

Getting Fitter

Reading

- A** Tim is writing a poem about some games. Read the poem. For Questions 1-5, choose the best answers. Then fill in the blanks for Questions 6-7 and give a short answer to Question 8.

Our Games

Game A

John, Paul, Nick and Ben,
All come along and play.
Shoot the ball into the net,
'Cheers!' is what the audience say. 5

Game B

Mum, Dad, Jane and Ken,
All put your arms so high.
Aim and hit your target with the racket,
See it fly with wings in the sky.

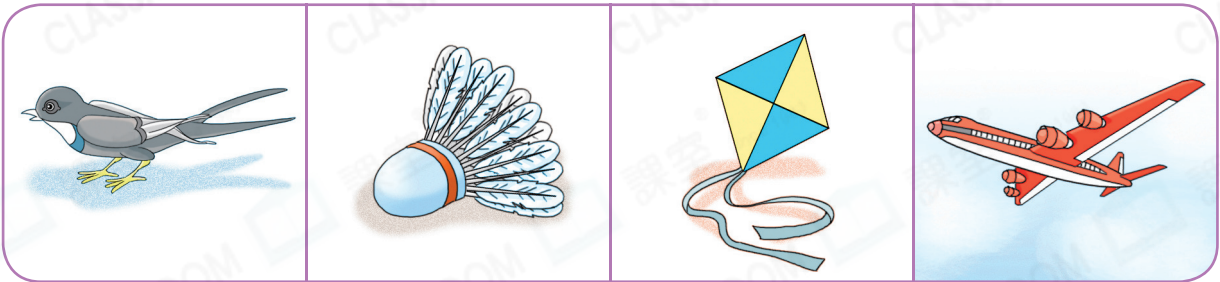
Game C

Small friends and big friends, 10
All come to the table and play.
Bounce the little ball over the net,
Beware of making it lose its way.

Game D

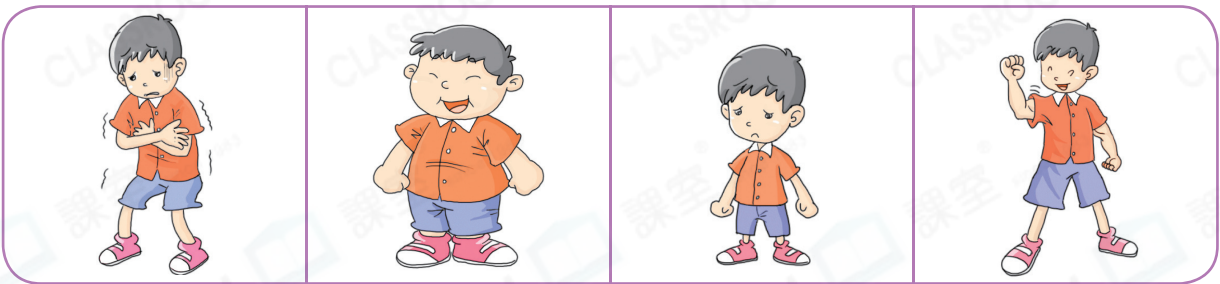
Tall friends and short friends,
All take a leap, at a similar pace. 15
Keep jumping and turning the rope,
Be careful not to let it hit your face.

- According to stanza 1, how do the audience feel?
 A. upset B. angry C. excited D. scared
- Who are Jane and Ken in Game B?
 A. Tim's sister and brother B. Tim's friends
 C. Tim's parents D. Tim's aunt and uncle
- Read line 8: See it fly with wings in the sky.
 What is 'it'?



- A. B. C. D.

- What is Game D?
 A. hopscotch B. skipping C. hurdles D. high jump
- How will Tim look if he plays these games every week?



- A. B. C. D.

- What is Game C?

Game C is _____.

- In the poem, the word '_____ ' means 'be careful'.

- In lines 3 and 5, the word 'play' rhymes with the word 'say'.
 Write the remaining rhyming pairs from the poem.



Read out the last word in each line.

B John, Tim and Mr Ho are talking during the PE lesson. Read their conversation. For Questions 1-4, choose the best answers. Then fill in the blank for Question 5 and answer Question 6 in a complete sentence.



Tim

I'm the lightest in class. I weigh only 30 kg. I need to lift weights and do press-ups. That'll make me stronger.

I'm the heaviest in class. I weigh 45 kg. I think I am a bit overweight. I am going to jog and swim more often. Then I will become slimmer.



John



Mr Ho

I always sat in the front row in the classroom when I was ten. Then I started skipping and playing basketball every day. They helped a lot! Two years later, I became the tallest boy in my class. Both of you should do exercise regularly.

5

- What are John, Tim and Mr Ho talking about?
 - A. doing homework
 - B. doing fitness tests
 - C. doing exercise
 - D. doing weightlifting
- According to the text, what sports can you do if you want to lose weight?
 - A. jogging and doing press-ups
 - B. swimming and skipping
 - C. lifting weights and skipping
 - D. swimming and jogging
- Both John and Tim want to _____ by doing more exercise.
 - A. become taller
 - B. become healthier
 - C. become stronger
 - D. become lighter
- Read line 5: I always sat in the front row in the classroom when I was ten. Mr Ho meant he was _____ when he was ten.
 - A. short
 - B. short-sighted
 - C. tall
 - D. the tallest
- The word ' _____ ' in the conversation means 'too heavy'.
- Read lines 6-7: They helped a lot! What does the word 'They' refer to?

A Tim is talking about his siblings. Fill in the blanks with the correct form of the given words or the correct connectives.

My little brother can swim 1. _____ (fast). He is the
 2. _____ (good) swimmer in the school swimming
 team. My little sister can't do sports 3. _____ (good)
 4. _____ I won't laugh at her 5. _____
 she is the 6. _____ (young) child in the family. My
 elder sister likes 7. _____ (read) books and
 8. _____ (learn) new things 9. _____
 she is the 10. _____ (intelligent) among us.
 They are all my good siblings.



B John and his classmates are talking about their habits. Join the sentences using 'both...and' or 'or'.

e.g. Ann likes ice-skating. Ann likes skipping.

Ann likes both ice-skating and skipping.

1. James can't play tennis. James can't play badminton.

2. Zack doesn't enjoy cycling. Zack doesn't enjoy jogging.


3. Celia wants to join the yoga class. Celia wants to join the aerobics class.


4. Mark plays football in the park every Monday. Jackson plays football in the park every Monday.


C Tim and John are planning to join a sports course together in the winter holiday. Read the table. Then fill in the blanks with the correct form of the given words.


New Winter Sports Courses		
 Ice Hockey <i>ice-skates</i> MON WED FRI SAT \$120	 Football <i>N/A</i> WED SUN \$60	 Rugby <i>scrum cap</i> TUE THUR SAT \$180

be teach because so everybody expensive
 four times more pair seldom should

 : John, we 1. _____ do more exercise. There
 2. _____ new sports courses in the upcoming winter
 holiday. Rugby seems fun!

 : But the fee for the rugby course is the 3. _____.
 We cannot afford it.

 : You are right. I think we don't need to join the football course
 4. _____ we can play football very well. How about
 the ice hockey course?

 : That's good. It offers 5. _____ lessons each week
 than the rugby course does. We can play ice hockey 6. _____
 _____ a week. Do you have 7. _____
 ice-skates, Tim?

 : Yes, I do. 8. _____ in my family goes ice-skating
 every weekend.

 : I 9. _____ go ice-skating 10. _____
 I can't skate well.

 : Don't worry. I 11. _____ you next week.

 : OK! Let's enrol for the ice hockey course!

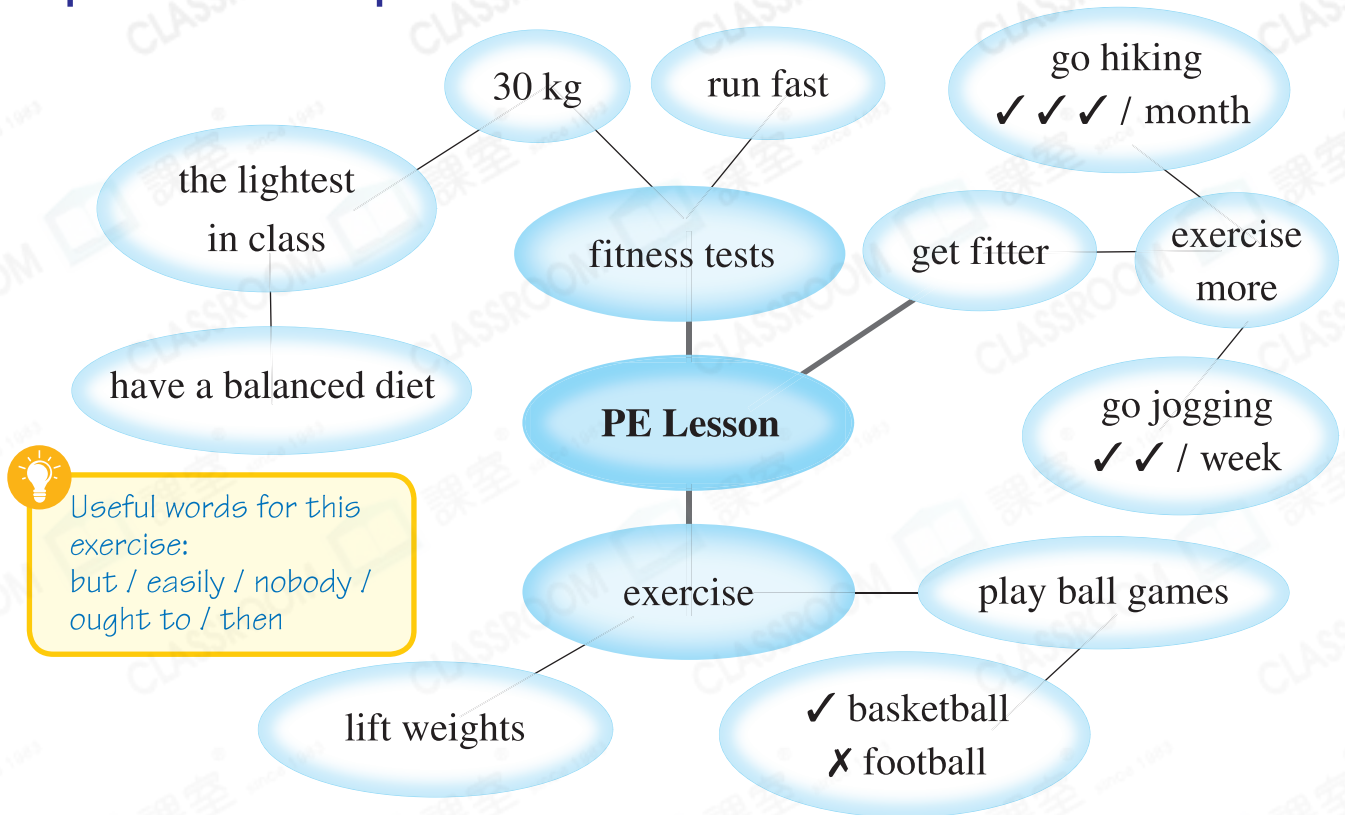
D Underline the mistakes and write the correct answers on the lines.


For some hints, you may refer to:

- | | | |
|-----------------------------------------------------------------------------|-------|--------|
| 1. There were less cars in Hong Kong in the past. | _____ | Unit 6 |
| 2. Finally wash the carrot. Then cut it in half. | _____ | Unit 4 |
| 3. She is lazy. She always does exercise. | _____ | Unit 1 |
| 4. I like going to Disneyland so my brother doesn't. | _____ | Unit 8 |
| 5. We oughtn't to brush our teeth at least twice a day. | _____ | Unit 6 |
| 6. My aunt comes to visit us one a year. | _____ | Unit 3 |
| 7. Charlie likes plays tricks on his friends. He's naughty. | _____ | Unit 5 |
| 8. I can eat two box of cereal every week. | _____ | Unit 4 |
| 9. Don't add too many salt to the soup. It will be too salty. | _____ | Unit 6 |
| 10. She can speak both Korean or Japanese. | _____ | Unit 5 |
| 11. She tells lies all the time. Everybody likes her. | _____ | Unit 7 |
| 12. The weather on the day we went cycling was the baddest in the month. | _____ | Unit 1 |
| 13. Jennifer goes to church two-time a week. | _____ | Unit 3 |
| 14. Grandma didn't have smartphones and digital cameras when she was young. | _____ | Unit 8 |
| 15. We should go outside when there is a storm. It's dangerous. | _____ | Unit 2 |
| 16. Everybody was out so everybody opened the door for me. | _____ | Unit 7 |
| 17. I don't eat chillies so they are too spicy. | _____ | Unit 8 |
| 18. I was sad because my friends arrived lately for my birthday party. | _____ | Unit 2 |
| 19. What time willing she arrive? | _____ | Unit 7 |
| 20. How always do you visit your relatives? | _____ | Unit 3 |

Writing

Tim is writing a diary entry. Help him complete his diary entry with the help of the mind map.



 Useful words for this exercise:
but / easily / nobody / ought to / then

13 September

Sunny

During our PE lesson today, we did the fitness tests. I am 30 kg this year. I am 1. _____ so I 2. _____. 3. _____ can run faster than me. I was the 4. _____. We did other kinds of exercise too. First we 5. _____. I didn't like 6. _____. 7. _____. The weights were very heavy but John could lift them 8. _____. I felt very tired. I 9. _____ in the coming year because 10. _____. I will go jogging 11. _____ and 12. _____.

Listening

Listen now!



A Mr Ho is talking to his students. Listen to what he says. Then put a tick '✓' or a cross 'X' in the boxes.

- Mr Ho is telling his students about their heights and weights.
- The tallest student in class is 145 cm tall.
- Tom is the lightest in class.
- There will be a Games Day next month.
- Mr Ho wants the fastest boy to run in the 15 m race.

B John is talking to his mum at home. Listen to what they say. Then choose the best answers.

- Which of the following is correct about John?
 A. He is overweight.
 B. He is the shortest.
 C. He is the strongest.
 D. He runs the fastest.
- How heavy is John this year?
 A. 30 kg B. 35 kg C. 40 kg D. 45 kg
- When does John have PE lessons?
 A. on Mondays B. on Tuesdays
 C. on Thursdays D. on Fridays
- Where is the park?
 A. near Bun Street
 B. near Fun Street
 C. near Gun Street
 D. near Sun Street



Pay attention to how John describes himself and how he further comments on it.



Pay attention to the initial sounds of the street names.

Speaking

John and Tim are looking at some posters in the sports centre. Read the posters. Then talk about the sports classes with the help of the given questions.

June & July

Tennis Class

New!

Learn tennis with our experienced coaches!

Age : 7 – 15

Fee : \$600 (10 lessons)

Time : 8 pm – 9 pm (Fridays)

Venue : 2/F, Happy Town Sports Centre



June & July

Basketball Class

New!

Have fun and meet your best teammates!

Age : 7 – 15

Fee : \$800 (10 lessons)

Time : 6 pm – 7 pm (Saturdays)

Venue : 3/F, Happy Town Sports Centre



1. How many classes are there?
2. What are the classes?
3. Who are the classes for?
4. How much do the classes cost?
5. How long does each lesson last?
6. Which one do you want to join? Why?



We can use 'and' to join two similar ideas and 'because' to give reasons.