

Exercise 1: Listen and fill in the blank

get good marks
Nhận điểm tốt

a good idea
ý kiến hay

Study
Học

a clear desk
bàn học gọn gàng

tip
Mẹo, lời khuyên

books and pens

three things
3 thứ

know
biết

a quiet place
Nơi yên tĩnh

thirty minutes
30 phút

Move
di chuyển

lucky
May mắn

my bedroom

Hours
tiếng

lots of breaks

arms and legs
Cánh tay và chân

number three
Số 3

Think
Nghĩ

Paper
giấy

have a break

important
Quan trọng

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?

Ben: Yeah, please!

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

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

Katy: Number two. Have _____!

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

Katy: Well, that isn't very good!

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