

Student's book

Unit 10

Triumph in the Tour de France

انتصار في سباق فرنسا للدراجات

Key words

Triumph	انتصار	Jersey	قميص	dedicating	مكرس - مخصص
talented	موهوب	Sought -seek	سعى	rivalry	منافسة
dominated	هيمن - سيطر	secured	ثبت - أمن	elite	نخبة - بارع
exceptional	استثنائي	gained	نال - حصل	championship	بطولة
numerous	عديدة	nickname	لقب	eventual	اخيرا
Tour	سباق الدراجات	badger	حيوان الغرير	retirement	تقاعد
cyclists	راكبي الدراجات	reputation	سمعة	ceremonies	حفلات
prestigious	ذو اهمية	competitive	منافس	encouraged	شجع

هيمن/سيطر رياضي فرنسي موهوب جداو في سنوات 10 من أكثر
 For over ten years in the 1970s and 80s Bernard Hinault, a very **talented** French sportsman, **dominated**
 خلال سباق 200 أكثر فاز جيله في راكبي الدراجات أسرع من واحد الدرجات عالم
 the world of cycling. One of the fastest cyclists of his generation, he won over 200 races during
 أولا أما ينهي راكب الوحيد هو أرقاما كثيرة/عديدة حطم و مهنته استثنائي
 his **exceptional** career and broke **numerous** records. He is the only rider to have finished either first
 28 فاز و أكملها التي فرنسا فردية مرحلة الشهر في جولة كل في ثانيا أو
 or second in every **Tour** de France which he completed, and won 28 individual stages in **the month long**
 سعى أكثر ركوب الدراجات من واحد الأصفر ذو أهمية ارتدى اعتزاله الوقت في سباق
 race. By the time he **retired**, he had worn the **prestigious** 'Yellow Jersey' – one of cycling's most **sought**
 العالم في الدراجين أفضل واحدة ك مكانته ثبت و بالمجمل في يوم 50 لأكثر الجوائز خلف
 after prizes – for over 50 days in total, and had **secured** his place as one of the best **cyclists** in the world.
 كثيرا لكونه سمعته بسبب الغرير لقب حصل مهنته خلال
 During his career Hinault gained the **nickname** the **badger** on account of his **reputation** 'for being extremely
 وبين حصلت منافسة مشهور سباق لكل تمام نفسه مكرسا متنافس
competitive and **dedicating** himself fully to each race. A famous **rivalry** existed between Hinault and
 بشكل مستمر تنافسا الرجلان فرنسا جولة اثناء بارع آخر
 another **elite** cyclist, **Greg Lamond**. During the 1986 Tour de France, the two men fought continuously
 1986 اعتزاله تلاك ذلك فائز نهائي ك يظهر ب البطولة للفوز
 to win the **championship**, with **Lamond** emerging as the **eventual** winner. Following his **retirement** in 1986,
 العديد في مندمج/منهمك على نحو كبير اليوم لهذا الدراجات عالم في إخلاصه من أي يخسر لم
Hinault did not lose any of his dedication to the world of cycling. To this day he is heavily involved in many
 مراسم احتفالات جوائز خشبة المسرح على يرى غالباً و مسابقات دراجات البارزة
high profile cycling events, and is often seen on the stage at awards **ceremonies**.
 تفاصيل يشمل أيضا نجاح ارتقاء قصة مخبرا كتب عديد كتب قد
 Hinault has written several books telling the story of his rise to success; they also include details of the
 مشاكل اصابات حوادث طريقه في واجهها قد الصعوبات
 difficulties he had **encountered** on the way: the crashes, injuries and problems.
 لإلهام كتاب لكتابة تشجيعه تم شهد قد العالم الدراجين افضل من واحد ك
 As one of the best cyclists the world has ever seen he was **encouraged** to write a book for **aspiring**
 تظهر قصته للقامة تصل كيف حول نصائح واقعية وأفكار أعطاهم الدراجين المحترفين
 professional cyclists, giving them tips and realistic advice about how to reach the top. His story shows
 الاخلاص و العزم من الكثير يتطلب تحدي هو مجال أي في الأفضل يصبح أن
 that becoming the best in any field is a challenge that **requires** a lot of **determination** and **dedication**.

رقمه بالامتحان الاخير 1-2-3(18m) Answer the following question:**1-How long did Bernard Hinault dominate the world of cycling?**

For over ten years in the 1970s and 80s

2-How many races did he win?

He won over 200 races

3-What did people call him?

They called him the 'badger'

4-Who was his rival?

Greg Lamond.

5-What does his story show?

His story shows that becoming the best in any field is a challenge that requires a lot of determination and dedication.

6-How much time does Tour de France take?

It took a month.

7-Why was Hinault called the badger?

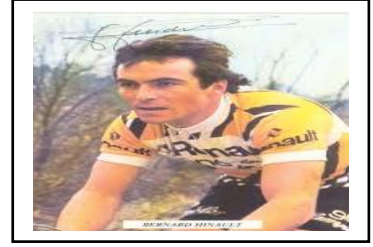
Because of his reputation for being extremely competitive and dedicating himself fully to each race.

8-When did he retire ?

in 1986

9-Who won the Tour de France in 1986?

Greg Lamond

**رقمه بالامتحان الاخير 4-5 (10m) Find words in the text which mean the following:**

1- Showing commitment to a cause. اظهار المواقفة لتحقيق الهدف	منابر. اخلاص dedication
2- Occurring at the end of a series of events. يحدث في نهاية سلسلة الأحداث	أخيراً Eventual
3- Hoping or aiming for a certain thing. طامح أو هادف لشيء محدد	Aspiring يلهم
4- Group containing the best / most skilled / most experienced. مجموعة تحتوى بالافضل أو الأكثر خبرة	نخبة Elite
5- Someone who rides a bicycle, or is riding a bicycle. شخص ما يركب الدراجة	سائق الدراجة cyclist

رقمه بالامتحان الاخير 6-7(12) Rewrite these sentences about the text to correct the information:

1-Bernard Hinault won over 300 races

1-Bernard Hinault won over 200 races

2- Hinault won the Tour de France in 1986

2- Greg Lamond won the Tour de France in 1986

Activity Book

Unit 10

Climbing Everest

تسلق قمة افرست

Key words

summit	قمة	overcome	يتغلب	altitude	ارتفاع	explorer	مستكشف
companion	رفيق	dizzying	شاهق	modest	متواضع	conquering	متسلق
expedition	بعثة- رحلة	constant	مستمر	attributed	نسب	achievements	انجازات
set out	انطلق	frostbite	تجمد الاصابع	coronation	تتويج	scaled	تسلق
porters	حمالين	sophisticated	متطور	recognition	اعتراف	peaks	قمم

جبل أعلى افرست جبل لقمة يصل شخص أول أصبح هيلاري آدموند 1953 في
 In 1953, Edmund Hillary became the first person to reach the **summit** of Mount Everest, the highest mountain in
 جزء كانوا رفيقة التسلق النيباليينوزلندا من هيلري العالم
 the world at 8,848 m. Hillary, from New Zealand, and his Nepalese climbing **companion**, Tenzing Norgay were part
 التي البعثة في اشتركوا شخص أكثر للقمة وصول لمحاولة بعثة البريطانية
 of the 9th British **expedition** to attempt to reach the summit. Over 350 people took part in the expedition that
 هناك الآخرين العديد و حمالين طباطخين أطباء سكان الهملايا كانوا نيسان انطلقت
set out from Kathmandu in April 1953. There were Sherpas, doctors, cooks, **porters** and many others. There were
 القمة ليتسلقا المخيم غادروا من اثنتين مجموعات تسلقوا و الإجمال متسلق إحدى عشر
 eleven climbers in total and they climbed in groups of two. Hillary and Norgay left the camp to climb to the summit
 مرتفعات شاهق الرياح قوية البرد شديد يتغلبوا يتوجب التسلق معظم
 on May 28th, and for much of the climb they had to **overcome** extreme cold, strong winds, **dizzying** heights and
 الأكسجين مستويات المنخفضة الخطيرة
 dangerously low levels of oxygen.
 الرجلان الصقيع الإصابة خطورة مستمرة كان هناك و درجة التجمد أقل كانت درجات الحرارة
 Temperatures were below freezing point and they were at **constant** risk of getting **frostbite**. The two men
 قد ارتفاع عالي جدا و اليوم تستخدم التي المعدات المتطورة نفسها لديهم لم يكن
 did not have the same **sophisticated** equipment that is used today, and the extremely high **altitude** could have
 قد اثبت التي الصورة أخذوا حيث للقمة مشاكل طبية خطيرة سبب فعلوها
 caused serious medical problems. They made it to the top where they took the photograph that proved they had
 الذين الفريق بأكمله نجاحه نسب و رجل متواضع كان الأرض على النقطة الأعلى وصلوا
 reached the highest point on earth. Hillary was a **modest** man and **attributed** his success to the whole team who
 الملكة تتويج قبل المملكة المتحدة وصلت الأخبار المحاولة طوال ساعدوه
 supported him throughout the attempt. News reached the United Kingdom just before the **coronation** of Queen
 ولد قد اعتراف دولي و أوسمة خاصة تلقوا المتسلقين فريق إليزابيث
 Elizabeth II and the team of climbers received special medals and international **recognition**. Hillary was born
 لقطب الجنوبي رحلة قاد انجازات سلسلة في أول افرست تسلق و مكتشف
explorer and **conquering** Everest was the first in a series of **achievements**. He led an expedition to the South Pole
 منظمة أسس لاحقا جبال الهملايا قمم أخرى عديدة تسلق و
 and **scaled** several other **peaks** in the Himalayas. He later established the Himalayan Trust, an organisation
 المدارس المستشفيات بناء ساعدت مجتمعات تساعد تعهدتان
 committed to helping the Nepalese Sherpa communities. The trust has helped to build hospitals and schools and
 بالمنطقة ربط المواصلات و وسائل الاتصال طورت قد

has improved communication and transport links to the area.

رقمه بالامتحان الاخير 1-2-3(18m) Answer the following question:

1- How high is Mount Everest?

It is 8,848 m high.

2-How many people took part in the 9th British expedition to Everest?

Over 350 people took part in the expedition.

3- What did Hillary and Tenzing do at the summit of Mount Everest?

They took a photograph.

4-What is the Himalayan Trust?

It is an organisation committed to helping the Nepalese Sherpa communities.

5-When did Hillary and Norgay leave the camp?

They left the camp in April 1953.

6-What was the weather like when Hillary and Norgay left to climb the summit?

It was extreme cold, strong winds, dizzying heights and dangerously low levels of oxygen.

رقمه بالامتحان الاخير 4-5 (10m) Find words in the text which mean the following

1- The gas we need to breathe؟ الغاز الذي نحتاجه للتنفس	Oxygen الأوكسجين
2- Injury caused to the body by very cold temperatures الإصابات التي تصيب الجسم بسبب البرد الشديد	Frostbite تجمد الاصابع
3- Height ارتفاع	Altitude
4- Himalayan people famous for their skill as mountaineers. سكان الهمالايا مشهورون بمهارة التسلق	Sherpa سكان الهمالايا
5- Very great or severe عظيم جدا او شديد	Extreme قاسي
6- Staying the same / not changing يبقى كما هو لا يتغير	Constant ثابت

رقمه بالامتحان الاخير 6-7(12) Rewrite these sentences about the text to correct the information

1- In 1953, Edmund Hillary became the **last** person to reach the summit of Mount Everest

In 1953, Edmund Hillary became the **first** person to reach the summit of Mount Everest.

2- The two men **have** the same sophisticated equipment that is used today.

The two men **did not have** the same sophisticated equipment that is used today.

Vocabulary

Phrasal verbs with come

الفعل المركب	المعنى العربي	الكلمات التي تدل عليها الكلمات التي تدل عليه
Come up against	يواجه	problems
Come up with	يخترع-يجد	Environmentalists/ Scientists
Come out	يظهر-يبدو يشرق-	Sun
Come across	يصادف	camp/ let me know if
Come over	يزور	after school/ next in town/ haven't seen.
Come round	يتعافى-يستعيد وعيه	Operation/ hit her head /,
Come up	يصبح متوفر-يذكر شيء	Job/ name
Come down	يتناقص - ينخفض	price

- 1- When my brother (came round / came up) after his **operation**, he felt fine.
- 2 Why don't you (come out / come over)**after school**? We could visit my grandparents.
- 3- It was cloudy all morning, but in the afternoon the **sun** (came across / came out).
- 4- I've lost my watch. Can you **let me know if** you (come across / come over) it?
- 5- We **haven't seen** you for ages. You must (come over-come out) and see us at the weekend.
- 6- Mobile phones in **price** very quickly (have come down-have come round).They are half the price they were threeyears ago.
- 7-The **price** of DVD players(came down / came round) by 50% last year.
- 8- I've lost my glasses – **let me know if** you (come across / come over) them
- 9- Everything was going very well until they came up (for-against)unexpected **problem**.
- 10- It had been cloudy all morning, but in the afternoon the **sun** (came out-come over).
- 11- As we were walking up the mountain, we (came across-came down) a small **camp** site.
- 12- (Come over –Come across)when you're **next in town**.
- 13- After she fell and **hit her head** on the ice it was ten minutes before she (came up -came round).
- 14- A **job** has (come over-come up) at the polar research centre – I may apply for it.
- 15- I wish the **price** of petrol would (come down-come round).
- 16- When I was talking to my brother yesterday, your **name** (came out-came up) several times.
- 17-**Scientists** have just(come up with –come up against)a new way of reprocessing plastic.
- 18-We've(come up against -come up with) serious **problems** in our plan to recycle rubbish.
- 19- **Environmentalists** are working hard to(come up with-come up against) new ways of saving energy.

Vocabulary**Adjective****Some adjectives beginning with a- cannot be used in front of a noun.**

For example, we can say: **The frightened boy**, but not **The afraid boy**. If we want to use afraid, we have to say: **The boy was afraid**.

الصفة لا يأتي بعدها اسم	المعنى	الصفة يأتي بعدها اسم	المعنى
asleep	نائم	sleeping	نائم
afraid	خائف	frightened	خائف
alight	محترق - مشتعل	burning	محترق
alive	حي	living	حي
alike	متشابه	Similar	متشابه

- 1 -The fire had started when everyone in the house **was(sleep-asleep)** .
- 2 -In less than ten minutes the whole building **was(alight –burn)** .
- 3 -The family escaped, but the parents had to calm their**(afraid-frightened)children**.
- 4 - Some people had minor burns, but fortunately everyone was still**(live-alive)** .
- 5 - The police suspected a crime as there had been four**(similar-alike)fires** in the previous month.
- 6-After the storm there were a lot of **(afraid / frightened) children** and animals.
- 7- Two older children were standing next to the parents. They were very **(afraid-frightened)**of the fire. A policeman offered them some water.
- 8- We were driving home on the motorway yesterday evening when we came across **(a burning-an alight)car**.
- 9- A family was standing by the side of the road. The mother was holding **(a sleeping- an asleep)baby** in her arms. A woman came to ask if they needed any help.
- 10- That was a terrible accident. The driver's lucky to be**(live-alive)** .
- 11- No two people are completely**(alive-alike)** . Everyone is an individual.
- 12- There's no need to be**(afraid-alive)** of flying. Air travel is the safest form of transport.
- 13- My sister and I look very **(alike / alive)**– people often think I'm her.

Grammar

Past perfect الماضي التام

❖ فعل حدث قبل وقت ما في الماضي أو قبل فعل آخر

❖ الشكل

Positive	Negative	Question
I/you/we/they /he/she/it+ had + V3	I/you/we/they/ he/she/it+ hadn't + V3	(Had + I/you/we/they/ he/she/it + V3 ?

By /until تاريخ , Past perfect

- 1- **By** the end of **1854**, about a quarter of the population of Ireland **had left** (leave) for other parts of the world.
 2- **By 1978**, Eddy Merckx **had broken** (break) more records.
 3- **Until 1953**, nobody **had climbed** (climb) Mount Everest, the highest mountain in the world.

Before ماضي بسيط / اسم شخص , Past perfect

Past perfect Before ماضي بسيط

- 1- BEFORE Messner and Habeler, no one **had attempted** (attempt) to climb Everest without oxygen.
 2- BEFORE he set off on his journey, he **had learnt** (learn) how to ride a camel.
 3- My sister and her husband moved into a new flat at the weekend. BEFORE that they **had lived** (live) with her husband's parents.

didn't-couldn't

وجود

- 1- Ruba **didn't** feel very confident about taking her driving test. She **had failed** (fail) twice.
 2- Salah **didn't** recognise his friend, Hani. He **hadn't seen** (not see) him for ten years.
 3- When Laila read the letter she **couldn't** stop smiling. She **had passed** (pass) her exams.
 4- Samer **couldn't** contact his brother, Khaled. He **had switched** (switch) the phone off.
 5- He **didn't** know why Greenchester **had turned** (turn) grey.

بعد الفعل – added – said

- 1- Mrs Chin **said** she **had never done** (never do) paid work.
 2- He **said** they **had always had** (always have) a good social life **and had kept** (keep) in regular touch with their family, friends and neighbours.
 3- He **added** that they **had both been** (both be) involved in farming for most of their lives.

never-always-already -before

وجود احد الظروف التالية مع فعل تصريف ثاني أو تاريخ بالماضي

- 1- The sky, which **had always been** (always be) blue, **was** grey that morning.
 2- In May **1978**, Messner and Habeler **had already made** (already make) two unsuccessful attempts to reach the summit.
 3- James was very nervous when he **arrived** at the airport. He **had never flown** (never fly) before.

- 4- My uncle finally **passed** his driving test. He **had taken** (take) the test three times **already**.
5- Firass **found** it difficult to get up this morning. He **had worked** (work) late the night **before**.

ماضي بسيط , ماضي تام After/ Because/ Although

ماضي تام after/because/although ماضي بسيط

- 1- Tareq **felt** nervous **BECAUSE** he **had never flown** (never fly) before.
2- **ALTHOUGH** it **had been** (be) there for as long as anyone could remember, very few members of the public ever **went** there.

إذا حدث فعلا في الماضي الذي حدث أولا يكون ماضي تام والثاني ماضي بسيط

- 1- I **went** to see Ali in hospital. He **had broken** (break) his leg during a football match.
2- I **went** to the doctor's this morning. I **had felt** (feel) ill during the night.
3- Hillary **returned** to the Himalayas and **set up** a charity to help the local people. He **had befriended** (befriend) many of the **Sherpas**.
4- Hillary and Tenzing **underwent** thorough health checks **when** they returned to base camp. He **had experienced** (experience) extremely cold conditions.
5- Hillary and Tenzing **raised** a flag when they made it to the summit. He **had reached** (reach) the highest point on Earth.
6- Hillary **climbed** Mount Everest **in 1953** as part of a British expedition. He **had attempted** (attempt) several times before.
7- Messner and Habeler **ignored** the warnings that other climbers **had given** (give) them.
8- Three years earlier they **had successfully climbed** (successfully climb) Gasherbrum without oxygen.
9- Later studies **showed** that the disaster **had killed** (kill) over one third of the population of Agadir.
10- One morning the people of Greenchester **woke up** to find that during the night their town **had turned** (turn) grey.
11- My father **retired** last year. He **had worked** (work) for the same company all his life.
12- I **had dreamt** (dream) of visiting China for many years. Last year I **spent** two months there.
14- I **wasn't** surprised that he **fell** asleep at the wheel of his car. He **had driven** (drive) nearly 1,000 kilometres without a break.
15- He **had looked** (look) **for** work for only two weeks. Then **yesterday** he **was** offered two jobs.
16- Everyone **enjoyed** the family celebration. Reem and her sons **had made** (make) all the food themselves.
17- I **hadn't seen** (not see) him for several weeks and I wondered what he **was doing**.
18- The person who **had bumped** (bump) into me **was** my friend Tareq.
19- When the rescue team **arrived**, many areas of the city had been destroyed completely **and** thousands of families **had become** (become) refugees.

Writing

Write your own email to a friend whose family you are going on holiday with.

- Decide on three essential things to take with you.
- Suggest two or three other things that you might find useful.
- Use **informal language** and write about 120-150 words

ملاحظات Tips

Start informal emails with **Hi + name** instead of **Dear + name**.

An informal email can be like a conversation, so you can start with **How are you?**

From: Ahmad

To: Sami

Subject: The holiday

Hi Sami!

How are you doing? How exciting that we're going together on holiday! I was thinking about things we need to take with us. It is very important to take **enough food** and **drinks** because it is very expensive to buy there.

I think we should take some **medicines** in case we get **sick** or **injured**. I also think to bring my **digital camera**, so we can take nice photos while we are staying there. Do you think it is a good idea to take a **battery and lights** in case the light **went off**. I'd **recommend** taking a **ball**, so we can enjoy our time playing football or volleyball. I am so excited about going on holiday with you and your family that is amazing.

Can't wait to see you...

Name (Ahamad)

