

Super Goal 3



تم تحميل هذا الملف من موقع المناهج السعودية

موقع المناهج ← المناهج السعودية ← الصف الثالث المتوسط ← لغة انجليزية ← ملفات متنوعة ← الملف

تاريخ إضافة الملف على موقع المناهج: 11:10:19 2026-09-02

ملفات اكتب للمعلم اكتب للطالب ا اختبارات الكترونية ا اختبارات ا حلول ا عروض بوربوينت ا أوراق عمل
منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي للمدرس

المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف الثالث المتوسط



صفحة المناهج
السعودية على
فيسبوك

الرياضيات

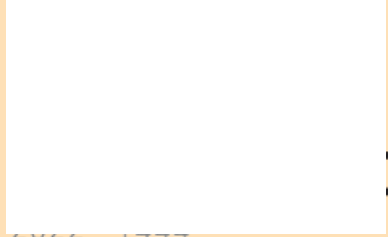
اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثالث المتوسط والمادة لغة انجليزية في



PER

GOAL 3

GOAL 3

طبعة جديدة

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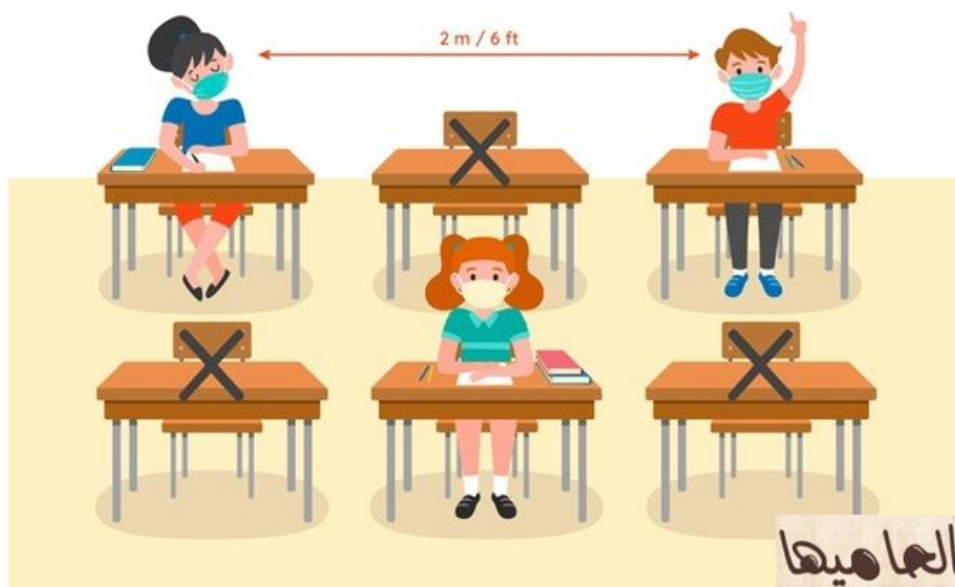
الثالث متوسط

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ENGLISH TIME for you





العامية

No Contact Options



At school, I have rules to follow.
The rules help us keep safe and
happy. ❤️

CLASS RULES

1. Listen when others are talking.
2. Follow directions.
3. Keep hands, feet, and objects to yourself.
4. Work quietly and do not disturb others.
5. Show respect for school and personal property.
6. Work and play in a safe manner.

العامية

Social Distancing Activity



Make Our School
a Safe Place for
Everyone!



**Protect
yourself
& others**

WEAR A
MASK



WASH YOUR
HANDS



STAY 6 FT
APART





😊 Avoid gathering !

😊 We must wear a mask before going out.

😊 Social distancing is not a choice, it is a must!

😊 Keep a distance of 2 meters to avoid accountability

Covid 19



😊 wash hands constantly.

I AM
WISE
BECAUSE
I LEARN FROM
MY MISTAKES

it's time

To LEARN

ENGLISH

1 Lifestyles

Unit Goals

Vocabulary

Routine activities
Technology in
everyday life

Functions

Talk about lifestyles
Talk about habits
and routines
Talk about frequency
of actions

Grammar

Simple Present Tense:
Habitual Activities
Adverbs/Expressions
of Frequency
Questions with
*How Often/How Much/
How Long*
All/Both/Neither/None

Listening

Listen for specific details
in a lifestyle description

Pronunciation

Reduction of *do you*

Reading

Cell Phone Obsession:
Negative or Positive?

Writing

Write a report about a
common habit or
pastime among young
people in your country

Project

Do a group survey on
common habits and
pastimes

Learning Styles

Visual



* You prefer using pictures, images, and spatial understanding.

Musical/Auditory



* You prefer using sound and music.

Verbal



* You prefer using words, both in speech and writing.

Physical/Kinesthetic



* You prefer using your body, hands and sense of touch.

Logical/Mathematical



* You prefer using logic, reasoning and systems.

Social



* You prefer to learn in groups or with other people.

Solitary



* You prefer to work alone and use self-study.

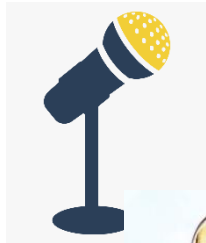
**What is
your
learning
style?**



ارجو الالتزام بعدم كتابة أي تعليقات غير لائقة بالأدب العام.
علماً بأنه أي محادثة نصية او كتابية مسجلة تحت اسمك ورقم
هويتك



وعليه سيتم معاقبة من لم تلتزم بالذوق العام والسلوك الحسن
خلال تواجدك في المنصة او الفصول الافتراضية.



وذلك برفع شكوى وبلاغ رسمي ضدك بما تم كتابته او قوله
والتواصل مع ولي الأمر والمسؤولين لاتخاذ الاجراء اللازم مع
المخالفة.



ونتمنى وضع صورته في ملفك التعريفي لائقة بالمنصة
التعليمية

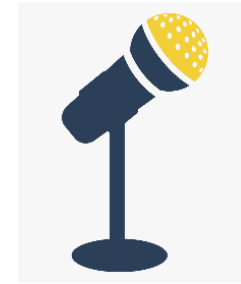


ارجو الالتزام بعدم كتابة أي تعليقات غير لائقة بالأدب .
والالتزام بالذوق العام والسلوك الحسن



خلال تواجدك في المنصة او الفصول الافتراضية.

ونتمنى وضع صورته في ملفك التعريفي لائقة بالمنصة
التعليمية



Virtual Classroom Rules



Be on time.



Act like you're at school.



Sit in 1 spot during class.



Keep yourself muted.



Turn off your video.



Raise your hand to talk.



Listen.

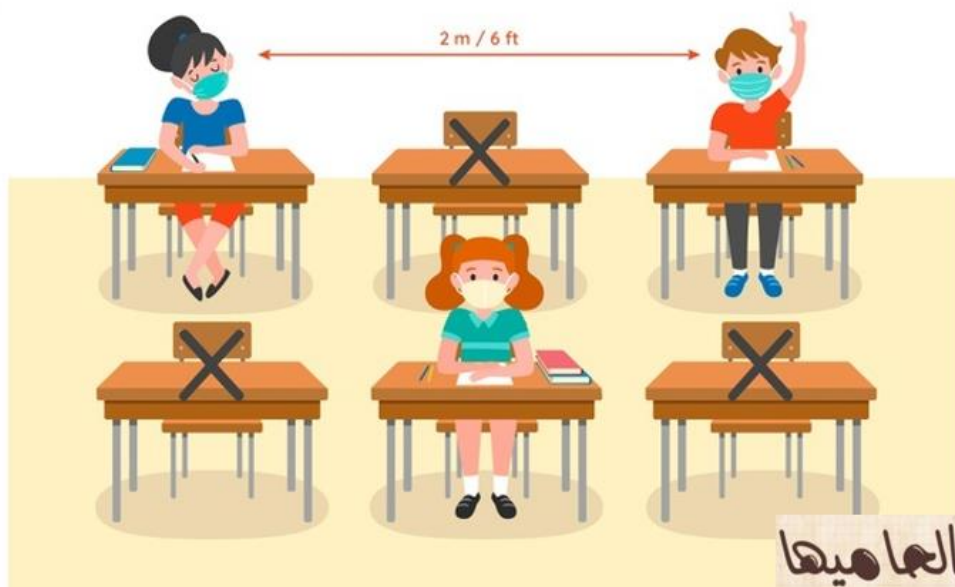


No eating during class.



HAVE FUN AND DO YOUR BEST!





No Contact Options



At school, I have rules to follow.
The rules help us keep safe and
happy. ❤️

CLASS RULES

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3. Keep hands, feet, and objects to yourself.
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الجاهلية

Social Distancing Activity



Make Our School
a Safe Place for
Everyone!



**Protect
yourself
& others**

WEAR A
MASK



WASH YOUR
HANDS



STAY 6 FT
APART



1 Lifestyles



Unit Goals



Vocabulary

Routine activities
Technology in
everyday life



Functions

Talk about lifestyles
Talk about habits
and routines
Talk about frequency
of actions



Grammar

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common habit or
pastime among young
people in your country



Project

Do a group survey on
common habits and
pastimes

WHITEBOARD.fi

a Kahoot! company

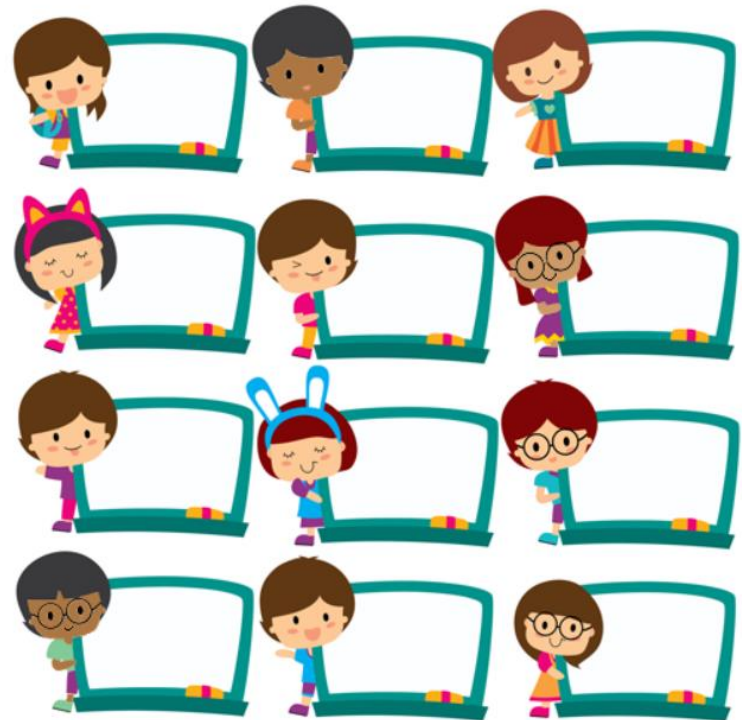
Latest release: September 13th 2021

+ NEW CLASS

JOIN CLASS

REGISTER

LOGIN





اليوم الوطني
السعودي ٩١

دارنا هي عمارنا



ربنا
اجعل آمنا
هذا البلد





في كل مكان
الله يراني
لأن الله بصير

Nooreyah Alghamdi

العامية

الله IS
WATCHING YOU

الرجاء اختيار ٤ أعمدة من الكلمات
وكتابة ٤ كلمات من كل عمود
في كل وحدة دراسية



VOCABULARY

Nouns

addict
fanatic
fitness
herbal tea
lifestyle
puzzle
thumb
vegetarian

Verbs

download
enjoy
hate
overdo
solve
work out

Phrases
with verbs

access the Internet
chat online
get a haircut
spend money/time

Adverbs/Expressions of frequency

all the time
always
every day/week
frequently
from time to time
generally
hardly ever
never
normally
now and then

occasionally
often
once/twice a day
once/twice a week
once in a while
rarely
regularly
seldom
sometimes
usually

Adjectives

challenging
physical
proud

Question
words

How long?
How much?
How often?

Preposition

except

EXPRESSIONS

Real Talk

Anyway
exercise freak

turn (someone) off
You see

😊 مع كتابة كلمات الدرس من السبورة في دفترك

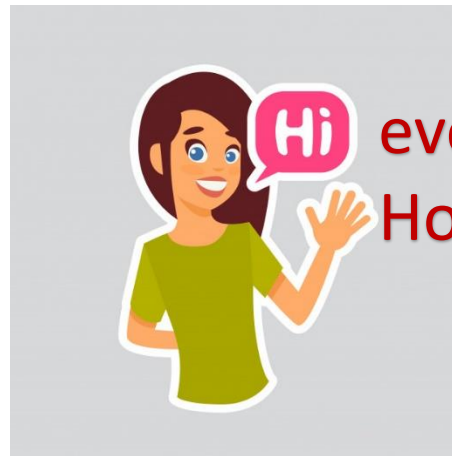
1 Lifestyles



Today: Wednesday

Date:
24-2-1444 H

September 1st \ 2022



1 Listen and Discuss 

2 Pair Work 



SG3 U1
P.2 & 3

everyone,
How is everything going?

WEEK 1

1 Lifestyles

1 Listen and Discuss



2 Pair Work



SG3 U1
P.2 & 3



Learning Objectives



Assemble someone's routine



Practice asking someone about their routine



Listen to person's lifestyle then answer some questions



Recognize adverbs of frequency

Yellow

What is your favorite animal?



Purple

What is your favorite subject in school?

Red

What is your favorite color?



الجامعيها

Orange

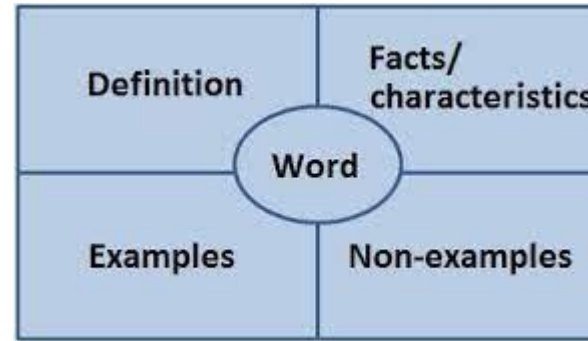
What do you want to be when you grow up?

Green

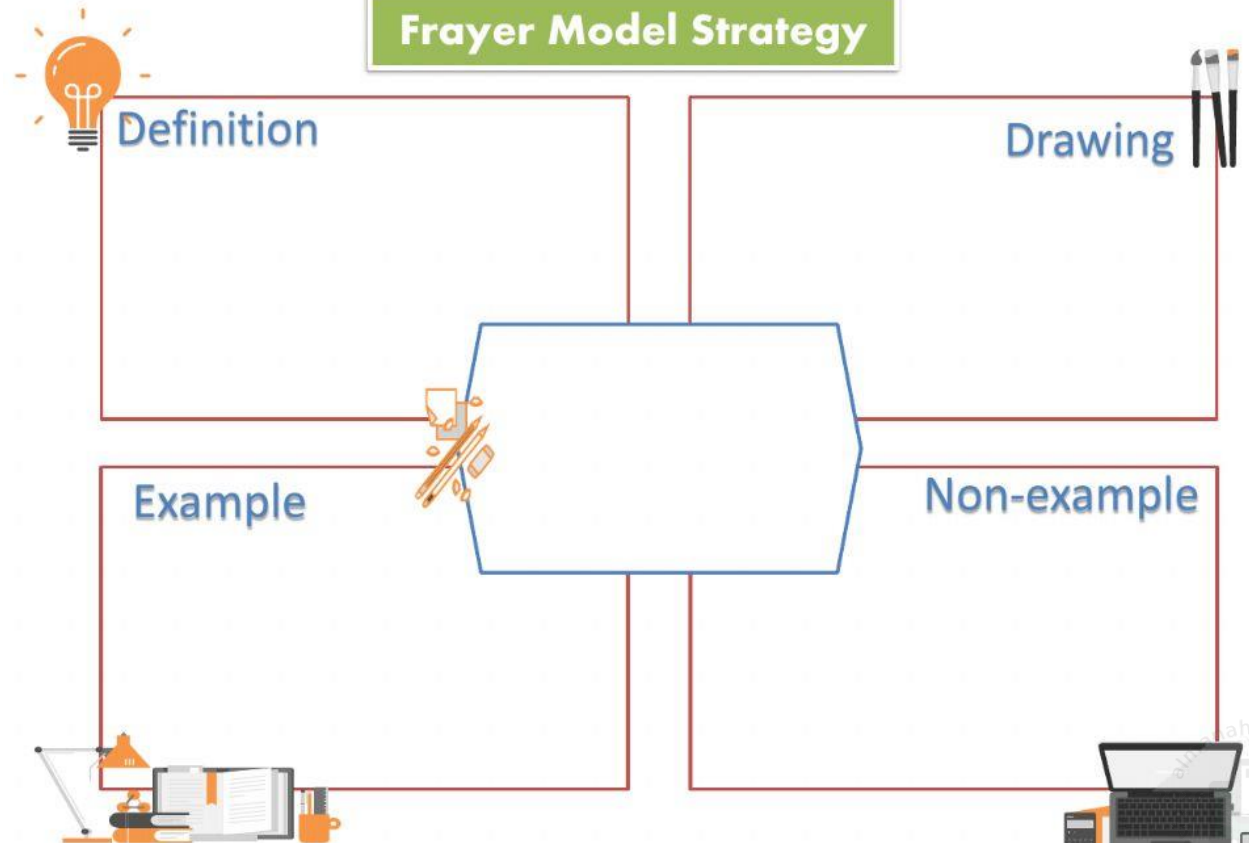
What is your favorite food?

1 Lifestyles

SG3 U1
P.2 & 3



Frayer Model Strategy





always live a healthy lifestyle / always eat vegetables

GOOD HABITS

BAD HABITS

SG5
U1 P.2



GOOD HABITS

BAD HABITS

SG5
U1 P.2



GOOD HABITS



Wake up early in the morning



Brush your teeth daily



Share things with your siblings



Do your homework on time



Wash your hands before eating food



Help your mother in her work.



Listen to your teacher carefully



Eat vegetables and fruits



Do not make noise in the class



Get ready for school yourself



Wait in queue for your turn



Throw waste in bin



Play fair games



© Can Stock Photo



What do you think?

Emotional Map Strategy



emotion



What do you feel?

Give a sentence describing the picture:

.....

.....



WARM UP!



SG3 U1
P.2

(the number of hours you spend every week, day, or evening doing certain activities.)



For example:



I teach English twenty hours a week. I exercise three hours a week. I watch TV about one hour a day. I sleep about seven hours a night.

العامية

- ☺ Do you do certain activities?
- ☀ How many hours do you spend on the activities?



- ☺ Do you exercise? Yes, I do.
- ☀ How many hours a week do you exercise?



Unit:1

Thursday 18\1\1443H

August 26th 2021

Listen & Discuss

Lifestyles

SG3 pages 2 & 3



Anticipation guide

Listen



Before Reading		Statement	After Reading	
Agree	Disagree		Agree	Disagree
		Josh is video games addict.		
		John hates any type of physical exercise.		
		Arthur works out at the hospital.		
		Shopping makes Noura happy.		

<https://www.liveworksheets.com/1-jx2096923jf>



T. Noureyah Alghamdi

الحاميه

Unit:1

Thursday 18\1\1443H

August 26th 2021

Listening

Styles

SG5 pages 2 & 3



© Can Stock Photo

10/10

Anticipation guide

Listen



Before Reading		Statement	After Reading	
Agree	Disagree		Agree	Disagree
☐	☐	Josh is video games addict.	☐	☐
☐	☐	John hates any type of physical exercise.	☐	☐
☐	☐	Arthur works out at the hospital.	☐	☐
☐	☐	Shopping makes Noura happy.	☐	☐



T. Noureyah Alghamdi

الغامدي

Choose the correct answer:



Refaa

Character map



Martin

Reffa

eatsmeals.

fast food

vegetarian

Unit:1

SG3

Listen and Discuss

Page 2&3

1443H

2021

T.Noureyah Alghamdi

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Martin

.....takes a vacation.

rarely

always

Refaa drinks....



coffee

herbal tea

Martin is devoted to his...

job

home

Thursday 18th of Muharram 1433
August 26th \2021



<https://www.liveworksheets.com/1-yv2096977ol>

Choose the correct answer:



Character map

Martin



Reffa

eatsmeals.

fast food

vegetarian

Reffa drinks....



coffee

herbal tea

Unit:1

SG5

Listen and Discuss

Page 2&3

1443H

2021

T.Noureyah Alghamdi

الغامدي

Martin

.....takes a vacation.

rarely

always

Martin is devoted to his...

job

home





**CELL PHONES BRING YOU
CLOSER TO PERSON FAR
FROM YOU. BUT IT TAKES
YOU AWAY FROM THE
ONES SITTING NEXT TO YOU!**

SG5
U1 P.2

I ♥ Sudoku



a puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9



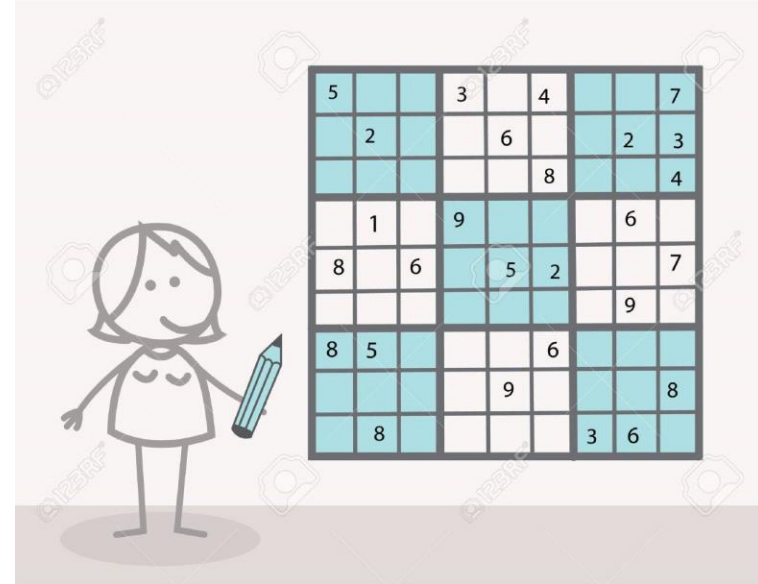
The numbers (or digits) must remain single." Now there are sudoku competitions across the globe, and variations of the puzzle often appear side-by-side the crossword puzzle in newspapers and magazines



العامية

I ♥ Sudoku

SG5
U1 P.2



a puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9



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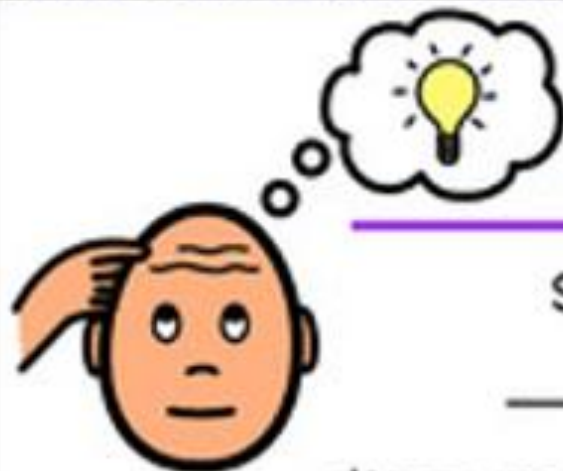
العامية

STRATEGY



العامية

think • pair • share



think

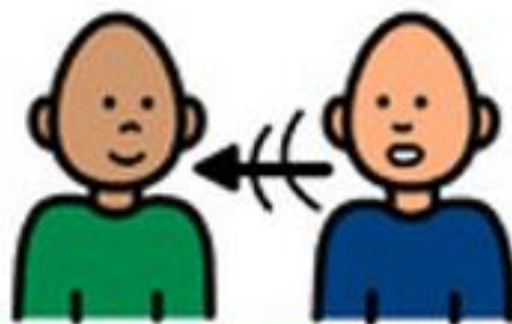
silent time to think
about responses

discuss
responses
with partner

pair



whole class
share out



share



1 Listen and Discuss



What activities do you do every day? Twice a day?

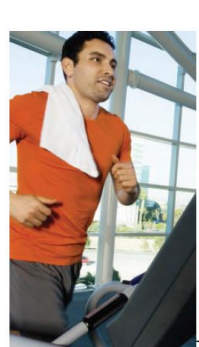
Check Your Lifestyle

Which of the people are you most like? Why?

www.iem.edu.sa

1. Where is the man in the first picture?
2. What is he doing?
3. What is he doing in the next picture?

1. (gym)
2. (running, working out)
3. (rock climbing)



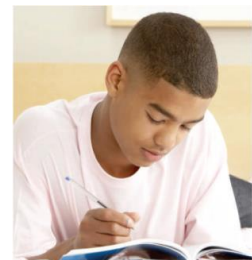
Arthur is really into fitness. He works out at the gym regularly. He runs frequently, and he plays tennis twice a week. From time to time, Arthur goes rock climbing.



Refaa is a health food fanatic. She normally eats vegetarian meals. She hardly ever eats meat. She never drinks coffee, but she loves herbal tea. Sometimes she drinks six cups a day.



John hates any type of physical exercise. He enjoys challenging puzzles like sudoku. He spends most of his free time playing video games or solving puzzles in magazines.



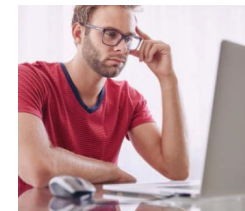
Josh is an Internet addict. He seldom spends less than three hours a day on the computer. While he's chatting online, he often checks his cell phone for text messages.



- What is in the third picture? (salad)
 What is in the next picture? (herbal tea)
 Are these healthy foods? (yes)
 What kind of diet does this person have? (healthy)
 Is the teen on the couch exercising? (no)
 What's he doing? (reading and writing)
 What is the teen at the bottom of the page doing? (something on his computer)
 How much time every day do you think he spends on the computer?
 Is the woman in the picture on page 3 shopping? (yes)
 How often do you think she goes to the mall?
 Where is the man in the last picture? (at work)
 How much time do you think he spends at the office



Noura loves shopping. When she walks into a department store or a mall, she always buys something. She spends a lot of money. But she says shopping makes her happy.



Martin works very hard. He always takes work home from the office, and he rarely takes a vacation. He's really devoted to his job.

Your Profile

Answer the questions about your habits and routines.

- How many hours a day do you watch TV? _____ How often do you exercise? _____
 How long do you talk on the phone a day? _____ How often do you go shopping? _____
 How much money do you spend a week? _____ How many hours a day do you sleep? _____
 How much time do you spend on the Internet? _____
 What two activities do you do very often? _____
 What two activities do you hardly ever do? _____
 What activities do you think you overdo? _____



1 Listen and Discuss



CD1, T2



رابط الدرس الرقمي



Page 2

What activities do you do every day? Twice a day?

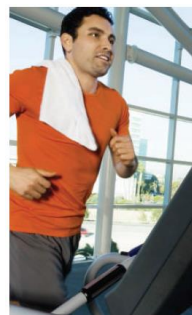
Check Your Lifestyle

Which of the people are you most like? Why?

www.iien.edu.sa

T: He likes to chat online.

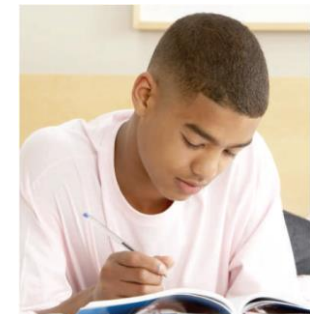
(Josh)



Arthur is really into fitness. He works out at the gym regularly. He runs frequently, and he plays tennis twice a week. From time to time, Arthur goes rock climbing.



Refaa is a health food fanatic. She normally eats vegetarian meals. She hardly ever eats meat. She never drinks coffee, but she loves herbal tea. Sometimes she drinks six cups a day.



John hates any type of physical exercise. He enjoys challenging puzzles like sudoku. He spends most of his free time playing video games or solving puzzles in magazines.

Josh is an Internet addict. He seldom spends less than three hours a day on the computer. While he's chatting online, he often checks his cell phone for text messages.





Noura wants to be an artist. After school, she always does her homework and helps with the chores. Then she paints for at least two hours every evening. She says it makes her feel happy.



Martin works very hard. He always takes work home from the office, and he rarely takes a vacation. He's really devoted to his job.

Pair Work



The survey.
you have a
minute
or two to answer
the questions.

😊 Then ask and
answer
the questions in
pairs

**Answer the questions about
your habits and routines.**



Your Profile

How many hours a day do you watch TV? _____

How long do you talk on the phone a day? _____

How much money do you spend a week? _____

How much time do you spend on the Internet? _____

How often do you exercise? _____

How often do you go shopping? _____

How many hours a day do you sleep? _____

What two activities do you do very often? _____

What two activities do you hardly ever do? _____

What activities do you think you overdo? _____

Quick Check ✓

A. Vocabulary. Underline words and expressions on pages 2 and 3 that tell about frequency (how often).

Does frequency mean How often or How much? (how often)

☺ Read aloud the third sentence about Arthur.
Which word is about frequency? (frequently)
Which expression is about frequency? (twice a week)

☺ Underline the other frequency words and expressions and then check answers in pairs.

look at 
the following
frame
on the board:

(Frequency adverbs) (expressions of frequency)

I _____ go to the mall _____.
A B

A: frequently, normally, never, hardly ever, sometimes, regularly, seldom, often, always, rarely;

B: twice a week, from time to time



regularly, frequently, twice a week, from time to time, normally, hardly ever, never, sometimes, seldom, often, always, rarely



Frequency

The rules for the position of
frequency adverbs
(before the verb) and
expressions of frequency
(at the end of the sentence)

B. Comprehension. Answer the questions about the people.

1. How often does Arthur go rock climbing?
2. How frequently does John exercise?
3. How often does Refaa eat meat?
4. How long does Josh spend on the Internet?
5. How much time does Noura spend painting?
6. How often does Martin go on vacation?



1. Arthur goes rock climbing from time to time.
2. John never exercises.
3. Refaa hardly ever eats meat.
4. Josh seldom spends less than three hours a day on the computer.
5. Noura spends at least two hours a day painting.
6. Martin rarely takes a vacation.



2 Pair Work CD1, T3



A. Ask and answer. Role-play the people in the article.

 So, Martin, how often do you watch TV?

 I seldom watch TV. I have no time.

 Tell me, Noura, how much time do you spend shopping?

 A lot of time. I shop every weekend.

after the verb **spend**
it is necessary to use
a **verb + -ing** (shopping)
or **preposition + noun**
(on the Internet).

B. Ask and answer with your information.



A: How often do you eat meat?

B:

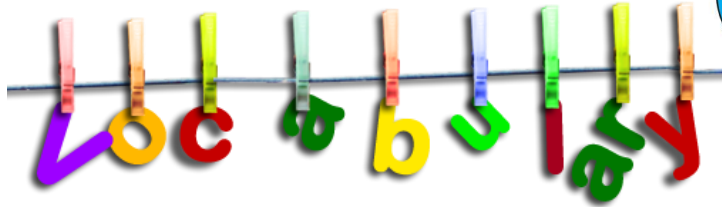
A: How often do you work out?

B:

1 Listen and Discuss



2 Pair Work



VOCABULARY

SG3 U1
Page 2 & 3

العامية

fanatic

very enthusiastic about an activity or a sport

😊 a person who is extremely interested in something



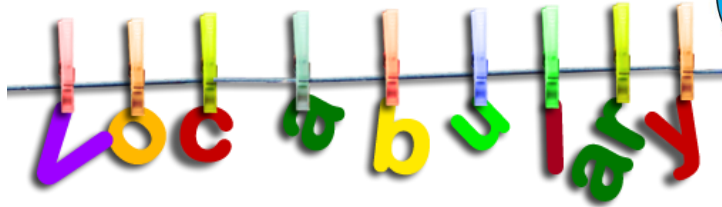
1 Listen and Discuss



SG3 U1
Page 2 & 3

العامية

2 Pair Work



VOCABULARY

fitness

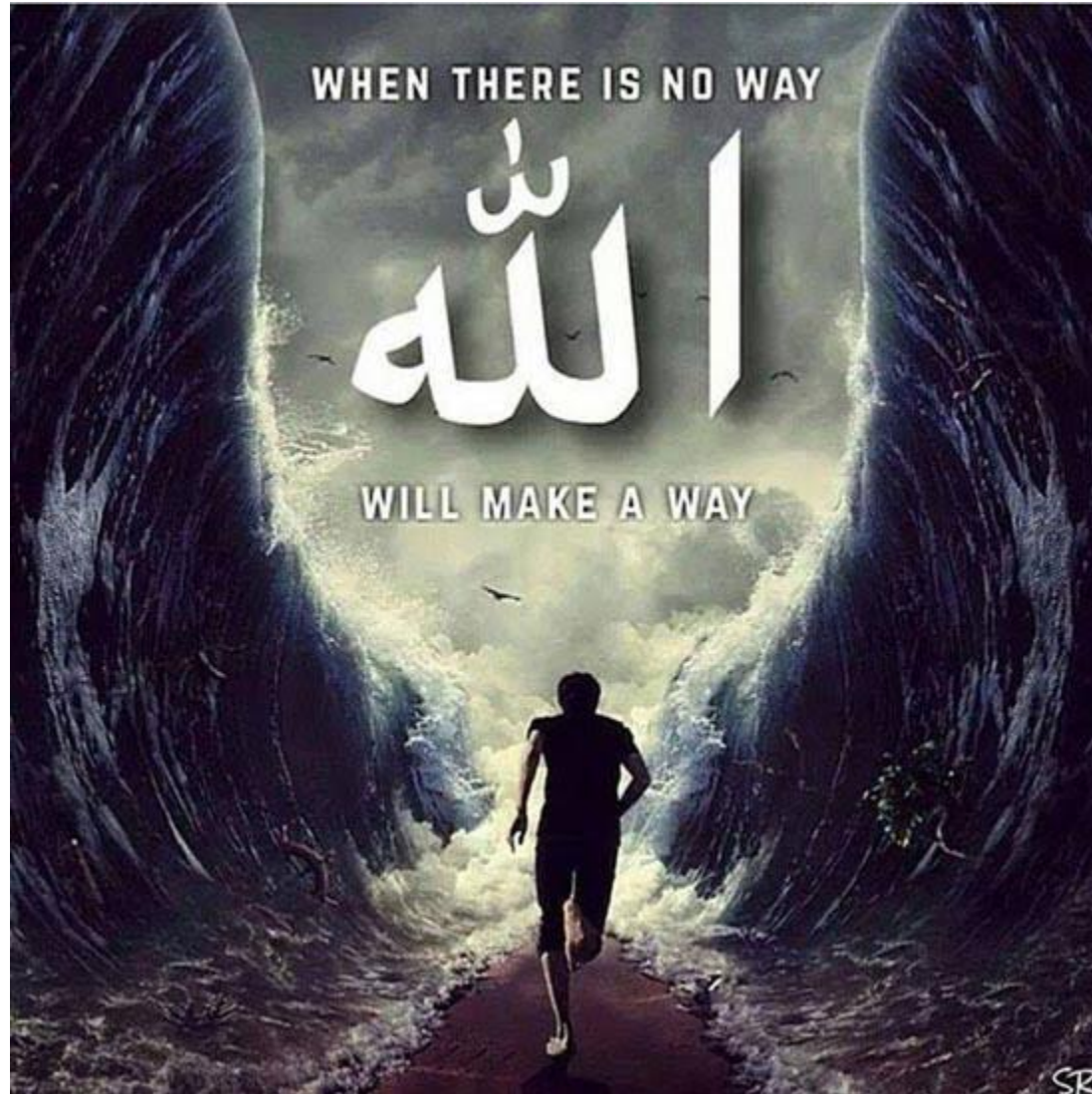


to be physically fit and healthy.



1 Listen and Discuss

Sincerity means being deeply devoted to Allah by heart.



SG3 U1
Page 2 & 3



1 Listen and Discuss



SG3 U1
Page 2 & 3



قَالَ
صَلَّى عَلَيْهِ

“إِنَّ اللَّهَ لَا يَقْبَلُ مِنَ الْعَمَلِ
إِلَّا مَا كَانَ خَالِصًا وَابْتَغَى بِهِ وَجْهَهُ”

رواه النسائي

“The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.”



HOMework



Platform

SCHOOL PLATFORM



HOMework



نوع السؤال: إختيار من متعدد

.Choose the correct word: a-l.....reading books-1

loves-1 ☐

love-2 ☐

loved-3 ☐

واجب المنصة

● لتذكير الطالب و الطالبة

1 Lifestyles

Workbook

بعد حل الواجب
يتم ارسال صورة لذلك
في قسم الأنشطة
على المنصة

Page 167 \ A and B



يكتفى بصورة واحدة لتمرين واحد فقط 😊

activity

1

Lifestyles

1 Lifestyles

Workbook

بعد حل الواجب
يتم ارسال صورة لذلك
في قسم الأنشطة
على المنصة

Page ... \ A



activity

يكتفى بصورة واحدة لتمرين واحد فقط 😊



1 Lifestyles
وزارة التعليم

homework



Homework



Assign page
167 for
practice the
vocabulary Ex.
A and **B**

Workbook



1 Lifestyles

وزارة التعليم



A

Look at the people in the photos. Complete each description with a word from the box.

a devoted employee an exercise freak an Internet addict a vegetarian

Page 167



1. Mark likes to work out. He's really into exercise and fitness. He's an exercise freak



2. Ali is online all the time, even in the park! He's an Internet addict



3. Saeed always works on the weekend. He's a devoted employee



4. Jake never eats meat. He's a vegetarian

usually downloads videos and games

always lives a healthy lifestyle

~~frequently spends a lot of time at the gym~~

regularly chats online

~~normally works out five times a week~~

often spends a lot of time at the office

never takes a vacation

always eats vegetables

Mark normally works out five times a weekMark frequently spends a lot of time at the gym1. Ali usually downloads videos and gamesAli regularly chats online2. Saeed often spends a lot of time at the officeSaeed never takes a vacation3. Jake always lives a healthy lifestyleJake always eats vegetables

أتمنى الاهتمام بمتابعة الدروس
في قنوات **عين** الرسمية من
وزارة التعليم

عين بوابة التعليم الوطنية
iEN National Education Portal



T.Noureyah Alghamdi



The end



Teaching Tip

At the beginning of each unit, it is a good idea to review the objectives of the unit briefly with students. This way, they will have a better understanding of what they are expected to learn and how the different activities work together towards a certain goal.



Additional Activity

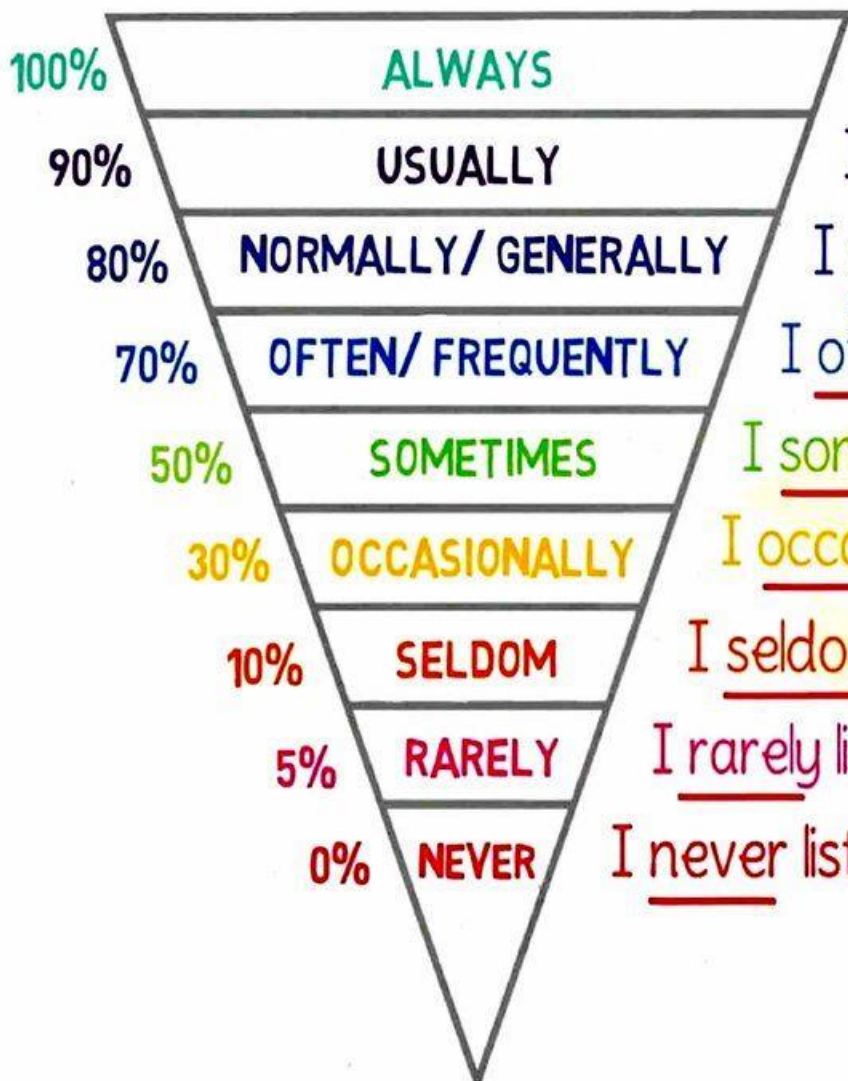
Give students a few minutes to write other comprehension questions about the people in the pictures. For example: *How often does Arthur play tennis? What does John hate? Why does Refaa hardly ever eat meat?* Then have them ask and answer the questions in groups. After the groups have practiced the questions, play a game. Teams ask the questions of other teams. If a team answers with incorrect information, it is out of the game. The team with the most correct responses wins.



- Some people are addicted to shopping. This can lead to big trouble with overspending and cause someone to be in debt.
- According to some studies, 1 in 20 people overspends. It is very easy to shop too much if you shop online or live in an area with many retail stores nearby.

Adverbs of Frequency

An adverb of frequency tells us how often something takes place.



I always wake up at 6 o'clock

I usually come home after work

I normally swim after school

I often spend Christmas with friends

I sometimes play tennis on the weekend

I occasionally eat Vietnamese food

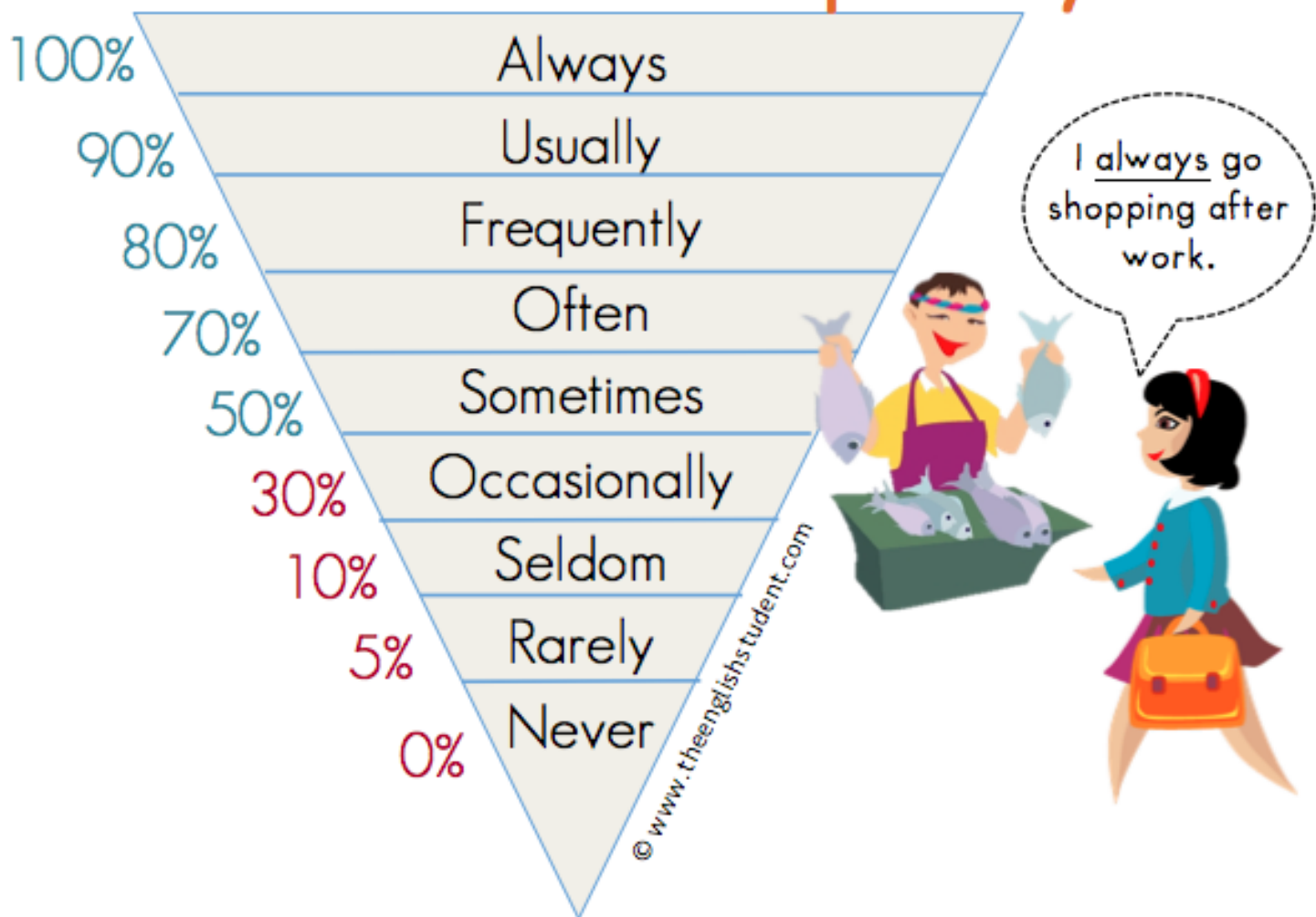
I seldom go to the library

I rarely listen to the radio

I never listen to rock music

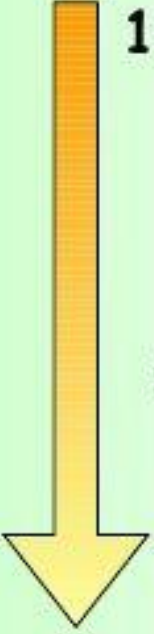


Adverbs of Frequency



Simple Present Tense

★ The words **always**, **usually**, **often**, **sometimes**, or **never** show how often things happen.

How often	You use ...	Examples
 100 %	always	Dad always cooks the dinner.
	usually	Mum usually gets up early.
	often	Cindy often surfs the Net.
50 %	sometimes	Tim sometimes bangs the door.
0 %	never	Bob never goes to school late.



Expressions of frequency

How often do you see Tom?

Every	day.	Once	a day.
	morning.	Twice	a week.
	afternoon.	Three times	a month.
	evening.	Four times	a year.

Expressions of frequency are placed **AT THE END** of the sentence.

These expressions of frequency go at **the end** of the sentences.

- Once (x1) a week
- a month
- a year
- I go to the gym ***once a week.***
- Twice(x2) a week
- a month
- a year
- I do housework ***twice a week.***

Expressions of Frequency

Every day

I eat vegetables **every day**

Every week

We eat out on Saturday **every week**

Every month

She meets her friends **every month**

Every year

I meet all my family at Easter **every year**

(a day, a month, a week, a year ...)

Once

We eat meat only **once a week**

Twice

I come to English class **twice a week**

Three times

He goes on holiday **three times a year**

Frequency	Adverb of Frequency	Example Sentence
100%	always	I always come to work on time.
90%	usually	I usually wake up at 7am.
80%	normally / generally	I normally go to the gym.
70%	often* / frequently	It's often cloudy.
50%	sometimes	Sometimes I'm alone.
30%	occasionally	We occasionally take batteries out.
10%	seldom	I seldom read the newspaper.
5%	hardly ever / rarely	I hardly ever drink alcohol.
0%	never	We never take hazardous waste out.



Predict:

- Open your book p.
- Make a scanning reading (quick reading)

To predict What is our lesson about.....

Reciprocal teaching (التعلم التبادلي)

الجاميها

P roof
o f
c oncept

Clarify:

Read and find out more (

(ideas, phrases and words,

Explain for your friend...if she doesn't understand.



Question:

Why.....?

or

How.....?



Summarizing



Fiction

- Who?
- When?
- Where?
- What?
- Why?

Nonfiction

- Facts
- Important Information

To Tell What the Story Was Mostly About

Summarize



Write one sentence or two about every paragraph as a conclusion for the text or passage.

SUMmarize It

Shorter than the text

Use your own words

Main ideas only

Irregular Verbs

Base Form	Simple Past
be	was/were
become	became
buy	bought
come	came
cut	cut
do	did
draw	drew
drink	drank
drive	drove
eat	ate
fight	fought
find	found
get (up)	got (up)
give	gave
go	went
hang	hung
have	had
hear	heard
know	knew
leave	left
lend	lent
make	made

mean	meant
meet	met
read	read
ride	rode
run	ran
say	said
see	saw
sell	sold
send	sent
sing	sang
sit	sat
sleep	slept
speak	spoke
spend	spent
sweep	swept
swim	swam
take	took
teach	taught
think	thought
understand	understood
wake (up)	woke (up)
wear	wore
write	wrote

Irregular Verbs

Base Form	Simple Past	Past Participle
be	was / were	been
become	became	become
blow	blew	blown
buy	bought	bought
come	came	come
cut	cut	cut
do	did	done
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
fight	fought	fought
find	found	found
fly	flew	flown
get	got	gotten
give	gave	given
go	went	gone
hang	hung	hung
have	had	had
hear	heard	heard
hold	held	held
hurt	hurt	hurt
know	knew	known
leave	left	left
lend	lent	lent
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid

put	put	put
read	read	read
ride	rode	ridden
run	ran	run
say	said	said
see	saw	seen
sell	sold	sold
send	sent	sent
sing	sang	sung
sit	sat	sat
sleep	slept	slept
speak	spoke	spoken
spend	spent	spent
steal	stole	stolen
swim	swam	swum
take	took	taken
teach	taught	taught
think	thought	thought
throw	threw	thrown
wake (up)	woke (up)	woken (up)
wear	wore	worn
win	won	won
write	wrote	written

Irregular Verbs

Base Form	Simple Past	Past Participle
be	was / were	been
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fall	fell	fallen
feed	fed	fed
fight	fought	fought
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fly	flew	flown
get	got	gotten
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hurt	hurt	hurt
know	knew	known
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lose	lost	lost
make	made	made
mean	meant	meant
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pay	paid	paid

put	put	put
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wake (up)	woke (up)	woken (up)
wear	wore	worn
win	won	won
write	wrote	written