

تم تحميل هذا الملف من موقع المناهج العُمانية



*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/om>

* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر اضغط هنا

<https://almanahj.com/om/12>

* للحصول على جميع أوراق الصف الثاني عشر في مادة لغة انجليزية ولجميع الفصول, اضغط هنا

<https://almanahj.com/om/12english>

* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر في مادة لغة انجليزية الخاصة بـ الفصل الثاني اضغط هنا

<https://almanahj.com/om/12english2>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا

<https://almanahj.com/om/grade12>

* لتحميل جميع ملفات المدرس محمد حسين داود اضغط هنا

للتحدث إلى بوت على تلغرام: اضغط هنا

https://t.me/omcourse_bot

THEM THREE

UNIT FOUR

SPORTS AND HEALTH

VOCABULARY:

WORD		SYNONYM	DEFINITION	MEANING
Ache	V-N-	Hurt	A continuous or prolonged dull pain in a part of one's body.	وجع- ألم- يؤلم
Badminton	N		A game with rackets in which a shuttlecock is played back and forth across a net.	رياضة تنس الريشة
Beneficial	Adj	Useful	Favourable or advantageous, resulting in good.	مفيد- ربحي
Bounce	V-N	Reflect	To move quickly up, back, or away from a surface after hitting it	وثب، ارتداد
Bowling	N		The game of tenpin bowling as a sport or recreation.	رياضة البولينج
Cancer	N	Evil -Crab	A disease caused by an uncontrolled division of abnormal cells in a part of the body.	سرطان
Cardiovascular	Adj		Relating to the heart and blood vessels.	القلب والأوعية الدموية
Develop	N-V	Grow	To grow or cause to grow and become more mature, advanced.	يطور
Disease	N	N	A disorder of structure or function in a human, animal, or plant,	مرض
Disorder	N-V	Untidiness	A state of confusion.	اضطراب
Event	N	Case	A thing that happens, especially one of importance.	حدث
Golf	N		A game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course.	رياضة جولف
Hoop	N-V	Ring	A circular band of metal, wood, or similar material	طارة
Lifestyle	N		The way in which a person or group lives.	نمط الحياة
Oval	Adj-N	Ovoid	Having a rounded and slightly elongated outline or shape, like that of an egg.	بيضوي
Posture	N	Stance	A position of a person's body when standing or sitting.	وضعية الجسد
Rugby	N	Rugger	A team game played with an oval ball that may be kicked, carried, and passed from hand to hand.	كرة القدم الأمريكية
Rules	N-V	Law	One of a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere.	قواعد
Shoot	N		(In sport) to kick, hit, or throw the ball or puck in an attempt to score a goal.	يطلق النار
Sore	Adj	Painful	Painful or aching. (of a part of one's body)	التهاب
Surprising	Adj	Unexpected	Causing surprise.	مفاجئ
Take place	V	Happen	To occur or happen	يجري- يحدث
Tournament	N	Round	A series of contests between a numbers of competitors, who compete for an overall prize.	المسابقة- جولة
Union	N	Association	An association of workers or sports people formed to protect and further their rights and interests; a labor union.	الائتلاف

IDIOMS:**ACHE & PAIN & HURT & SORE**

ACHE: An ache is a discomfort that continues for some time. It is usually associated with a specific part of the body such as, headache, pre headache, toothache, backache, earache, heartache, shoulder ache, neck ache, etc. It is usually not extremely strong. You can try to ignore it.

Ex: - After you exercise, the next day your muscles will ache

PAIN: Pain is usually stronger, more sudden, and more difficult to ignore.

Ex: - You would feel pain when you cut yourself or hit your head on something.

- If you exercise and you injure yourself - break a bone or tear a muscle - you would feel a sudden pain.

HURT: - Hurt is a little different as it is usually used as an adjective or a verb to describe an ache or pain.

- My head hurts. = I have a headache.

SORE: - Sore is often used when it hurts when used or touched:

Ex: - It is really hard to talk because I have a sore throat.

- "Sitting in a chair all day makes my back sore.

- Don't touch the dog's sore leg.

Word go with sore: - footsore, eyesore, sore throat, ankle sore, sore arm, sore leg,

THE RUGBY SPORT

Rugby refers to the team sports rugby league and rugby union. The legend claims that Rugby football was started around the time of 1845 in Rugby School, Rugby, Warwickshire, England. Although forms of football in which the ball was carried and tossed date to medieval times, rugby eventually split into two sports. In 1895, when twenty-one clubs split from the original Rugby Football Union. To form the Northern Union (later to be named rugby league in 1922) in the George Hotel, Huddersfield, Northern England over the issue of payment to players, thus making rugby league the first code to turn professional and pay its players. Rugby union turned fully professional in 1995. Both sports are run by their respective world governing bodies World Rugby (rugby union), and the Rugby League International Federation (rugby league). Rugby football was one of many versions of football played at English public schools in the 19th century. Although rugby league initially used rugby union rules, they are now wholly separate sports. In addition to these two codes, both American and Canadian football evolved from rugby football.

HOW TO PLAY RUGBY

The game is played with two teams, each consisting of fifteen players. Each team can carry, pass or kick the ball to the end zone to score as many points as possible. The team scoring the greater number of points is the winner of the match.

The two teams compete for two forty minute halves with a five-minute halftime. One referee controls the match with the assistance of two touch judges. There are no time outs, except at the referee's discretion where he can allow one minute for an injured player to decide whether, or not to continue to play.

Each team is only allowed seven replacements per game. Six of the replacements are at the teams' discretion and a seventh for injury. Once a player is substituted, he cannot rejoin the game. The only time a player can rejoin the game is if he was temporarily substituted for a blood injury, but he must return within ten minutes of the substitution or be permanently replaced.

The game begins with a kick off, which is taken from the center of the field. The team with the ball makes every effort to score a try once the ball is in play. A try is scored when a player touches the ball to the ground in the opponent's in-goal. The team is then, awarded five points. After a try is scored, the team is given the opportunity to score a goal by kicking the ball over the opponent crossbar and in between the goal posts, scoring an additional two points, also known as conversion points. The ball must be kicked from a line perpendicular to where the ball was touched down. If the opposing team commits a penalty at any time, the offended team can attempt a penalty kick for three points, either at the goal or a drop kick at the goal from anywhere in the field of play.

During the game, players move forward towards their goal, however the ball cannot be passed forward. The player must pass the ball backwards to his teammates while moving forward. Forward progress of the player carrying the ball may be impeded by tackling that player. Once a player is tackled, he must immediately pass or released the ball and move away from it.

The Importance of Practicing Sports

Playing sports provides important benefits for young and old alike, ranging from improvement in fitness and health to development of team spirit and feelings of accomplishment. Find a sport that you love and you'll stick with it while at the same time learning some essential life lessons and reaping positive rewards. Practicing sports encourages players to stay active and healthy, as well as develop communication skills and build self-confidence.

Improving Health

Practicing sports offers numerous health benefits, which includes improved lung and heart function, as well as reduces medical conditions such as high blood pressure and osteoporosis, or reduced bone density. While practicing sports, you exercise motor and cognitive skills, which are essential both on and off the field. Practicing sports also supports weight loss and enhances your

quality of life by encouraging healthy habits. It burns the extra calories for the body need and turns the extra fats into strong muscles. It sustains the blood flow and all the origins of the body.

Building Confidence

The product of practicing sports is good physical health, which ultimately impacts mental health. Frequent exercise and good eating habits often lead to an improved perception of your body image and self-esteem. Practicing sports enables you to set goals and reach them, whether they are to look and feel better about yourself or become a better player and teammate. Repetition of skills during practice also enables you to learn from your mistakes and become a more confident player.

Exploring Passions

Practicing prepares you to play different types of sports, because many of the skills learned in a sport can be applied to similar sports. For example, if you like playing lacrosse, you may also enjoy playing hockey. If you're interested in playing a new sport, decide which skills you enjoy in your current sport and pick a sport that includes that skill, whether it's running, throwing, lifting or jumping. You learn a lot about yourself when practicing sports, and practicing a new sport challenges you to try new things and step out of your comfort zone.

Vocabulary Exercises:

1) For each item, read the definition and the example. Then complete the word in the space provided. You are given the first letter(s) of the word. Make sure your spelling is correct.

1- (N) - The position of person's body, standing or sitting, etc.

e.g: - He suffers from his bad Pos _____ all the time, which has affected on his back.

2- (N) - A state of confusion.

e.g: - He suffers from dis _____. He needs a psychologist.

3- (Adj) - Advantageous and resulting in good.

e.g: - This project is very ben _____. You will earn high profit, if you have a share in it.

4- (N) - An illness or disorder of the structure or function in human or an animal.

e.g: - The Ebola dis _____ has no medicine yet.

6- (N) - The way of living.

e.g: - Celebrities have different lif _____ from common people.

7- (N) - Law or set of regulations or principles.

e.g: - There are laws and ru _____ to work in the embassy.

8- (N) - A game with rackets in which a shuttlecock is played back and forth across a net.

e.g: - Bad _____ is my favourite sport. It is similar to the tennis.

9- (N) - **The game of tenpin bowling as a sport or recreation.**

e.g: - **Bow** _____ is special sport for the rich.

10- (V) - **To move quickly up, back, or away from a surface after hitting it**

e.g: - We must **bo** _____ the ball all the time in basketball.

11- (V) - **To kick, hit, or throw the ball or puck in an attempt to score a goal.**

e.g: - He has **sh** __ the ball three times and scored two goals.

12- (V) - **To grow or cause to grow and become more mature, advanced.**

e.g: - He **dev** _____ a new way of manufacturing the car engine.

13- (N) - **A circular band of metal, wood, or similar material**

e.g: - We should throw the ball into **ho** __ in basketball.

14- (Adj) - **Painful or aching.**

e.g: - He has a **so** __ throat. He needs an antibiotic tablet.

15- (Adj) - **A round in shape or like an egg in shape.**

e.g: - Children cannot draw a circle. They can only draw an **ov** __ shape.

16- (N) - **A continuous or prolonged dull pain in a part of one's body.**

e.g: - He has a **hea** _____. He cannot concentrate or speak.

17- (N) - **A disease caused by an uncontrolled division of abnormal cells in a part of the body.**

e.g: - He has a **can** _____. He needs to be treated abroad.

SOUND BITES

EXPRESSING PERSONAL VIEWPOINTS

- To express opinion, we can say,

- For me,

- As far as I'm connected,

- I really think that,

- The way I see it,

- Personally speaking,

- I honestly believe that.....

- Without doubt,

- I strongly believe that.....

- In my view,

READING EXERCISES

Read the texts. Are the statements which follow each text True or False? For each item, shade in the bubble () under the correct option.

1- Daa has travelled around the world. He is an ambassador. He speaks three foreign languages. In addition to his mother tongue language. He likes learning languages. I want to be like him in the future.

Statement

His father speaks four languages.

True

False

2- Mum has made an accident last week. Her car crashed into a wall. Now, she is in hospital. She has a broken leg and two breaks in her right arm. She will stay for fortnights in bed. At the moment, she is in a sick leave for a month.

Statement

His mother has one break in her leg.

True

False

3- Mum has made an accident last week. Her car crashed into a wall. Now, she is in hospital. She has a broken leg and two breaks in her right arm. She will stay for fortnights in bed. At the moment, she is in a sick leave for a month.

Statement

His mother is in hospital at the moment.

True

False

4- The charity has held many identifying conferences for its works in Oman. They invited many schools and other non-governmental organizations. We though it works in keeping the environment clean. But we were wrong about that though.

Statement

The charity works in the environmental field.

True

False

5- Dear Dr,
 Regarding your medical reports and x-rays, I can tell you that, I agree to do the surgery. Send me the fees and the side effects, which my surgery may cause to me, please. Thank a lot you for your help.

Statement

The doctor has made x- rays before to the patient.

True	False
<input type="checkbox"/>	<input type="checkbox"/>

6- All my friends like Ricky Martin except Tom and me in our class. I don't know why they like following him and imitate him. He is just a normal person. He sings nice songs, but he is just a human.

Statement

The entire group dislike Ricky Martin except Tom.

True	False
<input type="checkbox"/>	<input type="checkbox"/>

7- I asked my father for a new leather jacket. At first, he refused as it is very expensive, but later he had a promotion, so he had the enough money to buy it for me. Therefore, he couldn't refuse my demand. I like wearing it as it is very fashionable.

Statement

His father didn't buy the leather jacket at the end.

True	False
<input type="checkbox"/>	<input type="checkbox"/>

Read the text. Then complete the task.

Jacob the Great

Jacob hated finishing things almost as much as he loved starting them. As a result, he had gotten into a million hobbies and activities, but he never stuck with any of them long enough to get any good.

He begged his mother for months for a guitar so that he could play Black Eyed Peas songs to Angie, a girl he liked, but after he finally got one for Christmas, he found out that guitars don't play

themselves. He took a few lessons, but strumming the strings hurt his fingers and he didn't like holding the pick, so now the five-hundred dollar guitar lives under his bed.

After reading an ad in the back of one of his comic books, Jacob decided that he wanted a WonderSweeper 5000 metal detector, so that he could find buried pirate treasure. So he mowed lawns all summer and didn't spend his money on ice-cream like his younger brother, Alex. He saved it all in a shoe box in his closet. Then he shoveled driveways all winter, and he didn't spend his money on candy and chips like his classmates. By the time spring came he had saved \$200, and he purchased the Wonder-Sweeper 5000 metal detector. He beeped it around the park for a while, but he soon found out that no pirates had ever set sail in his neighborhood, and if they had they didn't leave any treasure. Even though he found a key ring, forty-seven cents, and all the bottle caps he could throw, he buried the metal detector in his closet.

Given Jacob's history with hobbies, it was no surprise that Jacob's father was reluctant to buy him a magician's kit for his birthday. "Geez, Jacob... You sure you wouldn't rather I got you more guitar lessons?" He suggested. Jacob was insistent. "Dad, you've got to get me the magician's kit. This time I'll stick with it for real. I promise! Come on, Dad," Jacob begged. Jacob's father sighed and then replied, "Oh, I don't know, Jacob. Things are awfully tight right now." But Jacob's father was reminded of his own youth long ago, when he quit football and started karate practice before hardly getting his equipment dirty. So when Jacob's birthday came around, Jacob was both surprised and pleased to find the magician's kit that he had desired so badly with a big bright bow on it.

Jacob opened up the box and unwrapped the many parts in the kit. As he did so, he imagined sawing his pet cat in half and putting it back together to the amazement of his friends and family. He took the many fake coins, trick cards, and rope pieces of varying length on the kitchen table and imagined pulling rabbits out of his hat and turning them into pigeons with a mysterious puff of smoke. As Jacob continued pulling plastic thumbs, foam balls, and giant playing cards out of the magic kit, a commercial on the TV caught his attention. "Hey kids! Have you ever wanted to go to space? Experience what it's like to be an astronaut? Do you want to explore the universe? Well, now you can." As the commercial continued playing, Jacob walked away from the magic kit on the kitchen table and stared at the TV screen longingly. "For only \$195 you can go to space camp and live life like an astronaut for a whole weekend. Enroll now for a once in a life time experience." Jacob's cry rang throughout the house as he yelled, "MOM!" He now knew what his true purpose in life was.

Task One: For each question, write a short answer (not more than FOUR WORDS).

1- Why does Jacob decide that he wants a metal detector?

2- How does Jacob get the items that he wants in the story?

3- Why doesn't Jacob's father want to get him the magician's kit for his birthday?

4- Why does Jacob's father buy Jacob the magician's kit?

Task Two: For each item, shade in the bubble () next to the correct option.

5- Why does Jacob stop playing the guitar?

- It hurt his fingers. He'd rather play drums. He failed math.

6- Jacob bought the metal detector-----

- In the fall In the summer In the spring

7- What distracts Jacob from the magician's kit?

- A TV commercial His father A comic book

8- To whom did Jacob want to play Black Eyed Peas songs?

- Alex Angie Mom