Tên: ……..

Lớp: S7…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Week: 33

Ngữ pháp HW: ……

Đọc HW: ……

PET READING INTENSIVE

A. THEORY

I. CAMBRIDGE VOCABULARY

- PET Part 2

No.	New words	Meanings	No.	New words	Meanings
1	**membership fee** (n)	phí thành viên	4	**advanced workout** (n)	bài tập nâng cao
2	**race-track** (n)	đường đua	5	**league table** (n)	bảng xếp hạng
3	**one-to-one** (adj)	một kèm một, cá nhân hóa	6	**five-a-side** (adj)	(bóng đá) năm người một đội

- PET Part 3

No.	New words	Meanings	No.	New words	Meanings
1	**catch up with** (phr.v)	cập nhật, theo kịp	4	**take notice of** (phr.)	chú ý đến, để tâm đến
2	**satnav** (n)	thiết bị định vị (GPS)	5	**come to one's rescue** (phr.)	đến giải cứu, giúp đỡ
3	**the list goes on** (phr.)	còn nhiều nữa, danh sách còn tiếp tục			

II. METHOD

1. UNDERLINE KEYWORDS

- Đọc tiêu đề và câu hỏi trước để nắm được chủ đề tổng quát của bài đọc.
- Gạch chân từ khóa trong câu hỏi, ưu tiên các từ khó thay thế như **tên riêng, con số, thuật ngữ chuyên ngành** và các từ mang nghĩa chính như động từ, tính từ.
- Nếu là bài trắc nghiệm, gạch chân từ khóa trong từng đáp án A, B, C, D để nhận ra sự khác biệt nhỏ nhất giữa các lựa chọn.
- Khi đọc bài, tìm từ khóa đã gạch chân — nhưng nhớ rằng bài đọc thường **không dùng từ giống hệt** mà sẽ dùng từ đồng nghĩa hoặc diễn đạt theo cách khác.

2. SKIM AND SCAN

- **Skimming** — đọc nhanh tiêu đề, câu đầu và câu cuối của mỗi đoạn để nắm ý chính mà không cần hiểu từng từ một.
- **Scanning** — di chuyển mắt thật nhanh theo đường zíc-zắc hoặc từ dưới lên để tìm thông tin cụ thể như số liệu, ngày tháng, tên địa danh đã xác định ở phần keywords.
- Khi tìm được vùng thông tin liên quan, dừng lại và **đọc kỹ** đoạn đó để đối chiếu với câu hỏi và đưa ra đáp án chính xác.
- Kiểm tra lại ngữ cảnh xung quanh để tránh các từ gây nhiễu như **"not", "except", "instead of"** có thể làm thay đổi hoàn toàn ý nghĩa câu.

3. WATCH OUT FOR TRAPS

Bài đọc thường cố tình gài bẫy bằng cách dùng từ giống câu hỏi nhưng mang nghĩa khác, hoặc diễn đạt lại thông tin theo cách dễ nhầm. Cụ thể:

- Để ý các từ phủ định hoặc giới hạn như **"not", "except", "only", "unless", "instead of"** — một từ duy nhất có thể đảo ngược hoàn toàn nghĩa của câu.
- Từ trong đáp án **xuất hiện trong bài không có nghĩa là đáp án đó đúng** — bài đọc thường dùng đúng từ đó nhưng trong một ngữ cảnh khác.
- Bài đọc thường **diễn đạt lại** câu hỏi và đáp án — nếu chỉ tìm từ giống hệt mà không hiểu nghĩa, rất dễ chọn sai.

LIVEWORKSHEETS

- Để ý **mức độ so sánh và số lượng**: các từ như *"all", "always", "never", "most"* trong đáp án thường là bẫy vì bài đọc hiếm khi khẳng định tuyệt đối như vậy.
- Thông tin trong bài có thể **đúng nhưng không trả lời câu hỏi được hỏi** — luôn đối chiếu đáp án với đúng câu hỏi, không chỉ với bài đọc.
- Với câu hỏi về **ý chính hoặc mục đích của tác giả**, tránh chọn đáp án chỉ đúng với một chi tiết nhỏ trong bài — đáp án đúng phải bao quát toàn bộ đoạn hoặc bài.

B. CLASSWORK

PET READING PRACTICE (10 questions)

I. PET Part 2

Questions 6–10

For each question, choose the correct answer.

The people below all want to do something to keep fit.
On the opposite page there are eight descriptions of fitness activities.
Decide which activity would be the most suitable for the people below.

6



Theo is new to the area and wants to get fit for the first time in his life. He is more interested in team sports and would like to make friends as well.

7



Barbara loves running and would like to join a running club. She can't afford a membership fee to begin with but if she likes it, she'd be keen to sign up and volunteer as well.

8



Tracy has decided to join a gym. She wants to have someone who can help and encourage her to work hard. She'd also like to go swimming at the weekend.

9



Steve is looking for a personal trainer and is returning to exercise after hurting his ankle. He is busy at work and needs someone who is available any day.

10



Debbie is a keen athlete and wants to find somewhere she can train on a **race-track** and compete against other athletes. She likes to train early in the morning.

LIVEWORKSHEETS

Fitness activities

A Stevie's Gym

Stevie's Gym is well known in the area for offering the best in everything to do with health and fitness. Relax in our luxury swimming pool or use the latest equipment in the gym. It's easy to lose interest if you don't have the right support, and our skilled team of trainers will get you started and help you stay focused.

B Blackwell Gym

The very best in personal service. Our members get a free health check when they join. We will then discuss your aims and design a personal programme to help you achieve your goals. Open six days a week, closed on Sundays.

C The Arcadian Harriers

We meet in the Arcadian Leisure Centre twice a week and set off on planned routes around the area. Join us on Tuesday for the 6k run and Thursday for the 10k. You don't have to become a member to run with us, but we'd love it if you did. We are also looking for people to help out with events.

D JDC Gym

We offer personal, one-to-one training programmes for beginner and more advanced workouts. Our trainers are available seven days a week and can meet you at the gym or at a place that's more convenient to you. Build your strength and fitness and get help with any injuries you may have.

E Temple Health and Fitness

Whether you want to improve your fitness or lose weight, you can be sure to find the support you need to achieve your goals with our team of personal trainers. Visit our website to view their personal profiles and areas of expertise. Currently we are offering sessions at weekends only.

F Arena Leisure Centre

We know that some days are perfect for achieving goals in the gym, while others are best spent relaxing in the sauna. Whatever your needs, we can promise you a personal service. Please note the swimming pool is being used for competitions every Saturday and Sunday and is not open to the public on these days.

G Central Fitness and Leisure

We are one of the larger leisure centres in the area and can offer a huge range of activities at our 24-hour gym and 400-metre running track that is free to use for members. Sign up to our monthly league table and see how your times compare to other members.

H Sport Special

For those who want to focus on their own personal fitness, Sport Special provides members with a modern gym with the latest equipment. The leisure centre also organises group events such as five-a-side football or hockey. After the match, get to know your team mates in the café for tea, coffee and snacks.

LIVEWORKSHEETS

Questions 11–15

For each question, choose the correct answer.

Georgina Johnson writes about the mobile phone

Looking back to when I was younger in the 1980s, I can remember dreaming of two inventions I thought would change my world but were probably not likely to happen in my lifetime. One was a tiny video camera that I could carry around in my pocket and film moments whenever I had the opportunity. The other was something I could use to see and speak to people miles away. I often saw them in science fiction films, and they didn't even need to be plugged in!

I find it incredible that during my adult life these two dreams have become a reality. And not even two separate inventions. Just one phone, small enough to keep in my pocket so that I hardly know it's there. I can video call or chat to friends and relatives, catch up with the latest news, watch videos of my favourite bands, check the weather forecast or send messages. Thanks to **satnav** I never have to worry if I get lost when I make a journey somewhere I have never been before. I can shop as much as I want and even take a course in any subject I want ... the list goes on.

Along with the internet, the mobile phone must be the biggest change in technology ever. So why do many of us feel slightly worried about how much time we spend on the phone in our lives? It's strange that the opportunities it has offered us for communication seem to have limited the time we actually spend talking to each other. We are all used to seeing friends and families who are always looking at their screens and taking very little notice of those around them.

The mobile phone is here to stay and we have to find a way of dealing with the problems it might create. I believe these are challenges we have to solve individually rather than expecting something or someone else to come to our rescue. It's up to us to be careful about the time we spend online and remember that it's good to talk with those sitting nearby. We can still feel amazed to have such a powerful piece of technology available when we need it.

LIVEWORKSHEETS

11 What does Georgina say about the 1980s?

A She didn't have a TV.

B Some inventions seemed a long way in the future.

C People were always watching science fiction films.

D She had friends who lived a long way away.

12 Georgina says that a mobile phone

A is easy to carry.

B can be hard to know how to use.

C is easy to lose.

D is helping her with her studies.

13 What changes does Georgina say the mobile phone has created?

A We now depend on the internet.

B It stops us seeing friends and relatives as often.

C We communicate with people in a different way.

D We spend more time communicating with people.

14 Georgina thinks that people who use a mobile phone

A don't realise how powerful it can be.

B should speak to others for help.

C are beginning to wish it hadn't been invented.

D are responsible for using it sensibly.

15 What would be a good introduction to this article?

A Georgina Johnson explains how her dreams have come true now the mobile phone has made her life so much easier.

B Are you spending too long on your mobile phone? Georgina Johnson warns of some of the dangers.

C One of the greatest inventions of all time or something we should be a little concerned about? Georgina Johnson gives her views on the mobile phone.

D Do you dream about what the future may be like and what technological inventions will occur? They are unlikely to come true says Georgina Johnson.

LIVEWORKSHEETS

GRAMMAR (20 questions)

I. Fill in the blanks with the correct form of the verbs in brackets.

James is a tour guide who works in a busy coastal town. He usually **(1)** _____ **(start)** his morning tours at 9 a.m. and **(2)** _____ **(finish)** by midday every day. At the moment, however, he **(3)** _____ **(lead)** a special evening tour because his colleague called in sick this afternoon.

Right now, it is 7 p.m. and James **(4)** _____ **(show)** a group of tourists around the old harbour. One of the visitors **(5)** _____ **(always/ask)** questions about every single building they pass, which **(6)** _____ **(slow)** the whole group down considerably.

James **(7)** _____ **(not/usually/mind)** answering extra questions, but tonight he needs to finish on time because the last ferry **(8)** _____ **(leave)** at 9 p.m. sharp.

II. Change the following sentences into direct speech.

1. She asked me where I had bought my jacket.

→ She asked me, " _____ ?"

2. His mum asked him whether he had finished his homework yet.

→ His mum asked him, " _____ ?"

3. The teacher told us not to talk during the exam.

→ The teacher told us, " _____ ."

4. They said that they would meet us outside the cinema the following day.

→ They said, " _____ ."

5. She told me that she was really tired because she had worked late the night before.

→ She told me, " _____ ."

6. He warned us not to run in the corridor because the floor was wet.

→ He warned us, " _____ ."

III. Write a sentence using the correct future form based on the usage given.

1. A prediction based on visible evidence:

_____

2. A fixed timetable or schedule:

_____

3. A personal plan that has already been arranged:

_____

4. A promise:

_____

5. A prior intention or plan decided before the moment of speaking:

_____

6. A future time clause:

_____

LIVEWORKSHEETS

C. HOMEWORK

GRAMMAR (25 questions)

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

II. Circle the correct word or phrase.

1. I **work / am working** at the local library for the summer.
2. We **don't go / aren't going** to the theatre very often.
3. Stacy **gets / is getting** ready for school, so she can't come to the phone.
4. **Does Gary ever talk / Is Gary ever talking** about his expedition to the Amazon jungle?
5. In squash, you **hit / are hitting** a ball against a wall.
6. I **read / am reading** a newspaper at least once a week.
7. **Do you practise / Are you practising** the piano for two hours every day?
8. Nadine and Claire **do / are doing** quite well at school at the moment.
9. A good friend **knows / is knowing** when you're upset about something.
10. How do you **spell / are you spelling** your name?

III. Put the verb in the correct future form.

1. Look at those clouds! It _____ **(go/rain)** heavily; we should bring an umbrella.
2. The next train to London _____ **(leave)** at 7.15 a.m. tomorrow according to the official timetable.
3. "I have no idea how to fix this." - "Don't worry, I _____ **(help)** you sort it out right now."
4. She _____ **(have)** lunch with her manager tomorrow - they booked the restaurant last week.
5. I _____ **(go/save)** more money this year - I have already opened a savings account.
6. He _____ **(probably/find)** the exam quite difficult as he hasn't studied much at all.
7. I will send you the document as soon as I _____ **(get)** back to the office this afternoon.

IV. Change the sentences to reported speech.

1. She said, "I am meeting my friends at the café this evening."

→ She said that _____ .

2. He asked me, "Have you ever been to Japan?"

→ He asked me _____ .

3. The doctor said, "Water makes up about 60% of the human body."

→ The doctor said that _____ .

4. Mum told me, "Don't stay up too late tonight."

→ Mum told me _____ .

5. She asked me, "Where did you go last weekend?"

→ She asked me _____ .

LIVEWORKSHEETS

6. He said, "I will call you as soon as I arrive."

→ He said that _____ .

7. The teacher asked us, "Are you going to submit your assignments tomorrow?"

→ The teacher asked_____ .

8. She begged him, "Please don't tell anyone about this."

→ She begged him _____ .

CAMBRIDGE READING PRACTICE (10 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. Extra Reading 1

Read the text (PET Part 2 – page 2) and decide if the statements are True or False.

1. Theo is looking for a fitness activity that he can do on his own. → _____
2. Barbara is interested in volunteering at a running club if she enjoys it. → _____
3. Tracy wants to join a gym that has a swimming pool she can use on weekdays. → _____
4. Steve needs a personal trainer who is flexible about which days they can meet. → _____
5. Debbie prefers to do her training sessions in the afternoon. → _____

II. Extra Reading 2

Read the text (PET Part 3 – page 4) and complete the summary below. Choose ONE WORD ONLY from the text for each answer.

In the 1980s, Georgina dreamed of two inventions that she thought were not **(1)** _____ to happen in her lifetime. One was a small camera she could carry in her pocket, and the other was a device that could let her see and speak to people far away. She had seen similar things in science **(2)** _____ films.

Today, Georgina finds it **(3)** _____ that both dreams have come true in the form of a single mobile phone. She uses it to video call friends, catch up with the news, and check the weather **(4)** _____ before going out. Thanks to satnav, she never has to worry about getting **(5)** _____ when visiting somewhere new.

LIVEWORKSHEETS