

## Everybodyup4 – Unit 1 – Lesson 4

### A. VOCABULARY

#### Exercise 1: Fill in the missing letters



1. w.....r a h.....t

2. p.....t on s.....nscr.....n

3. w.....r a l.....fe j.....ck.....t

4. f.....n your s.....tb.....lt

#### Exercise 2: Match the words with their definitions by writing the letters next to the words.

Helmet .....

Sunscreen .....

Life Jacket .....

Seatbelt .....

Definitions:

- A. Worn on your head to keep you safe when riding a bike or working.
- B. Worn around your waist in a car to keep you safe in case of a crash.
- C. Worn on your body when swimming to help you float in the water.
- D. Applied to your skin to protect it from getting sunburned when outside.

**Exercise 3: Complete each sentence with the correct word from the box.**

Word Box:

life jacket

seatbelt

sunscreen

helmet

Before riding your bike, you should always wear a \_\_\_\_\_.

To protect your skin from the sun, you should put on \_\_\_\_\_.

When you go swimming in deep water, remember to wear a \_\_\_\_\_.

In the car, make sure to fasten your \_\_\_\_\_ for safety.

## **B. GRAMMAR**

### **Exercise 1: Circle the correct answers**

1. What ..... you always do when you go skiing?  
A. do  
B. does  
C. are
2. .... you go skiing, always wear a helmet.  
A. What  
B. Where  
C. When
3. When you go canoeing on the river, always ..... a life jacket.  
A. wear  
B. wears  
C. wearing
4. When you ..... to the beach, always put on sunscreen.  
A. do  
B. go  
C. going

### **Exercise 2: Fill in the blanks.**

Word list: wear , always , fast , when , go

1. When you ..... snowboarding, always wear a helmet
2. .... you go canoeing on the river, always ..... a life jacket
3. When you ride in a car, ..... Fasten your seatbelt.
4. Don't go too .....

### Exercise 3: Rearrange the words.

1. a / always / When / helmet / snowboarding / you / go / wear / , / .  
.....

2. put / to / on / beach, / When / you / the / sunscreen / go / always  
.....

3. you / a / go / life / jacket / canoeing / When / on / the / river, / wear / always  
.....

4. ride / a / car / What / do / always / you / when / in / ? /  
.....

### C. LISTENING

#### Exercise 1: Read and circle True or False (Track 18 – CD1)

|                                                       |      |       |
|-------------------------------------------------------|------|-------|
| 1. When you go snowboarding, always wear a seatbelt.  | True | False |
| 2. When you go to the beach, always put on sunscreen. | True | False |
| 3. When you go canoeing, always wear a life jacket.   | True | False |
| 4. When you ride in a car, always wear a helmet.      | True | False |

#### Exercise 2: Listen and write (Track 19 – CD1)

1. When you ....., always wear a helmet.
2. When you go canoeing, always wear a .....
3. When you ride a bike, always wear a .....
4. When you ....., always fasten your seatbelt.
5. When you go ....., always wear a helmet.
6. When you go to the ....., always .....

## D. WRITING

**Exercise 1: Make the sentences from the given clues.**

1. go skiing/wear a helmet

When you go skiing, always wear a helmet.

2. go to the beach/put on sunscreen

.....

3. go canoeing/wear a life jacket

.....

4. ride in a car/fasten your seatbelt

.....

**Exercise 2: What do you do for safety when you play sports? Write from 3-5 sentences to answer this question.**

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