



Learning Focus

- Reading** Making references
- Grammar** Past Continuous Tense + Reflexive Pronouns
- Writing** Writing a piece of text based on pictorial cues
- Speaking** Giving a presentation based on a piece of text



Reading



A Charles is interviewing Jake Wong, a famous athlete, at the school hall. Read the interview. For Questions 1-4, choose the best answers. Then fill in the blanks for Questions 5-6 and answer Questions 7-9 in complete sentences.

Charles : Good morning, Jake. Thank you very much for coming today. Congratulations on your first victory in the world championship!

Jake : Thanks! I'm glad to be here.

Charles : How did you become a professional badminton player?

Jake : It began when I was a six-year-old boy. At that time, my elder brother was crazy about badminton and he taught me how to play. We used to practise together in the playground in our estate when we had time. I always lost when I competed with him at first. However, I improved a lot and became good at badminton after joining the school team in secondary school.

Charles : Why do you like badminton?

Jake : My favourite part is its fast rhythm.

Charles : What changes has badminton brought you?

Jake : It has definitely brought me lots of changes! First, I have lost some weight because the training is always intensive. My teammates and I have to practise it for almost eight hours every day. Second, I have become stronger. I used to get sick easily but not now anymore.

Charles : What do you think is the key to becoming a successful athlete?

Jake : To become successful, you should never give up. Not long after I became a professional player, I always lost when I competed with other great badminton players. But I knew that great things take time and require hard work, so I practised day and night. Keep trying and your dream will come true one day!

Charles : That's all for the questions. Thank you for your inspiring words!

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1. Where did Charles and Jake have the interview?
- A. in a studio B. in a badminton court
- C. at Charles' home D. in a school

2. In line 5, 'it' refers to Jake's _____.
- A. first victory in the world championship
- B. journey of becoming a professional badminton player
- C. love for badminton
- D. playing badminton for the first time



Refer to the previous sentences to find out the answer.

3. Jake likes playing badminton because it _____.
- A. helps him make friends
- B. enables him to defeat his brother
- C. makes him successful
- D. has a fast rhythm

4. According to the text, which of the following is FALSE?
- A. Jake does not go to see the doctor very often now.
- B. Jake's brother is the one who aroused Jake's interest in badminton.
- C. Jake has badminton training alone.
- D. Jake did not give up even when he lost a badminton competition.

5. When did Jake start playing badminton?

Jake started playing badminton _____.

6. The word '_____ ' in the interview means 'making people want to do something'.

7. How many times has Jake won the world championship?

8. Was Jake a good badminton player when he was little? Why or why not?

9. What did Jake advise people not to do if they want their dreams to come true?

B Erica is reading a recipe. Read the recipe. For Questions 1-3, choose the best answers. Then answer Questions 4-5 in complete sentences.

Grilled Chicken Breast

Preparation time: 5 mins

Cooking time: 20 mins

Servings: 2

Ingredients:

- 400 grams chicken breast
- 1 tablespoon of oil
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- ½ teaspoon of garlic powder
- ½ teaspoon of chilli powder

Steps:

1. Mix the salt, black pepper, garlic powder and chilli powder in a small bowl. 10
2. Season the chicken breast with the mixture and massage it with your hands.
3. Grease the grill pan well. Preheat the pan for 30 seconds.
4. Grill the chicken breast for 7 minutes for each side. Flip it once only.
5. Cut the chicken breast into thick slices.



1. When should Erica start making the dish if she wants to finish it at 1 pm?
 A. at 12:35 pm B. at 12:40 pm C. at 12:45 pm D. at 12:55 pm
2. How much chicken breast does Erica need to cook the dish for 6 people?
 A. 400 grams B. 800 grams C. 1000 grams D. 1200 grams
3. In line 11, 'the mixture' consists of _____.
 A. salt and black pepper
 B. black pepper and garlic powder
 C. salt, black pepper, garlic powder and chilli powder
 D. salt, black pepper, garlic powder, chilli powder and oil



What do you need to mix in the small bowl?

4. What ingredient does Erica need to complete step 3?

5. What should Erica pay attention to when she is grilling the chicken breast?

- C** Charles is reading a brochure. Read the brochure. For Questions 1-2, choose the best answers. Then answer Question 3 in a complete sentence.



Extended Reading

Train Your Body!

Benefits of Exercising

- Burn body fat to keep the body in shape
- Build muscle strength
- Increase level of happiness



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Simple Daily Exercises

- Take the stairs
- Go for a stroll after meals
- Do push-ups at home



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Steps of Exercising

1. Warm-up exercises or stretching exercises
2. Aerobic exercises or muscle-training exercises
3. Cool-down exercises

Frequency and Duration of Exercising

- 3 times or above per week
- 30-45 minutes per session



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1. In line 1, 'Your Body' refers to _____ body.
 - A. Charles'
 - B. every athlete's
 - C. the reader's
 - D. every primary student's
2. What does Charles know after reading the brochure?
 - A. Exercise makes people feel joyful.
 - B. Walking slowly after meals is not good.
 - C. Exercising twice a week is enough.
 - D. People do stretching exercises before doing aerobic exercises.



Read each section of the brochure carefully and then eliminate the wrong options.

STEAM

3. Scan the QR code and read the web page. Charles is 45 kg. How many kilocalories does he expend when he plays the piano for an hour?

A Charles is telling his dad what happened during the PE lesson today. Put a '✓' in each of the correct boxes.



Charles

Miss Yu 1. us how to serve a volleyball today. Ben 2. with Vicky loudly 3. Miss Yu was demonstrating the skill. We then started to practise serving. All of us 4. our balls nicely 5. Ben 6. Vicky hard with the ball because he didn't pick up the skill. Miss Yu was angry!

- | | | | |
|--|--------------------------------------|--------------------------------------|---------------------------------------|
| 1. <input type="checkbox"/> is teaching | <input type="checkbox"/> taught | <input type="checkbox"/> teaches | <input type="checkbox"/> was teaching |
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| 3. <input type="checkbox"/> because | <input type="checkbox"/> while | <input type="checkbox"/> when | <input type="checkbox"/> or |
| 4. <input type="checkbox"/> were serving | <input type="checkbox"/> served | <input type="checkbox"/> serve | <input type="checkbox"/> are serving |
| 5. <input type="checkbox"/> however | <input type="checkbox"/> while | <input type="checkbox"/> when | <input type="checkbox"/> and |
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B Erica is writing in her diary. Complete the diary entry with the correct form of the given words and circle the correct answers.

7th May, 20XX (Sun)

Rainy

I woke up at 10 am today. I 1. _____ (have) breakfast
2. **when / while** Jessie 3. _____ (call) me.

Jessie came by in the afternoon. The weather was not fine so I suggested staying indoors to play my favourite dancing game. It 4. _____ (rain) heavily 5. **when / while** we 6. _____ (play) the game.

I sweated a lot so I decided to take a shower. I 7. _____ (take) a shower 8. **when / while** Mum 9. _____ (come) back home from work.

In the evening, Mum 10. _____ (cook) noodles
11. **when / while** Jessie and I 12. _____ (cut) pumpkins. We

made creamy pumpkin soup in the end. It was yummy! What a nice day!



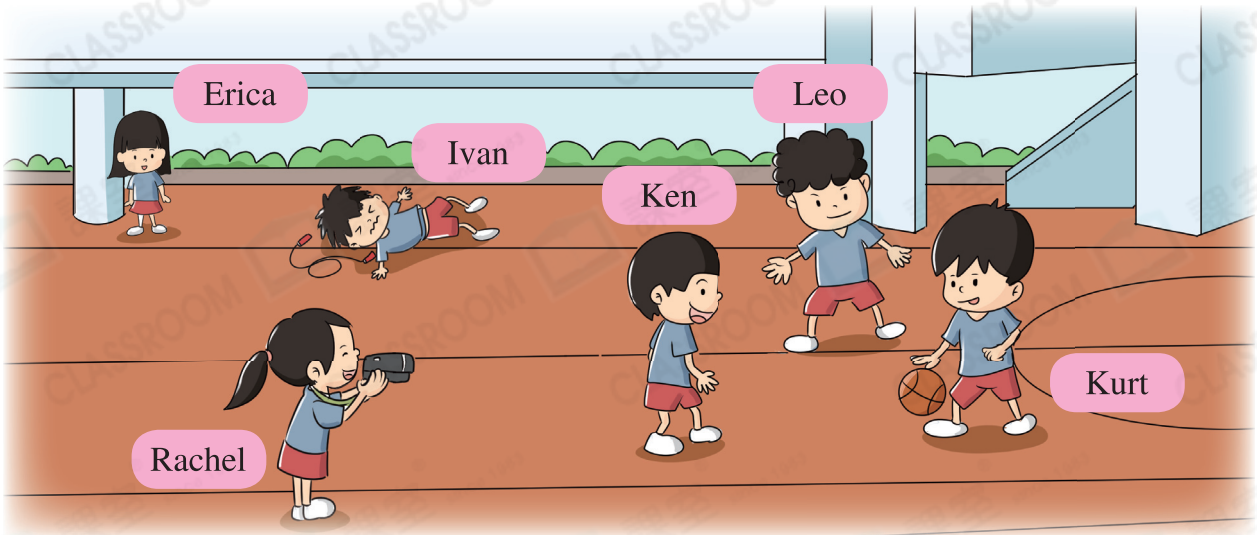
When we talk about a shorter action and a longer action that happened in the past in a sentence, we use the past continuous tense for the longer action.

✗ I sang when Mum opened the door suddenly.

✓ I was singing when Mum opened the door suddenly.



Charles and Erica are talking about what happened at recess. Look at the picture and complete their conversation with the correct form of the given words.



: Hi, Erica! Where 1. _____ (be) you at recess?



: I 2. _____ (be) in the covered playground.



: I heard that Mr Chan 3. _____ (bring) Ivan to the medical room.
What happened to him?



: He 4. _____ (skip) when he 5. _____ (trip) and
6. _____ (fall) down.



: Poor him! I hope he is fine now. By the way, 7. _____ you
_____ (see) Rachel? I couldn't find her.



: Yes, she was at the basketball court.



: What 8. _____ she _____ (do) there?



: She 9. _____ (take) a video of Kurt and his friends while they
10. _____ (play) basketball there.



: Oh, probably she 11. _____ (film) for the Campus TV.



: Yes, I think so. By the way, I 12. _____ (walk) up the stairs when
I 13. _____ (meet) Miss Lam. She 14. _____
(ask) you to see her after school today in the staff room.



: OK. Thanks for telling me.

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

Dear Grandma,

Today is the Sports Day. Leo and I went to the

- 1 sports ground by themselves. My friend Carmen brought some cheerleading props there. She made
 2 all of them by sheself. Leo joined the long jump
 3 and he got him a silver medal! I joined the 100 m
 4 race and the high jump but I couldn't get mine any medals. Mum said, 'It's OK as long as you tried
 5 your best and didn't let herself feel regretful!'

1. _____

2. _____

3. _____

4. _____

5. _____

E Erica is writing about her day. Complete the diary entry with the correct form of the given words.

herself himself itself myself ourselves themselves yourselves

My friends came to my home today because we wanted to make tuna and tomato pasta by 1. _____. However, there were a series of accidents. I was looking for the pasta when I hurt 2. _____ by banging my head on the cabinet door. Terry 3. _____ (boil) water when he scalded 4. _____. Jessie was chopping the tomatoes into small pieces when she 5. _____ (cut) 6. _____. Tim and Donna 7. _____ (put) the dish into the oven when both of them 8. _____ (burn) 9. _____. Jenny 10. _____ (go) to serve the dish when she 11. _____ (step) on my dog Lucky's tail and fell down. Lucky then licked 12. _____ sadly. At last, we spent a long time tidying up everything as the kitchen was super messy. I told Mum what happened today and she said, 'All of you should be more careful next time and take care of 13. _____!'



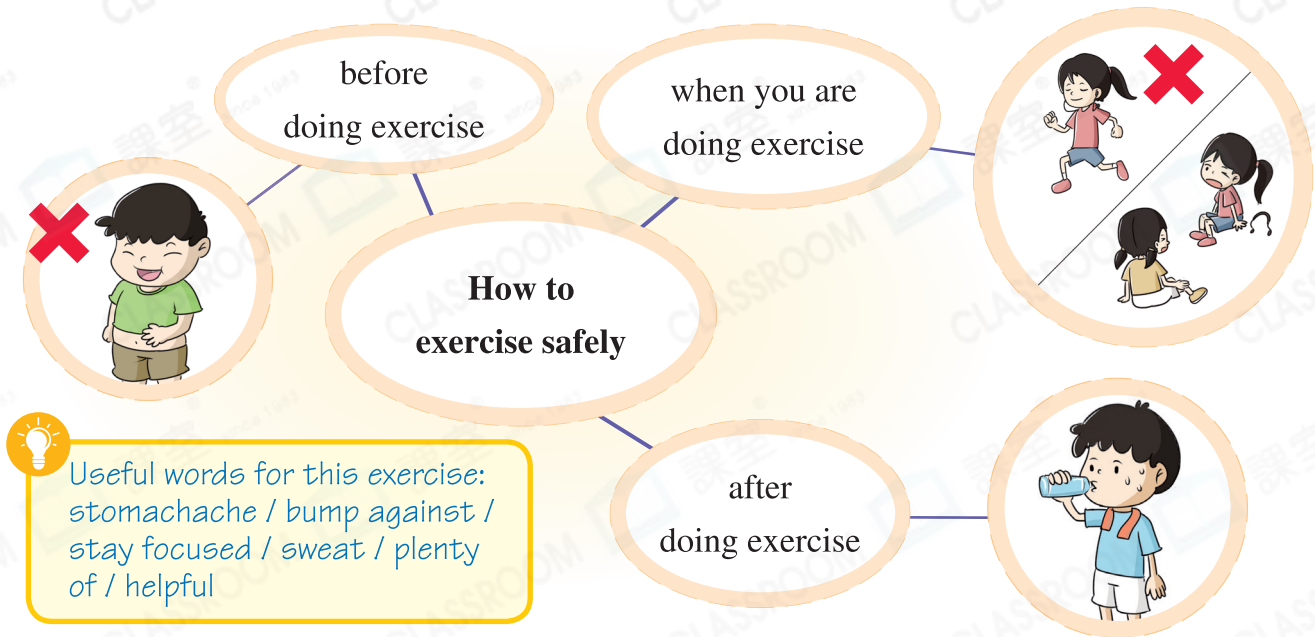
We use 'yourselves' when we want to talk about two or more people.

✗ Mum told me, 'You can go to school by yourselves.'

✓ Mum told my brother and me, 'You can go to school by yourselves.'

Writing

A Charles is writing a note to his classmates about how to exercise safely. Help him complete the note with the help of the mind map.



Dear classmates,

Yesterday Rex was playing basketball 1. _____ he fell and hurt 2. _____ during the PE lesson. To prevent accidents from happening again, here are some tips on 3. _____.

First, before doing exercise, do not 4. _____. Exercising on a full stomach is bad for digestion and you may 5. _____ easily.

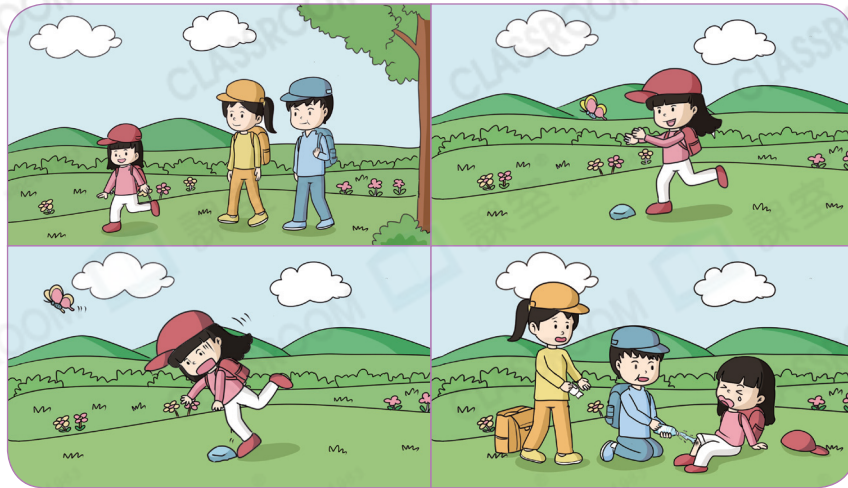
Second, when you are doing exercise, you should 6. _____. Avoid 7. _____ while 8. _____. It is dangerous because you may 9. _____ and get hurt.

Finally, after doing exercise, you should 10. _____. It is because you 11. _____ during exercise. You may feel unwell when there is insufficient water in your body.

I hope 12. _____.

Best,
Charles

B Erica is writing an e-mail to her friend about her hiking trip last week. Help her complete her e-mail with the help of the pictures.



To: ninacheung@coolmail.com
 From: ericalai@hkmail.com
 Subject: An accident during my hiking trip

Look at the pictures in detail, including the backgrounds.

Dear Nina,

How are you? Last Saturday, I 1. _____ with my parents in
 2. _____. There were many 3. _____.
 The air 4. _____ too. We 5. _____ to the top
 of the mountain when I 6. _____. I wanted to
 catch it so 7. _____. I didn't notice that 8. _____
 _____. I 9. _____
 _____. I 10. _____ in my knee so I cried loudly. My
 parents rushed to my side immediately. Dad 11. _____
 _____ when Mum 12. _____
 _____. They told me to look after 13. _____
 _____.

What did you do last week? Write soon.

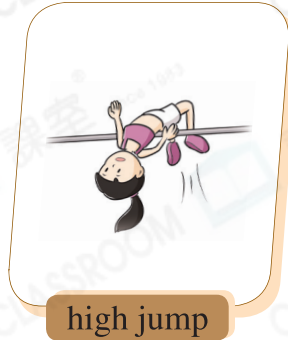
Best,
 Erica

What should Erica do to prevent similar accidents from happening again?

Speaking

A Read aloud.

1. What can you see in the pictures? Read the words aloud.



2. Read the sentences to your classmate. Then circle the 'c' sounds and underline the 'h' sounds.

Cecilia likes climbing. She is courageous and confident.
Hiking is Harry's habit. He takes his hat with him when he hikes.

B Read the text aloud. Then answer the questions.

From Stressed to Strong

Hong Kong students may be the busiest students in the world. From Monday to Friday, they go to school for eight hours every day. Some even have to go to tutorial classes after school. When they finally return home, homework and revision are still waiting for them. Such a busy schedule makes every Hong Kong student stressed.

Doing exercise can help them get away from pressure. When we do exercise, we should forget about homework and tests. All we have to do is to enjoy exercising and be careful not to get hurt. Jogging and playing badminton are good choices for students. They are easy and fun.

Remember, doing exercise helps us relax and makes our body strong. Study hard and exercise hard!

1. What do Hong Kong students do when they return home after tutorial classes?
2. What do we need to pay attention to when we exercise?
3. What kind of exercise does the text recommend to students? Why?
4. What are the benefits of doing exercise?

C Talk about your habit of doing exercise with your classmate.

1. How often do you do exercise?
2. What kind of exercise do you usually do?
3. Who do you do exercise with?
4. What is your favourite sport? Why?

D Charles is reading a brochure. Give a presentation to introduce the sport classes people can join with the help of the brochure.

Sports Classes	Schedule (Jun – Aug)	
 <ul style="list-style-type: none">• Professional coaches• Free of charge• Equipment provided• Classes specially designed for children (aged 6 to 12) and the elderly (aged 60 or above) available	<p>Badminton</p> <ul style="list-style-type: none">• Every Monday, 7:00 pm – 8:30 pm• Class for children: Every Wednesday, 3:30 pm – 5:00 pm• Venue: River Road Sports Centre	<p>Water Polo</p> <ul style="list-style-type: none">• Every Friday, 6:30 pm – 7:30 pm• Venue: River Road Swimming Pool* Participants should be able to swim 50 metres.* Please bring your own swimsuit.
	<p>Football</p> <ul style="list-style-type: none">• Every Tuesday, 7:00 pm – 8:30 pm• Class for children: Every Thursday, 4:00 pm – 5:30 pm• Venue: River Road Sports Ground	<p>Table Tennis</p> <ul style="list-style-type: none">• Every Saturday, 10:00 am – 11:30 am• Class for the elderly: Every Sunday, 9:30 am – 11:00 am• Venue: River Road Sports Centre



You may introduce the classes briefly first and then talk about the details.

Good morning, everyone. Today I want to...



Charles