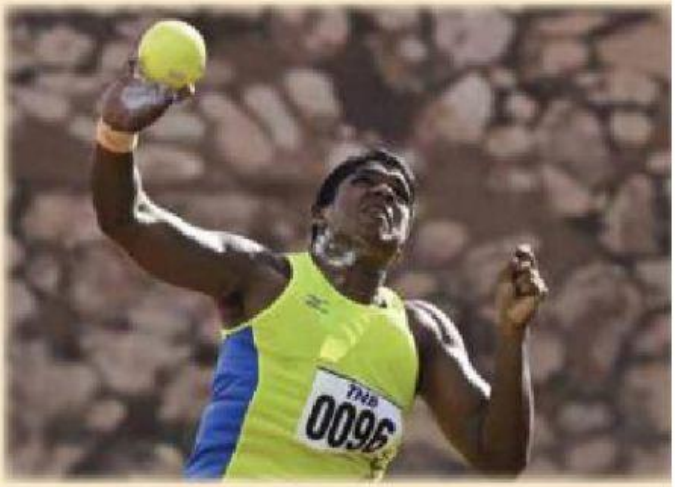
Name: Class: Date:

Listen and repeat.

Unit 7 Track and Field

Let's listen.



1 What are they doing?
2 When can you see these events?
3 What other events do you know?

1.2.4

Teacher's Notes: Describe the pictures and get the pupils to listen. Discuss their own experience in joining any track and field events or during the Sports Day.

LIVEWORKSHEETS

Let's talk.

The pupils are discussing the upcoming Sports Day event.

Teacher's Notes: Get the pupils to role-play using other suitable dialogues. Talk about the track and field events that they know.

2.1.1
2.1.4

LIVEWORKSHEETS

Let's read.

Comparative and Superlative Adjectives

Base form	Comparative to compare two things	Superlative to express the highest degree of something
tall	taller	tallest
fast	faster	fastest
high	higher	highest
far	farther	farthest
good	better	best
little	less	least

Example 1

Ruren is tall.
Ruren is **taller than** Yi Jun.
Kishen is **the tallest** among them.

Example 2

Yi Jun is fast.
Kishen is **faster than** Yi Jun.
Azri is **the fastest** among them.

3.1.1
3.1.2
2.1.4

Teacher's Notes

Explain comparative and superlative adjectives/adverbs to the pupils. For enrichment, prepare word cards (**in base, superlative, and comparative forms**) and guide the pupils to rearrange the cards on the whiteboard.

LIVEWORKSHEETS

Let's read.

Track and Field Events

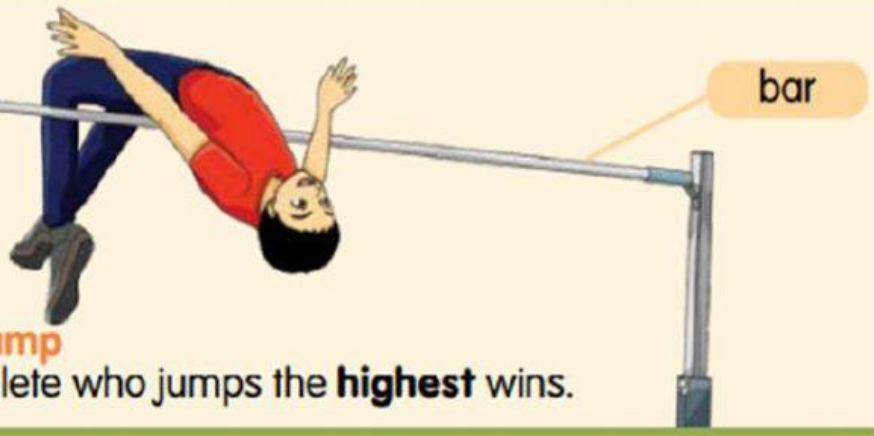
1

100-metre race
The **fastest** runner wins.

2

400-metre relay race
The **fastest team** wins.

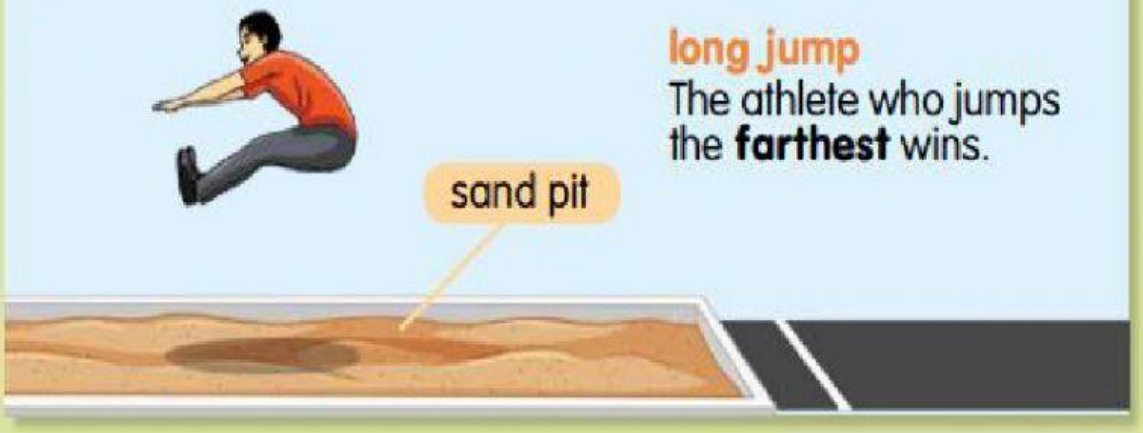
3



high jump
The athlete who jumps the **highest** wins.

LIVEWORKSHEETS

4



long jump
The athlete who jumps the **farthest** wins.

5

javelin throw
The athlete who throws the **farthest** wins.

6

shot-put
The athlete who throws the **farthest** wins.

3.1.1
3.1.2

Teacher's Notes

Get the pupils to read the information. Talk about the item needed for each event.

LIVEWORKSHEETS

Let's read.

Sportsmanship

Azri and Kishen took part in a race during Sports Day.

1 Kishen was leading the race.

2 Suddenly, Azri had a leg cramp.

3 Kishen stopped to help Azri.

4 They crossed the finishing line together.

Why did Kishen stop and help Azri?

Teacher's Notes: Get the pupils to read the story. Talk about the

LIVEWORKSHEETS

Let's read.

Our Paralympic Hero

Hello. My name is Mohamad Ridzuan bin Mohamad Puzi. I was born on 27th September 1987. I am a Malaysian Paralympic athlete.

My Achievements

1. Gold medal for 100m (2016 Paralympic Games)
2. Gold medals in 100m, 400m, and long jump events (2018 Asian Para Games)
3. Broke the 100m world record (2018 Asian Para Games)

Fun Fact

Paralympics is a series of sports competition for athletes with special needs.

Complete the sentences.

1. Mohamad Ridzuan was born on _____.
2. He is a Malaysian _____ athlete.
3. He won a _____ at 2016 Paralympic Games.
4. He broke a world record in 100m at the _____.

3.1.2
4.1.1
2.1.4

Teacher's Notes

Get the pupils to read and answer the questions in their exercise books. Discuss other Paralympics athletes that they may know. Talk about how individuals with special needs are able to succeed in sports and athletics.

LIVEWORKSHEETS

Let's make.

Medals for Winners

You need:

1 Trace.

2 Cut.

3 Write.

4 Paste it onto a doily paper.

5 Tie a ribbon.

Teacher's Notes: Guide the pupils to make the medals. Teachers may use other suitable materials. For enrichment, guide the pupils to make medals for the 2nd and 3rd places.

LIVEWORKSHEETS