

1 Get going!

Lesson 1 Vocabulary 1

- ✓ Find three things in the picture that you know.



1 Listen, point and say.

2 Listen, move and sing.

I don't want to be late!

SING

I wake up in the morning
At eight o'clock.
I don't want to be late!
I get up in the morning.
I brush my teeth,
Then I wash my face.

I don't want to be late!
I don't want to be late
For Amazing Club!
No, I don't want to be late!

I get dressed in the morning.
I put on my shoes.
I don't want to be late!
I drink juice in the morning.
I brush my hair.
I go to the club at half past eight.

3 **Team Time** Mime and guess eight morning activities.

1  Listen and repeat. What do they do at the club? Act out.

Emma: Hi, Adam. Is Charlie your cat?

Adam: Yes, he is. He sometimes comes to the club with me.

Emma: What do you do at the club?

Adam: We usually work with Rick. We want to make a great playground!

Emma: Do you play games too?

Adam: Oh, yes. We always play lots of games. Oh, no! Charlie, don't jump on that!

Emma: Oops!

Adam: Charlie never listens!

Emma: Let's tidy up together.



Find How do you say come with he, she or it?

2  Look, listen and follow. Then make your own sentences.

Adverbs of frequency

| | | | |
|------|------------------|--------------|--------------|
| I | always | wash | my face. |
| He | | packs | his bag. |
| She | usually | comes | to the club. |
| We | sometimes | drink | juice. |
| You | | have | a shower. |
| They | never | go | to school. |

Look

always ✓✓✓
usually ✓✓
sometimes ✓
never ✗

3   **Team Time** Play *Climb the ladder*.

Go to Activity Book, p.128

I think you always get up at seven o'clock.



Yes, you're right.



Say and spell

1 Listen and repeat.

robot run
red wrong

2 Find the words in the story.

Before you read

1 Look at the pictures. Is it a good week for Charlie the cat?

2 Listen and read. Who says sorry?

A real friend

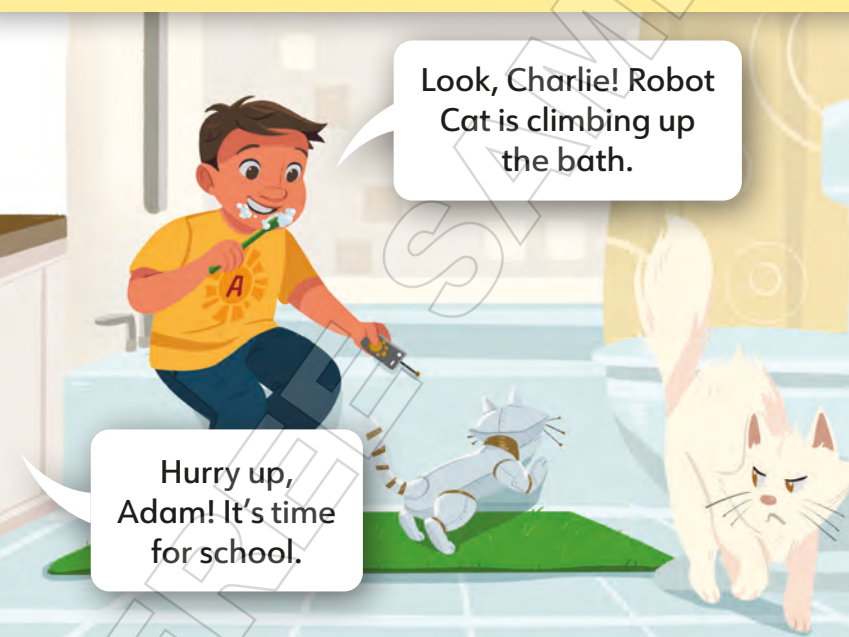
1 Adam usually gets up at eight o'clock, but today he gets up early.



2 When Adam opens his present, he's very happy.



3 Adam gets dressed and plays with his new robot in the bathroom.



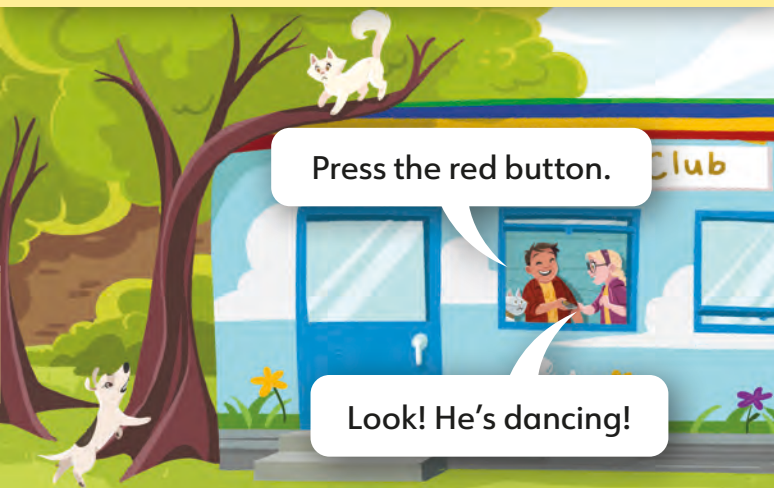
4 At the weekend, Adam takes his new toy to the club. Charlie goes to the club too.



How can you show empathy to your friends?



- 5 Charlie has a big problem, but Adam doesn't see.



- 6 On Monday morning, Adam packs his bag. Charlie is at the window, but Adam isn't looking.



- 7 On Wednesday evening, Daisy sees Charlie.



- 8 Charlie washes his face. He's clean and happy now.



Lesson 4 Explore the story

After you read

- 1 Watch the video. Act out the story.

- 2 Read and answer.

- 1 Does Adam like his birthday present?

Yes, he does.

- 2 What does Charlie think of the robot cat?
3 What does Adam take to the club?
4 What problem does Charlie have in the park?

- 3 Read and think.

- 1 How does Charlie feel in picture 7? Why?
2 Is Adam a good friend to Charlie?
3 How do your friends feel if you aren't kind to them?
4 How can you be a good friend?

I'm a good friend!



1 1.7 Listen and say. 1.8 Then listen and put in order.



go to bed early



go to bed late



eat sweets



do exercise



eat healthy snacks



drink fizzy drinks

2 1.9 Watch and listen. Move and sing.

Are you healthy?

SING



How often do you eat sweets?
I eat sweets once a day,
But I sometimes eat healthy snacks
To help me work and play.

Are you healthy, healthy, healthy?
Are you ready to work and play?
How often do you do exercise?
Do you eat well every day?

Do you go to bed early?
Yes, I never go to bed late,
And I never drink fizzy drinks
Before I sleep at half past eight.

3 1.10 Look, listen and follow. Then make your own sentences.

Adverbs of frequency questions

| | | | | | |
|------------------|------|-------------|--|------------------------------|-------------------|
| How often | do | you they | do exercise? eat sweets? eat healthy snacks? | Once Twice Three times | a day. a week. |
| | does | he she | go to bed early? go to bed late? drink fizzy drinks? | | |

Look



once = one time
twice = two times

4 **Talk Partners** Look. Ask and answer.

How often does Marek eat sweets?

He eats sweets twice a day.

- 0 = never
- 1 = once
- 2 = twice
- 3 = three times

| How often ...? |  |  |  |  |
|---|---|--|---|---|
| Marek  | 2 day | 1 week | 3 week | 0 |
|  Priya | 0 | 2 day | 1 day | 3 week |
| Greg and Joe  | 3 day | 0 | 2 week | 1 week |

5 **Talk Partners** Ask and answer about healthy habits. Then change partners and ask and answer about your friends.



How often do you do exercise, Jane?

I do exercise twice a week. I play football and I go swimming.

How often does Jane do exercise?

She does exercise twice a week.



Gymnastics for kids

Can you do this?



Or this?



2 Handstand

- 1 Put your hands on the floor.
- 2 Kick your legs up.
- 3 Put your feet on the wall.

Gymnastics is fun and it's great exercise. It's good for your bones and your muscles. When you do gymnastics, you use all the muscles in your body.

Always do gymnastics with a good teacher. You can go to a club after school. To be good at gymnastics, practise twice or three times a week.

Here are some gymnastics exercises you can try.



1 Crab

- 1 Lie on your back on a mat.
- 2 Put your hands and feet on the floor.
- 3 Push your body up and count to three.





Exercise helps you stay healthy. What else can you do?



Before you read

- 1 Look at the instructions and think. Do you think gymnastics is a difficult sport?

After you read

- 2 Read and listen. Correct the sentences.

- 1 Gymnastics is good for your hair and your eyes.
Gymnastics is good for your bones and your muscles.
- 2 To be good at gymnastics, practise once a week.
- 3 You put your feet on the floor when you do a handstand.
- 4 You run and jump when you do a plane.

3 Plane

- 1 Stretch out your arms.
- 2 Bend your body forward.
- 3 Put one leg up behind you and point your toe.

Understanding instructions

In instructions, labels give us information about pictures.

wall

Numbers tell us the order we do activities.

4 Ball jump

- 1 Throw the ball up with one hand.
- 2 Run and jump.
- 3 Catch the ball with the other hand.

- 3 Read the instructions again and answer.

- 1 How many labels can you see?
- 2 What words are on the labels?
- 3 Look at the *crab* exercise again. Say the instructions in the correct order.
 - a Push your body up and count to three.
 - b Put your hands and feet on the floor.
 - c Lie on your back on a mat.

- 4 Read and discuss.

- 1 Which exercise do you want to try? Why?
- 2 What other ways can you do exercise?
- 3 Where can you see instructions?



What exercises do you do to feel happy and relaxed?



- 1 1.12 Listen. Does Giulia like sleeping?
- 2 1.12 Listen again. Read and say *true* or *false*.
 - 1 She usually goes to bed at half past eight.
 - 2 She goes to bed late on Fridays.
 - 3 She goes to bed at half past ten on Saturdays.
 - 4 She gets up early five times a week.



- 3 1.13 Watch or listen and say. Then practise in pairs.

A: Hi. I'm doing a project on sports.
Can I ask you some questions?

B: Yes, of course.

A: How often do you do sports?

B: About three times a week.

A: What sports do you do?

B: I do gymnastics, I go swimming
and I sometimes play football.

A: That's great. Thank you.



Starting and finishing an interview

Can I ask you some questions? Yes, of course. That's great. Thank you.

- 4 **Talk Partners** Make new dialogues. Do the exercise survey with three friends.


Go to Activity Book, p.137



Can I ask you some questions?



Yes, of course.

- 1  Read the instructions. Is your morning routine the same?

How to have a **healthy morning** routine

Do you want to have a good day? Here are some things you can do in the morning:

- 1 Get up early. You don't want to be late for school!
- 2 Brush your teeth for two minutes.
- 3 Have a shower. It's good to be clean.
- 4 Get dressed. Wear your favourite clothes.
- 5 Have a healthy breakfast. Breakfast gives you energy.
- 6 Don't take the bus. Walk to school or ride your bike. Exercise is good for you!



- 2  Read the instructions again and answer. 

- 1 Why is it good to get up early?
- 2 How long is it good to brush your teeth for?
- 3 Why is it good to have a healthy breakfast?
- 4 Why is it good to walk to school?


Writing instructions

When we write instructions, we don't use the words *I, you, he* or *she*.

Close your books. Don't drink fizzy drinks.

- 3 Look at the instructions again and answer. 

- 1 How many instructions are there?
- 2 What kind of word is at the start of each instruction?
- 3 Are the sentences long or short?

- 4  Plan and write instructions for a healthy evening routine.

Go to Activity Book, p.17

What do you know now? 

Think about Unit 1.

Go to Activity Book, p.20

Review

- 1 Look for a minute. Then close your books and take turns to ask and answer.

What are Samba and Sally doing?

They're ...



- 2 Work in pairs. Ask and answer.

How often do you get up early?

I never get up early.



How do you say *once*, *twice*, *three times* in your language? Is it the same or different? How?

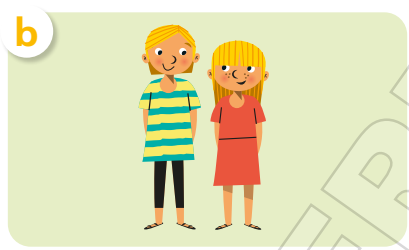


1 Listen and choose the correct picture. Write your answers in your notebook.

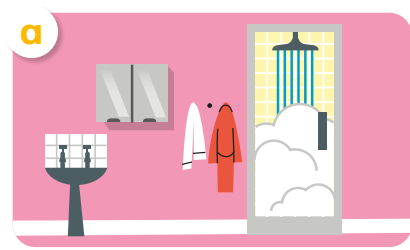
Example How old is Hugo today?



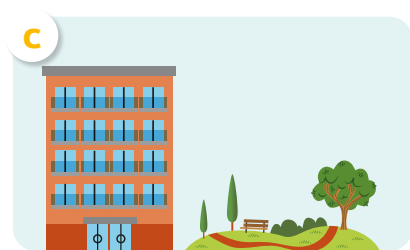
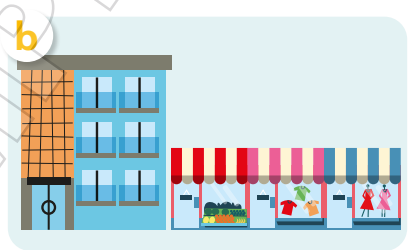
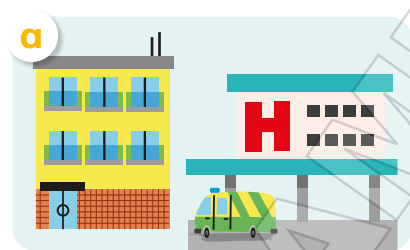
1 How many brothers and sisters has Clare got?



2 What does Peter do in the evening?



3 Where do Julia and Eva live?



4 What does Mark's mum drink?

