

Exercise 1: Listen and fill in the blank

get good marks **Nhận điểm tốt**

Study: **Học**

a clear desk **bàn học gọn gàng**

a good idea: **ý kiến hay**

three things: **3 thứ**

tip: **Mẹo, lời khuyên**

Know: **biết**

a quiet place **Nơi yên tĩnh**

thirty minutes **30 phút**

lucky: **May mắn**

my bedroom

Move: **di chuyển**

books and pens

Hours: **tiếng**

lots of breaks

arms and legs: **Cánh tay và chân**

Ben: You always _____ at school. You're _____! I study but I don't always get good marks.

Katy: I'm not lucky! I _____ how to _____. I always do _____. Do you want to know them?

number three: **Số 3**

Ben: Yeah, please!

Think **Nghĩ**

Katy: OK, number one. Always study in _____.

Ben: I usually study in _____. It's very quiet.

Paper: **giấy**

Katy: Number two. Have _____!

have a break

Ben: Right. A clear desk. My desk isn't clear. There are lots of _____ and _____ on it.

Katy: Well, that isn't very good!

important: **Quan trọng**

Ben: What's _____ ?

Katy: Have _____. I always study for _____. Then I _____ for five minutes. I _____ my _____ and drink some water. Then I study again for thirty minutes.

Ben: I never have a break. I sometimes study for two or three _____.

Katy: That isn't _____! It's _____ to get up and move your body.

Ben: OK. Thanks. Next time I _____ I can get good marks!

Part 2: Match English Sentences with Vietnamese Sentences

- a. Tôi cử động tay chân trong lúc nghỉ giải lao.
- b. Tôi học trong hai hoặc ba giờ.
- c. Luôn học ở nơi yên tĩnh.
- d. Bạn luôn đạt điểm cao ở trường.
- e. Điều quan trọng là đứng dậy và vận động cơ thể.
- f. Bàn của tôi không gọn gàng.
- g. Tôi không bao giờ nghỉ giải lao.
- h. Tôi học nhưng không phải lúc nào cũng đạt điểm cao.

i. Hãy giữ bàn học gọn gàng!

Nối ở đây

- | | | |
|---|----|---|
| j. Lần sau tôi nghĩ rằng tôi có thể đạt điểm cao! | 1 | a |
| 1. You always get good marks at school. | 2 | b |
| 2. I study but I don't always get good marks. | 3 | c |
| 3. Always study in a quiet place. | 4 | d |
| 4. My desk isn't clear. | 5 | e |
| 5. I never have a break. | 6 | f |
| 6. I study for two or three hours. | 7 | g |
| 7. Have a clear desk! | 8 | h |
| 8. It's important to get up and move your body. | 9 | i |
| 9. I move my arms and legs during my break. | 10 | j |
| 10. Next time I think I can get good marks! | | |

Part 3: Multiple Choice Questions

1. Where does Ben usually study?

(Ben thường học ở đâu?)

- a) In the kitchen b) In his living room
- c) In his bedroom d) In the garden

2. What is the first tip that Katy gives Ben?

(Lời khuyên đầu tiên Katy dành cho Ben là gì?)

- a) Study for three hours b) Study in a quiet place
- c) Have a break every hour d) Use a lot of books (sử dụng nhiều sách)

(Nghỉ giải lao sau mỗi tiếng)

3. How long does Katy study before taking a break?

(Katy học bao lâu trước khi nghỉ giải lao?)

- a) 30 minutes b) 10 minutes
- c) 60 minutes d) 5 minutes

4. What does Katy do during her breaks?

(Katy làm gì trong thời gian giải lao?)

- a) She reads a book
- b) She moves her arms and legs
- c) She listens to music
- d) She writes notes (cô ấy ghi chép)

5. What does Ben think about Katy's advice?

(Ben nghĩ gì về lời khuyên của Katy?)

- a) He doesn't care (anh ấy không quan tâm)
- b) He doesn't like it (anh ta không thích)
- c) He wants to try it (anh ta muốn thử nó)
- d) He finds it too difficult (anh ta thấy nó khó)

Part 4: Rearrange the Words to Make Sentences

1. always / study / in / a / quiet / place. / I
2. a / clear / desk. / have / I
3. study / thirty / minutes. / for / I
4. move / my / I / arms / and / legs / during break.
5. There / are / on my desk. lots / of / paper, / books and pens /
6. study / for / two / or / three / hours. / I / sometimes
7. get / up / and / move / your / body. / It's / important / to
8. never / have / a / break. / I
9. good / marks. / I / think / I / can / get / Next time,
10. study / in / my / bedroom. / I / usually