

Adonab School (1-10)

Summary of:

# Unit **One**: More Free Time

( CB & SB )

Grade: 8A

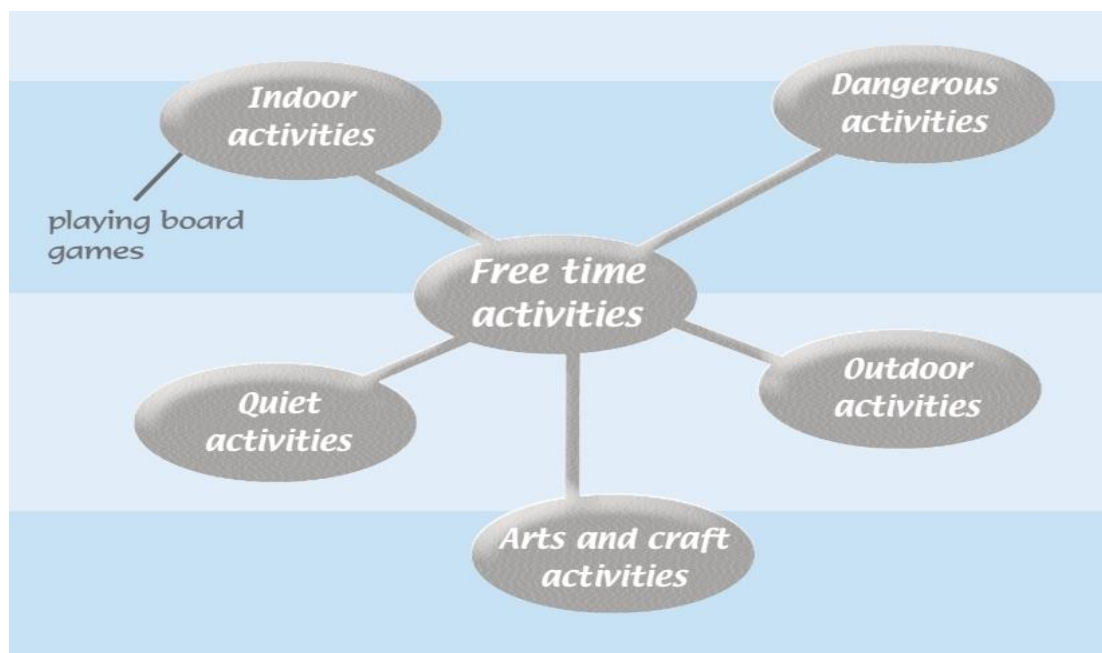
(2020/2021)

*Prepared by: T. Wafa Ao-Sangli*








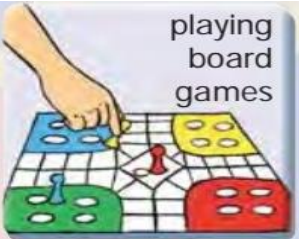




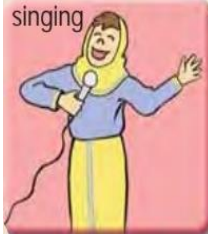


## Read and Study:

### 1) Types of Free Time Activities

Type	Meanings
1. <b>Indoor</b> activities	أنشطة داخل قاعة أو غرفة
2. <b>Outdoor</b> activities	أنشطة خارج قاعة أو غرفة
3. <b>Quiet</b> activities	أنشطة هادئة
4. <b>Dangerous</b> activities	أنشطة خطيرة
5. <b>Arts and Crafts</b> activities	أنشطة فنون ومشغولات يدوية



## Examples of Free Time Activities

Type	Examples			
<b>1. Indoor</b> activities	 <p>using the computer</p>	 <p>playing the keyboard</p>		
<b>2. Outdoor</b> activities	 <p>camping</p>	 <p>fishing</p>	 <p>jogging</p>	
<b>3. Quiet</b> activities	 <p>collecting postcards</p>	 <p>taking photographs</p>	 <p>playing board games</p>	
<b>4. Dangerous</b> activities	 <p>karate</p>	 <p>skiing</p>	 <p>skateboarding</p>	
<b>5. Arts and Crafts</b> activities	 <p>making models</p>	 <p>singing</p>	 <p>sewing</p>	 <p>dancing</p>

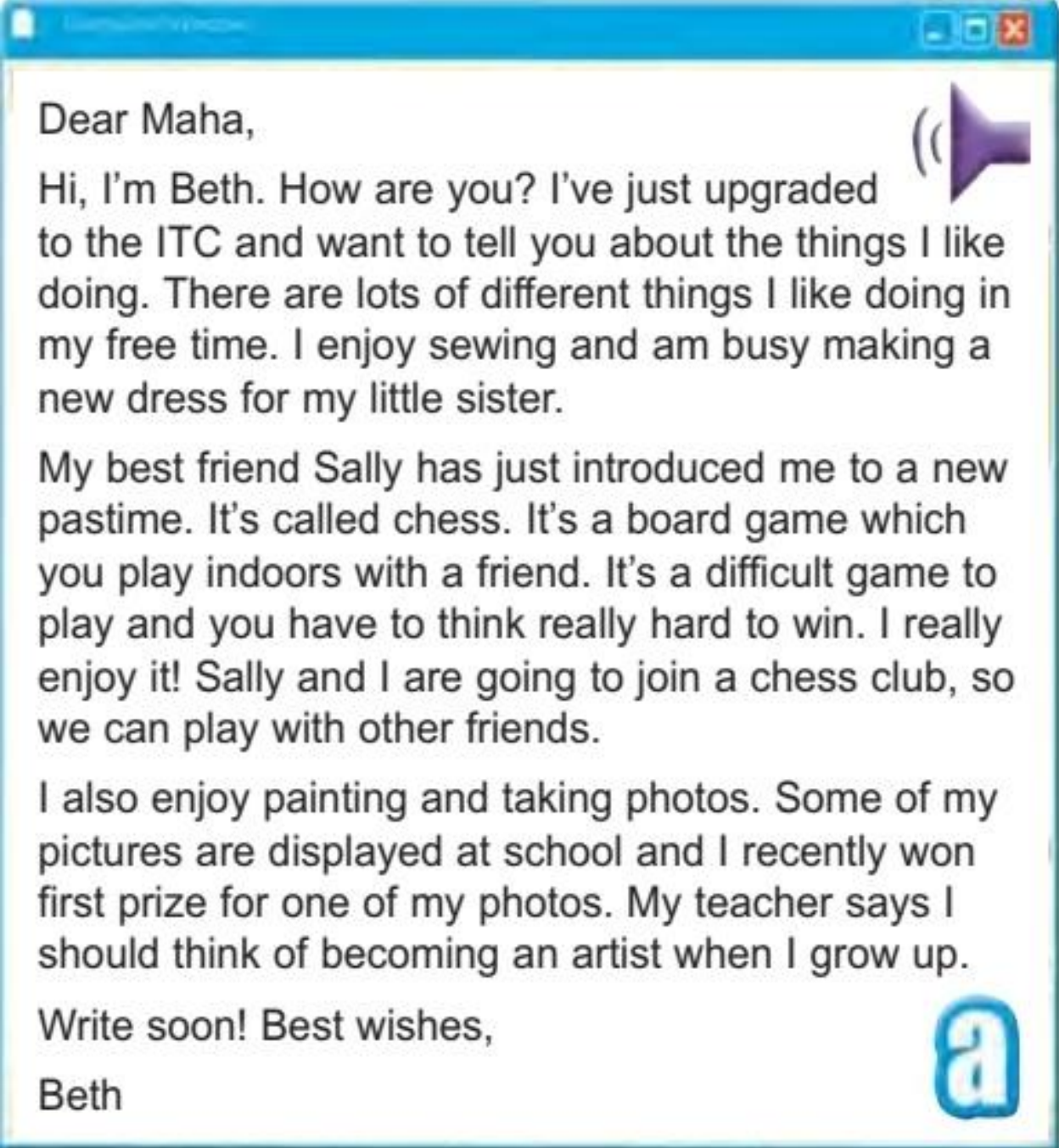
**Q. Write your examples for:**

Outdoor activities: \_\_\_\_\_

Indoor activities: \_\_\_\_\_

## 2) Reading Free Time E-mails:

Read the following e-mails. Write short answers.



Dear Maha,



Hi, I'm Beth. How are you? I've just upgraded to the ITC and want to tell you about the things I like doing. There are lots of different things I like doing in my free time. I enjoy sewing and am busy making a new dress for my little sister.

My best friend Sally has just introduced me to a new pastime. It's called chess. It's a board game which you play indoors with a friend. It's a difficult game to play and you have to think really hard to win. I really enjoy it! Sally and I are going to join a chess club, so we can play with other friends.

I also enjoy painting and taking photos. Some of my pictures are displayed at school and I recently won first prize for one of my photos. My teacher says I should think of becoming an artist when I grow up.

Write soon! Best wishes,

Beth



Read the e-mail. Answer the following questions with short answers.

**Q1.** Who's the e-mail from? ( name/ person)

-----

**Q2.** What is the e-mail about?

-----

**Q3.** Complete:

This e-mail starts with: -----

This e-mail ends with: -----

**Q4.** Can you start the e-mail with Hi or Hello instead of Dear?

-----

**Q5.** How many paragraphs in this e-mail? ( number)

-----

**Q6.** Underline 3 names of people in this e-mail. What are they?

-----

**Q7.** Circle verbs in paragraph 3 ( 6 verbs)

**Q8.** How many activities does Beth enjoy? ( number)

-----

**Q9.** What are these activities?

-----

**Q10.** Who is Beth's best friend? (name/person)

-----

**Q11.** What is a board game which you can play indoor with a friend?

-----

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**Q12.** Why Beth and her friend decided to join chess club? (reason)

-----

**Q13.** Where did Beth display her photos? (name/place)

-----

**Q14.** How many prizes did she win? (number)

-----

**Q15.** Why do you think Beth's teacher encourage her to become an artist in the future?

Because-----

**Q16.** Search in your dictionary for the meaning of these words.

Write their meanings with your examples.

words	meanings	My Examples
upgraded (v)		
busy (adj.)		
introduced (v)		
pastime (n)		
hard (adj.)		
displayed (v)		
grow up (v)		

**Q17.** Read the e-mail again. Write the opposite of these words.

e.g: big × small

same × \_\_\_\_\_

old × \_\_\_\_\_

outdoor × \_\_\_\_\_

easy × \_\_\_\_\_

lazy × \_\_\_\_\_

**Q18. Complete:**

In paragraph 2, line 6, the pronoun we refers to -----

**Q19. Write** the missing letters in these words:

Cl\_\_b

g\_\_me

sc\_\_ool

fr\_ends

\_\_row up

**Q20. :** Read the email again. Write 2 examples for each item.

People	places	jobs	objects

**Read the following e-mail. Write short answers.**



Dear Ashok,



I've just joined the ITC and thought it would be great if we could write to each other. I live in Oman. There's a lot to do in Oman during your free time. I really enjoy swimming and go to the beach every day. During the weekend, my family go to Wadi Bani Khalid. It's a beautiful place with lots of pools of cool, clear water to swim in but you have to be careful as it can be dangerous swimming in wadis.

Oman is a really hot country and it's good to have some indoor activities to do during the summer. I like writing and collecting postcards. I have a hundred postcards from my friends in different countries like Kuwait, Kenya, Korea and Canada. Maybe you can send me a postcard too!

I've just started playing chess – it's a great board game! I've already played in some competitions at school and think if I keep on practising I'll win one day. You should try it, it really makes you think!

I'm good at music and like playing the keyboard. I've just joined the music club at school and we're practising our National Anthem for National Day.

Best wishes,  
Ahmed





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**Q1. Who's the e-mail from? ( name/ person)**

-----

**Q2. What is the e-mail about?**

-----

**Q3. Complete:**

This e-mail starts with: -----

This e-mail ends with: -----

**Q4. Can you start the e-mail with Hi or Hello instead of Dear?**

-----

**Q5. How many paragraphs in this e-mail? ( number)**

-----

**Q6. Where does Ahmed live? (place)**

-----

**Q7. Why do you have to be careful to swim in wadais? (reason)**

-----

**Q8. Where does Ahmed's family usually go at weekend? (place)**

-----

**Q9. What's the weather look like in Oman?**

-----

**Q10. Underline names of countries in this e-mail.**

-----

**Q11. Circle all verbs in paragraph 2**

**Q12. How many activities does Ahmed enjoy? ( number)**

-----

**Q13.** What are these activities?

-----

**Q14.** Why does Ahmed decided to join music club? (reason)

-----

**Q15.** Search in your dictionary for the meaning of these words.  
Write their meanings with your examples.

words		meanings	My Examples
beach	(n)		
pools	(n)		
summer	(n)		
join	(v)		
practise	(v)		
a postcard	(n)		
competitions	(n)		

**Q16.** Read the e-mail again. Write the opposite of these words.

e.g: big × small

beautiful × \_\_\_\_\_

cool × \_\_\_\_\_

clear × \_\_\_\_\_

dangerous × \_\_\_\_\_

win × \_\_\_\_\_

**Q17.** Complete:

In paragraph 1, line 6, the pronoun It refers to -----

**Q18. Write** the missing letters in these words: (one letter)

Li\_\_e      g\_\_eat      \_\_amily      coun\_\_ry      wi\_\_hes

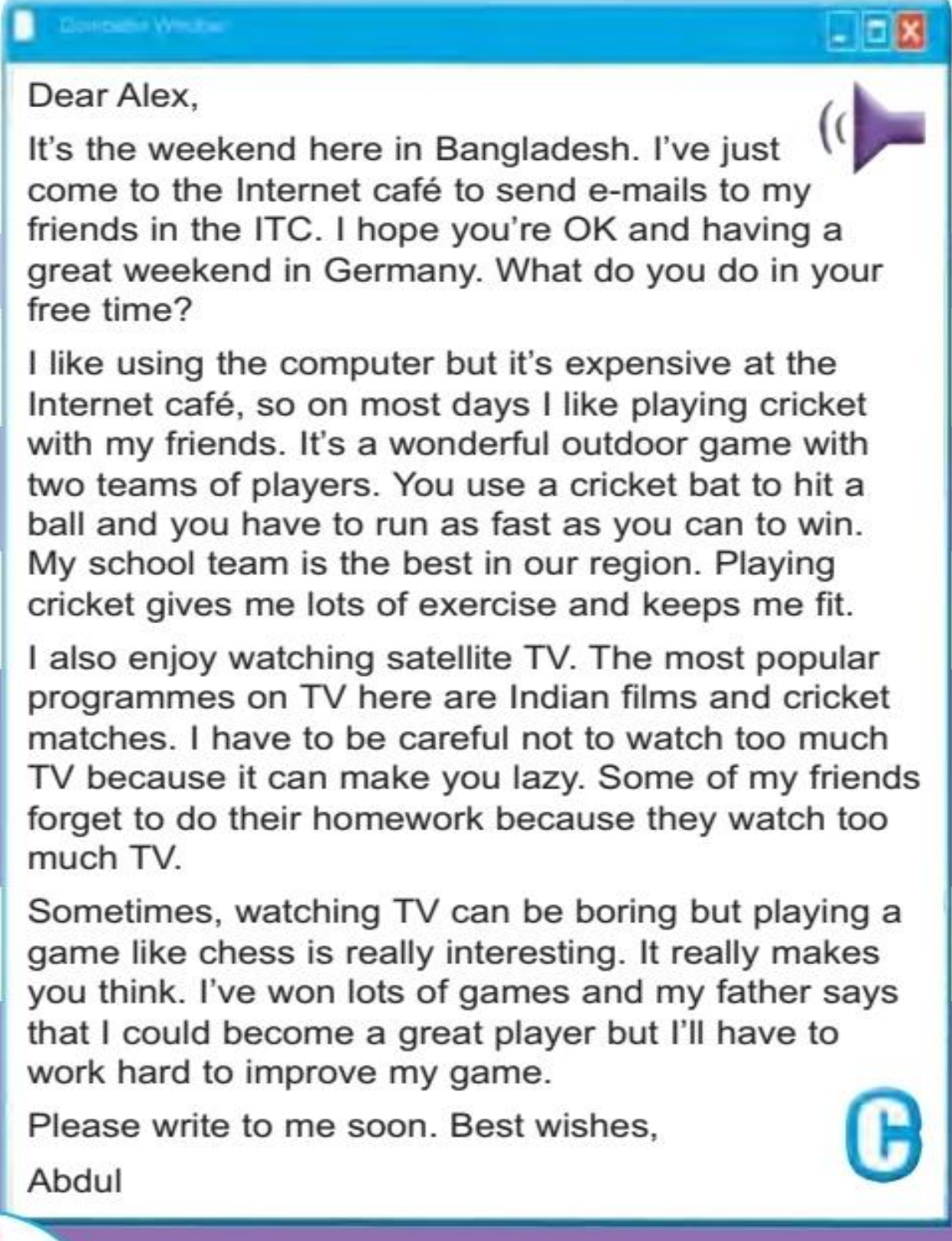
**Q19. : Read** the email again. **Write** 2 examples for each item.

People	places	countries	objects

**Q20. What is it? :**

\*a board game that makes you think a lot. \_\_\_\_\_

Read the following e-mail. Write short answers.



Dear Alex,

It's the weekend here in Bangladesh. I've just come to the Internet café to send e-mails to my friends in the ITC. I hope you're OK and having a great weekend in Germany. What do you do in your free time?

I like using the computer but it's expensive at the Internet café, so on most days I like playing cricket with my friends. It's a wonderful outdoor game with two teams of players. You use a cricket bat to hit a ball and you have to run as fast as you can to win. My school team is the best in our region. Playing cricket gives me lots of exercise and keeps me fit.

I also enjoy watching satellite TV. The most popular programmes on TV here are Indian films and cricket matches. I have to be careful not to watch too much TV because it can make you lazy. Some of my friends forget to do their homework because they watch too much TV.

Sometimes, watching TV can be boring but playing a game like chess is really interesting. It really makes you think. I've won lots of games and my father says that I could become a great player but I'll have to work hard to improve my game.

Please write to me soon. Best wishes,

Abdul

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**Q1. Who's the e-mail from? ( name/ person)**

-----

**Q2. What is the e-mail about?**

-----

**Q3. Complete:**

This e-mail starts with: -----

This e-mail ends with: -----

**Q4. Can you start the e-mail with Hi or Hello instead of Dear?**

-----

**Q5. How many paragraphs in this e-mail? ( number)**

-----

**Q6. Where does Abdul live? (place)**

-----

**Q7. Where does Abdul go to send emails to his friends? (place)**

-----

**Q8. Where does Alex live? (place)**

-----

**Q9. What does Abdul like to play on most days? ( a game)**

-----

**Q10. Underline names of countries in this e-mail.**

-----

**Q11. Circle all adjectives in paragraph 3**

**Q12. How many activities does Abdul enjoy? ( number)**

-----

**Q13.** What are these activities?

-----

**Q14.** Does Abdul watch too much TV? Why?

-----

**Q15.** Search in your dictionary for the meaning of these words.  
Write their meanings with your examples.

words		meanings	My Examples
cafe	(n)		
hit	(v)		
team	(n)		
players	(n)		
fit	(adj.)		
region	(n)		
Improve	(v)		

**Q16.** Read the e-mail again. Search and Write the opposite of these words.

e.g: big × small

expensive × \_\_\_\_\_

Outdoor × \_\_\_\_\_

fast × \_\_\_\_\_

lazy × \_\_\_\_\_

boring × \_\_\_\_\_

**Q17. Complete:**

In paragraph 1, line 3, the pronoun you refers to -----

**Q18. Write** the missing letters in these words: (one letter)

Inte\_\_net      ba\_\_      exerci\_\_e      po\_\_ular      fi\_\_ms


**Q19. :** Read the email again. Write 2 examples for each item.

People	TV. programmes	countries	games

**Q20. What is it? :**

\*a board game that makes you think a lot. \_\_\_\_\_

**Read the following e-mail. Write short answers.**



Dear Maryam,


Hello, I'm from Jeddah. I think it's great that you've joined the ITC. It's a great club. You learn lots of new things, there's a lot to do and you can make new friends from around the world. When I first joined the ITC, I wasn't very good at using computers and writing e-mails. Now I use the computer every day for studying and in my free time.

I enjoy playing games on the computer like draughts, solitaire and chess. Sometimes I play games with my friends on the Internet and sometimes I play on my own with the computer. I sometimes win against my friends but I always lose against the computer!

I also really enjoy reading and have just bought a new book all about origami. It's a fantastic book that tells you how to make paper models. Origami is a quiet activity and a great way of making presents to give to family and friends.

Please write soon. I really want to hear what you do in your free time.

Najma





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**Q1. Who's the e-mail from? ( name/ person)**

-----

**Q2. What is the e-mail about?**

-----

**Q3. Complete:**

This e-mail starts with: -----

This e-mail ends with: -----

**Q4. Can you start the e-mail with Hi or Hello instead of Dear?**

-----

**Q5. How many paragraphs in this e-mail? ( number)**

-----

**Q6. Where does Najma live? (place)**

-----

**Q7. When Najma becomes good at using computer? (Time)**

-----

**Q8. What are games that Najma enjoy playing on the computer?**

-----

**Q9. How does she play these games? ( 2 ways)**

-----

**Q10. What has she bought?**

-----

**Q11. Circle all nouns in paragraph 3**

**Q12. How many activities does Najma enjoy? ( number)**

-----

**Q13.** What are these activities?

-----

**Q14.** What is Origami?

-----

**Q15.** Search in your dictionary for the meaning of these words.  
Write their meanings with your examples.

words	meanings	My Examples
great (n)		
learn (v)		
against (adv.)		
lose (v)		
models (n)		
presents (n)		
fantastic (adj.)		

**Q16.** Read the e-mail again. Search and Write the opposite of these words.

e.g: big × small

new × \_\_\_\_\_

lots × \_\_\_\_\_

first × \_\_\_\_\_

good × \_\_\_\_\_

quiet × \_\_\_\_\_

**Q17. Complete:**

In paragraph 1, line 1, the pronoun I refers to -----

**Q18. Write** the missing letters in these words: (one letter)

Wor\_\_d      com\_\_uter      pa\_\_er      presen\_\_s      wr\_\_te

**Q19. :** Read the email again. Write 3 examples for each item.

People	games	Objects

**Q20. What is it? :**

- Making paper models \_\_\_\_\_

Read the following Story. Write short answers.

2 Read the story.

## BUSY BASIM and LAZY LATIFA



One day, Basim and his sister Latifa returned from school. Latifa said, 'I'm too tired to do anything!' and sat down in front of the television to watch her favourite programme, *Cook with Khalid*. While she was watching the television, the doorbell rang and Basim answered it. It was his friends asking him to play football. Basim went to play football in the park with his friends. After an hour, Basim came home and made an origami model out of paper for his parents as a present but Latifa carried on watching the television. Then, Basim washed the car but Latifa carried on watching television. After washing the car, Basim rang Ahmed and asked him to come and play chess but Latifa carried on watching television. Latifa was so bored that she fell asleep in front of the television. After playing chess, Basim started cleaning his room. When Latifa woke up, Basim was sorting his collection of postcards. In the evening, after dinner, Basim and Latifa's parents asked, 'Have you done your homework?' 'Oh no!' said Basim and Latifa. 'We've forgotten to do it!' 'Basim, you've been too busy with your hobbies and friends,' said Basim's mother. 'Latifa, you've been very lazy watching TV and sleeping,' said Latifa's father. 'We think you should do your homework,' said their parents. 'Yes!' said Basim and Latifa and went to their rooms to do their homework.



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**Q1.** What is the title of this story?

-----

**Q2.** circle the correct option:

\*This story starts with \_\_\_\_\_ (one day – Yesterday –last year)

**Q3.** Underline all verbs in the story.

**Q4.** How many charaters in this story? Who are they?

-----

**Q5.** Where did this story happen? (places)

-----

**Q6.** Why Basim was too busy? (reason)

-----

**Q7.** How many activities did he do? (number)

-----

**Q8.** What are these activities?

-----

**Q9.** Why Latifa was too lazy? (reason)

-----

**Q10.** How many activities did she do? (number)

-----

**Q11.** What are these activities?

-----

**Q12.** At the end of the story, What did Basim and Latifa forget to do?

-----

**Q13.** Who ask them about their homework? (people)

-----

**Q14.** Is it good to be too busy or too lazy? Why?

-----

-----

**Q15.** Do you like the story? Why?

-----

-----

**Q16.** Look at this picture. Describe and comment on it.



Helpful Questions

What can you see in this picture?

How many people you can see?

Where are they?

What do they wear?

What are they doing now?

How do they feel?

What do you think of this picture?

(your opinion)

-----

-----

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-----

-----

-----

-----

**Read about ITC members. Write short answers.**

I think collecting things can be a bit too expensive. I prefer playing board games, especially chess and carom. That's why I joined the Games Club at school. It's really good because you can make new friends. Next year, I think I'll join the Music Club. So I can learn to play the keyboard. It's very difficult but I want to try!



1

Q1. What games does he like to play? (2 games)

-----

Q2. Why did he join the games club? (reason)

-----

Q3. What will he do next year?

-----

Q4. Underline (too+ negative adjectives)

Watching TV all day is too boring. I like doing other things instead. I enjoy the excitement of outdoor activities like horse riding, cycling or skateboarding. My family think they're all very dangerous but I'm very careful!



2

Q1. What type of activities does he like to do?

-----

Q2. What are these activities?

-----

Q3. What does his family think of these activities?

-----

Q4. Underline ( very+ positive adjective)



The outdoor life is too exciting for me. I prefer quiet, indoor activities such as reading and writing. It's very interesting collecting things like badges and telephone cards. Some say that it's too boring for them but you never know – the badges may become valuable one day!



3

Q1. What type of activities does she like to do?

-----

Q2. What are these activities?

-----

Q3. Give examples of badges.

-----

Q4. Underline ( too + negative adjective)

-----

I don't think it's good to be too busy or too lazy. Balancing your work time and free time is important. That's why I make sure I do all my homework before spending my time with friends or doing a hobby. Watching TV can be very interesting.



4

Q1. What are activities does he like to do?

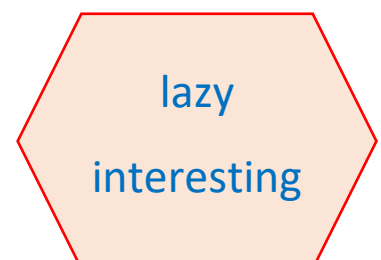
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Q2. How does he manage his free time?

-----

Q3. Sort these adjectives into positive and negative.

Positive adj.	Negative adj.



## Grammar Rule : Very - Too

Very

- \* Very makes an adjective stronger.
- \* very + (+ve) positive adjective

### Examples:

1. She is very good basketball player.
2. I really like her. She is very kind.

too

- \* too makes an adjective stronger/ we don't , can't or never do something.
- \* too + (-ve) negative adjective

### Examples:

1. It's too hot to dance.
2. I won't buy them because they're too expensive for me.

## Adonab School (1-10)

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Date \_\_\_\_\_

- Using **Too** and **Very**

Write **too** or **very** in the gaps.

**Example:** The box is very heavy, but I can lift it.

**Example:** The box is too heavy for me. I cannot lift it.



- 1) Bobby failed his biology class because it was \_\_\_\_\_ difficult for him.
- 2) It's \_\_\_\_\_ cold today, but I'm still going to play outside.
- 3) The old dog is \_\_\_\_\_ old to run. His legs don't work like they used to.
- 4) He was feeling \_\_\_\_\_ ill. Nevertheless, he still went to school.
- 5) It's \_\_\_\_\_ dark to see in here. Please turn on the lights.
- 6) Amy was \_\_\_\_\_ tired to come to the movie with us. She went to sleep instead.
- 7) Learning a second language is \_\_\_\_\_ difficult, but most students can do it with practice and determination.
- 8) The man is \_\_\_\_\_ old. He will be 92 next week.
- 9) It's \_\_\_\_\_ late to catch our flight. The plane has already taken off.
- 10) My little brother won the race. He is \_\_\_\_\_ fast.

[https://www.englishforeveryone.org/PDFs/Too\\_and\\_Very.pdf](https://www.englishforeveryone.org/PDFs/Too_and_Very.pdf)

Prepared by: T. Wafa Ao-Sangli

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Choose **very** or **too**.

1. I think James is nice. Karen thinks James is nice, too.

James is \_\_\_\_ nice.

- very
- too

2. It's cold outside. I hate it. I might become sick if I go out.

It's \_\_\_\_ cold outside.

- very
- too

3. That box is so big. I can't pick it up.

That box is \_\_\_\_ big.

- very
- too

4. Tony's cat is fat. It weighs 8 kg.

Tony's cat is \_\_\_\_ fat.

- very
- too

5. Tony's cat is fat. It can't run. It may not live a long time.

Tony's cat is \_\_\_\_ fat.

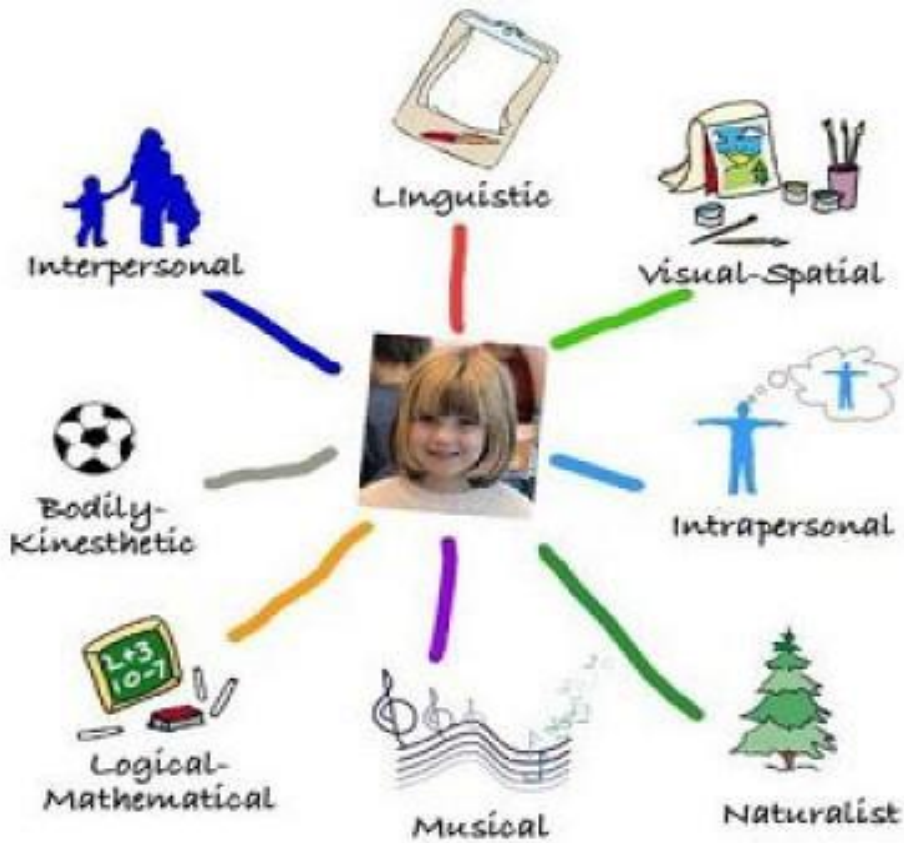
- very
- too

<http://www.5minuteenglish.com/apr28.htm>


## Types of Intelligence (multiple intelligences)

### نظرية الذكاء المتعددة / أنواع الذكاء

Type of intelligence	Examples
1. Mathematical / logical	Numbers
2. Linguistic/ Verbal	Words/languages
3. Visual	Pictures/diagrams
4. Bodily /Movement	Body actions / senses
5. Naturalist	Nature e.g: mountains/sea
6. Intrapersonal	myself
7. Musical/Rhythmic	music
8. Interpersonal	teams / groups



Read the e-mails and aunt Aysha replies. Answer Questions



Dear Aunt Aysha,

I am looking for a free time activity to do in my village. I am very interested in keeping fit and healthy and I like keeping active and busy. I have a good sense of balance and I'm good at catching balls and things. I hope that you can suggest some interesting free time activities for me.

Best wishes,  
Ahmed

Dear ... **Ahmed** .....

You certainly sound full of life and energy! You seem to be a person who likes activities which get you to move and use your body. I am sure that you will enjoy all kinds of team sports and games such as football and basketball. I know that fishing, jogging, cycling and horse riding will keep you fit but why don't you try more unusual activities such as roller skating, skateboarding and surfing? Remember to stay safe as well as busy!

**Q1.** What type of intelligence does Ahmed have?

-----

\*Key words/sentences in Ahmed's email:

-----  
-----

\* Key words/sentences in Aunt Aysha's email:

-----  
-----

	Ahmed email	Aunt Aysha email
Write adjectives		
Free time activities		



## Adonab School (1-10)



Dear .... Sara .....,

Well now, you seem enjoy working with people so I think you will enjoy activities that you do with other people such as acting or playing board games. Perhaps you should also think about joining the Guides because they do lots of interesting group activities. You also wrote that you are good at organising people so you could start a club for students in your village or help organise trips for people in your community.

I hope this helps. Good luck with your new activity!

**Q2.** What type of intelligence does Sara have?

-----

\*Key words/sentences in Sara's email:

-----

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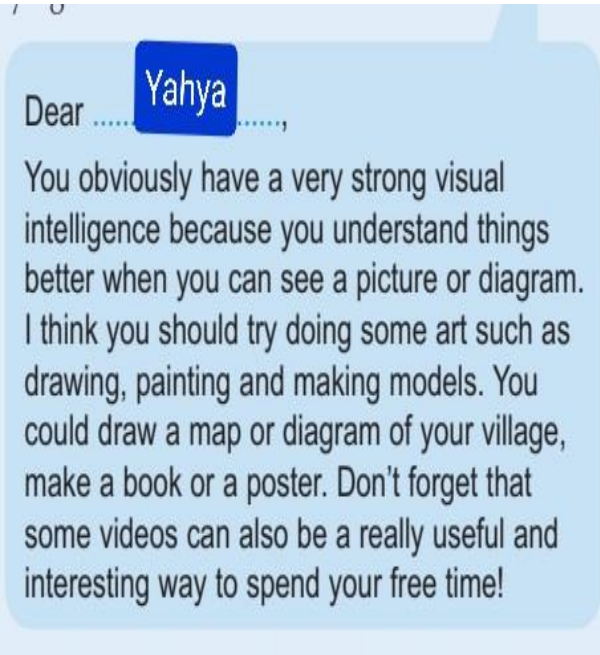
\* Key words/sentences in Aunt Aysha's email:

-----

-----

	Sara's email	Aunt Aysha's email
Write Verbs		
Free time activities		

## Adonab School (1-10)



**Q3.** What type of intelligence does Yahya have?

-----

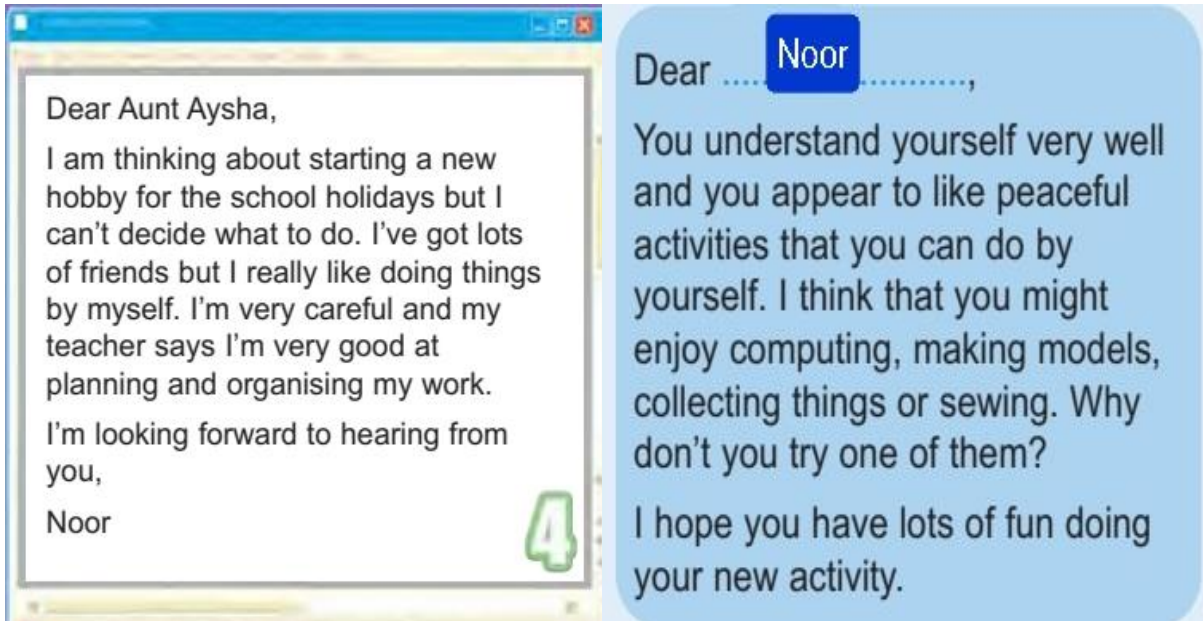
\* Key words/sentences in Yahya's email:

-----  
-----

\* Key words/sentences in Aunt Aysha's email:

-----  
-----

	Yahya's email	Aunt Aysha's email
Write Nouns		
Free time activities		



**Q4.** What type of intelligence does Noor have?

-----

\* Key words/sentences in Noor's email:

-----  
-----

\* Key words/sentences in Aunt Aysha's email:

-----  
-----

	Noor's email	Aunt Aysha's email
Write Nouns		
Free time activities		



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