



Unit 9: Fit and Healthy

Grade 8 | Semester 2



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Part 1: Unusual Sports (Reading & Introduction)



Text: Unusual Sports

Read the full text about two unique sports found in the book.

1. Cycle Ball (Radbball)

"Cycle ball, or radball, is basically playing football on a bike in a gym. There are two players in each team. They **have to** hit the ball with their heads or the front wheels of their bikes. They **mustn't** put their feet on the ground at any time. The goalkeepers can use their hands to defend, but the other players **mustn't** touch the ball with their hands. It's simple and fun, but you **must** be good at riding a bike if you want to play radball."

Arabic Translation (كرة الدراجات)

كرة الدراجات، أو رادبول، هي في الأساس لعب كرة القدم وأنت تتركب دراجة داخل صالة رياضية. يوجد لاعبان في " (mustn't) ضرب الكرة برؤوسهم أو بالعجلات الأمامية لدراجاتهم. لا يسمح لهم (have to) كل فريق. يجب عليهم بوضع أقدامهم على الأرض في أي وقت. يمكن لحراس المرمى استخدام أيديهم للدفاع، لكن اللاعبين الآخرين ممنوعون أن تكون جيداً في ركوب الدراجة إذا كنت تريد لعب (must) من لمس الكرة بأيديهم. إنها بسيطة وممتعة، لكن يجب "الرادبول"

2. Sandboarding (Sand Surfing)

"If you enjoy spending time in the desert, sandboarding, also known as sand surfing, could be the sport for you! It is similar to snowboarding and skateboarding, but sandboarders **have to** find some sand. All you need is a sandboard and some sand dunes. It's great fun and it will keep you fit and healthy. Before you surf down the dune, you **have to** climb to the top, carrying your sandboard! Choose a place to surf where it is only dry sand. You **mustn't** surf on desert grass. You **don't have to** wear special clothes, but it's a good idea to wear a helmet."

Arabic Translation (التزلج على الرمال)

إذا كنت تستمتع بقضاء الوقت في الصحراء، فقد يكون التزلج على الرمال هو الرياضة المناسبة لك! إنها تشبه التزلج على الجليد والتزلج بالألواح، ولكن يجب على المتزلجين على الرمال العثور على بعض الرمال. كل ما تحتاجه هو لوح تزلج وبعض الكتيبان الرملية. إنها ممتعة للغاية وستحافظ على لياقتك وصحتك. قبل أن تتزلج أسفل الكتيبان الرملية، عليك بالتزلج (mustn't) الصعود إلى القمة حاملاً لوحك! اختر مكاناً للتزلج فيه رمال جافة فقط. لا يسمح لك (have to) لارتداء ملابس خاصة، لكن من الجيد ارتداء خوذة (don't have to) على العشب الصحراوي. لست مضطراً

Part 2: Grammar - Modals of Obligation

The Rule: Must vs. Have to vs. Mustn't

We use these verbs to talk about rules, laws, and necessity.

شرح القاعدة بالعربية:

- **Must / Have to:** (شيء ضروري جداً).
- **Don't have to:** (نستخدمها لعدم الضرورة (شيء اختياري، لست مجبراً عليه).
- **Mustn't:** (نستخدمها للمنع والتحريم (ممنوع فعله).

Modal Verb	Usage	Example	Arabic
Must / Have to	It is necessary.	You must be fit.	يجب عليك.
Don't have to	It is NOT necessary.	You don't have to wear a uniform.	(لست مضطراً (اختياري).
Mustn't	It is NOT allowed.	You mustn't touch the ball with hands.	(ممنوع (لا تفعل).

Grammar Check:

1. You _____ (must / mustn't) use your mobile phone in class. (Answer: mustn't)
2. We _____ (have to / don't have to) go to school on Friday. It's a holiday. (Answer: don't have to)

Part 3: Vocabulary - Sports & The Body

Sports Verbs (Do, Go, Play)

Verb	Rule	Examples	Arabic
Play	Team sports / Ball games	Basketball, Hockey, Rugby, Tennis, Volleyball	يلعب

Go	Activities ending in -ing	Climbing, Cycling, Mountain biking, Swimming	يذهب لـ
Do	Individual sports / Exercises	Aerobics, Athletics, Karate	يمارس / يقوم بـ

📌 Parts of the Body (أجزاء الجسم)

English Word	Part of Speech	Arabic Meaning
Ankle	Noun	كاحل
Arm	Noun	ذراع
Back	Noun	ظهر
Elbow	Noun	(مرفق) كوع
Finger	Noun	إصبع اليد
Knee	Noun	ركبة
Neck	Noun	رقبة
Shoulder	Noun	كتف
Stomach	Noun	معدة / بطن
Toe	Noun	إصبع القدم
Wrist	Noun	(رسغ) معصم



Part 4: Grammar - Giving Advice



The Rule: Should / Shouldn't

We use *should* to say something is a **good idea**.

تشرح القاعدة بالعربية:

(“للنصيحة (بمعنى "ينبغي" should نستخدم

Type	Structure	Example	Arabic
Advice (+)	Subject + should + Verb	You should drink water.	ينبغي أن تشرب الماء.
Advice (-)	Subject + shouldn't + Verb	You shouldn't eat sweets.	لا ينبغي أن تأكل الحلوى.

Text: What should you do to get fit?

- **Do it every day:** Exercise **should** be part of your daily routine. You **shouldn't** take the lift; use the stairs.
- **Make sure it's fun:** You **should** do a sport, but you **shouldn't** do one you dislike.
- **Take care of yourself:** You **should** always warm up before you start.

Part 5: Speaking - Talking about Illness

Functional Language

Phrases for health and visiting the doctor.

Function	Phrase	Arabic Meaning
Asking	What's the matter?	ما المشكلة؟
Symptoms	I've got (a headache / earache).	(لدي) (صداع / ألم أذن).
	My (leg) hurts.	(ساقِي) تؤلمني.
	I feel sick.	أشعر بالمرض/الغثيان.
	I have a sore throat.	لدي احتقان في الحلق.
Sympathy	I hope you feel better soon.	أتمنى أن تتحسن قريباً.
	Get well soon.	بالشفاء العاجل.

Part 6: Reading - Astronauts (Full Text)

Text: Can anyone be an astronaut?

Below is the full text from the lesson Q&A.

1. So you want to go to space?

"Can anyone be an astronaut? Of course not. If you want to be an astronaut, you **have to** be able to speak English. You **don't have to** have a Science degree, but most astronauts do. Most of them are pilots, too. Life in a spaceship is physically and mentally hard, so you **must** have a healthy body and mind."

Arabic:

هل يمكن لأي شخص أن يكون رائد فضاء؟ بالطبع لا. إذا كنت تريد أن تكون رائد فضاء، يجب أن تكون قادرًا على التحدث باللغة الإنجليزية. لست مضطراً للحصول على شهادة في العلوم، لكن معظم رواد الفضاء لديهم ذلك. معظمهم طيارون أيضاً. الحياة في مركبة فضائية صعبة جسدياً وعقلياً، لذا يجب أن تتمتع بجسم وعقل سليمين."

2. What's the training like?

"Candidates have to train for a year. They practise space walking and living in zero gravity. They train in extreme conditions with limited equipment and food to learn how to solve problems and to work in a team. Everyday tasks like eating, washing and sleeping can be complicated. There is no running water. It's hard to enjoy the dry food that astronauts have to eat. And to sleep, you **must** cover your eyes, because on the International Space Station (ISS) the sun rises every 90 minutes. You also **have to** attach yourself to something so you don't fly away!"

Arabic:

يجب أن يتدرب المرشحون لمدة عام. يتدربون على المشي في الفضاء والعيش في انعدام الجاذبية. يتدربون في ظروف قاسية بمعدات وطعام محدودين لتعلم كيفية حل المشكلات والعمل ضمن فريق. المهام اليومية مثل الأكل والغسيل والنوم يمكن أن تكون معقدة. لا توجد مياه جارية. من الصعب الاستمتاع بالطعام الجاف الذي يتعين على رواد الفضاء تناوله. وللنوم، يجب أن تغطي عينيك، لأن الشمس تشرق كل 90 دقيقة في محطة الفضاء الدولية. عليك أيضاً ربط نفسك بشيء "لما حتى لا تطير بعيداً"

3. What health problems do astronauts have?

"Life in zero gravity causes changes to our bodies. Bones and muscles become thin and weak, so you **must** do a lot of exercise to stay fit and to help the heart move blood around your body. Astronauts often get backache because you grow in space! It's also common to have headaches and to feel sick, especially at the beginning. You **have to** take vitamins to replace fresh fruit and vegetables. But you **don't have to** put on sun cream because space suits protect your skin from radiation."

Arabic:

الحياة في انعدام الجاذبية تسبب تغييرات في أجسامنا. تصبح العظام والعضلات نحيفة وضعيفة، لذا يجب عليك القيام بالكثير من التمارين للحفاظ على لياقتك ولمساعدة القلب على ضخ الدم في جميع أنحاء جسمك. غالباً ما يصاب رواد الفضاء بالآلام الظهر لأنك تنمو (يزداد طولك) في الفضاء! من الشائع أيضاً الإصابة بالصداع والشعور بالغثيان، خاصة في البداية. عليك تناول الفيتامينات لتعويض الفاكهة والخضروات الطازجة. لكنك لست مضطراً لوضع واقي الشمس لأن

"بدلات الفضاء تحمي بشرتك من الإشعاع"

4. Can you play sports in space?

"According to the National Aeronautics and Space Administration (NASA), astronauts on board the ISS spend most of their time working and exercising. They also enjoy playing sports like baseball and basketball. As you can imagine, playing ball games in zero gravity is not the same as on Earth, but it's still fun!"

Arabic:

وفقاً لوكالة ناسا، يقضي رواد الفضاء على متن محطة الفضاء الدولية معظم وقتهم في العمل وممارسة الرياضة. يستمتعون أيضاً بممارسة رياضات مثل البيسبول وكرة السلة. كما يمكنك أن تتخيل، لعب ألعاب الكرة في انعدام الجاذبية ليس مثل الأرض، لكنه لا يزال ممتعاً

Reading Questions

Level 1: Support (Direct Recall)

1. **Do you need to speak English to be an astronaut?**
 - **Answer:** Yes, you have to be able to speak English.
2. **How often does the sun rise on the ISS?**
 - **Answer:** Every 90 minutes.
3. **Why do astronauts have to attach themselves when sleeping?**
 - **Answer:** So they don't fly away.

Level 2: Core (Understanding Details)

1. **Why is life in a spaceship described as "mentally hard"?**
 - **Answer:** Because you work in extreme conditions, solve problems, have limited food/equipment, and everyday tasks are complicated.
2. **Why do astronauts take vitamins?**
 - **Answer:** To replace fresh fruit and vegetables which they cannot eat easily in space.
3. **Why don't astronauts need sun cream?**
 - **Answer:** Because their space suits protect them from radiation.

Level 3: Extension (Inference & Analysis)

1. **The text says astronauts "grow" in space. Based on your knowledge of gravity, why do you think this happens?**
 - **Answer:** Because there is zero gravity pushing down on the spine, so the spine expands/stretches, making them taller.
2. **Why is teamwork specifically mentioned as part of the training?**
 - **Answer:** Because astronauts live in a small, dangerous environment where they must rely on each other to solve problems and survive.

Part 7: Writing - An Online Forum Post

Writing Skill: Explaining a Problem & Asking for Advice

Task: Write a post for a student forum describing a health problem (diet, sleep, stress) and asking for help.

Grammar Focus: "Too" vs "Also"

Both words mean "in addition" (أيضاً), but we place them differently in the sentence.

 شرح قواعد الكتابة (Too / Also):
الكلمتان لهما نفس المعنى، لكن مكانهما في الجملة يختلف.

1. Also (أيضاً)

- **Position:** Before the main verb OR after "be" (am/is/are).
- *Example 1:* I **also** have no energy. (Before main verb 'have').
- *Example 2:* My diet is **also** unhealthy. (After 'is').

2. Too (أيضاً)

- **Position:** Usually at the very **end** of the sentence.
- *Example:* I find it difficult to concentrate, **too**.

Writing Plan (Structure)

1. **The Problem:** What is wrong? (Use Present Simple).
 - *I don't get enough sleep.*
2. **The Consequence:** How does it affect you? (Use 'Also').
 - *I **also** feel tired in class.*
3. **Past Action:** What did you try? (Use Past Simple).
 - *I tried reading a book, but it didn't work.*
4. **Request:** Ask for advice.
 - *Have you got any suggestions?*

Model Text: Forum Post

Topic: Problems Sleeping

Subject: Need help with sleeping!

Posted by: Student88

"I have a big problem with sleeping. I never manage to go to bed early during the week. This means I am always tired in the morning.

I **also** find it hard to concentrate in class. My grades are going down, **too**.

The truth is, I use my phone in bed. I tried leaving my phone in another room, but I couldn't do it!

Has anyone got any experience of this? Please give me some advice!"

Nisreen Al Daajah