



Grade (8)
First Term



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Unit (1)

Vocabulary

A-Choose the correct word from a, b, c and d:

- 1-is running very fast over a short distance.
a) Obesity b) Session c) Resistance d) Sprinting
- 2- It is a big for children to travel alone.
a) risk b) amount c) regimen d) session
- 3- My father.....to give me a special present when I pass my exams.
a) cools down b) promises c) lacks d) gains
- 4- Sportsmen warm -up well before starting their exercise
a) arrow b) session c) resistance d) obesity

B-Fill in the spaces with words from the list:

(lack – amounts – cool down – regimen – risk)

- 5-Eating high of food leads to many health problems.
- 6-You should have an exercise as part of your daily routine.
- 7-Always be calm andif you face any problem.
- 8-If you don't have eggs or milk in your food, you mayvitamin D.

EX. Do as shown between brackets:

- 1-The young boy crosses the road fast. (Make negative)
.....
- 2- They make noise in the class. (Make negative)
.....
- 3- I always stay up late at night. (Make negative)
.....
- 4- My teachers are shouting now. (Make negative)
.....
- 5- Mona travels abroad every summer. (Ask a question)
.....
- 6- We go to Dubai for shopping every year. (Ask a question)
.....
- 7- The little girl is playing with her doll to enjoy her time. (Ask a question)
.....

EX. Choose the correct answer :

I enjoy (meet – meeting – meets) my friends during the weekend.
We spend the time practicing our hobbies. We are interested in
(playing – play – played) computer games. Sometimes we go to the cinema if we want
..... (to watch – watched – watching) a film.

EX. Choose the correct answer:

..... (Doing – Does – Do) any physical activity is really important for
health. My sister always(go – goes – went) with me to the gym. She.....
(have – will have – had) some duties tomorrow. So, she (is preparing – prepared –
prepares) herself now. But I will take her with me if she wants to(coming –
come – comes).

EX. Choose the correct answer:

I like Summer and I always take pictures for my trips. I(take – am taking – took) a
picture now. In the picture, a girl (reading – is reading – reads) a book. At the
same time another girl(is playing – played – play) on the sand. Many people
..... (swim – is swimming – are swimming) in the sea.

EX. Do as shown in brackets:

- 1- I am having a meeting now. (Ask a question)
.....
- 2- They are calling us at the moment. (Make negative)
.....
- 3-Look! Mohamed (wash) his car alone. (Correct the verb)
.....
- 4-I am fond of (surf) the Internet to get new information. (Correct the verb)
.....

Writing

"People of their different ages enjoy practicing their favourite sports." **Plan** and **write** a
composition of **two** paragraphs (**not less than 10 sentences**) about "Sports" explaining **the**
importance of playing sport and your favourite sport.

*Your writing should include a topic sentence, supporting details and a conclusion.

Reading Comprehension

Read the following passage then answer the questions below:

In England, many parents think that they must teach their children how to swim to make them more respected and stronger among their friends. They usually take them to public swimming pools or sports clubs on holidays.

One often sees parents anxious trying to force their **frightened** children to swim. I believe that pushing the little child to water can be a big mistake. Parents commit another mistake which is to give children a rubber ring or wings to help them. This makes the child think that it is dangerous to get his / her head under water.

When my children were young, we usually spent the weekends in mountains where there was a circular water tank. It was about two metres deep. I let **them** swim there. I never gave them rubber rings or water wings while they were in water. My eldest son began to jump into the tank. Soon, his brother and sister got used to water and did the same thing.

A-Choose the correct answer from a, b , c and d:

1-What is the best title for this passage?

- a-Swimming in London
- b-Teaching children to swim in England
- c-How you swim
- d-Mistakes while swimming

2-The underlined word "**them**" in the 3rd paragraph refers to:

- a- parents
- b- children
- c- neighbours
- d- friends

3- The underlined word "**frightened**" in the 2nd paragraph means:

- a- strong
- b- angry
- c- scared
- d- upset

4- What is the purpose of the writer in this passage?

- a-Children can swim in England.
- b-Children should learn at their own speed.
- c-Children must learn to swim very quickly.
- d- Swimming is dangerous.

5-Parents usually take their children to public swimming pools

- a- on holidays.
- B-at the weekends
- c-in Summer
- d-on Fridays

6-According to the passage, all the following statements are **NOT TRUE** except:

- a-It is recommended to give children rubber rings to swim.
- b-It is frightening to swim without water wings.
- c- Swimming makes children nervous with the others in England.
- d-Pushing children to swim alone is a big mistake.

B- Answer the following questions:

7- What do parents do to teach their children how to swim?

8-How can you learn swimming in a good way?

Unit (2)

Vocabulary

A-Choose the correct word from a, b, c and d:

- 1- Charity and organisations are built for helping the needy every where.
a) native b) voluntry c) capable d) adquate
- 2-It needs a great effort to your goals.
a) inspire b) achieve c) provide d) lead
- 3-....., news travels so fast due to modern technology and mass media.
a) Incredibly b) Extremely c) Recently d) Frequently
- 4- Theof bacteria and viruses can spread so fast among children.
a) barrier b) carven c) theme d) infection

B-Fill in the spaces with words from the list:

(leads – determination –improve – overcome – sight)

- 5-A strong will andhelp you to fullfill your dreams.
- 6-Sara needs to take a course to her English.
Waching TV for a long time to health problems.
a. It took her a long time toall the difficulties that she had faced.

Grammar

EX. A) Change into negative:

- 1-I have met the my favourite movie star.
.....
- 2- We have talked to the manager.
.....
- 3- Ahmed has seen a flying saucer.
.....

EX. B) Do as shown between brackets:

- 1-Hani has travelled abroad. (Make negative)
.....
- 2- No, I have never been to London. (Ask a question)
.....
- 3-This is the most interesting story I (ever read). (Correct the verb)
.....

EX. Choose the correct answer:

I (has done – have done – had done) my homework. I tried to finish it fast(too – in order to – so that) I could go to the beach with my family. It was a good chance for all of us (to get – getting – gets) together.

Reading Comprehension

Read the following passage, then answer the questions below:

Fasting is part of the practices of many religions including, Islam, Judaism and Christianity. Today many are trying to dig up the benefits of fasting. Some people fast for spiritual reasons while others fast as a way to physically discipline the body. Whatever reasons one might come up with, it has been scientifically proved that fasting has tremendous health, spiritual and physical benefits.

It is known that fasting helps **eliminate** or neutralize toxins through the colon, liver, kidneys, lungs and skin. It leads to the cleansing of the whole body. The healing process can be noticed clearly in the body during a fast. Besides, dangerous diseases such as cancer do not have the full support of the body's supplies when fasting.

In addition to these physical benefits of fasting, it helps people to feel the needy ones and support **them** by giving money and food. It is one of the blessings of Islam to fast in the Holy month of Ramadan. As it is the fourth pillar of Islam, Muslims have to fast from the dawn till sunset. It is a good opportunity to purify one's soul and emotions. It enables people to get rid of their bad desires. That helps spread love, peace, co-operation and sacrifice among people in any community.

A) Choose the correct answer from a, b, c and d:

1- What is the best title for the passage?

- a. Fasting in Islam.
- b. The Values of Islam.
- c. Bad Desires.
- d. The Types of Religions.

2- The underlined word "**eliminate**" in the 2nd paragraph means:

- a. keep
- b. remove
- c. fix
- d. choose

3- The underlined pronoun "**them**" in the 3rd paragraph refers to:

- a. the diseases
- b. the Muslims
- c. the benefits
- d. the needy ones

4-What is the writer's purpose of this passage?

- a. Focussing on the spiritual benefits of fasting.
- b. Showing that fasting is good for health.
- c. Explaining the physical benefits of fasting
- d. Confirming the idea that fasting has many benefits.

5- Fasting enriches:

- a. good desires
- b. hunger
- c. crimes
- d. health problems

6-According to the passage, all the following statements are **Not TRUE** except:

a-Fasting is for the poor.

b-Fasting is a blessing.

c-Only Muslims can fast.

d-Fasting is bad for health.

B) Answer the following questions:

7- How can fasting help our bodies?
.....

8- Why is fasting important for the community?
.....

Writing

"The physically challenged can do miracles in spite of their disabilities." **Plan** and **write** a composition of **two** paragraphs (**not less than 10 sentences**) about "The disabled" explaining **the challenges that they may face and how we can help them.**

*Your writing should include a topic sentence, supporting details and a conclusion.

Unit (3)

Vocabulary

A-Choose the correct word from a, b, c and d:

1-Ali isnow after firing him from the company.

a) separete

b) stingy

c) furious

d) jobless

2-They will many new graduates in our school this year.

a) employ

b) float

c) inhale

d) inspire

3-They build the courts to achieve among people.

a) trap

b) justice

c) crowd

d) package

4- Dana is tired, let me do the washing Of her

a) unfairly

b) instead of

c) incredibly

d-recently

B-Fill in the spaces with words from the list:

(gravity – casual –specialised – stingy – wage)

5-I like wearingclothes as they are more comfortable.

6-Everything is floating in the space because of the zero

7-Dr. Salim is in Biology.

8-He saves all histo buy a new car.

Reading Comprehension

Read the following passage then answer the questions below:

No wonder that salt has many uses in our life. It is added to food, pickle and fish. It is also used to preserve some types of food. Many people prefer salty dishes than sweet ones. Despite the bad side effects of adding salt randomly or too much in some dishes, still many people like it. But have you ever asked yourself about the time and place where it was first discovered and used?

In fact, we don't know when man first began to use salt, but we do know that it has been used in many different ways throughout the history. People who lived over 3000 years ago ate salted fish. Thousands of years ago in Egypt, salt was used to **embalm** the dead. Stealing salt was considered a major crime during some periods of history.

In the 18th century, for instance, if a person was caught stealing salt, he could be put in jail. About 150 years ago, taking more salt than once was considered a crime. The criminal's ear was cut off as a punishment for the crime he has committed. In the Roman Empire, one of the most important roads was the one that carried salt from the salt mines to Rome. Guards were kept along the route to protect it against **its** thieves.

In the early days in the USA, salt was scarce. So, the store-keeper was very careful with his salt. As he poured out salt for his customers, he did not like anyone to cross the floor of the store.

A) Choose the correct answer from a, b, c and d:

1-What is the best title of the passage?

- | | |
|---------------------------------|------------------------------|
| a) The Bad Sides of Salt. | b) The Guards of Salt |
| c) The Uses and History of Salt | d) Salt and Preserving Food. |

2- The underlined word "**embalm**" in the 2nd paragraph means:

- | | |
|--|-------------------------------------|
| a) preserve a dead body from decay. | b) put the dead body in the fridge. |
| c) support put or take on board a ship | d) burry the dead body. |

3- The underlined word "**its**" in the 4th paragraph refers to:

- | | |
|------------|-----------|
| a) route's | b) salt's |
| c) Rome's | d) mine's |

4-What is the writer's purpose of the passage?

- | | |
|-------------------------------|--------------------------------------|
| a) Recommending salt for food | b) Showing the salt in Rome |
| c) Explaining stealing Salt | d) Focussing on salt through history |

5-According to the passage, all the following statements are **NOT TRUE** except:

- | | |
|-----------------------|------------------------------|
| a) salt is harmful. | b) salt has different shapes |
| b) thieves stole salt | d) salt was precious |

6-In the past, stealing salt was considered

- | | |
|-------------|-----------------|
| a) a crime | b) a reward |
| c) a murder | d) a punishment |

B) Answer the following questions:

7-Why is eating too much salt harmful?

.....

8-What is salt used for?

.....

Grammar

EX. Choose the correct answer:

I am (too – as– to) happy to see my old friend. We haven't seen each other (since – for – yet) a long time. But we promised to keep in touch (so that – in order to – to) we could remember our old memories and have fun.

EX. Do as shown between brackets:

1-Sara has just finished her duty. (Make negative)

.....

2- I have lived in Kuwait for ten years. (Ask a question)

.....

3-Ghadeer is very clever. She helps all the other students. (Join using: too .. to ...)

.....

Writing

"Travelling into space is a dream of all people ." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about "life in space" explaining **the way astrononauts live in space and how it is like camping.**

*Your writing should include a topic sentence, supporting details and a conclusion

Unit (4)

Vocabulary

A-Choose the correct word from a, b, c and d:

1-Heavy smokers should have strong will to this bad habit.

- a) quit b) demote c) hire d) beg

2-Although he is one of the richest in our neighbourhood, he lives in ahouse.

- a) astonished b) harsh c) compelled d) humble

3-Most of the passengers were badly injured with serious in the accident.

- a) communities b) hardships c) generations d) wounds

4- All in a sudden the duckswater.

- a) dropped out b) disposed of c) tugged on d) plunged in

B-Fill in the spaces with words from the list:

(exceptionally – securely – hire – demote – begged)

5-He used to a small flat when he travelled to London.

6-After shouting at his little sister's face, hehis mother to forgive him.

7-The artist got an award because his drawings areamazing.

8-Tins shouldsealed to avoid any damage.

Reading Comprehension

Read the following passage then answer the questions below:

Many animals die out nowadays. Polar bears will be extinct by the end of the 21st century if the global warming continues. Temperatures are rising in the Arctic. It is the only place where polar bears are found. This change of nature is having a strong effect on the health and numbers of the world's population of polar bears.

During the winter, polar bears live and hunt on the sea ice. **They** travel for many kilometers to catch their main food, which is the seal. Through the ice, they can feel the movement of a seal. They sit close to a hole in the ice and wait for the seal to come up for air. In summer, as the ice melts, some bears return to the shore, fasting until the colder weather and sea ice returns. Others continue to hunt. They swim in the icy water until they reach floating sea ice where they can wait for a seal. Bears who have been fasting all summer weigh less and are weak. They have lost too much of their fat, which is needed to keep them warm and as a source of energy.

Global warming has **increased** the temperature in the Arctic so much that the warmer weather comes sooner each year and it lasts longer. It has been predicted that by the end of this century there will be no sea ice left. As the temperature continues to rise, the cold winter will be much shorter.

A) Choose the correct answer from a, b, c and d:

1-What is the best title for the passage?

- a. Polar Bears Life
- b. The 21st Century summer
- c. Temperature of Arctic
- d. The Four Seasons

2-The underlined word '**They**' in the 2nd paragraph refers to.....

- a. temperatures
- b. seals
- c. numbers
- d. polar bears

3-What is the purpose of the writer in this passage?

- a. Global warming causes the extinction of some animals
- b. Polar bears are rare.
- c. The seals move in the ice
- d. Polar bears increases in number

4-The underlined word "**increased**" in the 3rd paragraph means:

- a. gott colder
- b. got fatter
- c. got higher
- d. got taller

5- A polar bear is covered with to protect it against cold.

- a. feather
- b. leather
- c. fur
- d. hair

6-According to the passage, all the following statements are **NOT TRUE** except:

- a. Polar bears live and hunt on the sea ice in summer.
- b. Rising the emperature makes winter shorter.
- c. There are no polar bears nowadays.
- d. There will be a lot of sea ice left.

B) Answer the following questions:

7-Why do some animals die out?
.....

8-Why do some bears weigh less?
.....

Grammar

EX. Change into passive:

1- They built some new buildings for the poor.
.....

2- Dr. Ali carried out many successful operations.
.....

3- I sent a message to Heba yesterday.
.....

4- Aisha cooked a delicious dish for us.
.....

EX. Choose the correct answer:

When I got up this morning, my mother(was making – were making – making) our breakfast. But Dad (were reading – was reading – is reading) the newspaper. My little brothers (was sleeping – are sleeping – were sleeping). Everybody (was doing – were doing – doing) different things at that time of the day.

EX. Do as shown between brackets:

1-We were visiting the USA. (Make negative)
.....

2- Maha was travelling to London. (Make negative)
.....

3-Ali was meeting his cousin in the mosque. (Ask a question)
.....

4-Maher (wash) his car at 4:00 yesterday. (Correct the verb)
.....

Writing

"Life in the past was different from life nowadays." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about life in the past and life nowadays.

*Your writing should include a topic sentence, supporting details and a conclusion

Unit (5)

Vocabulary

A-Choose the correct word from a, b, c and d:

- 1-It is comfortable to have a friendly In your work place.
a) equator b) antiquity c) bargain d) atmosphere
- 2-Every body hasfinger prints even the identical twins.
a) unique b) sightseeing c) impressive d) humble
- 3-The United Nations in the accident.
a) house b) reflect c) quit d) hire
- 4- Glassmaking andare considered amazing handcrafts.
a) destination b) illusion c) exhibit d) sculpture

B-Fill in the spaces with words from the list:

(equator – pleasure – house – reflect – skill)

- 5-Mirrors the sun rays.
- 6-It was such a to attend your graduation party.
- 7-It is really hot in the
- 8-You need to join a course to improve your speaking

A-Choose the correct answer:

It is known that winter is(colder – the coldest – cold) season. Spring is the (wonderful –more wonderful– most wonderful) one. The..... (beautiful –more beautiful – most beautiful) birds sing nicely and the flowers blossom in an amazing way. (Active – More active – Most active) people take the chance to do physical activities during spring time.

Writing

"A museum is considered one of the most interesting places that attracts people of different ages." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about "Museums" explaining **the importance of building museums and the things that can be displayed there.**

*Your writing should include a topic sentence, supporting details and a conclusion.

Unit (6)

Vocabulary

A-Choose the correct word from a, b, c and d:

- 1-The benefits of the mass media are
- a) countless b) spectacular c) royal d) thrilled
- 2-To blood means you save people's life.
- a) spoil b) conduct c) import d) donate
- 3- Many Holly Wood movie stars walk on the Redto get the Oscar.
- a) Schedule b) Chandelier c) Luxury d) Carpet
- 4-, the government has a great concern to the needy in our ares.
- a) Securely b) Actually c) Exceptionally d) Extremely

B-Fill in the spaces with words from the list:

(ovel – spoil – pure – conduct – royal)

- 5-Giving too much money to the young children maythem.
- 6-South Africa is famous for its diamond.
- 7-The world still remembers the amazing wedding of Princess Diana.
- 8--Some houses have strange shapes and designs.

Grammar

Question Tags

EX. Add a tag question:

- 1-You cleaned your bike,?
- 2-Ali played handball yesterday,?
- 3-Maha didn't do her homework last Monda,?
- 4-I saw her running yesterday noon,?

Order of adjectives

EX. Complete the sentences with the right order of the given adjectives:

- 1- Salma gave me a (wooden /beautiful/blue) box.
.....
- 2- I made a (green/ huge/delicious) salad.
.....
- 3- He is an (old / brave / Arabian) soldier.
.....

Writing

"Kuwait has many impressive modern places ." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about **kuwait's impressive buildings** explaining **the the National Library of Kuwait and Al- Hamra Rower**.

*Your writing should include a topic sentence, supporting details and a conclusion

Reading Comprehension

Read the following passage then answer the questions below:

Fast food restaurants are almost everywhere in big city. In some places you can stand in a line and get a beef burger in a paper bag, in others you can pick up a tray of fish, chicken, pizza or even Mexican or Chinese food and in some fast food places you can even drive your car up to a window and wait for your turn to get your order. A few minutes later, a worker passes you the food through the window and you can drive away and eat it in your car.

In many big cities all over the world, fast food restaurants are open every day. But why do people prefer fast food restaurants to more comfortable restaurants where you can sit quietly at a table and watch the world go by?! There are many reasons make fast food restaurants popular. They are the speed and price. People's time is valuable. They do not want to waste a lot of time eating or preparing food. The prices are inexpensive as well. Because of large numbers of meals sold everyday costs are kept low.

On the other hand, many people think that fast foods are not healthy because they contain too much salt, carbohydrates and fats. But one thing is sure, people everywhere prefer eating fast foods because they find it tasty and also economical way to eat.

A) Choose the correct answer from a, b, c and d:

- 1-What is the best title for this passage?
a- Big Restaurants b- Fast Food c- Healthy Food d- Kinds of Food
- 2-The underlined pronoun " they " in the 2nd paragraph refers to:
a- people b- reasons c- restaurants d- homes
- 3-What is the meaning of the underlined word " economical " in the 3rd paragraph -25
a- inexpensive b-wealthy c- tasty d-healthy
- 4-What is the purpose of the writer in this passage?
a- Fast food is healthy b- Time is valuable for people
c- Restaurant serve good food d- Fast food restaurants are popular
- 5-In restaurants, people can eat
- a- sandwiches b-snacks c- all kinds of food d-chicken
- 6-According to the passage, all the following statements are **NOT TRUE** except:
a-The village is full of fast food restaurants. d-It is good to eat in restaurants
b-Home- made food is popular. c-Some people think that fast food is unhealthy.

B) Answer the following questions:

- 7-Why do some people prefer eating home- made food?
.....
- 8-What makes fast food meals popular?
.....

Best Wishes