



Learning Focus

- Reading** Working out the meaning of words by using contextual clues
- Grammar** Question – How often + Adverbial Phrases – once / twice / three times
- Writing** Reviewing drafts
- Listening** Understanding the speaker's attitudes and feelings



Reading



A Betty is reading a web page about sports. Read the web page. For Questions 1-5, choose the best answers. Then answer Question 6 in a complete sentence.

<http://www.triathlon.com/theallinonerace>

Triathlon—the THREE-IN-ONE Race!

Do you know what a triathlon is? It is a sport competition with three stages—swimming, cycling and running. In the game, athletes compete for the shortest finishing time.



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It is said that the triathlon originated in France in the 1920s. At first, it was not popular worldwide until there was the first Olympic triathlon in 2000. In the Olympic triathlon, athletes have to swim for 1.5 km, cycle for 40 km and run for 10 km. To finish the whole race, they need excellent concentration, persistence and physical conditions.



If the Olympic triathlon is too hard for you, you can start with the sprint triathlon. It is half the distance of the Olympic triathlon. The moderate distance makes it less challenging to the public and thus it is more popular.

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Before joining a triathlon, remember to get enough training and rest.

- B** Janelle is reading a film review. Read the film review. For Questions 1-3, choose the best answers.

Dangerous Circus

by Diana Chan



In this film, Paul Lee plays a clown in the circus. He asks the audience to play with the animals. Suddenly the lion wants to hurt the people. The clown is brave. He 5
tries to control the lion but he is not strong enough. In the end, other animals help calm the furious lion down.

This is my favourite film of the year. The actors have good acting skills and the story is very exciting. 10

1. Read line 2: ...Paul Lee plays a clown...

'Play' means _____.

- A. to sing B. to act
 C. to kick a ball D. to do something for fun

2. In line 3, what does the word 'ask' mean?

ask v

1. to put a question to someone
'She asked me where I lived.'
2. to invite someone
'I didn't ask Tom to dinner.'
3. to tell someone to let you do something
'Did you ask before you used the computer?'
4. to tell someone you want something
'My brother often asks for food even though he is full.'

- A. 1 B. 2 C. 3 D. 4

3. According to the text, which of the following is TRUE?

- A. It is a sad story. B. Diana Chan is an actress.
 C. Paul Lee is the main actor. D. The clown is afraid of the lion.

A Peter is asking Betty the activities she and her sister do. Complete their conversation with the correct words.

e.g. Peter : How often do you see the dentist?

Betty : I see the dentist once a year.

1. Peter : How often _____ you _____ ?

Betty : I have a dancing lesson twice a week.

2. Peter : _____ your sister _____ ?

Betty : My sister goes shopping three times a month.

3. Peter : _____

Betty : I went to the theatre once a week when I lived in London.

B Betty is asking Peter some questions. Look at the pictures and complete their conversation with the help of the given words.

How often do you read books?

e.g. I read books four times a week.

(    / week)

How often do you watch a film?

1. _____

( / week)

How often does your brother play tennis?

2. _____

(   / month)

How often does your dad go travelling?

3. _____

(  / year)



C Peter and Betty are chatting with an athlete, Henry. Read Henry's schedule. Complete their conversation with the correct words.

Henry's schedule	
Training	✓ ✓ ✓ / day
Weightlifting	✓ ✓ ✓ ✓ / week
Body Massage	✓ ✓ / week
Medical Check-up	✓ / year
Lesson	✓ / month

Betty : Hi, Henry. Can you tell us about the daily life of athletes?

Henry : Sure. Athletes have to do training like running and swimming.

Peter : 1. _____ do you have training?

Henry : I have training 2. _____. Weightlifting is essential in my training. I do it 3. _____.

I need to train myself more before competitions.

Peter : That sounds tiring. What will you do when you feel tired?

Henry : Well, every athlete needs to relax. I have a body massage 4. _____ to ease muscle pain. I also have a medical check-up 5. _____ to make sure I am in the best condition.

Betty : I see. I heard athletes need to go to school. Is it true?

Henry : You are right. We have lessons on how to prevent injuries, stay physically fit, communicate with our teammates, etc.

Peter : 6. _____ do you have lessons?

Henry : I go to school 7. _____. I learn many practical skills there every month.



We use 'one' to talk about the number of something and we use 'once' to tell the number of times we do something.

✗ She has *once* dress.

✓ She has *one* dress.

✗ She wore the dress *one*.

✓ She wore the dress *once*.

Writing

A Janelle got a letter from her American penfriend, Diana. Read the letter. Then help her revise the letter by replacing the underlined words with the given words. Write your answers on the lines.



family favourite How often injured leisure once twice

7 October 20XX

Dear Janelle,

How are you?

Let me tell you about my best-liked hobbies. I love sports. I play tennis with my friends one a week. It is fun. I go swimming with my mum, my dad and my brother three times a week.

I also like riding horses. I go horse riding two times a week. It is exciting! But last week I fell off a horse. Luckily I was not hurt.

How do you spend your free time? How frequently do you do sports? Hope to hear from you soon.

Love,
Diana



We should proofread our drafts carefully. Use more specific words and avoid clumsy expressions to improve our writing.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

B Janelle wrote a letter back to Diana but she made some mistakes. Read what she thinks and her letter. Then help her revise the letter by replacing the underlined words with the correct words.



Janelle

Today is 10-10-20XX. I'm free every day after school and at weekends. I don't like sports. Reading is my hobby. I read storybooks more than twice a week. I also like playing the piano but my mum only lets me play the piano less than three times a week.

11 October 20XX

Dear Diana,

Thank you for your letter. I am doing well.

I have little free time after school. I am also free on Mondays and Sundays. I like playing sports in my free time.

I like...

1. _____ 20XX

Dear Diana,

Thank you for your letter. I am doing well.

I have 2. _____ free time after school. I am also free on 3. _____ and Sundays. I don't like sweating so I 4. _____ playing sports.

I like 5. _____ and 6. _____.

I read storybooks 7. _____ a week but I can only play the piano 8. _____. Do you play any instruments?

Be careful when you go horse riding next time. Write soon.

Love,

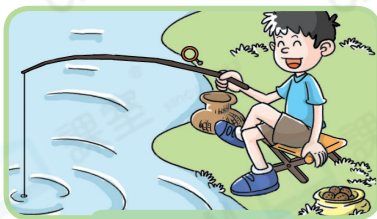
Janelle

Listening

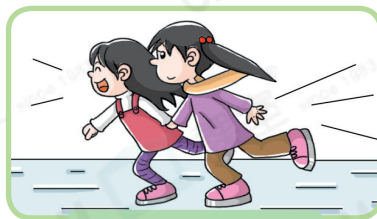
Listen now!



A There are plenty of activities we can do in our free time. Circle the one you like most.



go fishing



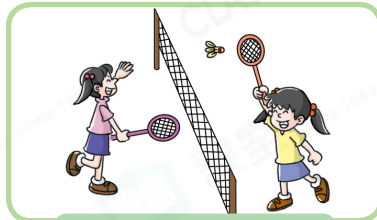
go ice-skating



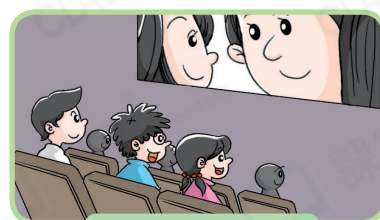
go swimming



go hiking



play badminton



watch a film

B Peter and Betty are talking at home. Fill in the blanks as you listen. For Questions 5 and 6, choose the best answers.

Peter felt bored. He wanted to 1. _____. Betty thought it was boring. She wanted to 2. _____. But Peter wanted to do outdoor activities. He suggested going 3. _____. Betty was not very interested in the option. At last, they decided to 4. _____ together.

5. Where are the children going?

A. to the beach

B. to the park

C. to the supermarket

D. to the cinema

6. What are Peter and Betty talking about?

A. activities

B. swimming

C. games

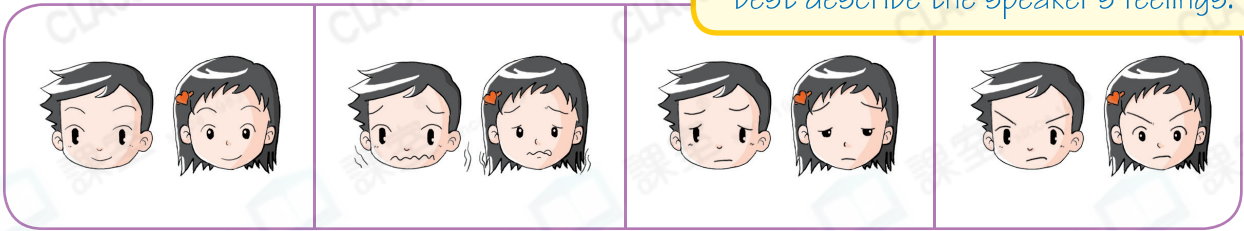
D. homework

C Today is Saturday. Peter and Betty are at home. Listen to what they say. Then choose the best answers.



You need to look at all the pictures before choosing the one that can best describe the speaker's feelings.

1. How do Peter and Betty feel?



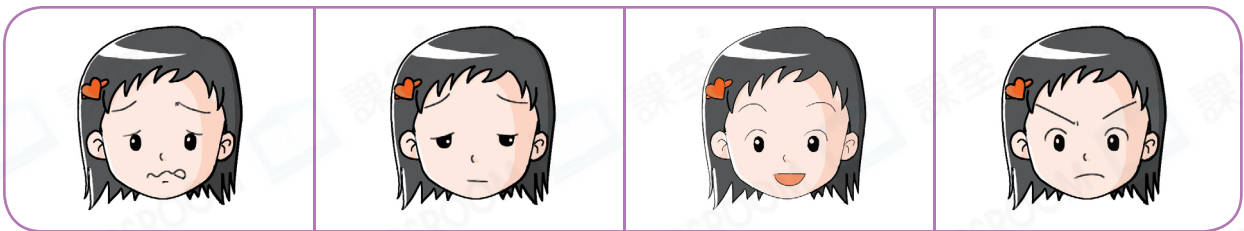
A.

B.

C.

D.

2. How does Betty feel?



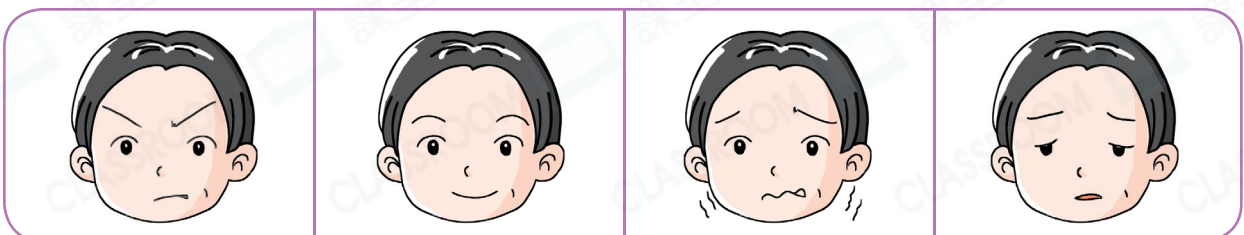
A.

B.

C.

D.

3. How does Dad feel?



A.

B.

C.

D.

D Peter and his dad are talking about what to do tomorrow. Listen to what they say. Then choose the best answers.

1. What does Peter's dad think about ice-skating?

A. boring

B. exciting

C. dangerous

D. fun

2. What does Peter think about watching the film?

A. noisy

B. boring

C. scary

D. exciting

3. What does Peter think about hiking?

A. tiring

B. interesting

C. dangerous

D. boring

4. What does Peter's dad think about swimming?

A. boring

B. healthy

C. dangerous

D. fun