

## Before you read



Sources of happiness are different for everyone. In order of importance to you, re-order these words, and compare them with your partner.

## You

family

# friends

## health

## Your partner

money

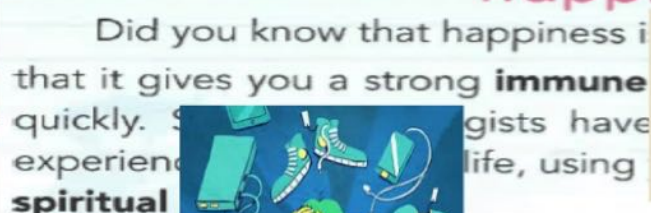
games

# travelling



**Read the text about happiness, and answer the given questions**

## Happiness



health? Experiments prove  
recovery from surgery more  
elements to happiness –  
a positive way and having a

**DESPITE**  
*media*

You don't have a lot of money to be happy, although living in poverty is difficult. But once you reach a reasonable level of income, more money doesn't make us happier. The **material** things that make life easier don't make us happier. The people in the West have not got happier in the last 50 years **despite massive** increases in their standards of living.



people, their good **qualities**

The main sources of happiness are said to be family, friends, enough money, work, a social life, faith and a sense of purpose. Surprisingly, the happiest people spend the least time alone and don't care about buying material things. Research has shown that if we feel happy, we also become more sociable and helpful to others. This also means we contribute more to the community.

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## 2 Comprehension questions

1. Happiness is linked to health. Explain.

**It gives you a strong immune system and you recover from surgery quickly.**

2. What does the underlined word despite (paragraph 2) mean?

**in spite of**

3. Find the opposite of the word small in the text

**massive**

4. The text uses four different sources of information to persuade readers, write them down.

**Happiness is good for health**

**Our thoughts affect our happiness**

**Happiness doesn't need a lot of money**

**There are main sources of happiness**

5. How does being happy affect society positively?

**If we feel happy, we become more sociable and helpful to others.**

## 3 Vocabulary: In groups, organize the following words in the correct co

Fear – worry – excitement – failure – happiness – hope – sadness – success – clarity – loneliness – friendship – loss – **confusion** – anger – **anxiety** – able – goodness – unpleasant – calm – thankful – **regret**

### Positive Thoughts

**excitement**

**happiness**

**hope**

**success**

**clarity**

**friendship**

**able**

**goodness**

**calm**

**thankful**

### Negative Thoughts

**fear**

**worry**

**failure**

**sadness**

**loneliness**

**loss**

**confusion**

**anger**

**anxiety**

**unpleasant**



**4 Grammar:** The past perfect is an event or action that happened another one. We use **had + the past participle**.

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Mary arrived after the bus **had left**.

I arrived at the building, but the meeting **had** already **started**.



**Complete the sentences with the past perfect form of the verbs in brackets:**

1. The car **hadn't stopped** because he **hadn't heard** at the red light. (not stop)
2. The woman **hadn't heard** the good news, until they told her. (not hear)
3. Sam **had seen** the movie, but couldn't remember the title. (see)
4. My mother was worried because I **had been** sick all week. (be)
5. After Jake **had trained** for two months, he won the marathon! (train)

## Listening

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### Before you listen

- 1 • Do you think food can change our moods?  
• What do you think emotional eating means?

**Of course, food can change our moods. When we eat healthy food, we feel better. Emotional eating is eating large amounts of food in response to feelings instead of hunger.**



2 Listen to **Happiness Tips**, and write the tips under the correct column heading.

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### Lifestyle

Eat healthy meals

Do some exercise



### Social Life

Socialise

Smile at people

Be grateful

Do something to help people

Talk to your family and friends



3 Based on the listening, in groups, discuss and answer the following:

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1. What other kinds of food affect your happiness?

They are nuts, bananas and avocados.

2. Some people believe that ice cream, chocolate and fast food make you happy. Is that true?

No, it is not true.



## Vocabulary: Change the following verbs and adjectives into nouns.

You can use a dictionary to help you.

**Verbs:** contribute, examine, excite, improve, ~~possess~~

**Adjectives:** angry, blind, dangerous, different, disappoint, happy, hungry, intelligent, obedient, sad

ness	tion/ion	er	(e)nce	ment
blindness	possession	anger	obedience	excitement
happiness	contribution	danger	difference	improvement
sadness	examination	hunger	intelligence	disappointment

## Speaking

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### Grammar:

- 1 Wish is used to talk about wanting things to be different or about regrets in the past. We use I wish in the past or with the past perfect (had+past participle).

It is raining heavily. ➡ I wish it stopped raining.

It was raining heavily. ➡ I wish I had brought my umbrella.





1. I don't speak Chinese, I wish **I spoke Chinese.**

2. I lost my wallet. I wish **I hadn't lost my wallet.**

3. The movie was long and boring. I wish **I hadn't watched it.**

4. My brother can play the piano, but I can't. I wish **I could play the piano.**

2  Discuss the images with your classmates. Use wish to complete the following situations, what are these people thinking?



**Lost in another country**

1) .....

**I wish I hadn't travelled.**



**Stuck in traffic**

2) .....

**I wish I hadn't driven here .**



**Closed bookshop**

3) .....

**I wish I hadn't come at that time.**



**Forgot information**

4) .....

**I wish I had remembered the information.**



**Rainy weather**

5) .....

**I wish I had brought my umbrella.**

**Grammar:**

- 1 Third conditional. We use **if** to talk about something in the past that **did not happen**, and imagine its consequences.

We use (if + past perfect, would + have + past participle).

If I **had driven** more carefully, I **would have avoided** the accident.

If I **hadn't crashed** my car, I **wouldn't have paid** so much to repair it.

**Read and circle the correct answers:**

1. If the food had arrived/arrived on time, we wouldn't have been so hungry.
2. If I had saved enough money, I would have bought/ would buy a new bicycle.
3. If the weather had been better, I would have gone/would go to the beach for a swim.
4. If I had been at home when he called, I wouldn't have missed/wouldn't miss his message.



2 Using these given information and images, write what you know about social life in Kuwait. **58**

### Family gatherings

How often do families have a gathering?

**Families gather many times every year**



### Diwaniya

Why is it an important part of social life in Kuwait?

**Because it is a famous meeting place.**



### Celebrations

What celebrations can you think of?

**Eid Al-Fitr - National Day**



## Festivals

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Festivals are happy occasions in which people enjoy the fun and entertainment that is provided. Everyone finds in festivals something they enjoy most.

Write a two-paragraph report in your notebook about what people do in festivals that makes them happy and what you, in particular, find most exciting.



Title

# Festivals

Introduction

Festivals are nice times for fun and joy. people take part in the activities of festivals.

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Activities people enjoy in festivals



shoppin  
marchin  
g



What I find most exciting



Meeting my  
friends



Why?

offers and  
discounts  
meeting people



Why?

To enjoy my time



Conclusion

Festivals are moments for excitement and happiness. People relax and entertain themselves in festivals.



# Teach\_me\_plz

## Grade 9 - unit 8



### Sports

Module 3

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Before you read



1

- Make a list of all the sports you can think of.
- Compare your list of sports with your classmate's.

Reading: Expository



Basketball

volleyball

football

walking

Swimming

Tennis



# Reading

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2 A. Read the following texts and guess the names of sports.



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...a player's leg muscles? The world's most popular sport will  
...orts require a longer period spent running, the benefits of which  
endurance, increased strength, and better foot-eye coordination  
are all the benefits offered. It is the world's most popular ball game in terms of the  
number of participants and spectators. Simple in its principal rules and essential equipment, the sport can  
be played almost anywhere, from official playing fields to school playgrounds, streets, parks, or beaches.



2

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Is a very popular individual sport in the world. There are certain rules to follow. The player uses a racket to hit a ball over a net into the opponent's court. The ball must be kept in play and can only **bounce** once on the court surface before the opponent strikes the ball back over the net. The ball is made of rubber. It is often played with one player per side. There are four international tournaments each year: Wimbledon, The Australian Open, and the French Open. Millions of people watch these tournaments, making it a great spectator sport as well.



3

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If you are not **traditionally** a fan of **conventional** sports, try flag football. It is a semi-organized, physical, team sport that requires strategy and endurance, though it is not as organized. People from all walks of life can enjoy it. This game will have you do a ton of walking, running, climbing and jumping in order to avoid being shot at while capturing a flag. It is a super fun, all-around hobby. It is a team sport. The goal is to mark players of the opposing team. If a player is **struck** on any part of the body, they are eliminated from the game. The sport provides healthy exercise, gets you away from TV or computer for a while, and helps you learn how to work as part of a team. It is a great game!





2 A. Read the following texts and guess the names of sports.



tennis



paintball



football

2 B. Read the text and choose the best answer

1. The main purpose of passage No. 1 is to:

- a. describe the rules of football.
- b. state the benefits of football.
- c. discuss the dangers of football.
- d. illustrate where football can be played.

2. According to passages No. 1 and 3 one of the following is TRUE about the two sports:

- a. They help develop self-confidence.
- b. They build endurance.
- c. They emphasize the need for safety in sports.
- d. They teach young people to play sports.

3. What can be inferred about the writer's attitude in passage No. 3?

- a. He believes it's hard to play paintball.
- b. He thinks only young people can play paintball.
- c. He is in favour of sports like paintball.
- d. He finds paintball physically challenging.

4. The following sentence ".....is one of the most popular individual sports in the world" in passage No. 2 is:

- a. a topic sentence
- b. a supporting idea
- c. a title
- d. a concluding sentence





3 Find the idiomatic expressions in the passages that mean the same as these ideas:

1. A sport that is watched by an audience (paragraph 2):

A spectator sport

2. Vision controls the movement of the foot (paragraph 1):

Foot-eye coordination

3. People doing different types of jobs (paragraph 3):

People from all walks of life



4 Work with a partner. Which five points of the following are important for you when choosing a sport? Why?

athletic skill - coach - cost - equipment - friends - fun - safety - sense of danger - social status - team - time - training - uniform - venue

The athletic skill is important for me to be professional.

Friends are important for me to do more practice together.

Fun is important for me to enjoy the sport and spend a nice time.

Team work is important for me to win the matches.

Training is important for me to improve my skills.



Based on your partner's answers, which sports would you recommend for him /her?

I would recommend him to play football, basketball and volleyball.

## 1 Grammar Focus: Collocations:

As a basic rule, people **PLAY** activities that use a ball, people use **GO** with activities that end in -ing, and people use **DO** with activities such as martial arts and other exercises.

**Decide whether to use PLAY, GO or DO and complete the table:**

football- swimming- boxing- cycling- chess- sailing- karate- judo- athletics- fishing- tennis- volleyball- skating- golf- basketball- running- yoga- skiing- gymnastics- rugby

PLAY	GO	DO
Football	Swimming	Karate
Chess	Cycling	Judo
Tennis	Sailing	Athletics
Volleyball	Fishing	Yoga
Basketball	Skiing	Gymnastics



Before you listen:

Name these sports:




**Karate**



**Skiing**



**Rugby**

2  Getting fit and healthy should be fun. Listen to "How to Get Fit by Playing Fun Sports," to find out how to enjoy yourself while exercising.

a. How many steps are there?

**There are five steps.**

b. Which step is the most important for you and why?

**"Play various sports" to make me fit and build new skills.**



## Post-Listening

**3** Talk about your favourite activity by answering these questions.

1. What is your favourite activity or sport?
2. How many times a week do you do this activity?
3. Where do you do this activity?
4. Do you do this alone or with someone else?
5. What do you like most about this activity?

**1- My favourite sport is football.**

**2- I play football once a week.**

**3- I play football in the club.**

**4- I play football with my friends.**

**5- It is interesting and keeps me fit.**

**1**  Read the problems below and discuss possible solutions. Compare your solutions with your classmates. Do you agree or disagree with their ideas?

## Ask Dr. Salem

Dear Dr. Salem,

My personal doctor says I am overweight and that I should lose at least 10 to 15 kilogrammes. Unfortunately, I don't have a lot of free time. After getting back from work, I usually help my kids with their homework for two hours. Then I have dinner and relax a little and I read a book before going to bed. Could you please give me some advice about which exercise is best to me to lose weight?

Yours faithfully,  
Ahmed





Dear Dr. Salem,

Our 15-year-old daughter doesn't play any kind of team sports at school. She believes that playing sports is a waste of time if you aren't the best and you don't always get the first place. She says that winning is the most important thing about playing sports. Instead of exercising, she spends most of her time chatting on-line. Her mother would really like to see her make more friends and become more active.



Yours faithfully,  
Fatma

Dear Dr. Salem,

How much exercise is too much exercise? My son exercises almost every day. He practices boxing for an hour. Then goes swimming for an hour and a half and does judo every other day. That's between 10 and 16 hours every week. He has a lot of energy and looks generally healthy, but I am worried that he might push himself to extreme limits. Too much exercise may be dangerous for him. What do you think?



Best regards  
Mariam



## 2 Complete the following table:

	Ahmed	Fatma	Mariam
Problem	He is overweight	Her daughter spends her time on line.	Her son exercises too much.
My own solution	Playing sports	Make friends and become active	Exercising twice a week
My friend's solution	Eating healthy food	Playing team sports	Go running every day

## Grammar: Countable and uncountable nouns

**Countable nouns** have a singular and a plural form.

*an apple – two apples    a peach – two peaches*

**Uncountable nouns** do not usually have a plural form.

*bread, beef, butter, coffee, water, milk, sugar*

### Some and any

**You usually use some** in affirmative sentences.

*I'd like **some** peaches and **some** milk.*

**You usually use any** in negative sentences and questions.

*We haven't got **any** butter.*

*Are there **any** eggs?*



A. Are these things countable or uncountable? Write C or U

C	U	C	U	C	U	C
egg	- money	- orange	- juice	- apple	- sugar	- potato
	U	U	C	U		
	butter	- rice	- strawberry	- cheese		

B. Complete these sentences with a, an, some or any

1. Have you got **any** oranges?
2. I'd like **some** tea, please.
3. I don't have **any** money with me.
4. I'd like to have **an** apple and **a** banana.



## Pre- writing activity:

### Match the sports with the definitions:

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1. A game in which a heavy ball is rolled down a long, narrow lane toward a group of objects known as pins. **bowling**
2. A game played in a stadium by two opposing teams of 5 players: points are scored by throwing the ball through an elevated horizontal basket **basketball**
3. A game played on a large open course with 9 or 18 holes; where the objective is to use as few strokes as possible in playing all the holes **golf**
4. A sport that involves exercises intended to display strength, balance and agility. **gymnastics**
5. A ball game played with a ball between two teams of 11 players. **football**



a. football



e. golf



c. bowling



d. basketball



f. gymnastics



Use the prompts below to write a riddle about your favourite team sport.

Read it to the class and see if they can guess it.

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**Example:** There are eleven players in each team.

There are **five** players in each team.

The players wear

**uniform**

The players use

**running, jumping, dribbling and**

The players can

**shoot.**

The players can't

**bounce the ball.**

This sport is played in / on / at

**punch other players.**

The game lasts

**court.**

**forty-eight** Minutes.



Write an article for your school magazine recommending a sport to be included in your school activities, describing its rules and equipment, and showing its benefits to students.

### A. Complete the following outline:

#### Introduction:

Football is the most popular sport nowadays. It is very fun.

#### Paragraph 1:

##### Topic sentence:

There are special rules and equipment for football.

##### Supporting details:

- pitch and a football
- two 45 minutes halves
- 11 players in each team

#### Paragraph 2:

##### Topic sentence:

Football has got a lot of benefits to students.

##### Supporting details:

- improve health
- build muscles
- promote teamwork

#### Conclusion:

Football is an exciting sport. It is simple but very useful.

### B. Use the notes taken in task A to write the article in your notebook.

#### Remember to:

- Use a capital letter after a full stop.
- Start a sentence with a capital letter.
- Use a full stop to show the end of a sentence.
- Use a comma to show a pause in a sentence.
- Use a question mark at the end of a sentence to show a direct question.