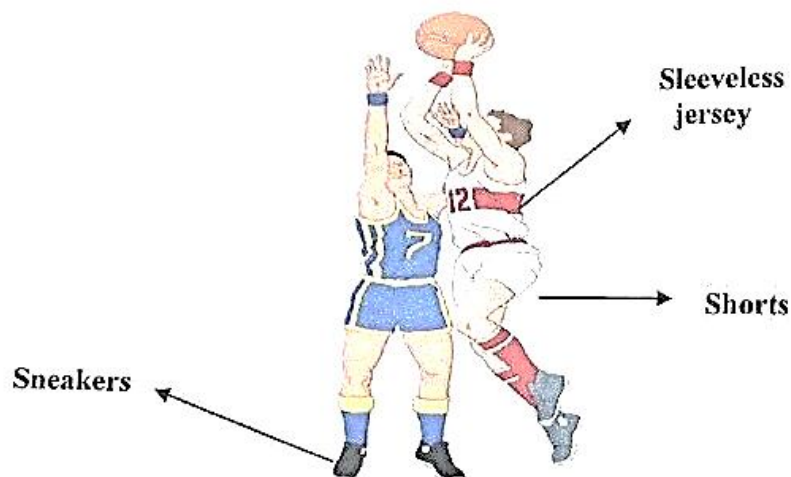


Unit Seven

7.1. Basketball

Basketball is played by two teams each team consists of five players. Each team has two forwards, two guards, one center (pivot). One player in the team acts as captain. The game starts by a jump ball when the referee tosses a ball up. The aim of the game is to throw the ball into the opponent's basket. The game is divided into two halves with a ten – minute half time. Basketball is played in a court that is divided by the center line into front court and back court. At the end of each court there is a basket.



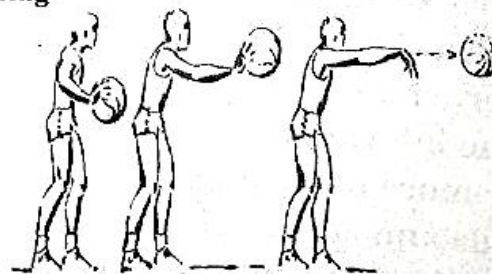
Basketball players usually wear sleeveless jersey (vest) with shorts. Basketball shoes are called sneakers.

There are many skills in basketball



Dribbling

Passing



Jump shot



Layup



Hook

7.2.Key Word

Basketball	كرة السلة	half time	وقت بين الشوطين
team	فريق	court	ملعب
forwards	لاعب متقدم	center line	خط الوسط
guards	دفاع	front court	الملعب الامامي
center (pivot)	لاعب ارتكاز	back court	الملعب الخلفي
acts as	يلعب على انه	sleeveless jersey	فانيلة بدون اكمام
jump ball	رمي الكرة الى الاعلى	shorts	سروال قصير
referee	حكم	Dribbling	طبطة
tosses a ball up	رمي	Passing	مناولة
throw	رمي	Jump shot	التهديف من القفز
opponent's	خصم	Layup	التهديف السلمي
halves	اشواط	Hook	خطف

7.4. Vocabulary: daily problems



Stains on clothes
يقع على الملابس



Late for work متأخر



Traffic jam ازدحام



Angry boss or teacher
رئيس عمل أو استاذ غاضب



Forgetting homework
نسيان اداء الواجب



Hard work and hot weather
عمل مضني وجو حار



Bad weather طقس سيء



Fall in front of people
المسقوط امام الناس



Dead battery بطارية فارغة



No signal لا توجد شبكة



Pick pocketing
التعرض للسرقة



No money ليس لديه نقود



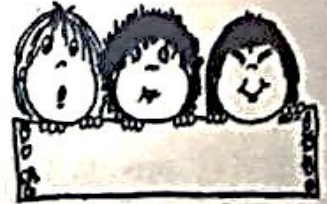
Flat tire اطار مثقوب



Accident حادث



Bombed Car سيارة مفخخة



No lunch لا يوجد غداء



Power cut كهرباء مقطوعة



Chores اعمال المنزل



Fighting over the remote
الشجار على جهاز السيطرة عن



Computer doesn't work
كمبيوتر عاطل

One Step Up To Sport & English - Unit Seven - Exercises

Q/1: Define the following:

Basketball: Basketball is played by two teams each team consists of five players. Each team has two forwards, two guards, one center.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

1. Basketball is played by two teams each team consists of players.
 - a- Four
 - b- Five**
 - c- Six
2. Basketball is played by two teams each team consists of five players. Each team has two forwards, two guards, andcenter.
 - a- Three
 - b- Two
 - c- One**
3. In basketball, one player in the team acts as
 - a- Coach
 - b- Captain**
 - c- Both a & b
4. In basketball, the game starts by a jump ball when the tosses a ball up..
 - a- Captain
 - b- Referee**
 - c- Guard
5. In basketball, the aim of the game is to throw the ball into the opponent's
 - a- Field
 - b- Basket**
 - c- Both A & B
6. In basketball, the game is divided into halves with a ten-minute half time.
 - a- Three
 - b- Five
 - c- Two**
7. Basketball is played in a court that is divided by the center line into front court and back court.
 - a- Left side and right side.
 - b- Front court and back court.**
 - c- Both A & B

8. In Basketball, at the end of each court there is a

a- Line

b- Lane

c- **Basket**

9. In basketball, players usually wear sleeveless jersey (vest) with shorts.

a- **Shorts**

b- Hats

c- Both A & B

10. In Basketball, basketball shoes are called sneakers.

a- Trainers

b- Sport Shoes

c- **Sneakers**

11. There are many skills in basketball, Dribbling, Passing, Jump Shot, Layup and

a- Cross

b- Jap

c- **Hook**

Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

1. Basketball is played by two teams each team consists of five players. (**True**)

2. Basketball is played by two teams each team consists of four players. (**False**)

3. In basketball, each team has two forwards, two guards, one center. (**True**)

4. In basketball, each team has three forwards, three guards, three centers. (**False**)

5. In basketball, one player in the team acts as captain. (**True**)

6. In basketball, one player in the team doesn't act as captain. (**False**)

7. In basketball, the game starts by a jump ball when the referee tosses a ball up. (**True**)

8. In basketball, the game starts by a jump ball when the referee tosses a ball down. (**False**)

9. In basketball, the aim of the game is to throw the ball into the opponent's basket. (**True**)

10. In basketball, the aim of the game is not to throw the ball into the opponent's basket.
(**False**)

11. In basketball, the game is divided into two halves with a ten-minute half time. (**True**)

12. In basketball, the game is divided into three halves with a ten-minute half time. (**False**)

13. In basketball, basketball is played in a court that is divided by the center line into front court and back court. (True)
14. In basketball, basketball is played in a court that is divided by the center line into left court and right court. (False)
15. In basketball, at the end of each court there is a basket. (True)
16. In basketball, at the end of each court there is not a basket. (False)
17. There are many skills in basketball, Dribbling, Passing, Jump Shot, Layup and Hook. (True)
18. There are many skills in basketball, Dribbling, Passing, Jump Shot, Layup and Jap. (False)

Q/1: What does a basketball player usually wear?

1. Sleeveless T-shirt.
2. Shorts.
3. Socks.
4. Sneakers.

Q/2: Mention the skills used in basketball?

1. Dribbling
2. Passing
3. Jump Shot
4. Layup
5. Hook

Simple Present Tens (المضارع البسيط)

The present tense has several key uses in English:

1. **Habitual Actions:** Describes actions that happen regularly.

Example: She walks to work every day.

2. **General Truths or Facts:** States facts that are always true.

Example: Water boils at 100 degrees Celsius.

3. **Future Events:** Can indicate scheduled future events.

Example: The train departs at 6 PM.

4. **Instructions or Directions:** Used in giving directions.

Example: First, you mix the ingredients.

5. **Narrative Style:** Sometimes used in storytelling for immediacy.

Example: He opens the door and steps inside.

Simple Present Tens Structure

S		+	V	+	O
Noun	Pronoun				
Ali	He				
Noor	She	+	(V+s) plays	+	football every week
Rain	It				
Students	They				
	We	+	play	+	football every week
	You				
	I				

Examples:

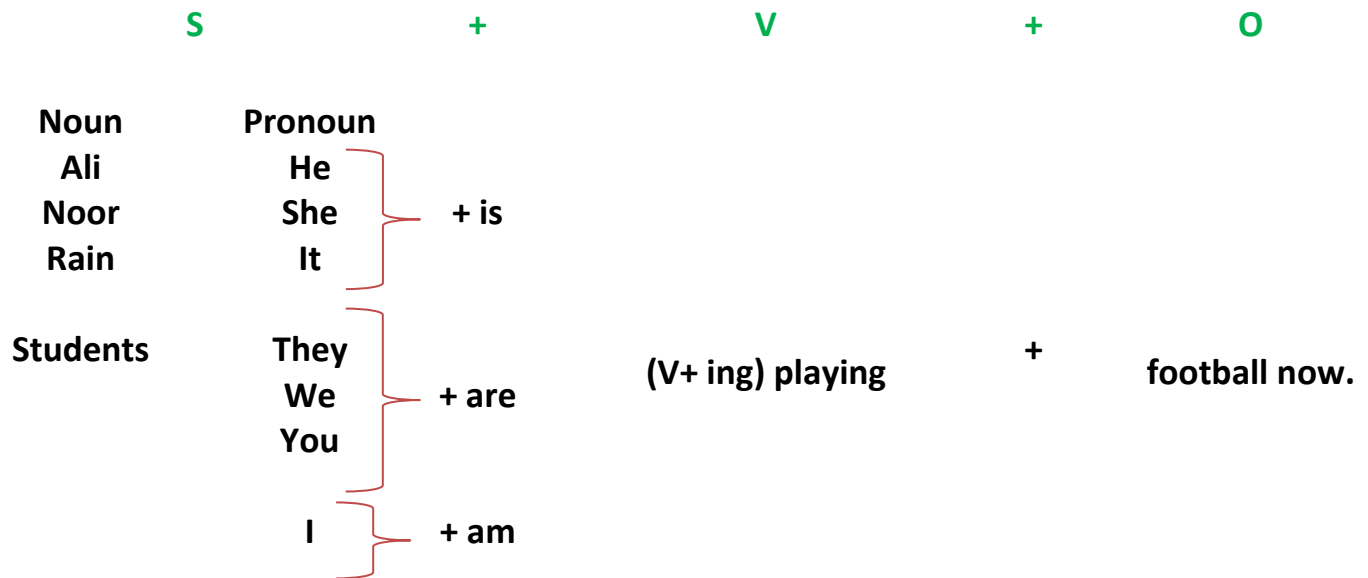
- 1- Ali football every week. (play – **plays**)
- 2- Noor her car every day. (**drives** – drive)
- 3- It every winter (rain – **rains**).
- 4- The students to school everyday. (**go** – goes)
- 5- We every night. (**sleep** – sleeps)
- 6- I my homework every day. (studies – **study**)
- 7- You the door. (**close** – closes)
- 8- plays tennis every month. (**Noor** – You).
- 9- play basketball every week. (**We** – It)
- 10- Bolis at 100. (they – **the water**)

Present Continuous Tense (المضارع المستمر)

The present continuous tense has several important uses:

1. **Actions Happening Now:** Describes actions that are occurring at the moment of speaking.
Example: She is studying for her exam.
2. **Temporary Actions:** Indicates actions that are temporary or not permanent.
Example: I am living in London for the summer.
3. **Future Plans:** Used for planned future events.
Example: We are meeting them tomorrow.
4. **Changing Situations:** Describes situations that are in the process of change.
Example: The weather is getting warmer.
5. **Repeated Actions with Annoyance:** Often expresses annoyance with habitual actions.
Example: He is always leaving the door open!
6. **Describing Trends:** Can indicate trends or general developments.
Example: More people are using electric cars these days.

Present Continuous Structure



Examples:

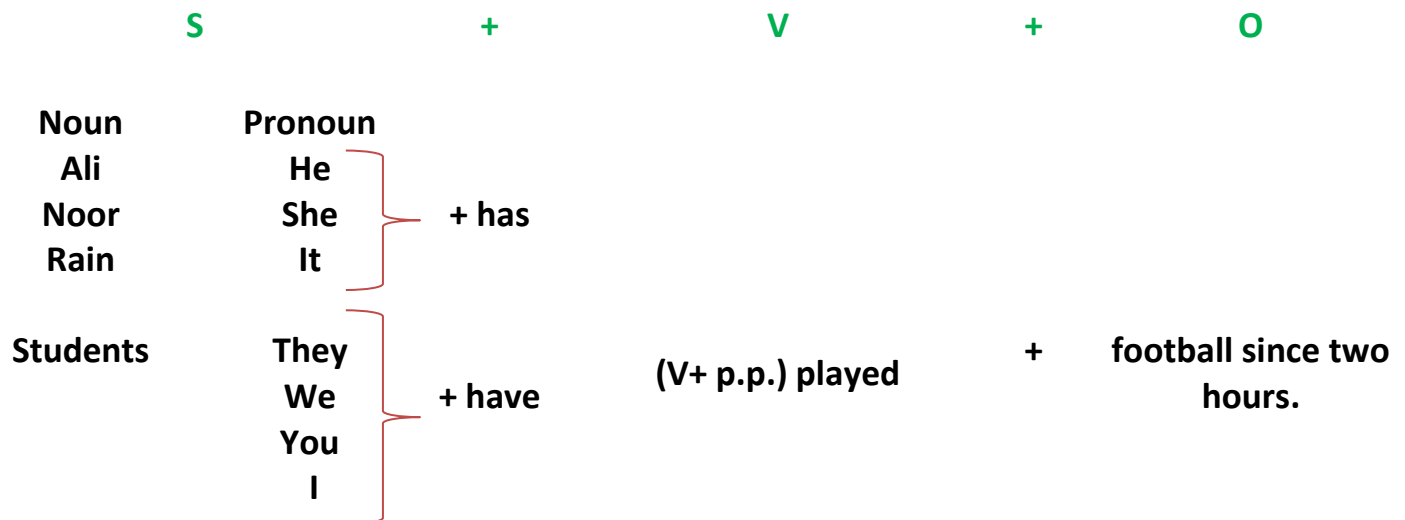
- 1- Noor playing football now. (are – **is**)
- 2- He driving his car at the moment. (**is** – are)
- 3- It raining currently winter (am – **is**).
- 4- The students going to school now. (**are** – is)
- 5- We Having dinner right now. (**are** – is)
- 6- I doing my homework this time. (is – **am**)
- 7- You looking great. (**are** – is)
- 8- Ali is tennis now. (**playing** – play).
- 9- We are to marker currently. (**going** – go)
- 10- It is raining at the moment. (rain – **raining**)

Present Perfect Tense (المضارع التام)

The present perfect tense has several key uses:

- 1- Completed Actions with Relevance to the Present:** Describes actions that happened at an unspecified time in the past but are relevant now.
Example: She has finished her homework.
- 2- Life Experiences:** Indicates experiences that have occurred at some point in a person's life.
Example: I have traveled to France.
- 3- Actions that Started in the Past and Continue in the Present:** Shows that an action began in the past and is still ongoing.
Example: They have lived here for five years.
- 4- Recent Actions with Present Results:** Describes recent actions that have an effect in the present.
Example: He has just eaten lunch.
- 5- Repeated Actions:** Indicates actions that have occurred multiple times up to the present.
Example: I have seen that movie three times.

Present Perfect Structure



Examples:

- 1- They worked at this company for ten years (**have** – has)
- 2- Ali just finished his lecture. (have – **has**)
- 3- We visited that bazar several times. (**have** – has)
- 4- The city grown significantly in the last five years. (**has** – have)
- 5- Noor lost her pens. (**has** – have)
- 6- I never eaten sushi. (has – **have**)
- 7- have just finished their homework. (He – **they**)
- 8- has worked at this store since last summer. (**Noor** – I)
- 9- has grown in the last winter. (**It** – you).
- 10- have visited that club many times. (**we** – he)

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Unit Eight

8.1. Fencing

Fencing is an individual sport. It is an art of armed combat that uses weapons namely swords. It takes place on a Piste (or strip). In modern competitive fencing 'electric' weapons are used. Green or red light means on-target touch. White light means off-target touch. The fencer with more points (or touches) is the winner. The traditional uniform is white; black is for masters. Fencers usually wear 1) mask, 2) one glove for the sword arm, 3) jacket, 4)metallic over- jacket, 5)knickers (or a pair of under- Kncc trousers), 6)knee-length socks, 7)fencing Shoes and protectors.

Weapons	
Foil	20cm+99cm= 110cm
	
Epee	20cm+99cm=110cm
	
Saber	17cm+88cm=105cm
	



Body Targets

- The torso at foil.
- The entire body at epee.
- The upper half of the body at saber.

In fencing there are many skills and movements like: parry, repost, lunge...

8.2.Key Words

Fencing	مبارزة	Knickers	سر وال تحت الركبة
Art	فن	Knee-length socks	جوارب طويلة
Armed combat	قتال مسلح	Fencing Shoes	حذاء خاص بالمبارزة
Weapons	اسلحة	Protectors	واقيات
Swords	سيوف	Foil	سلاح الشيش / فلورية
Piste / Strip	ببيست / ملعب خاص بالمبارزة	Epee	سلاح سيف مبارزة
Electric weapons	أسلحة كهربائية	Saber	سلاح السيف العربي
On-target touch	لمسة في منطقة الهدف	Body target	مناطق الهدف في الجسم
Off-target touch	لمسة خارج منطقة الهدف	Torso	الجذع
Fencer	مبارز	Entire body	جميع اجزاء الجسم
Traditional uniform	الزي التقليدي	The upper half	منطقة اعلى الخصر
Mask	قناع	On Guard position	وضع الاستعداد
Glove	قفاز	Lunge	الهجوم بالطعن
Metallic over- jacket	صدرية معدنية	Parry	الدفاع بالصد / باراد

8.4. Vocabulary: College

8.4. Vocabulary

University / College
جامعة/كلية

Campus
حرم الكلية

Class صف
lecture محاضرة

Lecturer / Lecture
محاضر او مدرس/ محاضرة

Student طالب

Classmates زملاء دراسة

Skipping lecture
يضرّب محاضرة

Taking an exam بمتحن

Homework الواجب البيتّي

Text books
الكتب المنهجية

Graduation التخرج

Taking Degree الشهادة

Sports bag
حقيرة رياضية

Chalk & Duster
طباشير و مساحّة سبورة

File فايل

Biro
قلم جاف

Pencil, rubber and sharpener
قلم، مساحّة، ومبراة

Pins & clips كلبسات

Stapler كابسة

Desk tape شريط

Computer lab
مختبر الحاسبات

Cafeteria الكافتريا

Library مكتبة

One Step Up To Sport & English - Unit Eight - Exercises

Q/1: Define the following:

Fencing: Fencing is an individual sport. It is an art of armed combat that uses weapons namely swords. It takes place on a Piste or strip.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

1. Fencing is an sport.
 - a- Team
 - b- Individual**
 - c- Both A & B
2. Fencing is an art of armed combat that uses weapons namely.....
 - a- Guns
 - b- Knives
 - c- Swords**
3. Fencing takes place on a or strip .
 - a- Plat
 - b- Piste**
 - c- Both a & b
4. In modern competitive fencing weapons are used..
 - a- Normal
 - b- Electric**
 - c- Old
5. In fencing, green or red light means
 - a- Off-target touch
 - b- On-target touch**
 - c- Both A & B
6. In fencing, white light means
 - a- Off-target touch**
 - b- On-target touch
 - c- Both A & B
7. In fencing, the fencer with more points or is the winner.
 - a- Fouls.
 - b- Touches.**
 - c- Both A & B

8. In fencing, the traditional uniform is white; black is for
- a- Guard
 - b- Player
 - c- **Masters**
9. In fencing, fencers usually wear: (1), (2) one glove for the sword arm, (3) jacket, (4) metallic over- jacket, (5) knickers (or a pair of under- Knee trousers), (6) knee-length socks, (7) fencing Shoes and protectors.
- a- **Mask**
 - b- Hats
 - c- Both A & B
10. Swords in fencing are foil, epee, and
- a- Metal
 - b- Iron
 - c- **Saber**
11. The body targets in fencing are: the torso at foil, theat epee, and the upper half of the body at saber.
- a- Center of body
 - b- Half body
 - c- **Entire body**
12. In fencing there are many skills and movements like: parry, repost,
- a- **Lunge**
 - b- Jab
 - c- Cut

Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

- 1. Fencing is an individual sport (**True**)
- 2. Fencing is a team sport. (**False**)
- 3. Fencing is an art of armed combat that uses weapons namely swords. (**True**)
- 4. Fencing is an art of armed combat that uses weapons namely guns. (**False**)
- 5. Fencing takes place on a Piste (or strip). (**True**)
- 6. Fencing takes place on a plat. (**False**)
- 7. In modern competitive fencing 'electric' weapons are used. (**True**)

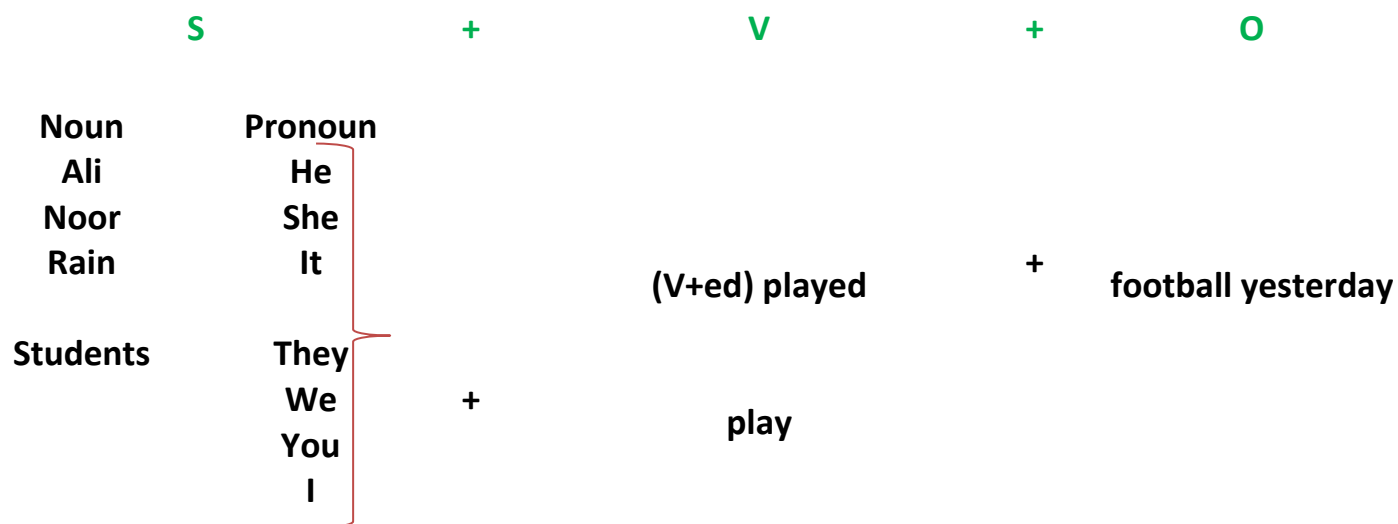
8. In modern competitive fencing 'normal' weapons are used. (False)
9. In fencing, green or red light means on-target touch. (True)
10. In fencing, green or red light means off-target touch. (False)
11. In fencing, white light means off-target touch. (True)
12. In fencing, white light means on-target touch. (False)
13. In fencing, the fencer with more points (or touches) is the winner. (True)
14. In fencing, the fencer with less points (or touches) is the winner. (False)
15. In fencing, the traditional uniform is white; black is for masters. (True)
16. In fencing, the traditional uniform is red; yellow is for masters. (False)
17. In fencing, fencers usually wear: (1) mask, (2) one glove for the sword arm, (3) jacket, (4) metallic over-jacket, (5) knickers (or a pair of under-knee trousers), (6) knee-length socks, (7) fencing shoes and protectors. (True)
18. In fencing, fencers usually wear: mask, knickers, and jacket, knee-length socks. (False)
19. The body targets in fencing are: the torso at foil, the entire body at epee, and the upper half of the body at saber. (True)
20. In fencing there are many skills and movements like: parry, repost, lunge. (True)
21. In fencing there are many skills and movements like: parry, repost, hook. (False)

Simple Past Tense (الماضي البسيط)

The simple past tense is used in several key ways:

1. Completed Actions: Describes actions that were completed at a specific time in the past.
Example: She visited Paris last summer.
2. Sequential Actions: Indicates a series of actions that occurred one after the other.
Example: He finished work, went home, and cooked dinner.
3. Duration in the Past: Expresses actions that lasted for a specific duration but are no longer happening.
Example: They lived in Italy for five years.
4. Past Habits: Describes habits or repeated actions that were common in the past.
Example: I often played soccer when I was a child.
5. Past Facts or States: States facts or conditions that were true at a particular time in the past.
Example: She was a teacher before becoming a writer.
6. Reported Speech: Used to report what someone said in the past.
Example: He said he wanted to go home.

Simple Past Tense Structure



Examples:

- 1- Adel football yesterday. (plays – **played**)
- 2- Ali his car last week. (drives – **drove**)
- 3- It two hours ago (rains – **rained**).
- 4- The students to school yesterday. (**went** – go)
- 5- We last night. (**slept** – sleep)
- 6- I my homework last three days. (study – **studied**)
- 7- You the door yesterday. (**opened** – open)

Past Continuous Tense (الماضي المستمر)

The past continuous tense is used in several key contexts:

1. **Ongoing Actions in the Past:** Describes actions that were happening at a specific moment in the past.
Example: I was reading a book at 8 PM.
2. **Simultaneous Actions:** Indicates two or more actions happening at the same time in the past.
Example: While she was cooking, he was setting the table.
3. **Background Actions:** Provides background information for another action that occurred.
Example: The sun was shining while we were having a picnic.
4. **Interrupted Actions:** Describes an action that was ongoing when it was interrupted by another action.
Example: I was watching TV when the phone rang.
5. **Temporary Situations:** Indicates situations that were true for a limited time in the past.
Example: They were living in New York for a few months.
6. **Polite Inquiry or Request:** Used to make polite inquiries about past actions.
Example: I was wondering if you could help me with my project.

Past Continuous Structure

		S	+	V	+	O
Noun	Pronoun					
Ali	He					
Noor	She		+ was			
Rain	It					
Students	They			(V+ ing) playing	+	football yesterday.
	We		+ were			
	You					
	I		+ was			

Examples:

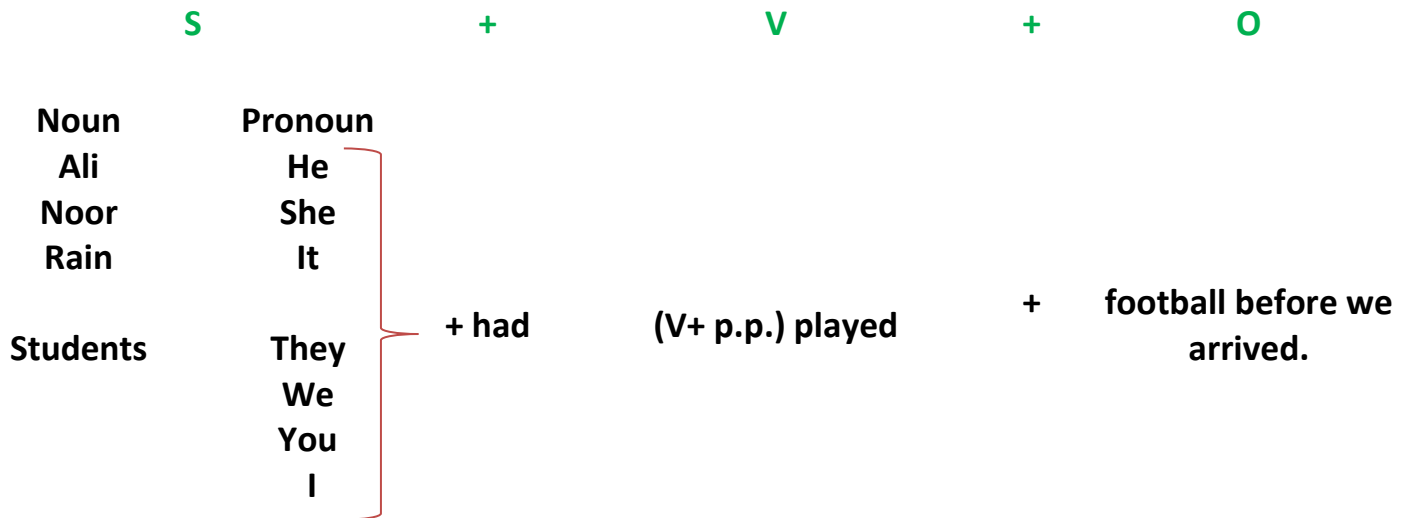
- 1- Ali playing football last week. (were – **was**)
- 2- Noor driving her car yesterday. (**was** – were)
- 3- It raining two days ago (were – **was**).
- 4- The students going to school this morning. (**were** – was)
- 5- We Having dinner this afternoon. (**were** – was)
- 6- I doing my homework last week. (were – **was**)
- 7- You looking great last party. (**were** – was)
- 8- Ali was tennis yesterday. (**playing** – play).
- 9- We were to the market three days ago. (**going** – go)
- 10- It was raining at that time. (rain – **raining**)

Past Perfect Tense (الماضي التام)

The past perfect tense is used in several key contexts:

1. **Completed Actions Before Another Past Action:** Describes an action that was completed before another action in the past.
Example: She had finished her homework before dinner.
2. **Reported Speech:** Used to report what someone said, indicating that the action happened before the reporting.
Example: He said that he had seen the movie.
3. **Conditional Sentences:** Used in the "if" clause of unreal past conditional sentences.
Example: If I had known about the meeting, I would have attended.
4. **Life Experiences in the Past:** Indicates experiences that were completed before a certain point in the past.
Example: By the time we arrived, they had already left.
5. **Emphasizing the Order of Events:** Clarifies the sequence of events when it's important to know which happened first.
Example: They had never traveled abroad before their trip to Paris.

Present Perfect Structure



Examples:

- 1- She had her homework before dinner (**finished** – finish)
- 2- He said that he had the movie. (**seen** – see)
- 3- If I had about the meeting, I would have attended. (**known** – know)
- 4- By the time we arrived, they had already (**left** – leave)
- 5- They had never abroad before their trip to Paris. (**travelled** – travel)

Prepared by

Lect. Shatha Hazim

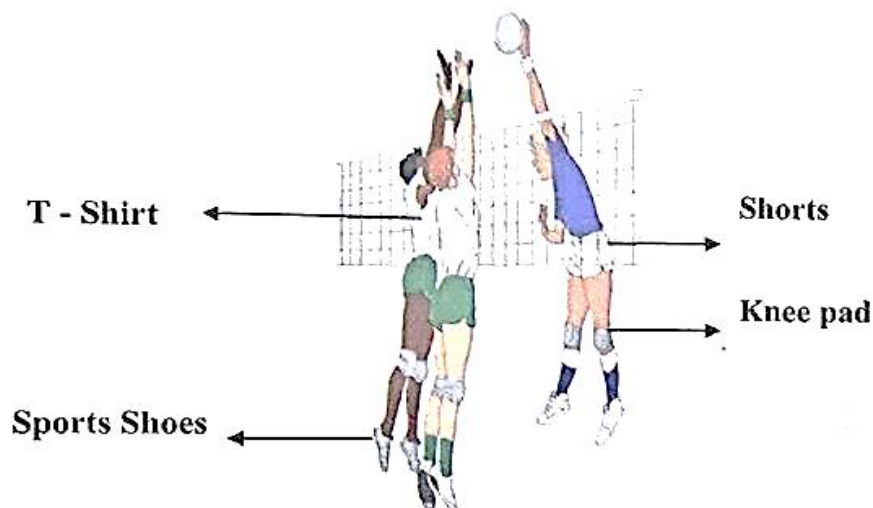
Assist. Lect. Kasim Al-Azzawi

Unit Nine

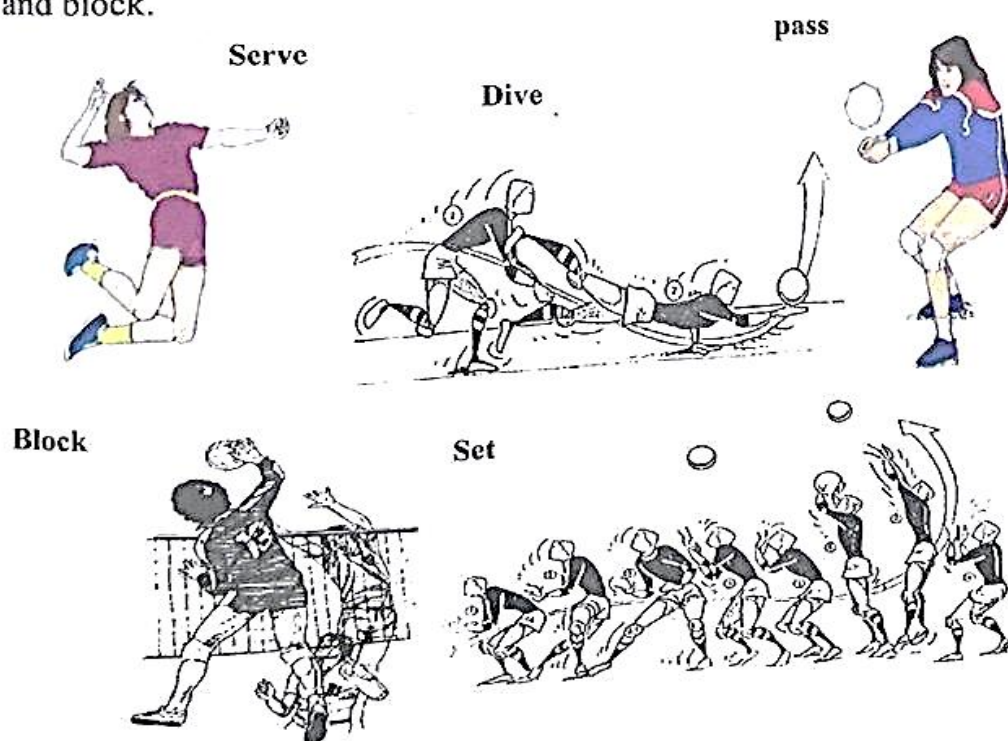
9.1. Volleyball

Volleyball is a team sport played by six players on each side. Three players take forward positions and the other three players play in the back court. Recently a new player position was created called libero. He wears different colour from the rest of his team and only plays defense. The first team to win three sets out of five wins the match. Volleyball is played in a court divided by the center line. Above the center line there is a high net. Volleyball is played with a ball of two colors; yellow and blue.

Every volleyball player wears a uniform that is a jersey made of a rather short sleeved t – shirt and short, socks, sport shoes. They are allowed to wear knee pads and elbow pads.



There are six basic skills in volleyball: serve (spike), receive, dig (dive), pass, set and block.



9.2. Key Words

Volleyball	كرة الطائرة	Jersey	فانيلة
Team sport	رياضة فرقية	Sleeve	كم
Players	لاعبين	Shorts	سروال قصير
Forward	الصف الامامي	Socks	جوارب
Positions	مركز	Sport shoes	حذاء رياضة
Back court	الصف الخلفي	Knee pads	اربطة لحماية الركبة
Libero	اللاعب الحر	Elbow pads	اربطة لحماية الكوع
Defense	دفاع	Skills	مهارات
Sets	سيتات أو مجموعات	Serve	ارسال
Out of five	مكون من خمسة	receive	استقبال
Match	مباراة	Pass	مناولة
Court	ملعب	Set	اعداد
Center line	خط الوسط	Block	صد
Net	شبكة	Dive	دفاع
Uniform	زي	Spike	كيس

Spotlights

- Where does the word libero come from? What about liberty? Are these word English or what?
- You have learned that spike is a skill in volleyball sport. Haven't you heard of it somewhere else?
- Read this sentence please: *He wears different colour from the rest of his team.* Is it right to say different from or to or than?

British / American

Different/from/to/than

Different from is the most common structure in both BrE and AmE. Different to is also used in BrE: *Paul's very different from / to his brother.* In AmE people also say different than: *You look different than before.*

English or What?

Libero /Liberty

Libero: one of the words that became universal in sport terminology. In 1998 the libero player was introduced internationally in volleyball sport. The term meaning *free* in Italian is pronounced LEE-beh-ro (although many players and coaches pronounce it lih-BEAR-oh).

Liberty: is a French word in origin (liberté) means *freedom* in English. One of the universal terms draws from the French Revolution terminology.

Vocabulary building

Spike noun, verb, adj

Spike n.: a thin object with sharp point weather metal or wood, etc. **Spikes n.:** sport shoes fitted with these metal spikes used to prevent players from slipping in running. **Spike heel n.:** a very thin high heel on women's shoe. **Spiker n.** the player who spikes sth on a sharp point. **Spike v.:** 1 to push a sharp piece of metal, wood, etc. into sb/ sth; to injure being made public. *The article was spiked for political reasons.* **Spike sth with sth v.:** to add alcohol, poison or a drug to sb's drink or food without them knowing. *He gave her a drink spiked with tranquilizers.* (figurative) *Her words were spiked with malice.* **Spiked adj:** with one or more spikes: *spiked running shoes.* **Spiky adj:** having sharp points: *spiky leaves.* **Spiky hair** (sticking straight up from the head). **Spiky person** (easily annoyed or offended). **IDM:** *spike sb's guns* (to spoil the plans of an opponent).

Libero
Lee-
beh-
ro
beh

9.4. Vocabulary : Travelling

				
Airplane طيارة	Ship باخرة	Train قطار	Bus باص	Luggage حقائب
				
Tickets بطاقات السفر	Passport جواز السفر	Terminal الانتظار	Steward مضيف	Cab/taxi سيارة اجرة
				
Hotel فندق	Checking in النزول في فندق	Maid منظفة	Single & double beds سرير مفرد و مزدوج	Hotel key Card key مفتاح الفندق
				
Exchange صيرفة	Map خارطة	Brochure كتيب	Restaurant مطعم	Waiter نادل
				
Traveling agent وكيل سياحي	Guide مرشد سياحي	Sightseeing مشاهدة المناطق السياحية	Tourist سائح	Shopping for souvenirs شراء الاشياء التذكارية

One Step Up To Sport & English - Unit Nine - Exercises

Q/1: Define the following:

Volleyball: it is a team sport played by six players on each side. Three players take forward positions and the other three players play in the back court.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

1. Volleyball is a team sport played by players on each side.
a- Five
b- Six
c- Seven
2. In Volleyball, three players takepositions and the other three players play in the back court.
a- Runner
b- forward
c- Both A & B
3. Recently in volleyball, a new player position was created called
a- Libero
b- Hero
c- Both a & b
4. In Volleyball, libero wears colour from the rest of his team and only plays defense.
a- same
b- different
c- dark
5. In Volleyball, the first team to win sets out of five wins the match.
a- three
b- four
c- five
6. Volleyball is played in a court divided by the center.....
a- **line**
b- lane
c- Both A & B
7. In volleyball, above the center line there a high
a- goal.
b- net.
c- Both A & B

8. Volleyball is played with a ball of two colours; yellow and
a- Black
b- Green
c- **Blue**
9. In volleyball, players are allowed to wear knee pads and pads.
a- **elbow**
b- leg
c- Both A & B
10. There are six basics skills in volleyball: serve (spike), receive, dig (dive), pass, set, and
a- shoot
b- through
c- **block**

Q3/ Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

1. Volleyball is an individual sport (**False**)
2. Volleyball is a team sport. (**True**)
3. Volleyball is a team sport played by seven players on each side. (**False**)
4. In Volleyball, three players take forward positions and the other three players play in the back court (**True**)
5. In Volleyball, Four players take forward positions and the other three players play in the back court (**False**)
6. Recently in volleyball, a new player position was created called libero (**True**)
7. Recently in volleyball, a new player position was created called hero (**False**)
8. In Volleyball, libero wears different colour from the rest of his team and only plays defense (**True**)
9. In Volleyball, libero wears the same colour from the rest of his team and only plays defense (**False**)
10. In Volleyball, the first team to win one set out of five wins the match (**False**)

11. In Volleyball, the first team to win three sets out of five wins the match (**True**)
12. Volleyball is played in a court divided by the center line (**True**)
13. Volleyball is played in a court divided by the center lane (**False**)
14. In volleyball, above the center line there is a high net (**True**)
15. In volleyball, above the center line there is a low net (**False**)
16. Volleyball is played with a ball of two colours; yellow and blue (**True**)
17. Volleyball is played with a ball of two colours; yellow and green (**False**)
18. In volleyball, players are allowed to wear knee pads and elbow pads (**True**)
19. volleyball, players are allowed to wear knee pads and head pads (**False**)
20. There are six basic skills in volleyball: serve (spike), receive, dig (dive), pass, set, and block (**True**)
21. There are six basic skills in volleyball: serve (spike), receive, dig (dive), pass, set, and dribbling (**False**)

Q4/ Mention the basic skills in volleyball:

- 1- serve (spike)
- 2- receive
- 3- dig (dive)
- 4- pass
- 5- set
- 6- block

جمع الأسماء القياسية و الغير قياسية Pluralizing Regular and Irregular Names

In English, pluralizing names or nouns follows a set of basic rules, but there are some exceptions and variations depending on the word's ending. Consider the following main rules:

A - Regular Plural:

- For most nouns, add **-s** to the end.

Example:

- One cat → Two cats
- One book → Two books

1. Nouns Ending in **-s, -x, -z, -ch, or -sh**:

Examples:

- One box → Two boxes
- One watch → Two watches
- One bus → Two buses
- One brush → Two brushes
- One church → Two churches
- One buzz → Two buzzes

Note: This rule applies to both regular and proper nouns.

2. Nouns Ending in a Consonant + Y:

- Change the **-y** to **-ies**.

Examples:

- One baby → Two babies
- One city → Two cities

- If the noun ends in a vowel + y, just add **-s**.

Examples:

- One toy → Two toys
- One boy → Two boys

3. Nouns Ending in **-o**:

- Add -es** if the word ends in a consonant + o

Examples:

- One hero → Two heroes
- One tomato → Two tomatoes

- Add -s** if the word ends in a vowel + o.

Examples:

- One video → Two videos
- One studio → Two studios

B. Irregular Plurals:

Some nouns have irregular plural forms that don't follow a specific pattern.

Examples:

- One child → Two children
- One man → Two men
- One woman → Two women
- One tooth → Two teeth
- One ox → Two oxen

Names Ending in -f or -fe:

- Some names that end in -f or -fe change the -f to -ves when pluralized.

Examples:

- One knife → Two knives
- One leaf → Two leaves

However, some words do not follow this pattern and simply add -s.

- **Example:**
- One roof → Two roofs

Q5/ Do as required:

- | | |
|---------------------------------|-----------------------------|
| ▪ child → child ren | ▪ ox → ox en |
| ▪ man → m en | ▪ knife → kni ves |
| ▪ woman → wome n | ▪ leaf → lea ves |
| ▪ policeman → policem en | ▪ video → vide os |
| ▪ tooth → tee th | ▪ studio → studi os |
| ▪ foot → fee t | ▪ hero → hero es |
| ▪ tomato → tomato es | ▪ bus → bus es |
| ▪ toy → toy s | ▪ brush → brush es |
| ▪ boy → boy s | ▪ church → church es |
| ▪ box → box es | ▪ buzz → buzz es |
| ▪ watch → watch es | ▪ cat → cat s |
| | ▪ book → book s |

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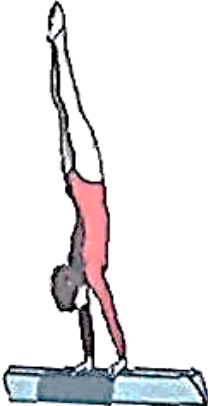


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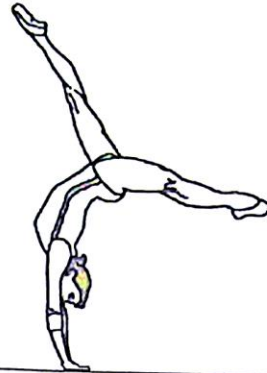
Unit Ten

10.1. Gymnastics

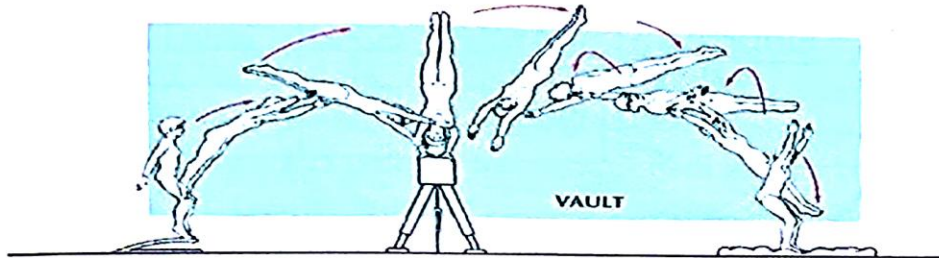
Gymnastics is both an individual and a team sport. It involves performing a number of routines (exercises) on the floor or on a special apparatus like rings, pommel horse, beam, etc. Gymnastics is classified into Artistic Gymnastics and Rhythmic Gymnastics. Artistic gymnastics is performed on apparatuses and on mats. Male gymnasts wear sleeveless t-shirt and white trousers while female gymnasts wear leotard. They both wear hand grips to protect the skin of their hands and slippers on their feet. Gymnastics is played in a gymnasium. Every gymnasium includes women apparatus and men apparatus.

Men Gymnastics Include	Women Gymnastics Include
Horizontal Bar 	Uneven Bars 
Parallel Bars 	Beam 
Pommel Horse 	
Rings 	

Floor Exercises



Vault



Rhythmic Gymnastics

It is the sport in which individual competitors or pairs, trios or even more (generally five) use one or two of the following equipments: rope, hoop, ball, clubs and ribbon.



10.2. Key Words

Performing	يؤدي	Gymnasium	قاعة الجمناستك
Routines	حركات	Horizontal bar	العقلة
Exercises	تمارين او حركات	Parallel bar	المتوازي
Apparatus	جهاز	Uneven bars	متوازي النساء
Rings	حلقي	Beam	عارضة التوازن
Pommel horse	حصان مقابض	Floor exercises	الحركات الارضية
Artistic gymnastics	جمناسك فني	Vault	منصة القفز
Rhythmic gymnastics	جمناسك ايقاعي	Competitor	متنافس
Mats	بساط	Pair	زوجي
Gymnast	لاعب جمناسك	Trio	ثلاثي
Sleeveless	بدون كم	Rope	حبل
White trousers	بنطال ابيض	Hoops	طوق
Leotard	زي جمناسك للاناث	Ball	كرة
Slippers	حذاء جمناسك	Clubs	شواخص
Hand grips	واقى يد	Ribbon	شريط
Protect	يحمي		

Spotlights



- Gym is the stem of gymnastics. Think of the suffixes that you may add to have more new words.
- Gymnastics apparatuses include uneven bars, parallel bars and horizontal bar. What are the other usages of this word?
- We have already studied different derivational suffixes of adjectives. Read the text and try to find out new forms with -ic.

Compound words with Bar

MORE

Sandwich bar, coffee bar, snack bar a place where a particular food or drink is the main thing that is served.

Chocolate bar, candy bar, soap bar a bar of or a piece of chocolate, candy or soap with straight sides: *a bar of chocolate.*

Blocking bars, window bars bars of metal or wood used to close sth with or stop sb from getting through.

Five-bar gate a gate made with five bars of wood.

Heating bar a wired bar in an electric fire.

Minibar a small refrigerator.

Bar stool a kind of high seats used in drink or food bars and even in laboratories.

Bar code a pattern of thick and thin lines that is printed on goods in big supermarkets, shops etc. coded with electronic information about the product.

Barrister (the Bar) a lawyer in a higher court.

IDM behind bars in prison.

Word Formation

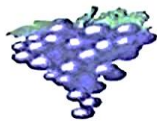


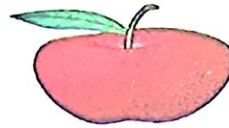



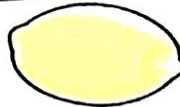


Gym	n.
Gymnasium	n.
Gymnast	n.
Gymnastics	n.

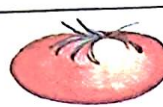



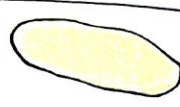
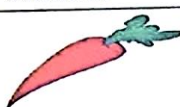




Adjectives with -ic












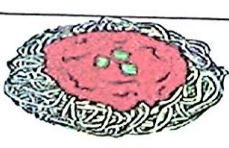
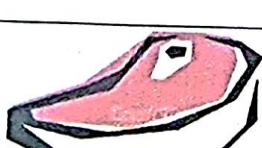


Artist	Artistic
Gymnast	Gymnastic
Rhythm	Rhythmic


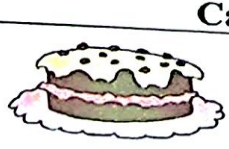


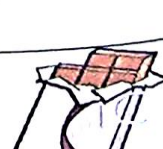
A compound is a unit consisting of two or more bases.

10.4. Vocabulary : food & Beverage

Fruit				
				
Grapes عنب	Pomegranate رمان	Banana موز	Apple تفاح	Oranges برتقال
				
Watermelon رقي	Melon بطيخ	Lemon ليمون حلو	Apricot مشمش	Peach خوخ

Vegetables				
				
Tomato طماطة	Pepper فلفل	Cucumber خيار	Onions بصل	Potato بطاطا
				
carrot جزر	Eggplant باذنجان	Beans فاصوليا	Lettuce خس	Okra باميا

Food and Beverage الاطعمة و المشروبات				
				
Egg بيض	Cheese جبن	Yogurt لبن	Tee شاي	Coffee قهوة
				
Bread خبز	Rice رز	Stew مرق	Shish Kabob شيش كباب	Hamburger ساندويش همبرغر
				
Pizza بيتزا	Pasta المعكرونة	Meat لحم	Fish سمك	Fizzy drinks مشروبات غازية

Candy & Dissert الحلوى				
				
Ice cream بوظة	Cake كعكة	Toffee جلكيت	Lollipop مصاصة	Chocolate bar نستلة

One Step Up To Sport & English - Unit Ten - Exercises

Q/1: Define the following:

Gymnastic: is both an individual and team sport. It involves performing a number of routines on the floor or on a special apparatus like rings, pommel horse, beam, etc.

Rhythmic Gymnastics: is the sport in which individual competitors or pairs, trios, or even more use one or two of the following equipment: rope, hoop, ball, clubs, and ribbon.

Q/2: Choose the correct answer from a, b, or c : (اختر الاجابة الصحيحة)

1. Gymnastics involve performing a number of on the floor or on a special apparatus like rings, pommel horse, beam, etc.
 - a- Actions
 - b- Routines**
 - c- Both A & B
2. Gymnastics involve performing a number of exercises on the or on a special apparatus like rings, pommel horse, beam, etc.
 - a- Roof
 - b- Floor**
 - c- Both A & B
3. Gymnastics is classified into artistic gymnastic and gymnastic.
 - a- Rhythmic**
 - b- Modern
 - c- Both a & b
4. gymnastics is performed on apparatus and on mats.
 - a- Rhythmic
 - b- Artistic**
 - c- Modern
5. Artistic gymnastics is performed on apparatus and on
 - a- Beds
 - b- Mats**
 - c- Pads
6. Male gymnasts wear sleeveless T-Shirt and white
 - a- Trousers**
 - b- Jacket
 - c- Both A & B

7. Female gymnasts wear
a- Dress.
b- Leotard.
c- Sneakers.
8. Gymnasts wear hand grips to protect the skin of their.....
a- Legs.
b- Necks.
c- Hands.
9. Gymnastics is played in a
a- Gymnasium.
b- Court.
c- Ring.
10. Every gymnasium includes women apparatus and apparatus.
a- Children.
b- Boys.
c- Men.
11.is the sport in which individual competitors or pairs, trios, or even more use one or two of the following equipment: rope, hoop, ball, clubs, and ribbon.
a- Rhythmic Gymnastics
b- Artistic Gymnastics
c- Both A & B

Q3/ Put True or False for the following sentences : (ضع كلمة صح او خطأ للجمل التالية)

- Gymnastics involve performing a number of routines on the floor or on a special apparatus like rings, pommel horse, beam, etc. (**True**)
- Gymnastics involve performing a number of passes on the floor or on a special apparatus like rings, pommel horse, beam, etc. (**False**)
- Gymnastics is classified into artistic gymnastic and rhythmic gymnastics (**True**)
- Gymnastics is classified into artistic gymnastic and modern gymnastics (**False**)
- Artistic gymnastics is performed on apparatus and on mats (**True**)
- Rhythmic gymnastics is performed on apparatus and on mats (**False**)
- Male gymnasts wear sleeveless T-Shirt and white trousers (**True**)
- Male gymnasts wear sleeveless T-Shirt and white shoes (**False**)

9. Female gymnasts wear necklace (**False**)
10. Female gymnasts wear leotard (**True**)
11. Gymnasts wear hand grips to protect the skin of their hands (**True**)
12. Gymnasts wear hand grips to protect the skin of their heads (**False**)
13. Gymnastics is played in a court (**False**)
14. Gymnastics is played in a gymnasium (**True**)
15. Every gymnasium includes women apparatus and men apparatus (**True**)
16. Every gymnasium includes women apparatus and boys apparatus (**False**)
17. Rhythmic gymnastics is the sport in which individual competitors or pairs, trios, or even more use one or two of the following equipment: rope, hoop, ball, clubs, and ribbon.
(**True**)
18. Artistic gymnastics is the sport in which individual competitors or pairs, trios, or even more use one or two of the following equipment: rope, hoop, ball, clubs, and ribbon.
(**False**)

Q4/ What does every gymnasium include?

Every gymnasium includes women apparatus and men apparatus

Q5/ What are the main types of gymnastics?

Gymnastics is classified into artistic gymnastic and rhythmic gymnastics

Pronunciation in English – How to pronounce letter and word?

English pronunciation can be tricky because it doesn't follow a simple set of rules, and there are many exceptions. However, there are some general guidelines that can help:

1. Vowel Sounds

English vowels can have multiple sounds depending on the word. The main vowel sounds are:

- **Short vowels:** For example, in *cat, dog, bed, sit, hot, cup*.
- **Long vowels:** These often say their name, like in *cake, need, side, home, mute*.
- **Diphthongs:** Two vowel sounds combined, like in *coin, out, how, pair*.

2. Consonant Sounds

- **Voiced vs. Voiceless Consonants:**
 - Voiced sounds (e.g., /b/, /d/, /g/) involve vibration of the vocal cords.
 - Voiceless sounds (e.g., /p/, /t/, /k/) do not involve vibration of the vocal cords.
- Some consonants are silent in certain words, like the *k* in *knee*, *b* in *thumb*, or *gh* in *though*.

3. Syllable Stress

Stress on syllables in English can change the meaning of a word:

- **Nouns/Adjectives:** Stress tends to fall on the first syllable (e.g., *TA-ble, PIC-ture*).
- **Verbs/Prepositions:** Stress often falls on the second syllable (e.g., *to reLAX, to aRRIVE*).

Words can change their meaning or part of speech based on stress:

- **CONtract** (noun) vs. **conTRACT** (verb)
- **REcord** (noun) vs. **reCORD** (verb)
- **COmment** (noun) vs. **comment** (verb)

4. Silent Letters

Many English words contain silent letters, which are not pronounced:

- **Silent "e"** at the end of a word often indicates that the previous vowel is long (e.g., *cake, hope*).
- **Silent consonants:** *knight* (k is silent), *wrist* (w is silent).

5. Final Sounds in Plurals and Possessives

The pronunciation of -s or -es in plural or possessive forms depends on the final sound of the base word:

- After a voiceless sound (e.g., *p*, *k*), the plural is pronounced with a /s/ sound (e.g., *cats*, *maps*).
- After a voiced sound (e.g., *b*, *d*), the plural is pronounced with a /z/ sound (e.g., *dogs*, *cars*).
- After a sibilant sound (e.g., *s*, *z*, *sh*), the plural is pronounced with an /ɪz/ sound (e.g., *buses*, *watches*).

6. Word Endings

- Words ending in -ed can be pronounced in different ways: /t/ (e.g., *walked*), /d/ (e.g., *played*), or /ɪd/ (e.g., *needed*).
- Words ending in -s (plural or possessive) can sound like /s/, /z/, or /ɪz/ depending on the preceding sound, as noted earlier.

Prepared by

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Letter	How to Pronounce	Examples
a	عندما يكون حرف (a) في أول أو وسط كلمة لا تنتهي ب (e) فإنه يلفظ مثل الألف الممدودة في كلمة " مات " لفظ حرف (a) في الكلمة الثلاثية كالألف الممدودة في اللغة العربية (أ)	at , add , mad , bad , bat , cat , dad , far Fat , man , mat , nap , sad , rat
a	(a) تنطق (o) إذا جاء بعد (a) حرف (w , u , l)	tall , Call , ball , football , fall , saw , autumn , hall , wall , wallet , august , automobile , awl , awful
a	حرف (a) إذا أتى بعده حرف (ll , lt , ld) فإنه ينطق كحرف (o) إذا جاء حرف (a) في أول كلمة أو في وسطها وكان متبوعا بحرفي (LL) فإنه يلفظ كحرف (o) تماما	Salt , all , bald . call , ball, fall , hall , small , tall , wall
B	(b) لا ينطق إذا جاء في نهاية الكلمة بعد (m)	Lamb , tomb , comb , dumb
B	لا ينطق في بعض الكلمات	doubt , debt , climber , climbed
cc	عندما يتبع حرف (cc) بحرف (e) أو (i) ينطقان مثل (ك , س)	Accident , access
C	(c) تنطق (s) إذا جاء بعدها e , i , y	Policy , receive , exercise
C	(c) تنطق (k) إذا لم يأتي بعدها e , i , y إذا جاء بعده a . o , u	sack , coffee , cup , cake , Cat , car , select , sick
C	إذا أتى بعدها حرفين متحركين تنطق (ش)	Musician , delicious , ocean
Cia	(cia) تُلَفَّظ (ش)	special
Cio	(cio) تُلَفَّظ (ش)	spacious
Ch	(ch) تنطق (تش)	Chair , teacher , watch , choose , chin , chain
Ch	Ch تنطق مثل k	Chemistry , school
Ch	تنطق (ش) إذا أتى بعدها متحرك	Chef , chalet , chic , chiffon , chute
Ed	(Ed) تُلَفَّظ (t) إذا انتهت الكلمة بالحروف التالية k , f , p , s	Stopped , looked , passed , laughed
Ed	(ed) تُلَفَّظ (d) لم تنتهي الكلمة بالحروف التالية k , f , p , s	Used , leaned , played , climbed
e	إذا وجد حرف (e) وحده في الكلمة، يلفظ مثل الكسرة	Bed , den , fence , hen , pen , men , ten , tent
E	إذا جاء في آخر الكلمة لا ينطق	Like , love , come
E	عندما يكون حرف (e) أول أو وسط الكلمة فإنه ينطق مثل الكسرة الخفيفة	Let , end

ee	إذا كرر حرف (ee) أو (ea) فإنه ينطق مثل (ي)	feet , deep , deer , tree , sweet , street , See, Free-Meat , Head-Bread-Death
G	لا ينطق (g) عندما يأتي قبل حرف (n)	Foreign , design , sign , reign
gh	(gh) لا ينطق الحرفان خاصة إذا جاء بعدها (t)	Through, high, neighbor, fight, night ,thought , Eight , light
Gh	(gh) تنطق (ف) إذا جاءت في آخر الكلمة وسبقها الحرفين (ou) ما عدا كلمة (through)	Cough , enough, rough , laugh ,tough ماعدا although , though , weigh, high , sigh
igh	عندما تأتي هذه الأحرف متتالية فإننا ننطق الحرف الأول فقط	Fight , Right
H	ينطق في أول الكلمة مثل (هـ) في العربية	Hat , hot , has , hello , hip, hung, hen , him
h	لا تنطق إذا جاء بعدها حرف (O) أو (e , i) وهناك شواذ مثل host	Hour , honest , honor Vehicle , heir
H	لا ينطق (h) إذا جاء في نهاية الكلمة	Oh , ah
i	وقع حرف (i) وحده في الكلمة يلفظ مثل الكسرة في اللغة العربية	Sit , in , hit , pin . fit , ring , stick
i	إذا وقع حرف (i) في وسط الكلمة وكانت منتهية بحرف (e) يلفظ حرف (i) كما هو في الحروف الهجائي	Drive , life , like , price time , swine , vine
i	يشذ عن القاعدة السابقة	Mince , rinse
i	إذا جاء حرفا (gh) بعد حرف (i) فإنهما لا يلفظان ويلفظ حرف (i) ممدود	High , nigh , sigh , light , fright, bright
kn	(k) لا تنطق إذا جاء بعدها (n)	Knee , kneel , knight , knock , know, knife Knot , Know, knight, knife, known

kh	(kh) تنطق (خ)	Khalid
L	لا يُلفظ حرف (L) إذا وقع بين (ou) و (d)	Could , would , should
L	لا يُلفظ حرف (l) إذا وقع بين (a) و (f)	Half
n	لا ينطق (n) إذا كان في نهاية الكلمة مسبوقاً ب m	Column , autumn , damn
Ph	(ph) تنطق (ف)	Phone, elephant, apostrophe. Pharmacy Orphan , photo ,
Sh	(sh) تنطق (ش)	fish , sheep, short ,should
Sure	(sure) تنطق (جر)	Pleasure, measure
sion	(sion) تنطق (جن)	Television, decision , fusion
Th	(th) تنطق (ذ) إذا جاء بعدها a أو e	That , the ,then , they , with , other
Th	(th) تنطق (ث) إذا لم يأتي بعدها a أو e	Math , three , thing
ture	(ture) في آخر الكلمة تنطق (تشر)	Future , puncture , culture , Picture, agriculture
tion	Action (tion) تنطق (شن)	Relation , vacation ,examination , motion
tian	(tian) تنطق (شن)	Egyptian
Tie , tio , tia	تنطق (ش)	Egyptian , patient , information
U	إذا جاء حرف (u) وحده في الكلمة، يلفظ كالفتحة تماماً	Cut , but , fun , hut , mud , nun , sun , up
U	يشذ عن القاعدة السابقة	full , Pull, bull , put
w	(w) تنطق (و)	Now , wash , well, pillow, narrow

w	(W) تنطق (و) و (h) لا تنطق , إذا اتبعت ب الحروف التالية (y, a , e , i)	Why, what, when ,while, white
w	(w) لا تنطق و (h) تنطق (هـ), إذا اتبعت بالحرف (O)	Who, whose , whole
W	(W) لا ينطق إذا جاء بعدها (r)	Write , wrong , wrist
X	ينطق مثل (ك , س)	Taxi , fox
x	قد ينطق حرف (x) مثل حرف (ق , ز)	Exit , example
y	(y) ينطق (ي) مثل الياء الخفيفة	Yes , yesterday , yacht ,FLY , sky , try , shy , spy