

# Jordan High Note - Grade 8 Semester 1

## Unit 1 Summary The things we do

### Lesson 1A: Vocabulary and Grammar

This lesson introduces the **Present Simple tense** and the vocabulary needed to talk about **daily routines**.

#### Vocabulary: Daily Routines المفردات: الروتين اليومي

Here are common phrases used to describe daily activities.

English Phrase	Arabic Phrase	Examples
get up	يستيقظ	I <b>get up</b> at 6 a.m.
do exercise	يمارس الرياضة	In China, we <b>do exercise</b> before school.
have dinner	يتناول العشاء	We <b>have dinner</b> at 9.30 in the evening.
do homework	يحل الواجبات	And then I <b>do my homework!</b>
go to bed	يذهب النوم	I <b>go to bed</b> at 10!
get home	يصل للمنزل	I <b>get home</b> at 9 p.m.
go to school/work	يذهب للمدرسة/العمل	Students don't <b>go to school</b> on Saturdays.
have lessons	يأخذ دروساً	I have extra <b>lessons</b> .
get dressed	يرتدي ملابسه	I <b>get dressed</b> after the shower
have a shower	يستحم	I <b>have a shower</b> in the morning .
have breakfast/lunch	يتناول الفطور/الغداء	I <b>have breakfast</b> at 9 !

## Grammar: Present Simple (Affirmative and Negative)

The **Present Simple** is used to talk about:

1. **Regular activities and routines** (things we do often).
  - *Example:* We **have** dinner at about 7 p.m. at weekends.
2. **Facts** (things that are generally true).
  - *Example:* Our school **has** 600 students.

### Structure

Subject	Affirmative (+)	Negative (-)
I / You / We / They	I <b>play</b> chess. We <b>get up</b> at 10 a.m.	You <b>don't</b> get much homework. They <b>don't have</b> lessons on Sundays.
He / She / It	My cousin <b>lives</b> in the UK. My mum <b>goes</b> to work at 7.30 a.m.	He <b>doesn't go</b> to my school. It <b>isn't</b> unusual in Spain.

### Spelling Rules for *he/she/it*

- **Most verbs:** Add **-s**. (live → lives, play → plays)
- **Verbs ending in -o, -ch, -sh, -s, -x:** Add **-es**. (go → goes, watch → watches)
- **Verbs ending in a consonant + y:** Change **y** to **i** and add **-es**. (study → studies)

### Exercises تدريبات

#### # Choose the correct words.

1. Lan-Fen *goes / doesn't go* to a very big school. (Answer: **goes**)
2. Yuna *starts / doesn't start* school at 6 a.m. (Answer: **starts**)
3. Rakan *has / doesn't have* dinner at about 7 p.m. (Answer: **has**)
4. Aiden *plays / doesn't play* chess at the weekend. (Answer: **plays**)

## Lesson 2A: Vocabulary

This lesson expands your vocabulary to include **free-time activities** and **frequency expressions**.

### Vocabulary: Free-time Activities and Frequency Expressions

Free-time Activities	تعبيرات وقت الفراغ
hang out with friends	يقضي وقتًا مع الأصدقاء
go shopping	يذهب للتسوق
go to a friend's house	يذهب إلى منزل صديق
go to the park	يذهب إلى الحديقة
play computer games	يلعب ألعاب الكمبيوتر
play games on your mobile	يلعب ألعابًا على هاتفك
play a sport (e.g., tennis, football)	(يمارس رياضة (مثل التنس، كرة القدم
listen to music	يستمتع للموسيقى
read books	يقرأ الكتب
watch TV or films	يشاهد التلفاز أو الأفلام
write a blog	يكتب مدونة

Frequency Expressions	تعبيرات التكرار
once a day / week / month / year	مرة في اليوم / الأسبوع / الشهر / السنة
twice a day / week / month / year	مرتين في اليوم / الأسبوع / الشهر / السنة
three/four times a...	...ثلاث/أربع مرات في

## Exercise: Fawzi's Diary

Look at the diary and complete the sentences using frequency expressions.

Day	Time	Activity
Sunday	4 p.m. 6 p.m.	homework tennis lesson
Monday	4 p.m. 5:30 p.m.	homework football
Tuesday	4 p.m. 6 p.m.	homework tennis lesson
Wednesday	4 p.m. 6 p.m.	homework art club
Thursday	4 p.m. 5:30 p.m.	homework football
Friday	9 a.m. 4 p.m.	make breakfast go to the park
Saturday	9:30 a.m. 6 p.m.	football watch a film

1. He has a tennis lesson **twice a week**.
2. He plays football **three times a week**.
3. He goes to the park **once a week**.
4. He does homework **five times a week**.
5. He goes to art club **once a week**.

## Lesson 3A: Grammar

This lesson focuses on **Adverbs of Frequency** and forming **questions in the Present Simple**.

### Grammar: Adverbs of Frequency (ظروف التكرار)

These adverbs describe *how often* an action happens. They are placed differently depending on the verb.

(0%) **never** < **hardly ever** < **sometimes** < **often** < **usually** < **always** (100%)

- **Position 1: Before the main verb.**

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- Example: You **often check** your phone for new messages.
- Example: I **hardly ever watch** football on TV.
- **Position 2: After the verb be (am, is, are).**
  - Example: You **are never** without your phone.
  - Example: My phone **is always** in my pocket.

### Grammar: Present Simple Questions (أسئلة المضارع البسيط)

To ask questions, we use the auxiliary verbs **do** and **does**.

Question Type	I / You / We / They	He / She / It
<b>Yes/No Questions</b>	<b>Do</b> you go out on Saturdays? Yes, I do. / No, I don't.	<b>Does</b> he work at weekends? Yes, he does. / No, he doesn't.
<b>Wh- Questions</b>	<b>What time do</b> you get up? <b>Where do</b> you hang out?	<b>How does</b> your dad go to work? <b>How often does</b> your best friend text you?

**Important Note:** In questions with does, the main verb does **not** have an -s ending. (e.g., "Does he work?", not "Does he works?").

### Exercises تدريبات

# Put the words in the correct order to make questions. Then ask and answer.

1. games / Does / on / your / her / sister / phone? / play **Does your sister play games on her phone?**
2. does / often / How / sport? / play / dad / your **How often does your dad play sport?**
3. write / you / a / blog? / Do **Do you write a blog?**
4. shopping? / often / do / you / go / How **How often do you go shopping?**
5. friends? / with / you / hang / out / do / your / Where **Where do you hang out with your friends?**

## Lesson 4A: Reading and Vocabulary

This lesson involves reading a text about **stereotypes** of teenagers and learning related **phrasal verbs**.

### Reading: STEREOTYPES! ARE THEY TRUE?

قراءة: هل الصور النمطية صحيحة؟

A stereotype is a fixed, general idea that many people have about a type of person. Are these stereotypes about teenagers true?

1 EMAN on 'They aren't interested in the real world.'

My dad often says this about me. It's true that I hardly ever read newspapers. But I read the news online every day. And it isn't all stuff about my favourite actors! At school, we also talk about important events or problems. And we often look up more information about them online.

"إيمان عن "المراهقون غير مهتمين بالعالم الحقيقي كثيراً ما يقول أبي هذا عني. صحيح أنني نادراً ما أقرأ الصحف. لكنني أقرأ الأخبار على الإنترنت كل يوم. وهي ليست كلها عن ممثلي المفضلين! في المدرسة، نتحدث أيضاً عن الأحداث أو المشاكل المهمة. وغالباً ما نبحث عن مزيد من المعلومات عنها عبر الإنترنت.

2 OSAMA on 'They're only interested in computer games.'

Do people really think this is true? It's a really old and boring stereotype. I love doing all kinds of things: from playing football to reading books about history. My brother is only 13 and he's the same. When my parents put on the TV we usually want to watch the same things.

"أسامة عن "المراهقون مهتمون فقط بألعاب الكمبيوتر هل يعتقد الناس حقاً أن هذا صحيح؟ إنها صورة نمطية قديمة ومملة حقاً. أحب القيام بكل أنواع الأشياء: من لعب كرة القدم إلى قراءة كتب عن التاريخ. أخي يبلغ من العمر 13 عاماً وهو مثلي. عندما يشغل والداي التلفاز، عادة ما نرغب في مشاهدة نفس الأشياء.

3 HAMED on 'They don't think about the future.'

The problem is, they think I am not serious enough about my future job. I think I have lots of interesting ideas about my future, but my friends and hobbies are more important right now. When I get back from school, I don't always want to be serious. We all need to relax sometimes!

"حامد عن "المراهقون لا يفكرون في المستقبل المشكلة هي أنهم يعتقدون أنني لست جاداً بما فيه الكفاية بشأن وظيفتي المستقبلية. أعتقد أن لدي الكثير من الأفكار المثيرة للاهتمام حول مستقبلي، لكن أصدقائي وهواياتي أكثر أهمية الآن. عندما أعود من المدرسة، لا أريد دائماً أن أكون جاداً. كلنا بحاجة إلى الاسترخاء أحياناً

4 MARIAM on 'They don't do any exercise.'

This isn't true! I play sports at school twice a week. I get up at eight on Saturdays and I play

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volleyball in a team. I usually cycle to school and when I go out, I hardly ever eat fast food. Of course, some teenagers stay in all the time and their only hobby is TV or computer games.

"مريم عن "المراهقون لا يمارسون الرياضة

هذا ليس صحيحًا! أنا أمارس الرياضة في المدرسة مرتين في الأسبوع. أستيقظ في الثامنة صباح يوم السبت وألعب الكرة الطائرة في فريق. وعادةً ما أذهب إلى المدرسة بالدراجة، وعندما أخرج، نادرًا ما أكل الوجبات السريعة. بالطبع، بعض المراهقين يبقون في المنزل طوال الوقت وهو أيتهم الوحيدة هي التلفاز أو ألعاب الكمبيوتر.

### Vocabulary: Phrasal Verbs from the Text

Phrasal Verb	Meaning in English	Arabic
get back	to return to a place	يعود
look up	to find information in a book or on a computer	يبحث عن معلومة
stay in	to not leave your home	يبقى في المنزل
put on	to play something, such as a song, film, or TV show	(يشغل) أغنية، فيلم، برنامج

### Lesson 5A: Speaking

This lesson provides phrases for **talking about likes and dislikes**, centered around a dialogue about buying a gift.

#### Dialogue: Deciding on a present اختيار هدية حوار:

*Fatima and her Mum are discussing a graduation present for her brother, Faisal.*

Mum: He enjoys playing computer games. What about a game?

Fatima: They're expensive! And anyway, I can't stand playing computer games.

Mum: OK, but this is a present for Faisal, not for you...

Fatima: What kind of books does he like reading?

Mum: I know, he loves going to sports events. What about two tickets to see a football match?

Fatima: Actually, that's a good idea. I quite like watching football.

Mum: Um, yes... But Faisal has other friends, Fatima. Remember, it's his graduation.

Fatima: Yeah, but I don't like staying in. Thanks, Mum!

## SPEAKING | Phrases for Likes and Dislikes

Use these structures to express your feelings about activities. Notice that the verb following these phrases is usually in the **-ing** form.

Category	English Phrase	Arabic Phrase
Asking about Likes	What's your favourite film? What kind of books does he like reading? Does he enjoy reading short stories?	ما هو فيلمك المفضل؟ ما نوع الكتب التي يحب قراءتها؟ هل يستمتع بقراءة القصص القصيرة؟
Strong Liking (Love)	He <b>loves going</b> to sports events.	هو يحب الذهاب للفعاليات الرياضية.
Liking (Enjoy/Like)	He <b>enjoys playing</b> computer games. You <b>like reading</b> (a lot).	هو يستمتع بلعب ألعاب الكمبيوتر. أنت تحب (القراءة كثيرا).
Mild Liking (Quite Like)	I <b>quite like watching</b> football.	أنا أحب مشاهدة كرة القدم إلى حد ما.
Neutral (Don't Mind)	I <b>don't mind staying</b> in on Saturdays.	لا أمانع البقاء في المنزل أيام السبت.
Disliking (Don't Like)	I <b>don't like staying</b> in on Saturdays.	أنا لا أحب البقاء في المنزل أيام السبت.
Strong Disliking (Hate / Can't Stand)	I <b>can't stand playing</b> computer games. I <b>hate doing</b> exercise.	أنا لا أطيق لعب ألعاب الكمبيوتر. أنا أكره ممارسة الرياضة.

## Lesson 6A: Listening and Vocabulary

This lesson focuses on understanding a **personal podcast** and learning key **verbs with prepositions**.

### Listening: Alia's Personal Podcast

استماع: بودكاست علياء الشخصي

Podcast Summary:

Alia hosts a personal podcast where she asks friends and family about their "guilty pleasures"—things they enjoy doing but don't usually tell anyone.

- **Lama:** She secretly enjoys reading magazines. She likes to look at the pictures

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and dream about the different places.

- **Nawal:** She enjoys sleeping late on Saturday mornings. Her parents go to work and her sister has a tennis lesson, so she has the house to herself.
- **Zeina:** She secretly likes watching reality TV shows. Her sister doesn't agree with her and thinks they are silly, so Zeina waits for her parents to go to work to watch them.

ملخص البودكاست:

تقدم علياء بودكاست شخصي تسأل فيه أصدقائها وعائلتها عن "متعهم الخفية" — الأشياء التي يستمتعون بفعلها ولكنهم لا يخبرون أحداً عنها عادةً.

- **لمى:** تستمتع سرّاً بقراءة المجلات. تحب أن تنتظر إلى الصور وتحلم بالأمكن المختلفة.
- **نوال:** تستمتع بالنوم لوقت متأخر صباح يوم السبت. يذهب والداها إلى العمل وأختها لديها درس تنس، فتكون في المنزل بمفردها.
- **زينة:** تحب سرّاً مشاهدة برامج تلفزيون الواقع. لا تتفق أختها معها وتعتقد أنها سخيفة، لذلك تنتظر زينة. ذهاب والديها إلى العمل لمشاهدتها.

### Vocabulary: Verbs + Prepositions

Certain verbs are commonly followed by specific prepositions.

English Phrase	Arabic Phrase
look at (the pictures)	(ينظر إلى) الصور
dream about (different places)	(يحلم بـ) أماكن مختلفة
listen to (podcasts)	(يستمع إلى) البودكاست
tell (anyone) about (my extra sleep)	(يخبر (أي شخص) عن (نومي الإضافي)
agree with (me)	(يتفق مع (ي)
wait for (my parents to go)	(ينتظر (ذهاب والدي

### Exercise تمرين

# Complete the sentences with the correct prepositions.

1. They don't really enjoy reading magazines - they prefer listening **to** podcasts.
2. I never tell anyone **about** my extra sleep.
3. My sister doesn't agree **with** me.
4. I wait **for** my parents to go to work.
5. I look **at** the pictures and dream **about** the different places.

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## Lesson 7A: Writing

This lesson guides you through writing a **three-paragraph personal profile**.

### Model Text: I'M DANA

نموذج : أنا دانا

Paragraph 1: Introduction (مقدمة)

I'm 14 and I'm from Jordan. I live with my parents and my sister in a village. My sister and I go to the same school.

عمري 14 سنة وأنا من الأردن. أعيش مع والدي وأختي في قرية. نذهب أنا وأختي إلى نفس المدرسة.

Paragraph 2: Daily Routine (روتين يومي)

On schooldays I get up at 7 a.m. I usually get home at 2.30 p.m., but on Mondays and Wednesdays I don't get back until 5 p.m. because I go to volleyball and gym clubs after school. My favourite is gym club, but I'm not always very good at it.

في أيام الدراسة، أستيقظ في الساعة 7 صباحًا. عادةً ما أعود إلى المنزل في الساعة 2:30 مساءً، لكن في يومي الاثنين والأربعاء لا أعود حتى الساعة 5 مساءً لأنني أذهب إلى نوادي الكرة الطائرة والجمباز بعد المدرسة. نادي الجمباز هو المفضل لدي، لكنني لست دائمًا جيدة جدًا فيه.

Paragraph 3: Free Time (وقت الفراغ)

I enjoy doing different things in my free time, but I don't like being alone. On Thursdays, I go out with my cousin, Malak, and we usually go to the park. I love watching the birds in the park. My best friend has a lot of board games, so our friends and I often go to her house to play board games.

أستمتع بالقيام بأشياء مختلفة في وقت فراغي، لكنني لا أحب أن أكون وحيدة. في أيام الخميس، أخرج مع ابنة عمي، ملاك، ونذهب عادة إلى الحديقة. أحب مشاهدة الطيور في الحديقة. صديقتي المفضلة لديها الكثير من الألعاب اللوحية، لذلك غالبًا ما نذهب أنا وأصدقائي إلى منزلها للعب الألعاب اللوحية.

### WRITING GUIDE | A Personal Profile

- **Paragraph 1: Introduce yourself.**
  - Include your name, age, country/nationality, and family.
- **Paragraph 2: Talk about your daily life.**
  - Describe your typical school day routine.
- **Paragraph 3: Talk about your free time.**
  - Describe your hobbies and what you enjoy doing. Use verbs like *like, enjoy, love, can't stand, hate + -ing*.
- **Linking Words (أدوات الربط):** Use these to connect your ideas smoothly.
  - **and (و):** to add similar information. (*She plays the guitar **and** she plays the piano.*)

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- **but** (لكن): to contrast information. (*I like watching football, **but** I don't like playing it.*)
- **so** (لذلك): to talk about a result. (*It's Talal's graduation, **so** I need to buy a present.*)
- **because** (لأن): to give a reason. (*I never play computer games **because** I think they're a waste of time.*)

### Exercise تمرين

#### # Choose the correct linking word.

1. I buy things online **because** / but I don't enjoy busy shops.
2. We don't live near a swimming pool, **so** / because I don't go swimming very often.
3. I love playing sport, **but** / so I can't stand doing exercise.
4. I go to school at 7 a.m. **and** I get home at 2.30 p.m.