

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

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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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