

كلمات مجمعة

Unit 1

Words	Meanings	Words	Meanings
sprinting	جري بأقصى سرعة	arrow	سهم
extremely	للغاية- جداً	strict	قاسي- صارم
resistance	مقاومة	risk	مجازفة- مخاطرة
flexible	لين- مرن	obesity	سمنة- بدانة
regimen	نظام متبع	amount	كمية
session	جلسة	gain	يكتسب
cool down	تهدئة- يهدئ	lack	يحتاج- يفتقر إلى
promise	يعد	adequate	كاف- مناسب

Unit 2

Words	Meanings	Words	Meanings
lead / led	يؤدي إلى	frequently	كثيرا بشكل متكرر
theme	فكرة- موضوع	infection	تلوث- عدوى
provide	يزود- يعطي	sight	حاسة النظر
cavern	مغارة- كهف	determination	عزم- تصميم
voluntary	تطوعي	overcome	يتغلب على
native	أصلي	barrier	حاجز- عائق
recently	مؤخراً	inspire	يؤثر في- يلهم
achieve	يحقق	incredibly	بشكل مذهل
improve	يحسن- يطور	capable of	قادر على
master	يتقن - يجيد	frequently	كثيرا بشكل متكرر

Unit 3

Words	Meanings	Words	Meanings
separate	يفصل- يعزل	hearty	مشبع
employ- ed-ed	يوظف	justice	العدل
wage	أجر	crowd	يحشد
instead of	بدلا من	unfairly	طريقة غير عادلة
trap	فخ	dispose of	يتخلص من
drop out- ed	يسقط	float- ed- ed	يطفو
jobless	بدون وظيفة	package	حزمة
inhale- d- d	يستنشق	gravity	الجاذبية
stingy	بخيل	casual	رسمي - عارض
furious	غاضب	specialised	متخصص
separate	منفصل- معزول		



Unit 4

Words	Meanings	Words	Meanings
hire-ed- ed	يؤجر	beg- begged	يتوسل
raise-d - d	يرفع	exceptionally	بشكل استثنائي
community	مجتمع	humble	فقير - متواضع
demote-d-d	ترقية	hardship	صعب
harsh	صارم- قاسي	generation	توليد
quit-quit/ (ed)	يتوقف عن	securely	بأمان
wound	جرح	through out	من خلال
compelled	مجبوراً	tug on- tugged	يشد - يذب
astonished	مندهش	heritage	ارث - ميراث
plunge in (ed)	يقفز - ينزل	beg- begged	يتوسل
hire-ed- ed	يؤجر		

Unit 5

Words	Meanings	Words	Meanings
equator	خط الاستواء	height	ارتفاع
unique	فريدة من نوعها	skill	مهارة
glow	يشع/ يلمع	connection	الاتصال
reflect	يعكس	pleasure	السرور
antiquity	العصور القديمة	house- d- d	يسكن
bargain	صفقة	impressive	مؤثر
atmosphere	أجواء - شعور عام	sculpture	فن النحت
sightseeing	زيارة عالم المدينة	exhibit	عرض فني
destination	وجهة سفر	illusion	وهم
counting	العد		

Unit 6

Words	Meanings	Words	Meanings
fictional	خيالي	carpet	سجادة
thrilled	يشعر بسعادة غامرة	return	عودة - رجوع
schedule	جدول مواعيد	oval	بيضاوي الشكل
actually	في الواقع - حقا	countless	لا يحصى - لا يعد
conduct	يؤدي - يدير	royal	ملكي
spoil	يفسد - يتلف	pure	نقي - صافي
luxury	رفاهية - ترف	marble	رخام
spectacular	مذهل	import	يستورد
donate	يمنح- يتبرع	chandelier	ثريا





Words	Meanings	Words	Meanings
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resistance	مقاومة	risk	مخاطرة - مجازفة
flexible	مرن - لين	obesity	بدانة - سمنة
regimen	نظام متبع	amount	كمية
session	جلسة	gain	يكتسب
cool down	يهدئ - تهدئة	lack	يفتقر إلى - يحتاج
promise	يوعد	adequate	مناسب - كاف

Vocabulary

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

- ① To have a healthy lifestyle, you should follow a / an.....and the play sport.
 (a) amount (b) arrow (c) obesity (d) regimen
- ② Climbing the mountains is a great.....
 (a) obesity (b) risk (c) session (d) arrow
- ③ You should have adequate.....of sleep before going to the exam.
 (a) amount (b) arrow (c) resistance (d) obesity
- ④ Surfing the Internet is a good way to.....information
 (a) gain (b) promise (c) lack (d) cool down
- ⑤ Follow that.....It refers to the way to the exit.
 (a) obesity (b) session (c) arrow (d) resistance
- ⑥is the main cause of many dangerous diseases nowadays.
 (a) arrow (b) resistance (c) risk (d) obesity
- ⑦ After the match, the players need to.....and drink some water.
 (a) promise (b) gain (c) cool down (d) lack
- ⑧ It is.....hot in Kuwait in summer.
 (a) adequate (b) extremely (c) flexible (d) strict



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1. d	2. b	3. a	4. a	5. c	6. d	7. c	8. b
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Fill in the spaces with words from the list:

(arrows – flexible – extremely – gain – sprinting)

- ① Adidas shoes are known for their..... rubber soles.
- ② Children needs time to.....self-confidence and depend on themselves.
- ③ I am.....sorry for breaking your mobile.
- ④.....is running over a short distance in a limited period of time.

Answer

1. flexible	2. gain	3. extremely	4. sprinting
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Choose the correct answer from a, b, c and d:

- ① It is important to have an exercisewhich contains all types of exercise.
 (a) sprinting (b) session (c) regimen (d) risk
- ② The runners go.....down the track towards the finish line.
 (a) sprinting (b) session (c) regimen (d) resistance
- ③ Stretching exercises, like Yoga, are good for you to
 (a) keep (b) strengthen (c) cool down (d) stretch
- ④ A good exercise.....has a warm-up of about 5-10 minutes like walking.
 (a) muscles (b) equipment (c) session (d) resistance
- ⑤ This tea ishot, I can't drink it.
 (a) soundly (b) carefully (c) especially (d) extremely
- ⑥ The.....was hit directly in the center of the circle.
 (a) arrow (b) regimen (c) sprinting (d) resistance
- ⑦ Her parents.....to buy her a new car if she passed her exams.
 (a) kept (b) sprinted (c) cooled down (d) promised
- ⑧ Alwaysthe food and the drinks in the fridge.
 (a) promise (b) sprint (c) gain (d) keep

Answer

1. b	2. a	3. c	4. c	5. d	6. a	7. d	8. d
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Grammar

Gerund	Infinitive
عبارة عن فعل مضاف لـ (ing) و مستخدم كإسم	حالة الفعل في التصريف الأول مسبوقة بـ (to)
<ul style="list-style-type: none"> ❖ Stretching keeps your body flexible. ❖ I enjoy playing football. ❖ Nora is good at cooking many dishes. ❖ My brother prefers drinking milk. ❖ I try going on a diet. 	<ul style="list-style-type: none"> ❖ We need to train hard for the race. ❖ It is important to eat fruit and vegetables ❖ .I try to go on a diet. ❖ It is easy to practise a sport. ❖ I study hard to get high marks.
يضاف للفعل ((ing بعد: am / is / are / was / were / like / enjoy / go / prefer / on / in / for / good at / about / try / am-is – are look forward to	الفعل يكون في المصدر دون إضافة بعد: to / can / could / will / would / may / might/ shall / should / do / does / did

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

- ① We go to school to.....many subjects.

(a) Learn (b) learning (c) learns (d) learned
- ② I dream of.....abroad to be a famous scientist.

(a) study (b) studying (c) studies (d) studied
- ③is my favourite hobby.

(a) Draw (b) Drawing (c) Draws (d) Drew
- ④much water is very important for health.

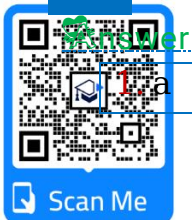
(a) Drink (b) Drinks (c) Drinking (d) Drank
- ⑤ We enjoy.....action movies.

(a) watching (b) watch (c) watches (d) watched
- ⑥ Are you good at.....English?

(a) spoke (b) speak (c) speaks (d) speaking
- ⑦ I.....at the mosque every day.

(a) prayed (b) pray (c) prays (d) praying
- ⑧ Ice.....in hot weather.

(a) melted (b) melting (c) melts (d) melted



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|------|------|------|------|------|------|------|------|
| 1. a | 2. b | 3. b | 4. c | 5. a | 6. d | 7. b | 8. c |
|------|------|------|------|------|------|------|------|