Lesson 1

1. Find, circle and write.

2. Write questions. Answer Yes, I do or No, I don’t.

3. Write about the sports.

In cricket, you hit a ball with a bat.
Lesson 2

4 Read and write T (true) or F (false). (See Student’s Book page 15.)

1 You see cricket on the sports tour. ___
2 You see crocodiles on the city tour. ___
3 You see waterfalls on the outback tour. ___
4 You see kangaroos on the rainforest tour. ___
5 You see rugby on the sports tour. ___
6 You see koalas on the rainforest tour. ___

5 Read and write. Invent your own city tour.

My city tour
On this tour, we visit the fantastic city of Madrid.
We visit the famous Prado Museum and walk in the beautiful Retiro Park.
We also visit Madrid Zoo. It’s famous for its panda bears.

My city tour
On this tour, we visit (1) 
(2) and walk (3) 
We also visit (4) 
It’s famous for (5) 

6 Listen and complete. Write.

1 I want to go on the (sports) tour to go surfing.
2 I want to go on the ______ tour to ______.
3 I want to go on the ______ tour to ______.
4 I want to go on the ______ tour to ______.

And you? I ______.
Lesson 3

Read the story and write the answers.
(See Student’s Book page 16.) Ask and say.

Picture 1: What have they got on their bikes? They’ve got everything. ________________

Picture 2: What does Natalie do when they stop? ________________________________

Picture 3: What are they eating? ________________________________

Picture 4: Where are they staying? ________________________________

Picture 5: What’s Jack doing? ________________________________

Picture 6: What stings Mum’s ankle? ________________________________

Picture 7: Who’s saying ‘well done’ to Jack? ________________________________

Picture 8: Where are they? ________________________________

Picture 9: What’s Jack still doing? ________________________________

Read and write. (See Student’s Book page 16.)

How to treat scorpion stings

- Wash the (1) _______ poison _______ away with (2) ________________.
- Put the sting in (3) ________________ water.
- Make the person lie down with their (4) ________________ above the (5) ________________.
- Use a (6) ________________ to stop the poison spreading.

Read and circle. Write a review of the story. Tell your family about the story.

1 The story is a travel story/ a detective story.

2 The story is about a car journey across the USA / bike ride across Australia.

3 Natalie and her family go from Sydney to Adelaide / Adelaide to Sydney.

4 The distance is 1,400 kilometres / 1,600 kilometres.

5 The journey takes 20 days / 30 days.

6 They raise 10,000 dollars / 3,000 dollars for charity.

The story is a travel story about a _____________________________.

Natalie and her family _____________________________.

The distance ________________ and the journey ________________.

They raise ________________ for charity.

I think Natalie and her family are _____________________________.

My favourite part of the story is when _____________________________.

I ________________ this story. It’s _____________________________.

Read and write. (See Student’s Book page 16.)

sting cold poison heart bandage soap
Lesson 4

10 Write sentences. (See Student’s Book page 18.)

1 (wear) She’s wearing a helmet.  He isn’t wearing a helmet.
2 (wear)
3 (cycle)
4 (listen)

11 Read and write. Be a grammar detective!

Present continuous tense
• We use the present continuous to talk about things that are happening now.
• We make the present continuous with the verb + ing e.g. play → playing.
• We take away the final e e.g. cycle → cycling, write → writing.
• We double the consonant after one vowel, one consonant e.g. run → running, hop → hopping.

1 read   reading
2 fly
3 swim
4 sit
5 watch
6 use
7 hit
8 take
9 make
10 put
11 walk
12 come

12 Write true sentences about now.

1 (write) I’m writing.
2 (cycle) I’m not cycling.
3 (wear)
4 (run)
5 (play)
6 (listen)
Lesson 5

13 Remember and write. Listen, underline /aɪ/ and /eɪ/ and count.

Eileen

Adrian

Which vowels do we pronounce /aɪ/ in the sentences? _____________________________
Which vowels do we pronounce /eɪ/ in the sentences? _____________________________

Write questions and answers.

1 (play badminton) Is he playing badminton? _____________________________
No, he isn’t. He’s surfing.

2 (snowboard) _____________________________

3 (play cricket) _____________________________

4 (play rugby) _____________________________

5 (play badminton) _____________________________

6 (surf) _____________________________

Find the differences. Write sentences. Tell your family about the pictures.

A

1 A boy is kayaking.

2 Two girls

3

B

1

2

3
Lesson 6

Read and match. (See Student’s Book page 20.)

1. You use a surfboard with a large sail.  
2. You play this in a team and score goals.  
3. A motor boat pulls you through the water.  
4. You discover the world under the sea.  
5. You ride the waves on a surfboard with a kite.  
6. You paddle in a raft on a river with six or eight other people.

Listen and match. Write.

The Tiger Tracks SLN members tell Steve about water sports they want to try.

I want to try ________________________.

Lesson 7

Everyday chit-chat

Read and complete the dialogue in your own words. Act out.

You: Good (1) __________ afternoon __________. I’d like to find out about (2) __________________ coaching.

Man: Can (3) _______________________? Or are you a beginner?

You: (4) I ________________________.

Man: Well, we have (5) __________________ once a week. It’s after school every (6) ______________________ at _________________________.

You: That’s perfect.
Lesson 8

Read and write the missing words. (See Student’s Book page 22.)

heart  breathe  lungs  muscles  blood  joints  muscles

1 When you do exercise, you ______ breathe ______ fast.
2 Your ______ pumps ______ around your body.
3 The blood carries oxygen from your ______ to your ______.
4 Your ______ help your ______ to move.

Complete the table. Write sentences. (See Student’s Book page 22.)

<table>
<thead>
<tr>
<th>Good for …</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic exercise</td>
<td>heart  swimming,</td>
</tr>
<tr>
<td>Strength training</td>
<td></td>
</tr>
<tr>
<td>Flexibility training</td>
<td></td>
</tr>
</tbody>
</table>

1 Aerobic exercise is good for your heart. Examples are swimming, __________________________.
2 __________________________
3 __________________________

Listen and complete the table.

Steve is asking the Tiger Tracks SLN members about their favourite kind of exercise and sport they do to get it.

<table>
<thead>
<tr>
<th>Favourite kind of exercise</th>
<th>Rosa</th>
<th>Sita</th>
<th>Lisa</th>
<th>Duncan</th>
<th>Joseph</th>
</tr>
</thead>
<tbody>
<tr>
<td>aerobic exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport</td>
<td>football</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Write about you. Tell your family.

My favourite kind of exercise is __________________________.
I __________________________ to get __________________________.

My opinion
### Project: Do I get enough exercise?

**23 Read Duncan’s project and complete his exercise diary.**  
(See Student’s Book page 23.)

<table>
<thead>
<tr>
<th>Activities</th>
<th>Approximate time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday walk to school and back home</td>
<td>1 hour 30 minutes</td>
</tr>
<tr>
<td>play in break time</td>
<td></td>
</tr>
<tr>
<td>Tuesday play in break time</td>
<td>30 minutes 30 minutes</td>
</tr>
<tr>
<td>Wednesday walk to school and back home</td>
<td>30 minutes 30 minutes</td>
</tr>
</tbody>
</table>

**24 Complete your exercise diary.**

<table>
<thead>
<tr>
<th>Activities</th>
<th>Approximate time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
</tbody>
</table>

**25 Read your exercise diary and write a report.**

**Think!**
- Use a new sentence to write about each day or place where you do exercise.

**Remember!**
- Use the present tense to write about what you do every day.
- Use the present continuous tense to say what you’re doing in the photos.

**Writing Tip!**
- Use **on** for days of the week; use **at** for break time and the weekend.

Every week, I get ...
Unit review and self-assessment

26 Listen and number. Write the names of the sports.

1 It’s scuba diving.

2 It’s ______________________.

3 It’s ______________________.

4 It’s ______________________.

5 It’s ______________________.

6 It’s ______________________.

7 It’s ______________________.

8 It’s ______________________.

9 It’s ______________________.

10 It’s ______________________.

27 Look and write sentences.

1 They’re kayaking.

2 ______________________.

3 ______________________.

4 ______________________.

5 ______________________.

6 ______________________.
28. Look and write questions and answers

1. (Sam / bowling) Is Sam bowling? Yes, he is.
2. (Emily / football) Is Emily playing football? Yes, she is.
3. (Becky / sailing) Is Becky sailing? Yes, she is.
4. (Chris / badminton) Is Chris playing badminton? Yes, he is.
5. (Henry / cricket) Is Henry playing cricket? Yes, he is.

29. Read and write the answers. (See Student’s Book page 20.)

1. What’s the capital of Australia? Sydney
2. How many square kilometres is Australia? 7,692,024
3. Which two animals are the symbols of Australia? Kangaroo and Koala
4. What’s the popular name for the Sydney Harbour Bridge? The Harbour Bridge
5. How high is Uluru? 348 metres
6. How many sheep are there in Australia? 20 million

30. Answer the questions. (See Student’s Book page 22.)

1. What is one positive effect of regular exercise? You build strong muscles.
2. What is aerobic exercise good for? It improves cardiovascular health.
3. What is strength training good for? It builds muscle strength and endurance.
4. What is flexibility training good for? It improves mobility and reduces risk of injury.

Assess your work in Unit 2.

Look and circle. ☺ ☻ ☼ ☿ ☽

Complete your Progress Journal for Unit 2.