

Hinweis Englisch-Kurs Klassenstufe 7

Leider gibt es Schülerinnen und Schüler, die sowohl bei Frau Katgeli-Zöllner (Kurs 7.1/7.3) als auch bei Frau Löwenbrück (Kurs 7.2/7.3) ihre Arbeitsaufträge nicht eingeschickt haben.

Hier nochmal zur Erinnerung :

- 1. Arbeitsauftrag vom 27.04. (9 Arbeitsblätter)**
- 2. Arbeitsauftrag vom 10.05. (11 Arbeitsblätter zu den Vokabeln)**

Bis zu Beginn eures Unterrichts am 01. 06. sollten die Übungen zugeschickt werden.

Bitte denkt daran, die Übungen sind verpflichtend (leider stand bei einer Übung „wenn ihr wollt“. Das war ein Missverständnis)

Gesamtpunktzahl mit Speaking _____ / 69 Note _____

Gesamtpunktzahl ohne Speaking _____ / 57 Note _____

1 READING News from the health¹ club

The health club at Southend School meets every Friday afternoon with Mr Holden.

Read their post on the school website.

SOUTHEND SCHOOL

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NEWS FROM THE HEALTH CLUB

Hi guys, what do you do when you come home from school? Do you go and sit in front of the computer or the TV, and stay there until your mum calls for dinner?

Well, then it's time to be more active.

Read our tips! They can change your life!

A Start a new sport. First of all, find out what sport you'd like to do. But don't just do the same sport your friend enjoys. This sport might not be the right sport for you. Do you like adventures? Then maybe rock climbing is the right thing for you. Do you want to do something more relaxing? Then do gymnastics or try yoga. If you really like the sport, it's easier to keep up with it.

B You should have fun with your sport. It's so much easier then. Doing sport in a group means you can have fun with other people and – more importantly – you can't skive so easily. You can make appointments with your group. It helps if you know that you do your sport once or twice a week on a special day. And what's even better: time flies when you're having fun, and when you're with nice people.

C Why don't you find out about sport activities at the youth club? At many youth clubs you can play table tennis and some even have teams for volleyball, basketball, hockey or football. It's free and you can spend time with people of your age.

D A fitness center is more professional than a youth club and you can do many different things there like climbing, yoga or even kickboxing. You can join classes or do exercises by yourself. But be careful: if you join a fitness center you have to pay² for it. So think about it and always talk to your parents first. Many fitness centers have special prices for the first months, sometimes the first months are even free. But you (or your parents) have to pay quite a lot of money after that. Don't spend money if you don't plan to go there at least two or three times a week.

E The easiest way³ of doing sports is running and it's one of the cheapest ways too. You don't need money, you don't need any special gear, all you need is a good pair of running shoes. And you can go running with friends or people from the neighbourhood. Or simply phone Susie and contact the health club's running group. That's fun. And you're outside, that's also good for your new healthy life.

F Many people think that dancing is not a real sport! We don't think so. We like music a lot and we think that dancing keeps you fit. You can meet new people too. You can go to a dance studio or to dance classes. Or join our dance club at school. We do break dancing, ballroom dancing, hip hop and lots more. Find out what's best for you.

Do you need help? Do you have any questions?
Then come and see us! We meet every Friday afternoon in the sports hall.

1 health [helθ] *Gesundheit*2 pay [peɪ] *zahlen, bezahlen*3 way (of doing something) *Art und Weise, etwas zu tun*

a) Read the titles. Then write the letters of the correct paragraphs in the boxes.
You can't match two of the titles.

a) ____ / 6

1 Stay fit with music	<input type="checkbox"/>
2 Dancing is better than jogging	<input type="checkbox"/>
3 Easy – fresh air – free!	<input type="checkbox"/>
4 A group can help	<input type="checkbox"/>
5 Do the sport that's best for you	<input type="checkbox"/>
6 Everyone needs a coach	<input type="checkbox"/>
7 Check out the youth club	<input type="checkbox"/>
8 Always think before you spend money	<input type="checkbox"/>

b) Read the following sentences. Then tick (✓) right, wrong, or not in the text.

b) ____ / 7

	right	wrong	not in the text
1 Find out what sports your friends like. You'll like those sports too!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 It's good to do your sport on the same days every week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 A fitness center is more professional, so it's OK if you go there once a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Running shoes are quite cheap.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 You can go running with students from the health club.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 The dance club at school is a great place to go break dancing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Students in the health club do sport every Friday afternoon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2 WORDS In English, please

Was sagst du, wenn du sagen willst, ...

____ / 8

- 1 dass du zum Arzt gehen willst? _____
- 2 dass du genug gegessen hast? _____
- 3 dass du zustimmst? _____
- 4 dass du gerade hierher gezogen bist? _____

5 *dass du dich auf das Wochenende freust?* _____

6 *dass du dich nicht wohl fühlst?* _____

7 „Mach weiter so!“ _____

8 *dass der Arzt dir einen Rat gab?* _____

3 WORDS What you should eat and drink

____/6

Here's some information from the health club about healthy food. Read the text and fill in the missing words from the box. You don't need two of the words.

prefer • junk food • of course • enough • carrot • crisps • lunch box • cereal • sugary •
forget about • less • already • everything • dessert

NEWS FROM THE HEALTH CLUB | NEWS FROM THE HEALTH CLUB

You should eat more healthy food.

Start your day with some _____.

_____ like hamburgers is not good for you.

You should eat lots of vegetables.

Do you have a _____ in your school bag?

Well, open it and have a look inside: is _____ in there healthy?

What about a sandwich, some salad and a _____?

What about drinks – do you _____ water or cola?

You should _____ drinks like cola.

_____ drinks are not good for you.

Do you eat _____ fruit?

Eat _____ chocolate and _____.

Remember, an apple or a banana make a good _____ after
your lunch.

NEWS FROM THE HEALTH CLUB | NEWS FROM THE HEALTH CLUB

4 STUDY SKILLS Rock climbing

Look at the health club's article about rock climbing.

Do you want to go climbing? It's easier than you might think, especially in cities where you can go to fitness centres with indoor climbing walls.

And this is your first step: find a fitness centre with an indoor climbing wall. You can learn how to climb there and develop the basic skills for climbing. Discover and

explore the world of climbing! You'll really enjoy it.



The benefit of indoor climbing is that you get the best exercise possible. Of course indoor climbing is a bit different from outdoor climbing. But it mirrors outdoor climbing without the risks and dangers – and that's the most important thing for you!!

Have fun!

a) What's the translation of the words in the text?

a) ____ / 6

Find the right meaning and underline the correct German word.

1	indoor	['ɪndɔː]		1 Zimmer...
				2 Innen...
2	step	[step]	Substantiv	1 auch übertragen Schritt
				2 von Treppe Stufe
			Verb	allgemein treten, gehen
3	develop	[dɪ'veləp]	Verb	1 allgemein entwickeln
				2 wachsen, sich verändern
				3 (building land) erschließen (Land)
4	outdoor	['aʊtdɔː]	Substantiv	das Freiland
			Adjektiv	Außen...
5	benefit	['benɪfɪt]	Substantiv	1 allgemein Nutzen, Vorteil
				2 vom Staat Unterstützung
				3 vom Arbeitgeber Leistung
				4 Veranstaltung Benefizveranstaltung
6	mirror	['mɪrə]	Substantiv	Spiegel
			Verb	spiegeln, widerspiegeln

b) Can you guess the German meaning of the following words?

b) ____ / 2

7 risk [risk] _____

8 danger ['deɪndʒə] _____

5 LANGUAGE Talking about your new healthy life

Some friends in class 7BS want to start new healthy lives.

Write what they have already done and what they haven't done yet.

_____/8

More help p. 71



Überlege bei der folgenden Aufgabe,

- ob du **have** oder **has** verwenden musst und
- ob du das **past participle** von einem **regelmäßigen** oder einem **unregelmäßigen Verb** bilden musst.

Eine **Liste der unregelmäßigen Formen** findest du auf S. 253.



Pete

read about
healthy
food ✓

eat
healthy
food –



Zara and Rachel

find new
sports ✓

start –



Nicola

go to a
fitness
center ✓

work out
there –



Andrew

eat less junk
food ✓

try cereals –



Timothy and John

talk about
running ✓

go
running –

› Pete has read about healthy food, but he hasn't eaten healthy food yet.

1 _____


2 _____

3 _____

4 _____


6 MEDIATION FamFit – the new fitness center for you

Eine Bekannte deiner Mutter, Frau Grunwald, arbeitet in einem Fitnesscenter in deiner Heimatstadt. Sie informiert sich ständig über die Angebote anderer Fitnesscenter. Nun hat sie diese Anzeige eines englischen Fitnesscenters im Internet gefunden und bittet dich um deine Hilfe, da sie nicht alles versteht.



FamFit

*more than a fitness center,
FamFit is fitness and fun
for all the family!!!*



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*You want less TV and more fitness?
Come to FamFit – the fitness center for families –
and you can forget about TV.*

Great for adults:

- › professional coaches find the right exercises just for you
- › two pools (indoor and outdoor), three saunas, two climbing walls
- › courses like yoga, gymnastics, aerobics, water gymnastics, water cycling (see our timetable for more courses and the times)

Great for kids:

- › special courses for the kids under 10: swimming, “Water is Fun”, gymnastics, dancing (see timetable for more information)
- › judo, table tennis, hockey and climbing for the older children from 10–16 years

PLUS:

- › we look after your small children (age 1–4) while you are looking after your fitness
- › family events every first Sunday in a month
- › special events like holiday programmes, birthday parties
- › we’re open at family-friendly hours

Great prices:



- › one family = one price
- › Join our fitness center before 31st January and you pay for 10 months and get fitness for 12 months!!

Get more information at our fitness center.

Come and see us.

We’re looking forward to your visit.

FamFit – more than a fitness center

Beantworte Frau Grunwalds Fragen auf Deutsch.

/14

1 Was hat das Fitnesscenter mit dem Fernsehen zu tun? (2 P)

2 Wie finden die Erwachsenen heraus, welche Übungen für sie geeignet sind? (1 P)

3 Was bieten sie denn speziell für die jüngeren Kinder an? (2 P)

4 Habe ich das richtig verstanden: Sie machen auch schon Kurse für Kinder von 1–4 Jahren?

Oder was bedeutet das da? (2 P)

5 Und welche besonderen Extras bieten sie außerdem noch? (3 P)

6 Wo kann man sich über alle Kurse informieren, die sie anbieten? (1 P)

7 Muss man für jedes Familienmitglied extra bezahlen? (1 P)

8 Haben sie ein besonderes Preisangebot, und wie sieht es aus? (2 P)
