



State of Libya  
Ministry of Education  
Curricula and Educational Research Centre

21<sup>st</sup> CENTURY

# English for Libya

Secondary 1

الاسبوع الحادي والعشرون

المدرسة الليبية بفرنسا - تور

## Unit 6 Lesson 4: At the Doctor's

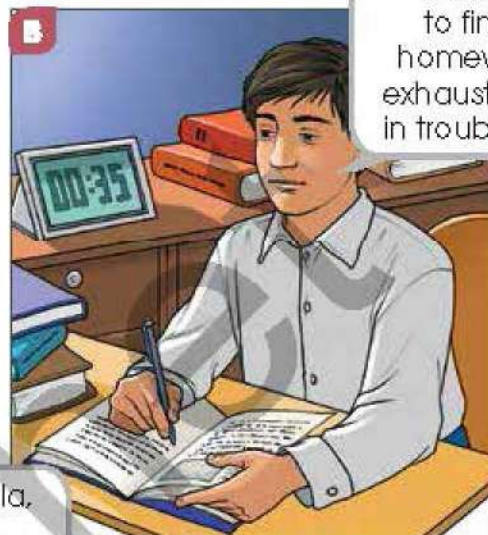
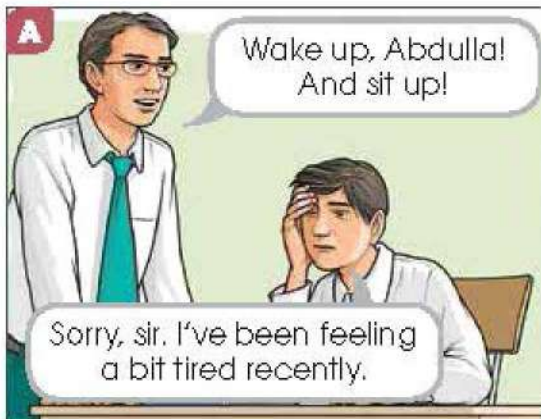
C21  
Skills

A Read and find out why Abdulla has some problems. What advice would you give him?

He should ...

He ought to ...

He shouldn't ...



B Listen to Abdulla talking to his doctor. Make notes about the advice the doctor gives him. Is it the same as yours?

C Now do Exercises A to C on pages 67 and 68 of the Workbook.

## Lesson 5: At the Chemist's



A Match the pictures with the words below.



a sunburn

a cough

a sore throat

a headache

a cut

a sprain

to wash

a fever



B Listen to some people at the chemist's and complete the table.

Name	Problem	Advice
Noura	Her daughter is coughing.	She ought to see a doctor if the cough continues for more than 3 days.
Layla		
Sultan		
Adnan		
Yassir		

C Now do Exercises A to C on pages 69 and 70 of the Workbook.

## Unit 6 Lesson 6: Keeping Fit



**A** What problems do you think people can have when they start an exercise programme? Make a list with a partner.

**B** Ibrahim is a fitness trainer. He is giving a talk to some students. Read what Ibrahim says in his blog and compare your ideas with his.

If you want to be fit and healthy, you need to take regular exercise. There are many ways you can do this. For example, you can go to a gym and follow an exercise programme, you can go walking or cycling, or you can take up a sport.

Before you begin, there are some things you should think about. First, you need to find something that you are fairly sure you will enjoy doing. If you don't enjoy the activity, you'll give it up in a few weeks. I also suggest that you exercise with a friend. There will be times when you don't feel like exercising, but if you know your friend is waiting for you, you won't let your friend down – you'll go. Finally, if you do the same thing all the time, you may get bored. Try to find different ways of getting exercise. For example, go swimming one day and walking the next.

The second thing I want to talk about is sports injuries. These can be extremely painful and difficult to cure. Of course, accidents can always happen and people will get injured in any sport, but lots of injuries are unnecessary. They happen because people are careless and don't follow proper safety procedures. If you want to avoid injuries, you'll take my advice.

I have four pieces of advice. First, it's very important to warm up before you begin exercising or playing a game. You can do this by running on the spot, then stretching to prepare your muscles. Next, wear the right clothing and safety equipment. For example, wear knee and elbow pads if you rollerblade. Thirdly, many people want to do too much at first. Don't be impatient. Move on to new and more difficult exercises slowly. Finally, pay attention to what your body tells you. For example, always have water with you because you will get thirsty. You can get dehydrated quickly when exercising. Oh, I nearly forgot a fifth piece of advice. You'll often hear people say that exercise should be painful – 'no pain, no gain'. They're wrong. If the exercise you're doing is painful, you ought to stop right away and give your body time to rest.

**C** Read the Functional Grammar box. Then do Exercises A to C on pages 71 and 72 of the Workbook.



Making new words: Prefixes and suffixes

- Affixes are letters that are added to words to make new words.  
Prefixes go at the beginning of the word, e.g., *impatient*, *dehydrated*.  
Suffixes go at the end, e.g., *careless*, *painful*.

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## Lesson 7: Predicting the Future



A Look at the newspaper headlines. Which of these things do you think will be possible in the future?

### WORLD'S OLDEST PERSON DIES AT 130

No cases of heart disease found this year

Amazing new world marathon record!

### CLEAN DRINKING WATER FOR EVERYONE

B Read some other people's opinions. Are any the same as yours?



I think people might live longer than that in the future because medicine has improved and continues to improve.

Athletes are getting stronger because they know how to train better and because they eat healthier food. I think athletes might continue to break speed records forever.



Heart disease might not kill as many people in the future because people are taking more exercise and giving up smoking. In fact, many diseases may disappear completely if this trend continues.



Clean drinking water for everyone! That would be fantastic. But no, I don't think it will ever happen. It might, but it might not because we are not doing enough to protect our environment now.



C Read the Functional Grammar box below. Find other examples on the page.



Talking about possible events: *may/might* + infinitive


- People *might* live longer than that.
- Many diseases *may* disappear completely.

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D Now do Exercises A to H on pages 72 to 74 of the Workbook.

## Unit 6 Lesson 8: The Asian Games

A Read the article and do Exercises A to G on pages 74 to 76 of the Workbook.



The screenshot shows a web browser window with the address bar displaying 'http://www.asiangames.com'. The main heading is 'The Asian Games' in a large, stylized red font. To the left of the text are four small images: a roller skater, a table tennis player, a dragon boat race, and a group of athletes in white uniforms. The article is divided into three sections: 'History of the Games', 'The biggest Asian Games', and 'New sports'. The text describes the first Asian Games in 1951 in India and the 15th and 16th editions in 2006 and 2010 respectively. It also mentions the variety of sports, including traditional and modern events.

### The Asian Games

#### History of the Games

The Asian Games took place for the first time in India in 1951. Only 11 countries sent athletes to the Games and there were only six sports. Over the years, more countries have become involved in the Games and more activities have been added. Now the Asian Games is the second largest event in the world, after the Olympics.

#### The biggest Asian Games

The 15<sup>th</sup> Asian Games took place in Doha, Qatar, from 1 to 15 December, 2006. It was much bigger than the first Games in 1951. Athletes from 45 countries participated and there were 39 sports. People in 47 countries were able to see the events on television. The 16<sup>th</sup> Asian Games took place in Guangzhou, China, from 12 to 27 November, 2010. It was the biggest Games so far, with 9,704 athletes competing in 476 events.

#### New sports

Spectators were able to see a wide variety of events in 2010. There were sports like basketball, cycling and football that have been part of the Asian Games since they started. There were also some new events. The traditional game of cricket was added, and the ancient sport of dragon boat racing, as well as the very modern activities of dancesport and rollersports.

## Preparing for the Games

To prepare for the Games, the organizers built 11 new sports venues and improved the facilities at 42 others. Athletes were able to stay in the new Asian Games Town. The local airport was improved and a new high-speed railway built to take the spectators and athletes quickly to the events. But the organizers needed more than buildings, planes and trains. They also looked for 60,000 people to help during the Games. These volunteers did various things, such as taking spectators to their seats, checking their tickets and giving information and directions.

## Celebrations


A lot of events took place before and after the Games. One of the most exciting was the Torch Relay. It was a celebration of friendship and unity. The torch was lit at the Great Wall of China on 9 October and carried round 23 cities by a total of 2,068 runners. The amazing opening and closing ceremonies were held along the Pearl River, with fireworks and around 6,000 performers acting, singing and dancing.

## Say hello to the sporty goats!

The mascot for the 16<sup>th</sup> Asian Games was the 'five sporty goats'. In Chinese tradition, the goat is a symbol of great luck and happiness. The mascot's job was to help people learn about the Games and remember that the Games are all about sport, fun and friendship.



## Unit 6: Round up

A  Here are some things you practised in Unit 6. Discuss each item with a partner. Take it in turns to give another example.

Now you can:

- report what somebody said



Yes, you can go to the match.

My father **said** I could go to the match.



You have to write a story.

The teacher **told us** we had to write a story.



Will you go to the chemist's, please?

My sister **asked me** to go to the chemist's.

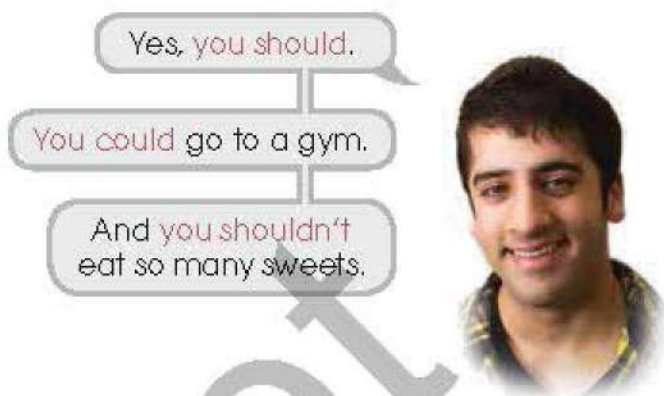
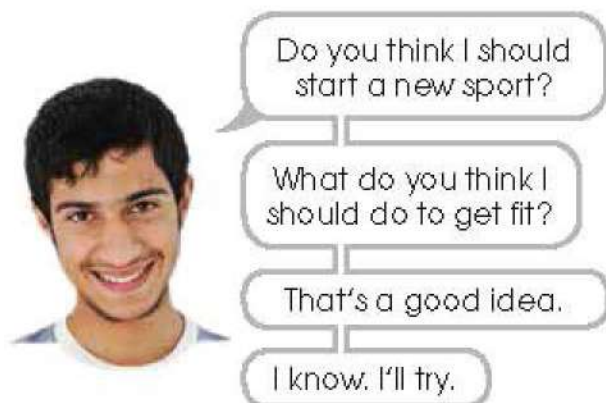


Is the sports centre open?

**She asked** the man **if** the sports centre was open.



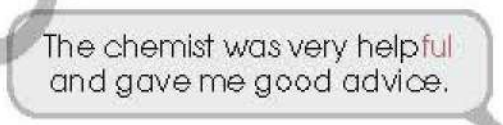
• ask for, give and respond to advice



• talk about possible events in the future



• use words with prefixes and suffixes



• use punctuation to make your writing clear

