and eat quietly / loudly.

3 In an exam, I write quickly / loudly.

4 My brother is learning to write, so he writes slowly / loudly.

5 I can write Arabic **loudly** / neatly.

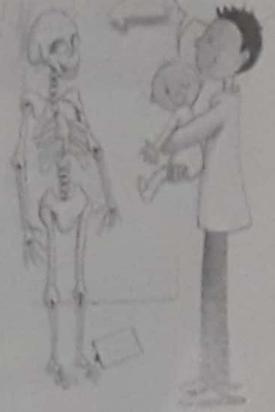
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Lesson 10 More amazing facts!

1 Word study

Can you remember the words?
Read and choose a word from the box.

backbone brain ribs
bones skull



1 They give your body a shape.

bones

2 These bones protect your heart and lungs.

ribs

3 This is like a muscle and helps you learn.

brain

4 This bone is all the way down your back.

backbone

5 Your brain is inside this.

skull

2 Write

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Complete the sentences with **bones** or **muscles**.

Bones or Muscles?

1 We have got about 200 bones.

2 We have got about 600 muscles.

3 Muscles move the body.

4 Bones give the body its shape.



Lesson 11 The five senses

HW

1 Write and talk

Complete the chant with the correct parts of the body.

- I touch with my hands (1). I hear with my ears (4).
I smell with my nose (2). I see with my eyes (5).
I taste with my tongue (3).

Now say the chant with your teacher.

مطلوب رسم .. حسب الصوت والرائحة والمذاق المفضل بتكون الرسمة

2 Draw and write

Draw a picture of your favourite sound, taste and smell. Then write sentences.

My favourite sound	My favourite taste	My favourite smell
<p>رسم شجر</p> 		

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1 My favourite sound is the wind in the tree.

2 My favourite taste is my Mum's bread.

3 My favourite smell is the sea.

HW

Write and talk

Write your answers in the first row. Then ask two friends and write their answers.

	Favourite sound	Favourite taste	Favourite smell
You	The wind in the tree	My mum bread	The sea
Friend 1	My mother voice	My mum bread	The flower
Friend 2	Birds sound	My mum bread	the smell of cookies

Word study

Write the missing vowels to complete the words from this unit.

- 1 shark
- 2 bone
- 3 mammal
- 4 heart
- 5 muscle
- 6 lung
- 7 heaalthy
- 8 exercise

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What can you remember about these words? Talk with a partner.

Assessment box

Tick the box for you.

	☺ yes	☹ sometimes	☹ not yet
can understand instructions for writing notes about my friend.	✓		
can talk about the five senses.	✓		
can describe my favourite smells, sounds and tastes.	✓		
can write sentences about my favourite smells, sounds and tastes.	✓		