Tên: ……..

Lớp: S6…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Week: 5

Từ vựng HW: ……

Nghe HW: ……

UNIT 2: SPORT – VOCABULARY & SPEAKING

A. THEORY

I. VOCABULARY

Con bấm vào link/code để nghe và đọc lại từ vựng nhé:
https://soundcloud.com/ms-chi-english/for_s6_w5_vocab

- Sports & Benefits

No.	Words / Phrases	Meanings	No.	Words / Phrases	Meanings
1	**give instructions** (phr)	đưa ra hướng dẫn	5	**be part of a team** (phr)	là một phần / thành viên của đội
2	**gymnastics** (n)	môn thể dục dụng cụ	6	**feel healthy** (phr)	cảm thấy khỏe mạnh
3	**athletics** (n)	môn điền kinh	7	**play in a competition** (phr)	thi đấu trong một cuộc thi
4	**physical activity** (phr)	hoạt động thể chất	8	**sports star** (phr)	ngôi sao thể thao

- Nutrition

No.	Words / Phrases	Meanings	No.	Words / Phrases	Meanings
1	**yoghurt** (n)	sữa chua	8	**blood cell** (phr)	tế bào máu
2	**build strong bones** (phr)	giúp xương chắc khỏe	9	**calcium** (n)	canxi
3	**sugary food** (phr)	đồ ăn nhiều đường	10	**digest** (v)	tiêu hóa
4	**eating habits** (phr)	thói quen ăn uống	11	**stomach ache** (phr)	đau bụng
5	**carbohydrates** (n)	chất bột đường	12	**stay hydrated** (phr)	giữ cơ thể đủ nước
6	**wholemeal bread** (phr)	bánh mì nguyên cám	13	**oxygen** (n)	ôxy
7	**protein** (n)	chất đạm / protein			

II. EXTRA VOCABULARY

Con bấm vào link/code để nghe và đọc lại từ vựng nhé:
https://soundcloud.com/ms-chi-english/for_s6_w5_extra-vocab

No.	Words/Phrases	Meanings	No.	Words/Phrases	Meanings
1	**shopping centre** (phr)	trung tâm mua sắm	5	**in fact** (phr)	thực ra, trên thực tế
2	**across the road from** (phr)	đối diện/bên kia đường so với	6	**manager** (n)	quản lí

LIVEWORKSHEETS

3	**shop assistant** (phr)	nhân viên bán hàng	7	**look for work** (phr)	tìm việc
4	**staff** (n)	nhân viên			

B. CLASSWORK

SPEAKING PRACTICE

My Food and Fitness Choices: What Works for Me?

MIND MAP FOR THE QUESTIONS

1 What do you usually eat and drink on a normal school day?



Answer	I usually eat wholemeal bread and yoghurt for breakfast, and rice, chicken and vegetables for lunch.
Detail	Wholemeal bread gives me carbohydrates, chicken provides protein, and yoghurt contains calcium.
Impact	This food gives me energy and helps me build strong bones.

2 Which food gives you energy for studying and playing sports?



Answer	Wholemeal bread and bananas give me energy for studying and playing sports.
Detail	My body can digest carbohydrates for energy, while protein helps my muscles grow.
Impact	They help me study and enjoy physical activity such as athletics or gymnastics.

3 What food or drink do you enjoy, but know you should not have too much of?



Answer	I enjoy chocolate and sugary drinks, but I know I should not have too much.
Detail	Sugary food has little nutrition, and eating too much of it can cause a stomach ache.
Impact	Therefore, I choose yoghurt or water more often to improve my eating habits.

My Food and Fitness Choices: What Works for Me?

4 What healthy habits help you feel good every day?



Answer	I drink enough water to stay hydrated, sleep well and do physical activity every day.
Detail	My coach gives instructions when I play in a competition, and I enjoy being part of a team.
Impact	Exercise helps my blood cells carry oxygen around my body, so I feel healthy.

5 What is one habit you want to change to have a healthier lifestyle?

Answer	I want to eat less sugary food and exercise more often.
Detail	I will choose yoghurt instead of sweets and practise gymnastics or athletics three times a week.
Impact	Better eating habits and regular exercise may help me become a sports star one day.



LIVEWORKSHEETS

VOCABULARY (10 questions)

I. Match the words and phrases with their definitions.

1. A nutrient found in milk and cheese that helps keep bones and teeth strong.	A. wholemeal bread
2. A type of bread contains all parts of the grain and usually has more fibre than white bread.	B. protein
3. A nutrient found in meat, eggs, beans, and fish that helps the body grow and repair itself.	C. gymnastics
4. A sport like running, jumping, and throwing.	D. athletics
5. A sport such as gymnastics, rolls, and balances, often using special equipment.	E. calcium

Your answers:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

II. Fill in the blanks with the correct words / phrases from the list below.

give instructions	build strong bones	eating habits
oxygen	be part of a team	

1. Our coach needs to _____ clearly before the game so that every player understands what to do on the field.
2. Playing basketball teaches children how to _____, work with other people, and support their teammates.
3. Healthy _____, such as eating more vegetables and avoiding too many sugary snacks, can help us stay fit.
4. Foods that contain calcium, such as milk and yoghurt, can help children _____ while they are growing.
5. When we breathe, our lungs take in _____, which our bodies need to produce energy and stay alive.

C. HOMEWORK

VOCABULARY AND GRAMMAR (15 questions)

I. Con cần học thuộc nghĩa của tất cả các từ trong bảng từ vựng và vở ghi (nếu có), đồng thời luyện phát âm theo file nghe nhé!
Với những từ dưới đây, con hãy chép vào vở, mỗi từ một dòng để ghi nhớ cách viết: physical activity, athletics, give instructions, eating habits, carbohydrates, protein, calcium, digest, stay hydrated.

LIVEWORKSHEETS

II. Choose the correct answer to complete each sentence.

1. Our teacher says that doing regular _____, such as walking, cycling, or swimming, can help us keep our bodies strong and healthy.
   A. athletics B. physical activity
   C. stomach ache D. digest
2. After we eat food, our bodies need time to _____ it so that we can use the nutrients and energy it provides.
   A. stay hydrated B. compete C. exercise D. digest
3. Mia ate too much fried food at lunch, and now she has a terrible _____, so she wants to lie down and rest.
   A. stomach ache B. athletics
   C. physical activity D. competition
4. When you exercise outside on a hot day, you should drink enough water to _____ and avoid feeling tired or dizzy.
   A. digest B. stay hydrated
   C. win a race D. build muscles
5. Tom enjoys _____ because he likes running and jumping at school.
   A. stomach ache B. digest
   C. athletics D. hydration

III. Complete the passage with the correct words or phrases from the box.

build strong bones	physical activity	eating habits
carbohydrates		feel healthy

Having a healthy lifestyle is important for children and teenagers because their bodies are still growing and changing. One important part of a healthy lifestyle is having good **(1)** _____. This means eating a variety of foods and not having too many sugary snacks or drinks. Foods such as rice, bread, pasta, and potatoes contain **(2)** _____, which provide the energy we need for studying, playing, and doing exercise. Children should also eat foods that contain calcium, such as milk, cheese, and yoghurt. Calcium can help them **(3)** _____ and keep their teeth healthy as they grow.

Food is important, but staying active also plays a big role in our health. Regular **(4)** _____, such as walking, cycling, swimming, or playing a sport, can make our muscles stronger and improve our fitness. It can also help us sleep better and have more energy during the day. We do not need to exercise for many hours every day. Even simple activities, such as walking to school or playing outside with friends, can make a difference. When we eat nutritious food, drink enough water, get enough sleep, and stay active, we are more likely to **(5)** _____ and enjoy our daily activities.

LIVEWORKSHEETS

IV. Reorder the words to make complete sentences.

1. gymnastics / since / has / Mia / she / was / practised / eight / years old / .

   → _____

2. Our school team / played / in a competition / against another school / last Saturday / .

   → _____

3. sports star / has / a famous / become / He / since / winning / the national competition / .

   → _____

4. yoghurt / for breakfast / ate / yesterday morning / with some fruit / Ben / .

   → _____

5. treated / many patients / has / Doctor Smith / this morning / with flu symptoms / .

   → _____

KET LISTENING PRACTICE PART 3 (5 questions)

Con truy cập link/quét mã QR để làm bài nghe nhé:
https://soundcloud.com/ms-chi-english/for_s6_w5_ket-listening-part-3

Listen to Suzy talking to a friend about a new shop.
For questions 11–15, tick (✓), A, B or C.
You will hear the conversation twice.

11	Where is the new shop?	**A**	near the college	☐
		B	outside the town centre	☐
		C	opposite the newsagent's	☐
12	In the shop you cannot buy	**A**	clothes.	☐
		B	bags.	☐
		C	boots.	☐
13	What time does the shop close on a Thursday?	**A**	6 p.m.	☐
		B	8 p.m.	☐
		C	10 p.m.	☐
14	What days does the shop open?	**A**	Tuesday to Sunday	☐
		B	every day	☐
		C	Monday to Friday	☐
15	What should Suzy's friend do if she wants a job?	**A**	phone the manager	☐
		B	go to the shop	☐
		C	write a letter	☐

LIVEWORKSHEETS