Tên: ……..

Lớp: S9…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Week: 31

Ngữ pháp HW: ……

Đọc HW: ……

GE9 - UNIT 6: RULES AND LAWS – GRAMMAR REVISION

A. THEORY

I. GRAMMAR REVISION

1. Third conditional *(Câu điều kiện loại 3)*

- Câu điều kiện loại 3 sử dụng để diễn tả **tình huống giả định trong quá khứ**.

Vế điều kiện	Vế kết quả		Examples
If + S + had (not) + $V_{3/ed}$,	**S + would have + $V_{3/ed}$.**	kết quả **chắc chắn**	If I **had seen** you there, I **would have invited** you to dinner.
	S + could have + $V_{3/ed}$.	kết quả **có thể** xảy ra	If I **had had** enough money, I **could have bought** the phone.
	S + might have + $V_{3/ed}$.	kết quả **không chắc chắn**	If I **had played** better, I **might have won**.

- **Thứ tự** của các mệnh đề có thể **hoán đổi cho nhau**.

E.g. *We **would have gone** for the picnic yesterday **if** the weather **had not been** bad.*

- Sử dụng **if only** cùng **quá khứ hoàn thành** để nói về điều mà ta **ước mình đã làm trong quá khứ** (nhưng thực tế đã không làm).

Vế điều kiện	Vế kết quả	Example
If only + S + had (not) + $V_{3/ed}$,	**S + would/could/might have + $V_{3/ed}$.**	If only she **hadn't told** the police, everything **would have been** all right.

***Note: "If only" + S + had (not) + V_3/ed** có thể **đứng độc lập** để diễn tả **sự tiếc nuối về quá khứ** (không cần vế kết quả). → If only I **had studied** harder.

2. Reported speech *(Câu trần thuật)*

a. Statements in reported speech

S + said / said to sb / told sb (that) + S + V (lùi thì) + O.

E.g. **Yesterday, Tom said, "I am having** dinner." → **The day before, Tom said** (that) **he was having** dinner.

b. Questions in reported speech

- Câu hỏi Yes/ No:

S + asked (+ O) / inquired / wondered / wanted to know + if / whether + S + V (lùi thì).

E.g. **He said**, "**Do you know** Bill?" → **He asked** (me) **if/ whether I knew** Bill.

- Câu hỏi có từ để hỏi (Wh- Questions):

S + asked (+ O) / wanted to know / inquired / wondered + Wh-words + S + V (lùi thì).

E.g. **He said**, "What time **does the film begin**?" → **He wanted to know** what time **the film began**.

*Lưu ý về việc thay đổi các đại từ và từ ngữ chỉ thời gian/nơi chốn cho phù hợp khi tạo câu trần thuật.

3. Verbs in the passive followed by the infinitive. *(Động từ thể bị động theo sau là động từ nguyên mẫu)*

- Để miêu tả các quy tắc, chúng ta có thể sử dụng **dạng bị động của các động từ** như ***ask, require, order, tell, allow, encourage, expect*** và ***suppose*** theo sau là **to + infinitive**.

E.g. *Ron **is required to call** the police.*

LIVEWORKSHEETS

II. CAMBRIDGE VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	**sedentary** (adj)	ít vận động, ngồi nhiều	5	**daunted** (adj)	nản lòng, bị choáng ngợp
2	**indigenous** (adj)	thuộc bản địa	6	**undignified** (adj)	mất thể diện, không đàng hoàng
3	**ligament** (n)	dây chằng	7	**lumber** (v)	di chuyển chậm chạp và nặng nề
4	**tendon** (n)	gân			

B. CLASSWORK (26 questions)

I. Read the sentences and answer Yes or No.

If Maya had saved enough money, she would have booked the flight to Paris.	1. Did Maya save enough money? **Yes / No** 2. Did she book the flight? **Yes / No**
If only the manager had read the report carefully, he wouldn't have made such a costly error.	3. Did the manager read the report carefully? **Yes / No** 4. Did he make a costly error? **Yes / No**
The team could have won the championship if their best player hadn't been injured.	5. Was their best player injured? **Yes / No** 6. Did the team win the championship? **Yes / No**
Daniel might have got the job if he had prepared better for the interview.	7. Did Daniel prepare well for the interview? **Yes / No** 8. Did he get the job? **Yes / No**
If only Sarah hadn't missed the last train, she wouldn't have had to spend the night at the station.	9. Did Sarah miss the last train? **Yes / No** 10. Did she spend the night at the station? **Yes / No**
Tom could have passed the exam if he had studied harder the week before.	11. Did Tom study hard enough? **Yes / No** 12. Did Tom pass the exam? **Yes / No**

II. Fill in the blanks with the correct form of the given verbs.

1. All participants _____ **(require / submit)** their completed application forms before the deadline next Friday.
2. During the training programme, new employees _____ **(expect / follow)** the company's code of conduct at all times.
3. Once you pass the final interview tomorrow, you _____ **(tell / report)** directly to the head of department.
4. Visitors _____ **(not / allow / take)** photographs inside the laboratory as it contains sensitive equipment.
5. When I joined the team last year, I _____ **(encourage / attend)** international conferences in order to broaden my academic network.
6. I _____ **(suppose / present)** my findings to the committee this afternoon, but I haven't finished compiling the data yet.

III. Complete the articles. Use the correct form of the verbs in brackets.

A journalist had just interviewed a local chef about his award-winning restaurant. The chef said that he had opened the restaurant three years earlier and that business **(1)** _____ **(be)** difficult at first. He added that he **(2)** _____ **(plan)** to expand the menu the following month.

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The journalist then asked him if he **(3)** _____ **(ever / consider)** closing the restaurant during the tough early period. The chef replied that he **(4)** _____ **(never / give up)** because cooking **(5)** _____ **(be)** his lifelong passion.

A student was telling her friend about a career counselling session she had attended. She said her counsellor had advised her to apply for an internship abroad. Her friend asked her what company she **(6)** _____ **(think)** of applying to. The student replied that she **(7)** _____ **(not / decide)** yet but that she **(8)** _____ **(let)** him know as soon as she made up her mind.

C. HOMEWORK

GRAMMAR (20 questions)

I. Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ ở phần II. Cambridge Vocabulary 1 dòng vào vở ghi.

II. Rewrite the following sentences without changing the meanings.

1. The committee requires all candidates to submit their portfolios by Friday.
   → All candidates _____ .
2. "You must not enter the restricted area under any circumstances," the security guard ordered us.
   → We _____ .
3. The school encourages every student to participate in at least one extracurricular activity per semester.
   → Every student _____ .
4. Nobody allows visitors to take photographs inside the gallery.
   → Visitors _____ .
5. The doctor told the patient to avoid strenuous exercise for at least six weeks after the surgery.
   → The patient _____ .
6. People expect the new trade agreement to reduce import taxes significantly by next year.
   → The new trade agreement _____ .
7. The university supposes all first-year students to attend the orientation week without exception.
   → All first-year students _____ .
8. The supervisor told the interns that they had to complete the training programme before handling any client accounts.
   → The interns _____ .

III. Use the third conditional to rewrite these statements.

1. She didn't get the promotion because she hadn't met her targets that year.
   → _____.
2. The patient's condition worsened because the doctor misdiagnosed the illness.
   → _____.

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3. We lost the match because our best player was sent off in the first half.

   → _____.

4. He missed the flight because he didn't leave for the airport early enough.

   → _____.

5. The negotiations failed because neither side was willing to compromise.

   → _____.

6. She regrets not applying for the scholarship when she had the chance.

   → _____.

IV. Change the following sentences into direct speech.

1. She told me that she had just received the results and she was extremely disappointed.

   → She told me, "_____."

2. He asked me "Where is the nearest hospital?"

   → He asked me, "_____?"

3. The professor said that his students hadn't submitted their assignments the previous week.

   → The professor said, "_____."

4. She wondered whether I was going to attend the conference the following day.

   → She asked me, "_____?"

5. He wanted to know why I hadn't told him about the meeting the day before.

   → He asked me, "_____?"

6. They said that they had been waiting for the bus for over an hour, and it still hadn't arrived.

   → They said, "_____."

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CAMBRIDGE READING PRACTICE (15 questions)

Lưu ý:
1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài.

I. FCE Part 3

You are going to read an article about a new exercise craze called *Zuu* and its inventor Nathan Helberg. For questions **43–52,** choose from sections **(A–E).** The sections may be chosen more than once.

Mark your answers **on the separate answer sheet.**

In which section does the writer

comment on how little rest she seems to be given after one exercise?	43
become aware of the limitations of her usual fitness routine?	44
say she hopes that the next exercise is not so demanding?	45
mention a deal she did with Nathan that benefited them both?	46
imply that a conventional keep-fit method is less natural than *Zuu*?	47
compare the movements of *Zuu* with those of earlier humans?	48
explain that she has chosen just one of the exercises to perform regularly?	49
say how slow and awkward she feels doing a particular exercise?	50
give examples of situations where lack of activity affects people's bodies?	51
cast doubt on one of Nathan's ideas?	52

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Exercise like an animal

Journalist Annabel Venning tries a new exercise craze

A

Our sedentary lifestyles mean that most of us aren't using our muscles properly. As small children we squat, crawl and leap around freely, but the older we get the more restricted our movements become and many of our muscles get little action as we sit at desks or in cars. Occasionally we hit the gym, where we use machines to work on specific muscles rather than the whole body. Now a new form of fitness, an intense workout based on simple animal movements such as crawling, is taking off. Its Australian founder, Nathan Helberg, has been using it with the military, police forces, schoolchildren and even prisoners. He took his inspiration from martial arts, break-dancing, the animal world and the dance movements of indigenous people, and developed *Zuu*.

B

There are around 100 animal movements – although beginners start with 25 – that work muscles, joints and ligaments as well as improving heart and lung fitness. *Zuu* needs no equipment and little space. The idea is to train your body to do the kinds of activities that our ancestors had to do in daily life. It's quick, it tops up your strength and it's not aiming to give you big muscles. In exchange for the publicity from my article, Nathan offers me a master class, alongside two of his trainers, a privilege that would otherwise be beyond my financial means! I am daunted by the prospect of doing things I haven't done since my pre-school years.

C

We do each movement for 30 seconds (for my benefit – as you get fitter, you keep on for 45 seconds). We start with a frog squat: legs wide, knees bent, elbows locked inside knees. It's a little undignified, but fine at first. Then as the seconds go by, the fronts of my thighs start to burn and it's all I can do not to collapse. After the 30 seconds we dash back across the room to our starting point with barely a moment to catch our breath. Nathan assures me the frog squat is particularly good for the lower backs of office workers, and recommends that they should take a break and perform the movement for four minutes a day. Somehow I can't see this working!

D

Then it's on to a bear crawl, on hands and feet. While Nathan and others shoot across the room, I lumber along like an ancient grizzly bear. Then we do it again – backwards. I seem to be clumsy, but it does get slightly easier as I go on. This movement evidently uses every joint in the body, strengthening things like ligaments and tendons, while at the same time raising heart rate as effectively as running. Perhaps being a snake will be easier. But there's no lying flat on our stomachs. Instead we have to raise our bodies 2 cm off the floor, rocking our weight back and forth from hands to toes. It's a bit of an effort to keep going for the full minute.

E

By the end I'm shaking with exhaustion. Despite my initial reservations, by the end of my session, I have started to enjoy myself. Mind you, it's hard not to laugh when you're imitating a bear on rewind! I thought I was in reasonably good shape – I run 5 km three times a week – but after this I realise how little I push myself normally. Nathan has promised that I could increase my upper body strength by 30% in just six weeks by doing classes. I have compromised and do bear crawls around my garden at home during work breaks, much to the amazement of my dog!

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II. Extra Reading

Complete the summary below. Choose ONE WORD ONLY from the text for each answer.

Modern lifestyles have become increasingly **(1)** _____, meaning that most people fail to use their muscles as nature intended. While young children move their bodies freely, adults tend to become more **(2)** _____ in their movements, often spending long hours sitting at desks or in vehicles. When people do exercise, they typically visit the gym, where machines target only **(3)** _____ muscles rather than working the body as a whole.

Zuu is a new fitness programme developed by Australian Nathan Helberg, whose inspiration came from sources including martial arts and the movement patterns of **(4)** _____ peoples. Unlike conventional gym workouts, Zuu requires no **(5)** _____ and is designed to replicate the kind of physical activity that our ancestors performed as part of their everyday lives.

LIVEWORKSHEETS