

4 Treasure hunters

Lesson 1 Vocabulary

Footprints Club News

1 CD2 • 15 Match the words and pictures. Listen and check.

Littletown Museum

1 MONTH ONLY

Special exhibition: Our amazing history

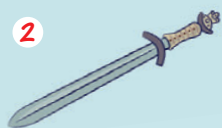
Object: Viking comb

Date: 900 AD

Material: bone



2



Object: Anglo Saxon _____

Date: 600 AD

Material: _____

Object: Roman _____

Date: 200 AD

Material: _____



4



Object: Roman _____

Date: 100 AD

Material: _____

Object: Viking _____

Date: 900 AD

Material: _____



6



Object: Medieval _____

Date: 1200 AD

Material: _____

Objects

coin comb
mirror sword
shield jewellery

Materials

gold wood
bone metal
silver glass

3 Read and answer the questions.

Local treasure hunter finds 1,000-year-old coins.

Fifteen-year-old Andy Simmons found a bowl of gold coins near his house yesterday evening.

Andy, who received a metal detector for his 15th birthday, told us, 'I finished my homework quickly yesterday so I decided to take my metal detector out into the garden. For the first hour I didn't find anything, just bits of rubbish. Then the machine started to beep.'

Andy said, 'I used a spade to dig the ground. I was very careful. After fifteen minutes I discovered the coins. I didn't know how old they were so I



took them to the local museum. I was amazed when I found out that they were one thousand years old.'

You can see the coins and other treasures at the local museum in a special exhibition which starts on Monday.

- 1 What did Andy find yesterday?
- 2 What did he use to look for treasure?
- 3 Where did he take the treasure?
- 4 Why did he take the treasure there?
- 5 When can you see the coins?

4 Ask and answer.

What is the coin made of?

It's made of gold.

What does it look like?

It's small and round.

2 CD2 • 16 Listen and match.

Lesson 2 Story

5 CD2 • 17 Listen and read.

A surprise in the park

1 It's Saturday morning and the Footprints Club are in the park.

Right, everyone. Here are some gloves and some bin bags. And here's a spade for someone.

I can pick up the rubbish.

And I can dig the ground.

2 Phew! This is hard work. Is it time to stop now?

Not yet, Joe. We need to work hard to clean the park today.

3 What was that?

There's something in the ground here. It's hard and it's made of metal.

4 What is it, Joe?

I don't know. Wait a minute. It's a ... dirty, old can!

Never mind. Let's go and plant some trees and flowers with Tanya.

5 Listen! There's something here, too. It's big and hard, but it isn't metal.

Come on! Let's dig deeper, Ellie.

6 What is it?

It's only an old piece of wood. Let's put it in the bin with the other rubbish.

Wait a minute. That doesn't look like rubbish. We need to take it to the museum.

7 I don't believe it! This Viking shield is 1,000 years old. Where did you find it?

We were digging in the park when we found it.

Wow! A Viking shield. What a surprise!

8

To:	katy@home.co.uk
From:	joe@myhouse.co.uk
Subject:	Viking shield

Hi Katy

An amazing thing happened on Saturday when Ellie and I were cleaning the park. I was digging a hole with Ellie when we found a Viking shield. We took it to the museum and the archaeologists were very excited. They want to exhibit the shield in the museum and they want to give the Footprints Club a reward.

Now we need to decide what to spend the money on. We've got three ideas:

1. Buy some new computers for the Footprints Club
2. Go on a summer camp
3. Buy some sports equipment

Which idea do you like the most?

Joe

- What does Ellie pick up from the ground?
- Do you put your rubbish in the bin?
- Do you recycle your rubbish?

Which idea will the Footprints Club choose?

Lessons 3 and 4 Grammar

6 CD2 • 19 Listen and read. Act out.

It's Monday evening. Ellie is talking with her friend, Dan.



- Dan:** Hi, Ellie. I saw your photo in the newspaper yesterday.
Ellie: Hi, Dan. Yes, we found a Viking shield in the park. I didn't believe it at first!
Dan: When did you find it?
Ellie: We found it on Saturday afternoon. It was about one o'clock.
Dan: Were you playing basketball in the park?
Ellie: No, I wasn't. I was cleaning the park with the Footprints Club.
Dan: Really? And was Joe cleaning the park, too?
Ellie: Yes, he was. He was digging a hole with me. We found the shield together.
Dan: Goodness! You were working very hard.
Ellie: It's true. But the park looks much better now.

7 Look and learn. Past continuous.



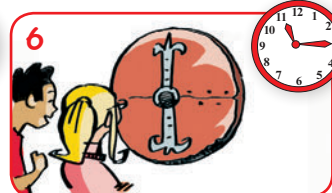
I / He / She	was	cleaning the park	at one o'clock.
	wasn't	digging a hole	at half past seven.
You / We / They	were	watching TV	at four o'clock.
	weren't	playing computer games	at half past ten.
Was	I / he / she	picking up rubbish	at one o'clock?
Were	you / we / they	helping Tanya	
Yes,	I / he / she	was.	No,
	you / we / they	were.	
	I / he / she	wasn't.	
	you / we / they	weren't.	

Remember!
 was not = *wasn't*
 were not = *weren't*

8 Practise your grammar. Ask and answer.

Was Ellie looking at the jewellery at eleven o'clock?

No, she wasn't.



9 CD2 • 20 Has Alex got a good memory? Listen and find out.

Footprints Quiz

How good is your memory?

Do you remember what happened in the story?

1 What **was** Ellie wearing on Saturday morning?

- a) Shorts and a raincoat.
- b) Jeans and a jumper.
- c) Jeans and a raincoat.

2 What **was** Ellie picking up when Joe found the metal can?

- a) An old bottle.
- b) A bin bag.
- c) Some paper.

3 What **was** Tim doing **when** Ellie and Joe found the shield?

- a) He was eating an apple.
- b) He was holding a spade.
- c) He was drinking water.

4 What **was** Tanya doing **when** Ellie and Joe found the shield?

- a) She was planting some flowers.
- b) She was planting a tree.
- c) She was picking up rubbish.

5 Who arrived **while** the archaeologist was talking to Joe and Ellie?

- a) A policeman.
- b) A photographer.
- c) A doctor.

Now check your score.

Scores
5 points: Well done! You've got an excellent memory.
3-4 points: Not bad! You remember most things.
1-2 points: Oh dear! Your memory isn't very good.
The correct answers are: 1) c 2) b 3) c 4) a 5) b



Past continuous and past simple

Ellie **was** picking up a bin bag when Joe **found** the can.

When and while

When + past simple
or past continuous
While + past continuous

Steps to speaking



10 CD2 • 21 Match the words and sounds.
Listen and say the rhyme.

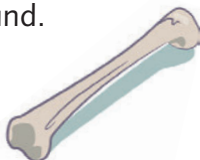
/əʊ/ bowl
/aʊ/ crown



found round gold
old bone ground



She found a round bowl
And a gold crown
And an old bone
In the ground.

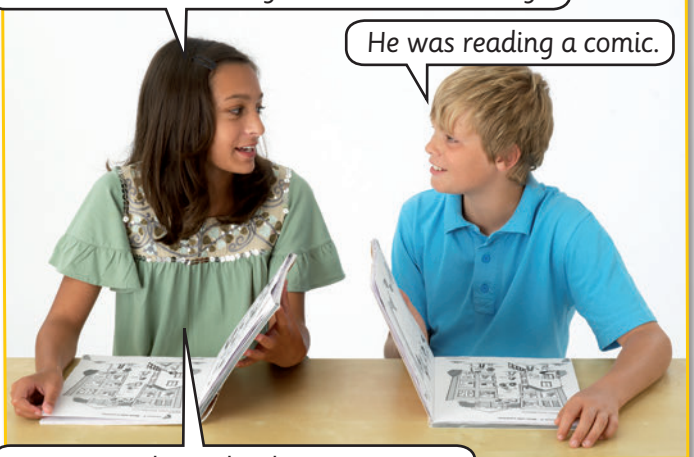


11 Work with a partner. Find the differences.
Pupil A: AB p101. Pupil B: AB p102.

What was Peter doing when the alarm rang?

He was reading a comic.

He was reading a book in my picture.





Footprints Club Web Page

[Social sciences](#)
[ICT](#)
[Science](#)
[History](#)
[Biology](#)
[Geography](#)
[Nature](#)
[Music](#)
[Literature](#)

12 Read the text. Which of these activities doesn't an archaeologist do?

take photographs dig holes work quickly make notes

What does an archaeologist do?

Archaeologists study people. They look at old things and places to investigate how people lived in the past.

First, an archaeologist has to look for a site. This is a place where people lived in the past. Old maps and documents give archaeologists clues about where a site is. They also use modern equipment, like aerial photographs, metal detectors and radars to find sites which are buried under the ground. Next, the archaeologists walk across the site and look for small artefacts. These are objects from the past, such as coins, tools, rings and pieces of pottery, like bowls or plates. The archaeologists put small flags where these objects are because they are good places to excavate.

Excavate means to dig below the ground. Archaeologists need to work very carefully and slowly when they excavate because they don't want to break any artefacts. Archaeologists also record what they find. They make notes, draw maps and pictures and take photographs of what they see. Archaeologists find many types of artefacts. They often find objects made of clay, glass, stone and metal because they last longer in the ground. Artefacts that are made of cloth, wood and leather are more difficult to find because they are more delicate than other materials and don't last a long time in the wet ground. A lot of the artefacts are broken and the archaeologists need to put them together, like a puzzle.

Do you like digging in the ground? Do you enjoy doing puzzles? Are you interested in learning about the past? If the answers are yes, then archaeology is for you!



The most famous archaeologist in films is Indiana Jones.

13 Read the text again. Are the sentences *True (T)* or *False (F)*?

An archaeologist ...

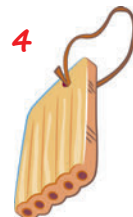
- 1 is a person who investigates past civilizations.
- 2 usually excavates very quickly.

- 3 needs to write about what he or she discovers.
- 4 often finds artefacts like jewellery and plates.
- 5 often finds clothes from the past.

14 23 Discuss. Listen and check.

What's number 1?

I think it's a toy.



Lesson 6 Skills development

15 Read and find out. Discuss.

- The Jorvik Viking Centre is located in the city of York, which is in the north of England.
- The museum is on the site where archaeologists found the remains of the Viking city of Jorvik.
- Visitors to the museum can ride in a time machine to visit a Viking street from 975 AD.



Do you think the Jorvik Centre is an interesting museum? Why? / Why not?

16 Read. Are the sentences *True (T)* or *False (F)*?

A school trip to the Jorvik Centre

On the 21st of January my class visited the Jorvik Centre in York.

First of all, we got into a time machine and it took us back to Viking times. **Then** we got into a carriage and it took us around a Viking village. There were lots of different houses and all of them had a fireplace for cooking. There were lots of people, too. We saw a market where people were selling things, like eggs and fish. The market was very noisy and it smelled horrible.

After that, the carriage stopped and we saw a Viking lady. She was making some clothes and she showed us how the Vikings decorated their clothes with shells.

Next, a Viking man showed us how to make coins and shoes. **Later**, a scientist showed us a real Viking skeleton which had some of its bones broken. **Finally**, we went to the shop and I bought a postcard and a Viking game.

It was a very interesting school trip. I liked the time machine and the skeleton the most.

Ben Barlow, aged 10



- 1 The class walked around the museum.
- 2 The Viking village was busy.
- 3 People were buying things in the Viking village.
- 4 The class learnt about Viking clothes.
- 5 The skeleton was made of plastic.
- 6 Ben bought souvenirs.

17 Read and learn.

Writing plan

A report of a school trip

- Where and when did you go? *On Friday my class visited ...*
- What did you do there? *First of all, we ..., Then we*
- What did you see? *There was / were lots of ... We saw ...*
- What's your opinion? *It was a very (interesting) school trip. I liked ... the most.*

Writing check

Expressions of sequence

- We use **First**, or **First of all**, to start a list of actions or activities.
- We use **Then**, **Next**, **Later**, and **After that**, to say what happens next.
- We use **Finally**, to finish the list.

Content words

archaeologist site excavate artefact buried metal detector pottery tool

Save



There are many places you can visit if you want to find out about the past and see important historical artefacts. Some of these places are very popular and people travel from all over the world to visit them.

18 CD2 + 25 Read and listen. Choose.

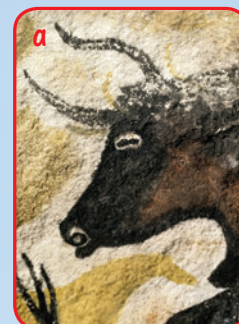
The Tower of London

- 1 The Tower of London is situated in the **north** / **south** / **centre** of London.
- 2 It is almost **500** / **1,000** / **2,000** years old.
- 3 It was **empty** / **a church** / **a prison** for hundreds of years.
- 4 The Jewelled State Sword is the **biggest** / **heaviest** / **most valuable** sword in the world.
- 5 The Imperial State Crown has got almost **30** / **300** / **3,000** diamonds.



19 Read and match the pictures.

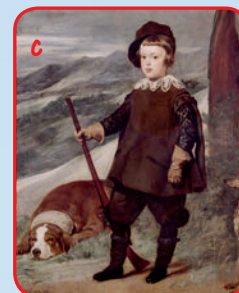
- 1 Last year I went to Egypt with my parents. We cruised along the River Nile and visited the pyramids in Gaza. My favourite place was the Egyptian museum in Cairo. It has more than 120,000 exhibits. You can see the mummies of some pharaohs and there are artefacts from the tombs of kings. In my opinion, the most interesting exhibits were from the tomb of Tutankhaman. You can see shields, vases, jewellery and even a mask made of gold. **Anna, aged 12**



- 2 Two months ago, my family went to Madrid. There are lots of really interesting art galleries there. My favourite was 'El Prado', which has one of the largest collections in the world. It has about 9 thousand paintings and thousands of important historical drawings, prints and sculptures. Did you know that the museum can only exhibit about 15% of its works of art because the collection is so big? My favourite paintings were by the Spanish painter Velázquez. **Lisa, aged 10**



- 3 Last summer, my class went to the south of France. We saw lots of interesting things, but the best trip was to the Lascaux cave. In the cave there are about 2 thousand pictures, including paintings of bulls and horses. These paintings are between 16 and 18 thousand years old. You can't go into the cave because archaeologists want to preserve the paintings, but you can visit a reproduction of the cave. The reproduction is brilliant because it looks and feels like a real cave. **James, aged 13**



20 Read and answer.

- 1 Who saw prehistoric paintings?
- 2 Who saw some important sculptures?
- 3 Who saw objects made of gold?
- 4 Who didn't travel with his / her family?
- 5 Who saw paintings in an art gallery?
- 6 Who travelled on a boat?

21 Ask and answer.

Where can you see historical objects in your country?

What can you see there?

Lesson 8 Fluency

22 CD2 • 27 Guess the missing words. Listen and check your answers. Sing.



Tune into Footprints radio!

My favourite object

It isn't made of silver.
It isn't made of 1.
It isn't more than one hundred years old.
It's made of 2.
It's small and light.
I use it in the morning and every 3.
It's still quite new.
I got it last 4.
It was a birthday present from my dad and mum.

night me gold month plastic bus music guess

I can download 5
or my favourite book.
And listen to them while I'm
On the 6.
Can you 7?
Do you know?
What's special to 8?
It's my very own MP3.
Yes, it's my very own MP3.

Is your favourite
object an MP3
player?



23 Talk about your favourite object. (AB p41)

Preparation

- Choose an object that you like a lot.
- Think about what you want to say and make some notes.

Presentation

- Show your object to your class.
- Talk about it.

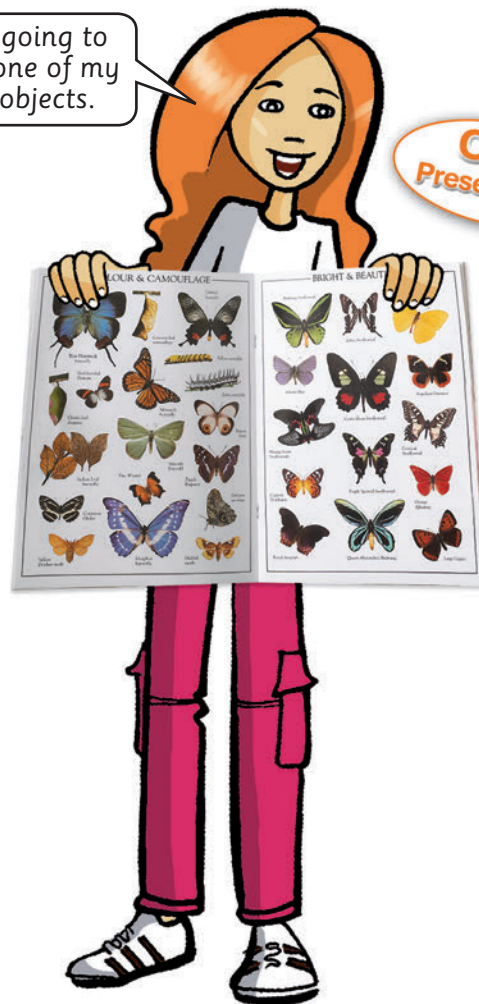
Tip: Use the object in your presentation and describe what you are doing.

Extension

- Listen to your friends' questions.
- Answer their questions.

Today I'm going to
talk about one of my
favourite objects.

Oral
Presentation



Grammar

1 Past continuous

I / He / She	was	watching TV	at six o'clock.
	wasn't	digging a hole	at one o'clock.

You / We / They	were	listening to music	at half past ten.
	weren't	playing football	at half past two.

Was	I / he / she	sleeping?
Were	you / we / they	making dinner?

Yes,	I / he / she	was.
	you / we / they	were.

No,	I / he / she	wasn't.
	you / we / they	weren't.

Remember!

We use the past continuous to talk about **what was happening at a moment in the past**. We often use past continuous in descriptions.

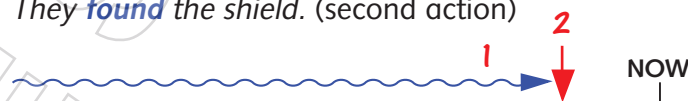
2 Past continuous and past simple

While / When Joe and Ellie **were digging**, they **found** the shield.



Joe and Ellie **were digging**. (first action)

They **found** the shield. (second action)




Remember!

We use the past simple with the past continuous **when there are two actions in the past**. One action **interrupts** the other.

Vocabulary

Objects and materials


1  It's a comb.
It's made of bone.

2  It's a sword.
It's made of metal.

3  It's jewellery.
It's made of glass.

4  It's a mirror.
It's made of silver.

5  It's a shield.
It's made of wood.

6  It's a coin.
It's made of gold.

Archaeology

 archaeologist

 site

 excavate

 artefact

 buried

 metal detector

 pottery







 tool

Grammar practice

1 What was happening at six o'clock yesterday? Complete the sentences.

- 1 Peter / watch TV / living room.
Peter was watching TV in the living room.
- 2 Sue and Sarah / sing karaoke / bedroom.
- 3 John / brush teeth / bathroom.
- 4 Sam and Lucy / play football / garden.
- 5 Cristina / make a phone call / hall.

2 Write the questions. Answer about yesterday. Use the past continuous.

- 1 What (you do) at  in the morning?
- 2 What (you do) at  in the morning?
- 3 What (you do) at  in the afternoon?
- 4 What (you do) at  in the afternoon?
- 5 What (you do) at  in the evening?
- 6 What (you do) at  at night?

3 Choose and write. Act out.

- Joe:** What 1) **were you doing** / **did you do** at seven o'clock yesterday evening, Ellie?
- Ellie:** I 2) **watched** / **was watching** the TV.
- Joe:** Which programme 3) **did you watch** / **were you watching**?
- Ellie:** 'Pass the Word'. It's my favourite.
- Joe:** Who was the winner?
- Ellie:** I don't know. While I 4) **watched** / **was watching** the programme, the phone 5) **was ringing** / **rang**. I missed the end.
- Joe:** Oh dear! That's a pity.

Grammar practice

4 Invent sentences. Use *when* and *while*.

~~walk~~ play ride listen swim

~~see~~ hear met drop find

While I was walking in the park, I saw an elephant.

I was walking to school **when** I saw an alien.



Vocabulary practice

5 Order the letters. Write your answers.

- 1 What was the **bomc** made of?
- 2 What was the **leshid** made of?
- 3 What were the **sinoc** made of?
- 4 What was the **oswdr** made of?
- 5 What was the **lelewyrje** made of?
- 6 What was the **rirrom** made of?

6 Complete the questions. Ask and answer.

- 1 Do you want to be an _ r c h _ _ _ l _ g _ s t _ ?
- 2 Do you want to use a m _ t _ l _ d _ t _ c t _ r _ ?
- 3 Do you want to see the Roman p _ t t _ _ y _ ?
- 4 Do you want to find b _ r _ _ d treasure?

Now do the test for Unit 4.

5 Sport for everyone

Lesson 1 Vocabulary

Footprints Club News

1 CD2 • 30 Match the words and pictures. Listen and check.

Farfield Sports Day

Saturday
9.00 – 5.00

Come and learn a new sport at Farfield Park.



Sports and exercise verbs

kick	dive	hit	throw
pass	serve	bend	shoot
catch	score	stretch	bounce

2 CD2 • 31 Listen and match.

3 Read and answer the questions.

SPORTS DAY

Are you interested in trying a new sport? There's a sports day in a town called Farfield on Saturday and everything is free. You can bounce on a trampoline, try shooting an arrow or learn to kick in karate. Don't worry if a sport is new. There will be lots of monitors there to help you. You don't need any special equipment. You just need comfortable clothes, some trainers and lots of energy!

If you are interested, write your name at the bottom of this note. We need to catch a bus to Farfield Park, so be at the Footprints Club at half past eight.

Tanya

Names

Andy

Sue

Joe



- 1 Where is the sports day?
- 2 How much does it cost?
- 3 What do you need to wear?
- 4 What do you need to do if you want to go?
- 5 How can you travel to Farfield Park?

4 Ask and answer.

Are you good at *swimming*?

Yes, I am.

When do you *go swimming*?

I usually go swimming at the weekend.

Lesson 2 Story

5 CD2 • 32 Listen and read.

A sport for Ellie

1 The Footprints Club are at the Sports Day in Farfield.

You can try all the sports, but you must stay with a monitor and you must be careful.

OK, Tanya. See you in a bit!

2 I can't wait to try some new sports. What are you going to do, Ellie?

I'm going to try hockey.

I'm going to try trampolining.

3 Ouch! My ankle hurts!

You must hit the ball with the stick, Ellie. You mustn't hit it with your foot.

4 When you play baseball, you need to hit the ball and run quickly.

Oh dear! I'm hopeless at sport!

5 What's the matter, Ellie? Are you OK?

No, I'm not OK. I wasn't very good at hockey or baseball. I couldn't hit the ball.

6 Joe has an idea.

Try and bend your legs more, Ellie. That's great.

Well done, Ellie!

7 It's the end of the day.

Which sport did you like the most?

SKATEBOARDING!

SKATEBOARDS!

And what do you want to buy with the reward money from the museum?

8

Ellie10: What did you think of the Sports Day, Joe? Did you have a good time?

Joe12: It was great. I tried lots of new sports. What about you?

Ellie10: Well, I didn't like hockey or baseball, but skateboarding was brilliant.

James15: Hi! I saw you skateboarding, Ellie. You did it really well. Do you want to borrow my skateboard and helmet?

Ellie10: Wow! Thanks, James.

James15: But you mustn't use it in the street because that's dangerous.

Ellie10: It's true. We need a skate zone in the new park. Let's draw a ★■●◆ and give it to Tim and Tanya.

Joe12: Good idea!

- What did Ellie wear to skateboard?
- Why is it important to wear these things?

What are the children going to draw? Find the 4 letters in the story and make the word.

Lessons 3 and 4 Grammar

6 CD2 • 34 Listen and read. Act out.



It's Monday evening. Joe is talking to his friend, Karen.

Joe: Hi, Karen. Which sport did you try on Saturday?

Karen: I did archery. It's good fun, but there are some very important safety rules.

Joe: What are they?

Karen: Well, you mustn't shoot an arrow in the air. You must always shoot it at a target. And you mustn't stand in front of someone who is shooting.

Joe: Do you need to wear any special clothes?

Karen: Not really. The clothes only need to be comfortable.

Joe: What about the equipment?

Karen: You don't need to buy anything at the beginning. You can use the equipment at the sports centre.

Joe: That's great. Are you going to do archery again?

Karen: Yes, I am. I'm going to start classes tomorrow. I can't wait!

7 Look and learn. *Must* and *need to*

Footprints Grammar

I / You	must	shoot	at a target.
He / She			
We / You / They	mustn't	shoot	in the air.
I / You / We / They	need to	wear	comfortable clothes.
	don't need to	buy	the equipment.
He / She	needs to	be	careful.
	doesn't need to	wear	special clothes.

Remember!
Must and *need to* have a similar meaning. But *mustn't* and *don't need to* are very different.

8 Practise your grammar. Play the memory game.

SPORTS RULES

- 1 You must only touch the ball with your head, chest, legs or feet.
- 2 You need to hit the ball with the racket.
- 3 You must bounce the ball when you run with it.
- 4 One foot must be on the ground when you pass the ball.
- 5 The player mustn't touch the net.
- 6 The ball must pass the line to score a goal.
- 7 There mustn't be more than ten players on the court.
- 8 You need to leave the pitch if you receive a red card.



Safe sport

Do you look after your body when you do sport? Do this quiz and find out.



- 1 When you warm up your body, you **must** ...
- stretch **slowly**.
 - stretch **quickly**.

- 2 When you play football, you **must** tackle ...
- hard**.
 - carefully**.

- 3 When you run a long distance, you **need to** ...
- run **slowly**.
 - run **fast**.

- 4 When you are cycling, you **mustn't** ...
- ride **dangerously**.
 - ride **carefully**.

- 5 At the end of your exercise, you **need to** ...
- breathe **quickly**.
 - breathe **slowly**.

Adverbs of manner

- You need to run **slowly**.
- You must ride **carefully**.

Irregular adverbs

fast	fast
good	well
hard	hard

Scores
The correct answers are:
1) a 2) b 3) a 4) a 5) b
5 correct: Well done! You are very safe when you do sport.
3-4 correct: Not bad! You need to be a little more careful when you do sport.
1-2 correct: Be careful! It's very important to look after your body when you do sport.

Now check your score.

Steps to speaking



- 10 CD2 • 36 Match the words and sounds.
Listen and say the rhyme.

/æ/ arrow
/ɑ:/ archery

ran fast star hard
passed handball

He ran fast
He trained hard
He passed the ball
He was a handball star.



- 11 Work with a partner. Find the differences.
Pupil A: AB p103. Pupil B: AB p104.

I do this activity quickly.

Do you swim quickly?



Yes, I do.



Footprints Club Web Page

Social sciences

ICT

Science

History

Biology

Geography

Nature

Music

Literature

12 Read the text. Match the parts of the body to the drawing.

The heart

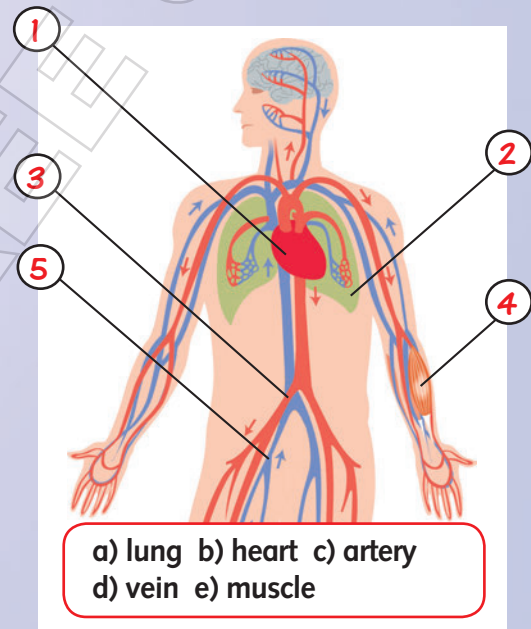
The heart is the organ that pumps blood around your body. Blood carries oxygen to your organs and muscles. First, the heart pumps the blood to the lungs, where it collects oxygen. Then the blood goes back to the heart. After that, the heart pumps this blood around the body to all the organs and muscles. The blood travels there in arteries. The organs and muscles take all the oxygen from the blood and use it to make energy. Next, the heart needs to pump the blood back to the heart. The blood travels back to the heart in veins. When the blood gets back to the heart, the cycle begins again.

You can't see your heart, but you can feel it working. When you exercise, your muscles need to work harder, so they need more oxygen. This means that your heart must beat faster to send more blood to the muscles.

You also breathe more deeply so that this blood has got plenty of oxygen in it. You can feel when your heart beats faster by touching your neck or wrist to feel your pulse. Your pulse beats faster when you do exercise.

Did you know that in one day, your heart pumps your blood more than 19 thousand kilometres? That's almost the same as travelling by aeroplane from Madrid to Hong Kong and back!

Your heart is a very important organ. You must look after your heart and keep it healthy and strong.



13 Read the text again. Are the sentences *True (T)* or *False (F)*?

- 1 Your heart pumps blood to your lungs.
- 2 Your blood collects oxygen in the lungs.
- 3 Your veins carry oxygen to your muscles.
- 4 Your veins take your blood back to your heart.
- 5 You need less oxygen when you do exercise.

14 Do an experiment. Find your pulse.

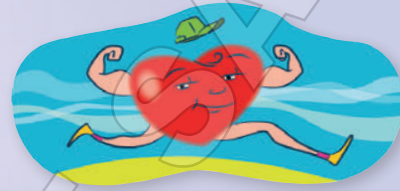
- 1 Put two fingers of your right hand on your left wrist.
- 2 Count how many beats you feel in one minute. Write this number down.
- 3 Jump up and down until you are tired. Now count how many beats you feel in one minute. Is the number the same?
- 4 Compare your numbers with the rest of the class.



Lesson 6 Skills development

15 Read and find out. Discuss.

- Your heart is a muscle. It's the strongest muscle in your body.
- Your heart is about the same size as your hand when it is closed.
- In one day, your heart beats about 100,000 times.



How can you look after your heart?

16 Read. Are the sentences *True* (T) or *False* (F)?

LOVE YOUR HEART

Your heart is the most important organ in your body. Here are some things you can do to keep it healthy.

BE ACTIVE

Your heart is a muscle and needs exercise. Sport is fantastic for your heart **because** it makes

your heart beat faster. Then your heart gets stronger. You should try to do sport or exercise five times a week. It's important to warm up your muscles before you begin exercise.



EAT HEALTHILY

You should eat healthily every day. You need to eat fruit and vegetables **because** they are very good for your heart. Rice and fish are very good too. Don't eat food that has a lot of fat, sugar and salt **because** it isn't very good for your heart.



Start to love your heart today!

- 1 You must do exercise every day.
- 2 Your heart gets stronger when you do regular exercise.
- 3 You should only stretch after exercising.
- 4 The food you eat is important for your heart.
- 5 Tomatoes and lettuce are good for your heart.
- 6 Chocolate and sweets are good for your heart.

17 Read and learn.

Writing plan

Writing a leaflet

- The title of the leaflet needs to catch people's attention: *Love your heart*.
- A leaflet gives lots of facts and information.
- You need to organise these facts and use headings.
- A leaflet usually asks people to do something: *Start to love your heart today!*

Writing check

Because

- We use **because** to explain the reason for an action: *Sport is fantastic for your heart **because** it makes your heart beat faster.*

Content words

vein artery heart lungs pulse organ blood muscle

Save



Every country has got its favourite sports. Some of these sports are very popular and people play them all over the world. Other sports are less well-known, but they are still very exciting to watch and play.

18 CD3 • 02 Read and listen. Choose.

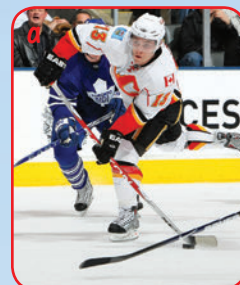
Rugby

- 1 In 1823 a schoolboy picked up a **football** / **tennis ball** and ran with it.
- 2 Now, Rugby Union is the national sport of **England** / **Scotland** / **Wales**.
- 3 There are **five** / **fifteen** / **fifty** players on each team.
- 4 A match lasts for **70** / **80** / **90** minutes.
- 5 Players must always pass the ball **backwards** / **forwards**.
- 6 A try is worth **five points** / **three points** / **one point**.



19 Read and match the pictures.

- 1 Hi, I'm from Ireland and my favourite sport is hurling. You play the game on a grass pitch and there are fifteen players in each team. Each player has a wooden stick which is called a hurley. The players use the hurley to hit a small ball called a sliotar. The teams must hit the sliotar over the goal to win one point or into the net to win three points. Hurling is one of the oldest and fastest team sports in the world. **Pat, aged 12**



- 2 Hello. I come from Canada. The national winter sport in my country is ice hockey. I love playing ice hockey because it's a fast and physical sport. You play it on an ice rink and there are six players in each team. Players need to wear ice skates and they use a long stick to shoot a rubber disc, called the puck, into the other team's net. Players can touch the puck with their feet, but they mustn't kick the puck into the net. **David, aged 14**



- 3 Hi, I'm from the USA and I love baseball. Professional baseball is one of the oldest sports in America. Two teams of nine players play on a grass pitch. The players on one team must score points by hitting a ball with a bat and then running around four bases. When a player touches the last base, he scores a run. The other team must try and stop the players scoring runs. The team with the most runs at the end of the game is the winner. **James, aged 13**



20 Read and answer.

- 1 Which sport has the most players?
- 2 Which sport has the fewest players?
- 3 Which sport doesn't use a ball?
- 4 Which sport doesn't use sticks?
- 5 Which sport doesn't use a grass pitch?
- 6 Which sport hasn't got a net?

21 Ask and answer.

Which sports are popular in your country?

Do you do these sports?

Lesson 8 Fluency

22 CD3 • 04 Guess the missing words. Listen and check your answers. Sing.



Tune into
Footprints radio!

eleven everyone score cold sport referee stadium catch



My favourite sport

(chorus)

Football's cool.

Football's fun.

Football's a sport for 1.

There are 2 players

In my team.

And the person in charge is the 3.

He blows the whistle

And the game begins.

The people in the 4 shout and sing.

I need to run and jump

And pass the ball.

I must kick it hard if I want to 5.

The goalkeeper's ready.

He's big and tall.

He dives, but he doesn't 6 the ball.

Football's great

When you score a goal.

And football's great in the wet and 7.

Sometimes we lose.

Other times we draw.

But football is always my favourite 8.

Yes, football is always my favourite sport.

(chorus)

What actions do
the children do when
they play football?



23 Talk about a favourite sport. (AB p51)

Preparation

- Think about a favourite sport and make some notes.
- Find some pictures of this sport.

Presentation

- Show your pictures to your group.
- Talk about your favourite sport.

Tip: If you forget a word, try and explain it using different words.

Extension

- Listen to your friends' questions.
- Answer their questions.

One of my favourite
sports is basketball.
It's a team sport.



Oral
Presentation



Grammar

1 Must and need to

I / You / He / She / We / You / They	must	hit	the ball.
	mustn't	touch	the net.

I / You / We / They	need to	wear	trainers.
	don't need to	have	lessons.

He / She	needs to	score	a goal.
	doesn't need to	wear	shorts.

Must / need to

We use **must** when something is a rule or a strong obligation.

They **must wear** a helmet.

We use **need to** when something is necessary.

You **need to be** careful.

Remember!
Must and **need to**
are very similar.

Mustn't

We use **mustn't** when something is a rule or prohibited.

They **mustn't kick** the ball.

Remember!
Mustn't and **don't need to**
are not similar.

Don't need to

We use **don't need to** when something is not necessary.

We **don't need to pay**. It's free.

2 Adverbs

An **adverb** gives us more information about the **verb**.

We write adverbs of manner **after** the verb.

The boy swam **quickly**.

We make the adverb by putting **-ly** at the end of the adjective

slow – slow**ly**, quick – quick**ly**

But if the adjective **ends** in 'y' we write:

tid**y** – tid**ily**, nois**y** – nois**ily**

The **irregular adverbs** are:

good – **well**, fast – **fast**, hard – **hard**

Vocabulary

Sport and exercise verbs

1 dive



7 bounce



2 kick



8 catch



3 throw



9 bend



4 stretch



10 serve



5 score



11 hit



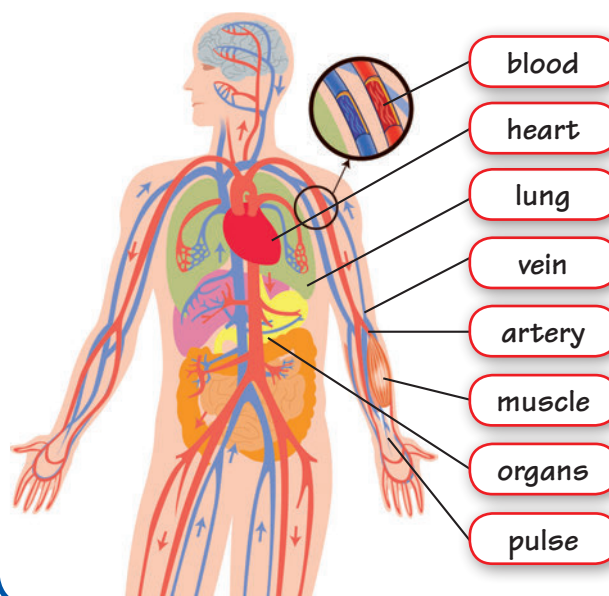
6 shoot



12 pass



The heart



Grammar practice

1 Complete the sentences. Use *must* or *mustn't*.

- 1 You must do some warm-up exercises before you do sport.
- 2 You ? wear a helmet when you ride a bike.
- 3 You ? do sport if you don't feel very well.
- 4 You ? drink plenty of water.
- 5 You ? play with the sport equipment.
- 6 You ? get angry if you don't win.

2 Complete the sentences. Use *mustn't*, *don't need to* or *doesn't need to*.

- 1 I don't need to wear a school uniform. I can wear my own clothes.
- 2 You ? talk when you've got an exam.
- 3 You ? touch that. It's dangerous!
- 4 You ? wash those plates. They're clean.
- 5 He ? forget. It's very important.
- 6 She ? get up early because it's Saturday.

3 Choose and write. Act out.

Joe: What's the matter with Andy? He's very sad today.

Ellie: His team lost the football match yesterday. They didn't play very **1) good / well**.

Joe: That's a pity. They trained very **2) hard / hardly** before the match.

Ellie: I know. Andy's a good player, too. He runs very **3) fast / slowly**.

Joe: Did you go to the match, Ellie?

Ellie: No, I didn't. I had a lot of homework yesterday. I was working **4) hard / hardly** all evening.

Grammar practice

4 Work with a friend.

sadly happily quietly fast
slowly sleepily angrily worriedly

Say the sentence sleepily.



Vocabulary practice

5 Order the letters. Write your answers.

- 1 Can you eidv?
- 2 Can you rwhot a ball 20 metres?
- 3 Can you sotoh an arrow?
- 4 Can you esver a tennis ball?
- 5 Can you conube a ball on your head?
- 6 Can you tachc a basketball?

6 Complete the questions.

Ask and answer.

- 1 Where can you feel your p _ l s _?
- 2 What does b l _ _ d carry?
- 3 How big is your h _ _ rt?
- 4 What do m _ scl _ s need?

Now do the test for Unit 5.

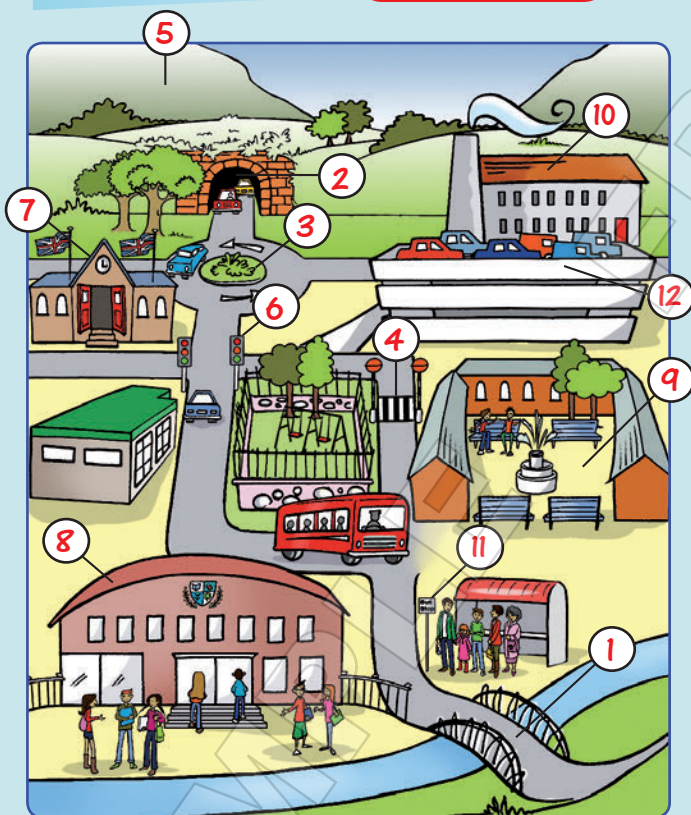
Lesson 1 Vocabulary

Footprints Club News

1 CD3 • 07 Match the words and pictures.
Listen and check.

Littletown Park

Opening soon!



In the town

square
town hall
traffic lights
roundabout
pedestrian crossing
multi-storey car park

hill
bridge
tunnel
factory
college
bus stop

3 Read and answer the questions.

IMPORTANT MEETING

Did you know that there isn't a place in Littletown where you can skate safely? Some children even skateboard in the multi-storey car park, which is very dangerous. The Footprints Club want to make a safe skate zone in the new park.

We've got some plans and we can pay for the work with the reward money, but we need to get permission from the mayor.

The mayor is going to come to the Footprints Club at six o'clock tomorrow evening. She wants to listen to our ideas and see our plans. Please come to the meeting and help us explain why we need a skate zone. Your voice is important!

Tim



- 1 Where do some children skateboard in the town?
- 2 Why do they skateboard there?
- 3 What do the Footprints Club want to make?
- 4 What do they need to get from the mayor?
- 5 What does the mayor want to do?

4 Ask and answer.

Where's the **town hall**?

It's **near the roundabout**.

Where are the **traffic lights**?

They're **next to the park**.

2 CD3 • 08 Listen and match.

Lesson 2 Story

5 CD3-09 Listen and read.

An important meeting

1 It's six o'clock in the evening and the Footprints Club is full. Everyone is waiting for the mayor.

Have you got the plans for the skate zone, Joe?

Yes, here they are.

2 But there's a problem.

It's ten past six and the mayor still isn't here. I wonder where she is.

Maybe she's lost. I'll call her.

3

Oh dear! The Footprints Club isn't behind the park. It's in front of the park. You need to turn left at the traffic lights and go past the bank.

4 I'm so sorry I'm late.

5

The skate zone is a very good idea, but there isn't any time. The park is almost ready and we must open it in two weeks. I'm sorry.

6

But the children need a safe place to skateboard. The Footprints Club can make the skate zone. If we work together, we can do it!

We're happy you're here now! The children want to tell you all about their plans.

7 All right. You can make the skate zone. But remember! You only have two weeks.

That's fantastic! Thank you very much.

8 SKATE ZONE PLANS

A half pipe. Skateboarders can do jumps here.

A tunnel. Skateboarders can skate through here.

A rail. Skateboarders can skate down this.

Benches. People can sit and watch the skateboarders here.

Do you want to help make the new skate zone?
We need people to help us at the weekend and in the
★◆◆◆◆★.
Speak to Tim or Tanya for more information.

When do the Footprints Club need help?
Find the 7 letters in the story and make the word.

- Was Joe brave in the meeting?
- Do you like talking in front of a lot of people?

Lessons 3 and 4 Grammar

6  CD3 • 11 Listen and read. Act out.

It's Monday evening. The children are in the Footprints Club.



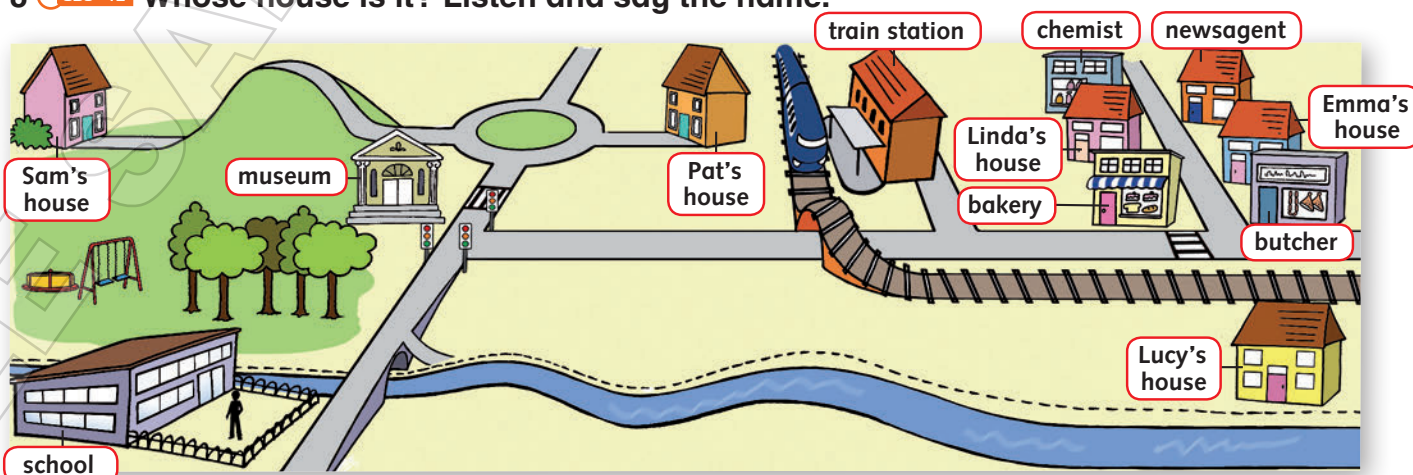
- Jack:** Hi, Ellie. Did you work in the park on Sunday?
Ellie: Yes, I did. What did you do, Jack?
Jack: I went mountain biking with my parents.
Ellie: Really? Where did you go?
Jack: We went everywhere. We cycled out of the garden, along the river, over the bridge, through the forest and up the mountain.
Ellie: Goodness!
Jack: And then we cycled back home again. We came down the mountain, through the forest, over the bridge, along the river and into the garden.
Ellie: Were you tired?
Jack: No, I wasn't tired. I was exhausted!

7 Look and learn. Prepositions of movement.



Go	up	the hill.	Go	down	the hill.
	over	the bridge.		under	the bridge.
Walk	from	the house.	Walk	to	the house.
	into	the garden.		out of	the garden.
Run	through	the park.	Cycle	past	the bank.
	across	the square.		along	the road.

8  CD3 • 12 Whose house is it? Listen and say the name.





Are you a travel expert?

Do this quiz and find out.

- 1** How can you travel from England to France?

You can travel ...
a) over a bridge.
b) through a tunnel.

- 2** How far is it from Paris to Madrid?

It's about ...
a) 500 km.
b) 1,000 km.
c) 5,000 km.

- 3** How long does it take to get from London to New York by plane?

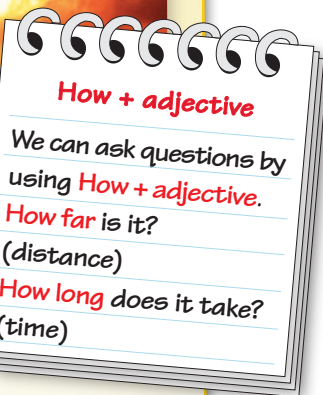
It takes about ...
a) seven and a half hours.
b) ten hours.
c) twelve and a half hours.

- 4** How far is it from the Earth to the Moon?

It's about ...
a) 180,000 km.
b) 280,000 km.
c) 380,000 km.

- 5** How long does it take to get from the Earth to the Moon by rocket?

It takes about ...
a) one day.
b) two days.
c) two weeks.



Now check your score.

Scores
1) 1 2) 3) a) 4) c) 5) b
5 points: Excellent! You are a travel expert!
3-4 points: Very good! You know a lot about travelling.
1-2 points: Never mind! You can learn more about travelling.

Steps to speaking



- 10** CD3 • 14 Match the words and sounds.
Listen and say the rhyme.

/eɪ/ train
/aɪ/ bike

five eight day plane night hike

It takes five days by train,
Or one day by plane
To get to Spain.

It takes ninety days by bike,
Or you can hike
Day and night
To get to Spain.



- 11** Work with a partner. Find the places.
Pupil A: AB p105. Pupil B: AB p106.

How do you get to the post office, please?

Go over the bridge.
Then go to the traffic lights and turn left.
The post office is on your left.



Footprints Club Web Page

Social sciences
ICT
Science
History
Biology
Geography
Nature
Music
Literature

12 Read the text. Match a heading to each paragraph.

a) How far is it? b) Which direction is it? c) Where is it? d) What is a map?

How do we use maps?

1 _____

A map is a drawing of one area, for example, a city or a part of a country. Maps help you learn about that area because they show the important places. They also show you how to get to where you want to go.

2 _____

People often use maps when they want to find a place, like a bus station or a post office. A map is too small for you to write the names of all these places. Instead, you need to use small drawings. These are called symbols. Maps usually have a key to explain what the symbols mean.

3 _____

Maps help people get from one place to another. When you read a map, it is important to understand the four directions. They are north, east, south and west. These are called the four points of a compass. If you walk in a

direction that is between two of these points, you can say you are going north-east, south-east, south-west or north-west. Almost all maps have north at the top of the page.

4 _____

Maps show you how far you need to travel to get to a place. You can measure the distance between two places in a straight line using a ruler. But if you want to measure the exact distance by road, you need a piece of string. You must bend the string to follow the shape of the road from one point to the other. After that, you measure the string and use a scale to find out the exact distance. The scale on some maps is 4 cm = 1 kilometre. So if your string is 10 cm long, you need to travel 2.5 km.

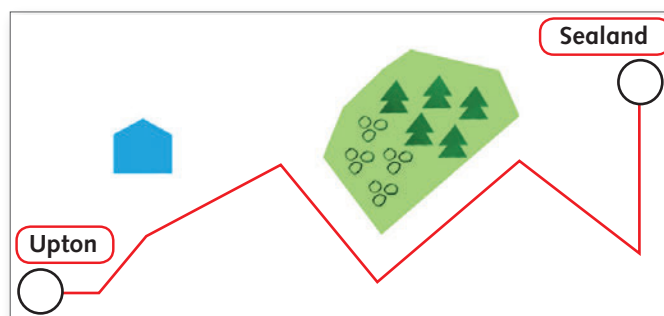
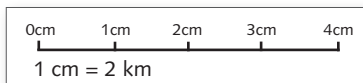


13 Read the text again. Are the sentences *True (T)* or *False (F)*?

- | | |
|---|--|
| <p>1 You can find out lots of information on a map.</p> <p>2 You usually see the names of hotels on a map.</p> <p>3 Most maps have north at the bottom of the map.</p> | <p>4 You can use a ruler to measure the distance on a map.</p> <p>5 A scale converts the distance on the map to the real distance.</p> |
|---|--|

14 Measure and say.

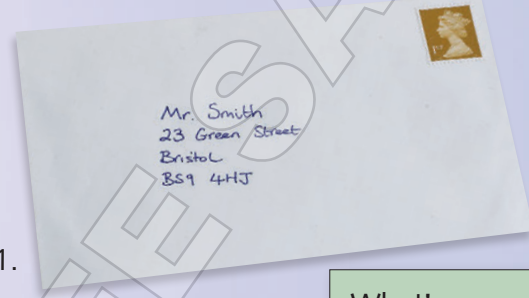
How far is it from Upton to Sealand? Use your ruler to measure the roads. Then use the scale to find out the real distance.



Lesson 6 Skills development

15 Read and find out. Discuss.

- Postcodes are one of the most accurate ways of locating a house or building in the UK.
- The first postcodes appeared in the UK in 1959.
- Now the UK has 1.7 billion postcodes.
- Postcodes in the UK have letters and numbers.
- Buckingham Palace's postcode is SW1A 1AA.
- Father Christmas has his own postcode. It's SAN TA1.



What's your postcode?

16 Read. Are the sentences *True (T)* or *False (F)*?

4, Sun Street,
Elmlea EL5 JU5
Monday, 11th April

Dear Steven,
I'd like to invite you to my birthday party.

The party's **on** Saturday 16th April and is at my house. To get to the party from the school you need to go along Sand Road until the bank and then turn right. After that, go along the road until you reach some traffic lights. Turn left at the traffic lights. My house is at the end of this road, on the left.

The party begins **at** six o'clock and finishes **at** nine o'clock. It's a fancy dress party so you need to wear a costume. There's going to be a magician, too. My telephone number is 982 64891. Please phone if you are going to come.

See you at the party!

Mike

my house
X
Sun Street
bank
Sand Road
school

- 1 The birthday party is at the weekend.
- 2 The party is in the afternoon.
- 3 The party is at a house in Sand Road.
- 4 The party is three hours long.
- 5 You need to wear smart clothes at the party.
- 6 You need to phone if you want to go to the party.

17 Read and learn.

Writing plan

Writing a party invitation

When you write an invitation, you need to give important information.

- What kind of party is it?
- Whose party is it?
- Where is the party?
- When is the party?
- What time does it begin and what time does it finish?
- What does the guest need to bring?
- How does the guest need to reply?

Writing check

Prepositions of time

We use the prepositions **at**, **in** and **on** with times:

- **At**: 6 o'clock (times), night, the weekend, Christmas, Easter.
- **On**: Monday (days), 2nd September, Christmas Day (25th December).
- **In**: June (months), 2010 (years), the winter (seasons), the afternoon, the evening, the morning.
- But with some times we don't use a preposition: yesterday, tomorrow, last week, next year.

Content words

north south east west scale compass symbol key

Save

Lesson 7 Culture

public transport



Public transport is a cheap and easy way to travel around the city. It also helps to reduce pollution because there are fewer cars on the road. We can see many types of public transport around the world.

18 CD3 • 16 Read and listen. Choose.

London Underground

- 1 It is the **longest** / **newest** / **most expensive** underground system in the world.
- 2 There are **nine** / **eleven** / **thirteen** lines.
- 3 There are more than **200** / **250** / **300** stations.
- 4 More than **1 million** / **2 million** / **4 million** people use the underground every day.
- 5 People in London call it **the Tube** / **the Tunnel** / **the Metro**.



19 Read and match the pictures.

- 1 Hello! I live in Barcelona, a big city in the north of Spain. The public transport there is very good. You can travel around the city by underground, bus and taxi, but I like the public bicycles best. The city has hundreds of 'Bicing' points around the city where you can take a bicycle and the first thirty minutes are free. If you want to use the bike for longer, you need to pay, but it isn't very expensive. **Teresa, 13 years old**



- 2 Hi! I live in New York. It's on the north-east coast of America. It's one of the busiest cities in the world so public transport is very important. There are many ways to travel around my city - by train, subway, bus or taxi, but my favourite way is the ferry. The busiest ferry is the Staten Island Ferry, which carries more than 19 million passengers a year. The ferry goes every day of the year and it runs 24 hours a day. The best thing about this ferry is that it's free for everyone. **Sam, 11 years old**



- 3 Hello! I live in Lisbon. It's the capital of Portugal and it's on the west coast. Public transport is very good in my city. There are buses and electric trams and there is an elevator which goes up and down! Lisbon is a hilly city. I usually use the 'Santa Justa' elevator when I go shopping with my mum. This elevator connects the high and low parts of the city. It's 45 metres high and there is a café at the top. **Paula, 12 years old**



20 Read and answer.

- 1 Which city has got the healthiest public transport?
- 2 Which city has got the busiest public transport?
- 3 Which city has got the most unusual public transport?
- 4 Which city has got public transport that doesn't stop?
- 5 Which city has got the most hills?
- 6 Which city has got the most ecological public transport?

21 Ask and answer.

What public transport have you got in your town?

When do you use it?

Lesson 8 Fluency

22  CD3 • 18 Listen and read. Sing.

Did you know that the city centre is called *downtown* in American English?

Downtown

When you're alone and life is making you lonely
You can always go – downtown.
When you've got worries, all the noise and the hurry
Seems to help, I know – downtown.
Just listen to the music of the traffic in the city.
Linger on the sidewalk where the neon signs are pretty.
How can you lose?

*The lights are much brighter there.
You can forget all your troubles, forget all your cares.
So go downtown, things'll be great when you're
Downtown – no finer place, for sure.
Downtown – everything's waiting for you.*



Don't hang around and let your problems surround you
There are movie shows – downtown.
Maybe you know some little places to go to
Where they never close – downtown.
Just listen to the rhythm of a gentle bossa nova.
You'll be dancing with him too before the night is over.
Happy again.

*The lights are much brighter there.
You can forget all your troubles, forget all your cares.
So go downtown, where all the lights are bright.
Downtown – waiting for you tonight.
Downtown – you're gonna be all right now.*



What things can you do downtown in the song?



23 Talk about your favourite place. (AB p61)

Preparation

- Find or draw a simple map of your town.
- Circle your favourite place in town.
- Think about your favourite place and make some notes.

Presentation

- Show the map to your group.
- Talk about your favourite place.
- Say where your favourite place is.

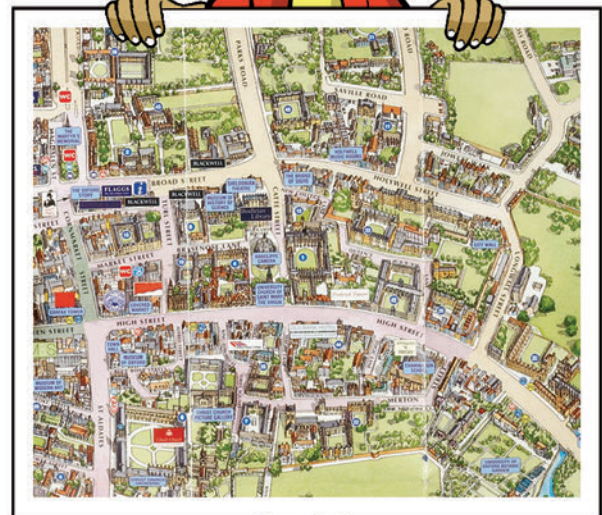
Extension

- Listen to your friends' questions.
- Answer their questions.

Tip: If you don't understand a question, ask the person to repeat it.

I'm going to talk about my favourite place in town.

Oral Presentation



Grammar

1 Prepositions of movement

- We use prepositions of movement to say **the direction** that things move.
- The preposition is always **after** a **verb of movement**.

Drive	up	the mountain.
	over	the bridge.
Walk	from	the school.
	into	the garden.

Skate	through	the park.
	across	the square.

Go	down	the hill.
	under	the bridge.
Walk	to	the shop.
	out of	the garden.

Cycle	past	the river.
	along	the road.

Remember!

We use prepositions of place to say **where things are**.
The preposition is often **after** the verb **to be**. The pen is **on** the table.

2 Questions with adjectives

- We can form a question with **How + adjective**.

How far is it? It's twelve kilometres.
(distance)

How long does it take? It takes twenty minutes.
(time)

Look at some other questions with How + adjective:

How tall are you? I'm 1 metre and 50 cm.
How heavy are you? I'm 50 kilos.
How old are you? I'm 12 years old.

Vocabulary

In the town

1 bridge



2 tunnel



3 roundabout



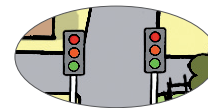
4 pedestrian crossing



5 hill



6 traffic lights



7 town hall



8 college



9 square



10 factory



11 bus stop

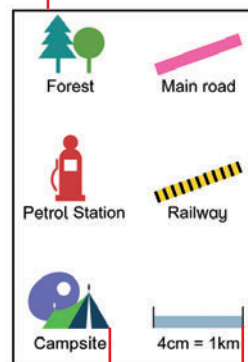


12 multi-storey car park



Maps

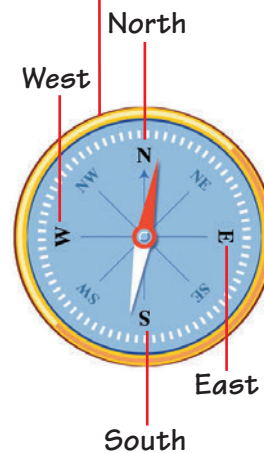
a key



a symbol

a scale

a compass



Grammar practice

1 Look at the picture. Write the preposition.

- 1 The two boys walked into the classroom.



- 2 The dog walked ? the road.



- 3 The girl walked ? the bridge.



- 4 The man cycled ? the river.



- 5 The ball went ? the hill.



2 Read and choose the correct preposition.

- He walked **out** / **out of** the room.
- The books were **on** / **onto** the bookshelf.
- The pen is **under** / **through** the chair.
- He walked **under** / **through** the park.
- He was **in** / **into** the room.
- He walked **on** / **over** the bridge.

3 Choose and write. Act out.

Ellie: I'm going to Paris with my family tomorrow.

Joe: Lucky you! How **1) long / far** is it from here?

Ellie: It's about a thousand miles.

Joe: And how **2) long / far** does it take to get there?

Ellie: It **3) take / takes** about an hour by plane.

Joe: How **4) long / far** are you going to stay?

Ellie: We're going to stay for three days. I want to see everything.

Joe: Have a good time!

Vocabulary practice

4 Work with a friend.

How do you say  in English?

traffic lights

How do you spell it?

T-R-A-F-F-I-C
L-I-G-H-T-S.



5 Order the letters. Write your answers.

- Where is the **nwot lahl** in your town?
- What are the colours of **rtfcifa hitlgs**?
- Is there a **egectlol** in your town?
- Is there a **epedsritan gincorss** near the school?
- Is there a **caforyt** in your town?
- Are there a lot of **sihl** in your town?

6 Complete the questions.

Ask and answer.

- Which places are in the n _ rth of your country?
- Which places are in the s _ _ th of your country?
- Which places are in the e _ st of your country?
- Which places are in the w _ st of your country?

Now do the test for Unit 6.