

N. C. GRIVAS

# Flex Your

# Skills



**Listening**

**Speaking**

**Writing**

# 2

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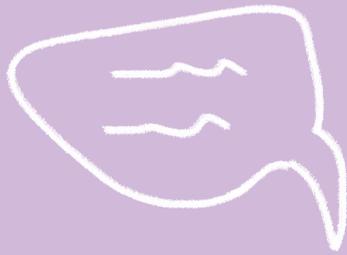
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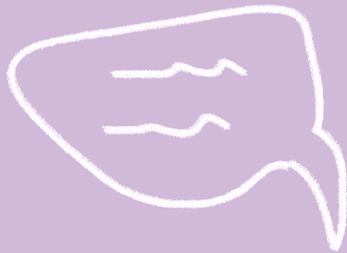
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# LESSON 1

## Grace's Blog

Start!



# This is My World!



HOME

ABOUT ME



Hear it, Read it!



Hello! Welcome to my blog, everyone!

My name is Grace, and I am 12 years old. My friends say I am kind and friendly. I think I am hard-working too because I always do my homework.

There are five people in my family – my parents, my two brothers and me. My brothers are very handsome. They have fair hair and blue eyes, just like my dad. I look a lot like my mum. We are both short and slim with dark, wavy hair and brown eyes.

My older brother, Oliver, is quiet and very smart. In his free time, he likes model making, and he is very good at it. Jake, my younger brother, is very funny and likes telling jokes, but he is also very noisy. His favourite hobby is playing the drums!

Have you got a lot of hobbies? I have, but my favourite one is playing tennis. I have tennis lessons twice a week, on Tuesdays and Thursdays. I like it because it is good exercise, and I have a lot of fun. I am also creative, and I like drawing. I find it very relaxing.

Thanks for reading my blog!

> Now answer the questions.

- 1 Who says that Grace is kind and friendly? .....
- 2 Who does she look like? .....
- 3 Which of Grace's brothers is good at model making? .....
- 4 What is Grace's favourite hobby? .....
- 5 Why does she like drawing? .....



## Vocabulary Builder 1

A. Fill in: *dark, fair, curly, wavy, light, straight*. B. Now ask and answer.

I have got dark brown hair. What about you?



1 fair



.....



3 ..... brown



4 ..... brown



5 .....



6 .....

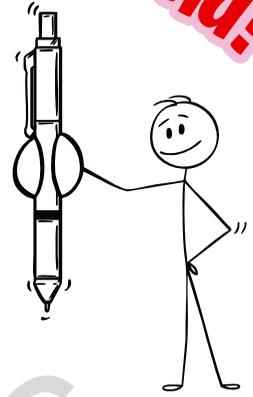


## Vocabulary Builder 2

Circle the correct word.

1. He never tidies his room. He is very **kind** / **lazy**.
2. She hasn't got many friends. She is very **shy** / **funny**.
3. He plays tricks on everyone. He is **playful** / **hard-working**.
4. He likes to help people. He is **helpful** / **creative**.
5. She is quiet and doesn't tell jokes. She is **friendly** / **serious**.

**Build!**



## Vocabulary Builder 3

Fill in: *make, do, go, play*.

1. .... computer games/tennis/football/basketball/the guitar/chess/board games.
2. .... karate/ballet/gymnastics/puzzles.
3. .... swimming/cycling/skateboarding/horse riding.
4. .... model aeroplanes/videos/jewellery.



## Vocabulary Builder 4

A. Fill in: *after, in, once, on or every*.

1. .... a week
2. .... evening
3. .... the evenings
4. .... school
5. .... weekdays

B. Now talk about your favourite hobby, as in the example.

My favourite hobby is making jewellery. I usually make jewellery in the evenings. What about you?



## Skills Builder

Rewrite the sentences, as in the example.

1. Peter is tall. He has got dark brown hair.  
*Peter is tall with dark brown hair.*  
.....
2. Mary is slim. She has got wavy hair.  
.....
3. My brother is short. He has got light brown curly hair.  
.....



**My World!**

Use some of these words to talk about yourself.

**wavy/curly/straight hair, dark/light brown/fair hair, blue eyes, friendly/kind/quiet/smart/creative/playful/shy/serious, favourite hobby**



# After-school Clubs



## Boost!



A. Rubery School is starting some new after-school clubs. Read about Anna, Ben, Carla and Lucas. Then choose the best after-school club for each child and say why.



### 1. Anna

Anna is shy and quiet, but she is also very creative. She likes drawing and painting.



### 2. Ben

Ben is noisy and very playful. He is also funny and likes telling jokes.



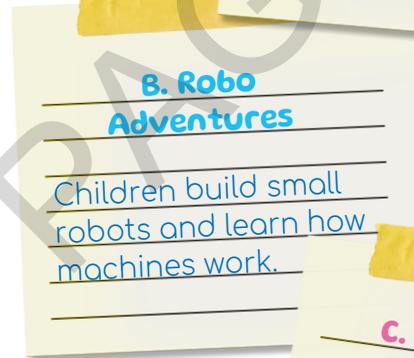
### 3. Carla

Carla is kind and hard-working. She is quite serious, and she loves reading and helping other people.



### 4. Lucas

Lucas is friendly but shy. He is very hard-working and likes making things with his hands.



B. Now imagine that you also go to Rubery School. Decide which after-school club you want to join and write about yourself in the same way.

Name: \_\_\_\_\_

I am ..... and .....

I like .....

I want to join ..... because

I can learn how .....





## Speaking

Choose *ONE* family member and describe: what they look like, what they are like (character), and what you do together.



**Example:**

'My mum has got curly hair.  
She is kind and creative.  
At weekends, we bake  
cakes together.'

  
'How we look is special.  
Who we are is amazing.'

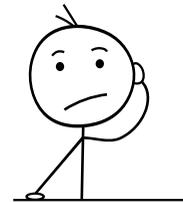


## Listening

Listen to Daniel talking to Sarah about himself and tick (✓) True or False.

- Daniel is friendly and funny.
- Daniel looks like his dad because they have got the same colour hair and eyes.
- Daniel never bakes cakes with his mum at weekends.
- Emma can be noisy when she plays.
- Daniel likes to play football with his friends.
- His favourite hobby is playing the guitar.

True	False



## Writing - This is my world!

Make notes about yourself.

- What is your name and how old are you? \_\_\_\_\_
- Write three things about your character. \_\_\_\_\_
- How many people are there in your family? \_\_\_\_\_
- What do they look like? \_\_\_\_\_
- Who do you look like? \_\_\_\_\_
- Choose two people in your family and say what they are like and what their hobbies are? \_\_\_\_\_
- What is your favourite hobby? \_\_\_\_\_
- How often do you do this? \_\_\_\_\_
- Why do you like it so much? \_\_\_\_\_
- Have you got any other hobbies? \_\_\_\_\_



**It's time to flex your skills.**  
Go to page xx and write about you.

**Flex!**



# Flex your Skills 2

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