

7 Time to relax

Glossary

Reading Pages 78–79

- 7.1 collect** (v) /kə'lekt/
to find and keep things of a particular kind as a hobby • *My dad likes collecting stamps from different countries.* > collection, collector (n)
❖ يجمع
- 7.2 reading** (n) /'ri:diŋ/
the activity of reading books as a hobby
• *Sam's favourite hobby is reading, so he spends a lot of time at the library.* > read (v), reader (n) ❖ قراءة
- 7.3 blog** (n) /blɒg/
a text on a website about events, opinions, etc. • *Have you read my new blog about the travels of Heracles?* > blog (v), blogger (n)
❖ مدونة
- 7.4 snowboarding** (n) /'snəʊbɔ:diŋ/
the sport of riding a board on snow down a hill
• *Did you know that snowboarding is a sport in the Winter Olympics?* > snowboard (v, n), snowboarder (n) ❖ التزلج على الجليد
- 7.5 windsurfing** (n) /'wɪndzɜ:fɪŋ/
the sport of standing on a board that has a sail to move across water with the power of the wind • *Lots of people go sailing or windsurfing on the lake at weekends.* > windsurf (v), windsurfer (n) ❖ ركوب القوارب الشراعية
- 7.6 card** (n) /kɑ:d/
a piece of hard paper that has a picture on the front and sometimes has a message inside or on the back • *My uncle keeps all his birthday cards in this box.* ❖ بطاقة
- 7.7 comic book** (n) /'kɒmɪk bʊk/
a magazine that tells stories with pictures, usually for children • *Do you like reading comic books like Superman or Wonder Woman?* > comic, comical (adj), comic (n)
❖ كتاب هزلي 📖 Syn: comic (UK English)
- 7.8 passion** (n) /'pæʃn/
sth you love doing, like an activity or hobby
• *Leo's always had a passion for football.* > passionate (adj) ❖ شغف
- 7.9 make a difference** (phr) /'meɪk ə 'dɪfrəns/
to change sth in a way that makes it better
• *The internet has made a difference to the way people communicate.* ❖ احداث فرق
- 7.10 broken** (adj) /'brəʊkən/
not working in the correct way; hurt or damaged • *I can't send a text with my phone because the screen is broken.* > break (v, n)
❖ مكسور
- 7.11 radio** (n) /'reɪdiəʊ/
a machine used for listening to or sending sounds, like music, news programmes or plays
• *My mum listens to the news on the radio every morning.* ❖ راديو
- 7.12 battery** (n) /'bætri/
sth that you put in a machine or device to give it electricity to make it work • *The TV remote control isn't working because it needs new batteries.* ❖ بطارية
- 7.13 provide** (v) /prə'vaɪd/
give sth to sb to use • *The sports centre provides everything you need to play tennis.* > provider (n), provision (n) ❖ يُقدم
- 7.14 equipment** (n) /'ɪkwɪpmənt/
the things you need to do something
• *The school needs some new equipment, like computers and tablets.* > equip (v)
❖ مُعدات
- 7.15 community** (n) /kəmju:nəti/
a group of people who live in one place
• *Carol has lived here for years, so she knows nearly everyone in the community.* ❖ مُجتمع
- 7.16 radio station** (n) /'reɪdiəʊ 'steɪʃn/
a radio company and all the programmes it plays • *They play the same songs every day on this radio station, so it's a bit boring.* ❖ محطة راديو
- 7.17 DJ** (abbrev) /'di: dʒeɪ/
short form of 'disc jockey'; sb who plays recorded music in a public place • *We asked the DJ to play our favourite Justin Bieber song.* ❖ مُنسِّق الموسيقى (دي جييه)
- 7.18 grow up** (phr v) /grəʊ ʌp/
to become an adult • *James grew up on a farm, but now he's moved to the city.* > grown-up (adj, n) ❖ تصرف بنضج
- 7.19 street food** (n) /'stri:t fu:d/
food you can buy from sellers on the street to eat right away • *You can buy a variety of street food, like hamburgers and popcorn, at the festival.* ❖ طعام الشارع
- 7.20 stall** (n) /stɔ:l/
an outdoor table or cart with things for sale
• *I bought some fresh strawberries from a stall outside the train station.* ❖ كشك
- 7.21 win** (v) /wɪn/
to be the first in a competition, match or race, etc.
• *Which football team won the last World Cup?* > winner (n), winning (adj) ❖ يفوز

- 7.22 medal** (n) /'medl/
a metal disc that you get for winning or doing well in a competition • *George got a silver medal when he finished second in the swimming race.* ❖ ميدالية
- 7.23 the Asian Games** (n pl) /ði 'eɪzn geɪmz/
an event with different sports competitions that takes place every four years for athletes from Asian countries • *The Chinese women's volleyball team won a gold medal at the Asian Games in 2018.* ❖ دورة الألعاب الآسيوية
- 7.24 Braille** (n) /breɪl/
a system of writing letters of the alphabet with raised marks on a page for blind people to read by touching them • *Jack learnt to read books in Braille because he can't see.* ❖ طريقة برايل
- 7.25 cheap** (adj) /tʃi:p/
not expensive; not costing a lot of money • *It's the best hotel in town and it isn't cheap.* > cheaply (adv) ❖ رخيص
- 7.26 company** (n) /'kʌmpəni/
an organisation that makes and sells things or provides services • *Dad works in a factory that makes clothes for a famous company.* ❖ شركة 📖 Syn: business
- 7.27 try** (v) /traɪ/
to attempt to do sth to see if it's possible • *I tried to learn Japanese, but it was too difficult for me.* > try, trial (n) ❖ يحاول
- 7.28 make money** (phr) /meɪk 'mʌni/
to get money from your job or by selling sth • *Steve makes money by selling his old clothes and other things on the internet.* ❖ يجني المال
- 7.29 device** (n) /dɪ'vaɪs/
sth like a small machine that you use for a particular purpose • *We usually have to switch off our devices, like mobile phones, in the classroom.* ❖ جهاز
- 7.30 business** (n) /'bɪznəs/
an organisation or company that makes or sells things • *Irene has a business making clothes for children.* ❖ مشروع تجاري

Vocabulary Page 80

- 7.31 board game** (n) /bɔ:d geɪm/
any game that you play by moving pieces on a board (on a table, etc.) • *Sometimes I play board games like Monopoly™ with my family.* ❖ لعبة لوحية
- 7.32 camping** (n) /'kæmpɪŋ/
the activity of staying in a tent, usually for a short time • *This summer, we're going camping in a forest near a beach.* > camp (v), camper (n) ❖ تخيم

- 7.33 chess** (n) /tʃes/
a game for two people played by moving specially shaped pieces on a board with black and white squares • *Alice plays chess as a hobby with her friends.* ❖ شطرنج
- 7.34 cycling** (n) /'saɪklɪŋ/
the activity of riding a bike • *Tim goes cycling around the park on his new bike.* ❖ ركوب الدراجات
- 7.35 drawing** (n) /'drɔ:ɪŋ/
the activity of making pictures by using a pencil or pen • *Janet is good at drawing and painting pictures of birds.* > draw (v) ❖ الرسم
- 7.36 sporty** (adj) /'spɔ:ti/
good at or liking sports • *I'm not a very sporty person, but I enjoy dancing.* > sport (n) ❖ رياضي
- 7.37 tent** (n) /tent/
a shelter held up by poles and ropes that you use for camping • *Ben put up his tent next to ours on the campsite.* ❖ خيمة
- 7.38 piece** (n) /pi:s/
a small specially shaped object that you move on a board to play a game, e.g. chess • *I have only two pieces left on the chess board, so I think you're winning.* ❖ قطعة
- 7.39 sheet of paper** (n) /ʃi:t əv 'peɪpə(r)/
a piece of paper for writing or drawing on • *I put some sheets of paper in the printer.* ❖ قطعة ورق

Grammar Page 81

- 7.40 smartphone** (n) /'smɔ:tfəʊn/
a mobile phone that has internet access and apps • *Carol often sends emails from her smartphone.* ❖ هاتف ذكي
- 7.41 helmet** (n) /'helmt/
a hard hat that you wear on your head to protect it • *Put on your helmet before you start skateboarding.* ❖ خوذة
- 7.42 laugh out loud** (phr) /'lɑ:f aʊt laʊd/
to find sb/sth very funny and laugh, making a noise • *This comic book made me laugh out loud. It's really funny!* > laugh-out-loud (adj) ❖ يضحك بصوت عال 📖 Abbrev: LOL
- 7.43 better** (adv) /'betə(r)/
healthy again • *If you have a rest, you'll feel better.* ❖ أفضل

Listening Page 82

- 7.44 competitive** (adj) /kəm'petətɪv/
wanting very much to win or be more successful than other people • *Donna is very competitive. She's trying to win another gold medal.* > compete (v), competition (n), competitor (n) ❖ تنافسي
- 7.45 absolutely** (adv) /'æbsəlu:tli/
very much; completely • *'Did you like the film?' 'Absolutely! It was fantastic.'* > absolute (adj) ❖ مُطلقًا
- 7.46 you're right** (phr) /jɔ:(r) raɪt/
your opinion is correct • *You're right about Max. He's very competitive.* ❖ أنت على صواب

Speaking Page 83

- 7.47 stage** (n) /steɪdʒ/
the part of a theatre where people perform • *Natalie was nervous about going on stage to sing.* ❖ مرحلة
- 7.48 take part in** (phr v) /teɪk pɑ:t ɪn/
to join in and do sth; to be involved in • *We're taking part in the school sports day.* ❖ يُشارك في
- 7.49 exhibition** (n) /ˌeksɪ'bɪʃn/
a show of things for people to see, e.g. in a museum • *There was an exhibition of Van Gogh paintings in the museum.* > exhibit (v, n), exhibitor (n) ❖ معرض
- 7.50 public** (adj) /'pʌblɪk/
for all people; not private • *My parents went to a public meeting about the new road.* > public (n) ❖ عام
- 7.51 actor** (n) /'æktə(r)/
a person who acts in a film or theatre play • *Who's the new actor who's going to play James Bond?* > act (v) ❖ ممثل
- 7.52 dancer** (n) /'dɑ:nseɪ(r)/
a person who dances • *Margaret is a famous ballet dancer.* > dance (v), dancing (n) ❖ راقص
- 7.53 performance** (n) /pə'fɔ:məns/
sth that people do in front of others to entertain them, e.g. acting, dancing or singing • *We saw a great performance of a play by Aristophanes.* > perform (v), performer (n) ❖ أداء
- 7.54 next** (adj) /nekst/
that comes after sth else • *Next year, Gina wants to go to Iceland.* > next (n, adv) ❖ التالي

Vocabulary Page 84

| Types of music | Musical instruments |
|----------------|---------------------|
| classical | drum |
| disco | guitar |
| hip hop | keyboard |
| opera | piano |
| pop | violin |

- 7.55 CD** (n, abbrev) /,si: 'di:
a plastic disc with music, other sounds or written information that you can listen to or read on a device; short form of the words 'compact disc' • *My sister has all the Ed Sheeran CDs.* ❖ اسطوانة مضغوطة
- 7.56 classical** (adj) /'klæsɪkl/
a style of music that most people know from many years ago, usually with lots of instruments playing • *Sonia likes playing classical music on the piano.* > classic (n, adj) ❖ كلاسيكي
- 7.57 disco** (n) /'dɪskəʊ/
a kind of pop music for people to dance to; a place or party where people dance to pop music • *We danced a lot to disco music at the party.* ❖ ديسكو
- 7.58 drum** (n) /drʌm/
a musical instrument that is round and is empty inside, which you play by hitting with sticks or your hands • *I couldn't hear the TV because my brother was making so much noise on his drums.* > drum (v), drummer (n) ❖ طبلة
- 7.59 hip hop** (n) /'hɪp hɒp/
a kind of music with spoken words, a fast electronic beat and a modern dance style • *We're doing a hip hop dance for the school show.* ❖ هيب هوب
- 7.60 keyboard** (n) /'ki:bɔ:d/
a musical instrument like an electronic piano with keys that you press to make sounds like different instruments • *She didn't have enough money for a piano, so she bought a keyboard.* ❖ لوحة مفاتيح Syn: synthesiser
- 7.61 MP3 player** (n) /,em pi: 'θri: pleɪə(r)/
an electronic device with which you can listen to digital music files • *John often listens to music on his MP3 player on the school bus.* ❖ مُشغل MP3
- 7.62 opera** (n) /'ɒpərə/
a kind of play by performers who sing the words with an orchestra playing music • *My grandma saw Maria Callas performing at the opera.* ❖ أوبرا
- 7.63 pop** (n, adj) /pɒp/
a type of music that has simple words and beats to sing and dance to • *Georgina loves dancing to her favourite pop songs.* ❖ موسيقى البوب

- 7.64 violin** (n) /ˌvaɪəˈlɪn/
a stringed musical instrument that you hold on your shoulder to play • *Marinos began to play a beautiful tune on his violin.* > violinist (n)
❖ كمان
- 7.65 way** (n) /weɪ/
how sth happens; the manner that sth happens • *Listening to the radio is a good way to hear music when you're travelling.* ❖ طريق/طريقة
- 7.66 beginning** (n) /bɪˈɡɪnɪŋ/
the start of sth • *At the beginning of the story, Harry goes to a new school.* > begin (v), beginner (n) ❖ بدء
- 7.67 fix** (v) /fɪks/
to repair sth that is broken; to make sth work better • *My computer isn't working. Can you fix it for me?* ❖ يُصلح
- 7.68 quickly** (adv) /ˈkwɪkli/
fast • *The actors left the theatre quickly after the performance.* > quick (adj) ❖ بسرعة
- 7.69 live** (adv) /laɪv/
in person, not from a recording • *I've got tickets for the concert to see the band live.* > live (adj) ❖ مُباشراً
- 7.70 personally** (adv) /ˈpɜːsənəli/
from your own opinion • *Personally, I don't like hip hop very much.* > personal (adj)
❖ شخصياً
- 7.71 be into** (phr v) /bi ˈɪntə/
to enjoy (sth) • *My dad's really into rock music from the 1970s.* ❖ يستمتع
- 7.72 completely** (adv) /kəmˈpli:tli/
in all ways possible; including everything • *The band sounded completely different when we saw them live.* > complete (adj) ❖ بالكامل
- 7.73 involved** (adj) /ɪnˈvɒlvd/
doing sth; taking part in sth • *Our teacher is involved in planning the school sports competition.* > involve (v), involvement (n)
❖ مُشارك
- 7.74 crazy** (adj) /ˈkreɪzi/
enthusiastic or excited about sth • *I'm not crazy about gaming because I can't sleep well if I play at night.* ❖ مجنون
- 7.75 keen** (adj) /ki:n/
interested in sth • *Jim is very keen on football and he goes to watch matches every Saturday.*
❖ متحمس
- 7.76 fit** (adj) /fɪt/
strong and healthy because you do regular exercise • *Dad runs in the park every morning, so he's quite fit.* > fitness (n) ❖ لائق
📖 Opp: unfit
- 7.77 storyteller** (n) /ˈstɔːrɪtelə(r)/
sb who writes stories or tells them to other people • *The children listened carefully to the storyteller on the radio.* > storytelling (n)
❖ قصاص
- 7.78 Iceland** (n) /ˈaɪslənd/
a country in Europe > Icelandic (adj, n)
❖ آيسلندا
- 7.79 musician** (n) /mjuːzɪʃn/
sb who plays, sings or writes music, especially as a job • *It was so exciting when the musicians came on stage and began playing their instruments.* > music (n), musical (adj, n)
❖ موسيقي
- 7.80 songwriter** (n) /ˈsɒŋraɪtə(r)/
sb who writes the music and words for new songs • *Ed Sheeran became a songwriter when he was a high-school student.* > songwriting (n) ❖ مؤلف أغاني
- 7.81 album** (n) /ˈælbəm/
a collection of pieces of music • *I've just bought Franz Ferdinand's new album. It has some great songs.* ❖ ألبوم
- 7.82 record** (v) /rɪˈkɔːd/
to store music, other sounds or images to listen to or see them again • *During the concert, Terry recorded the band's songs on his smartphone.* > recorded (adj), record, recording (n) ❖ يسجل
- 7.83 solo** (adj) /ˈsəʊləʊ/
done alone by only one person • *Steve was worried about doing his first solo performance in front of so many people.* > solo (adv, n)
❖ منفرد
- 7.84 tour** (n) /tʊə(r)/
a series of performances in different places by a musician or band • *Mum and Dad went to see Sting in concert on his European tour.* > tour (v) ❖ جولة
- 7.85 dreamy** (adj) /ˈdriːmi/
relaxing and making you think of nice things • *The dreamy sounds of Vivaldi's music filled the room.* > dream (v, n), dreamer (n)
❖ حالم
- 7.86 image** (n) /ˈɪmɪdʒ/
a picture of sb/sth that you think of • *This music makes me think of images of summer.*
❖ صورة
- 7.87 path** (n) /pɑːθ/
a narrow track where people can walk • *We walked up the path right to the top of Ben Nevis.* ❖ ممر

Expressing likes

| | |
|----------------------|-------------------|
| be (really) into sth | involved (in sth) |
| crazy (about sth) | keen (on sth) |

Equipment

| | | |
|---------------|------------|----------------|
| album | comic book | sheet of paper |
| battery | device | smartphone |
| card | helmet | tent |
| CD | MP3 player | |
| (chess) piece | radio | |

7.88 throw (v) /θrəʊ/
to make sth move from your hand through the air • *If I throw a ball, my dog will bring it back.*
> throw (n) ❖ يُلقى

Writing Pages 86–87

7.89 convinced (adj) /kən'vɪnst/
sure that sth is true • *My parents weren't convinced that playing the drums at home was a good idea.* > convince (v), convincing (adj)
❖ مقتنع

7.90 strongly (adv) /'strɒŋli/
very much; certainly • *My dad strongly disagreed with my suggestion to go to the music festival.* > strong (adj), strength (n)
❖ بشدة

7.91 term (n) /tɜ:m/
a period of time that is part of the school year • *We're having a school concert at the end of the term.* ❖ فصل دراسي

7.92 sound (n) /saʊnd/
sth that you can hear • *I like the words of this song, but I hate the sound of the singer's voice.* > sound (v) ❖ صوت

7.93 in favour of (phr) /ɪn 'feɪvə(r) əv/
in agreement with • *I'm not in favour of the government's decision to build a new road around the town.* ❖ لصالح

7.94 against (prep) /ə'geɪnst/
in disagreement with • *Mark is against the idea of a camping holiday. He prefers to stay at a hotel.* ❖ ضد

7.95 session (n) /'seɪʃn/
a period of time set for an activity • *I've just had a two-hour swimming session, so I'm very tired.* ❖ جلسة

7.96 skate park (n) /'skeɪt pɑ:k/
an area where people go skating and skateboarding • *Jerry spends his free time at the skate park with his friends after school.* ❖ منتزه تزلج

7.97 pro (n) /prəʊ/
(short form of 'professional') sb who is really good at sth; sb who does sth, e.g. a sport, as a job • *I didn't know you could play the guitar so well. You're a real pro!* > professional (adj, n)
❖ مُحترف

Useful expressions

| | |
|-----------------|-------------------|
| absolutely | make a difference |
| be against | make money |
| be in favour of | personally |
| laugh out loud | you're right |

People

| | |
|-----------|-------------|
| actor | public |
| community | singer |
| dancer | songwriter |
| musician | storyteller |
| pro | |

Places

| | |
|---------------|------------|
| exhibition | skate park |
| Iceland | stage |
| path | stall |
| radio station | |

Live well, study well

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7.98 tai chi (n) /,taɪ tʃiː/
a kind of exercise in which you make very slow movements • *Rick goes to tai chi classes to relax his mind after work.* ❖ تاي تشي

7.99 focus (on) (v) /'fəʊkəs (ɒn)/
to give all your attention (to sth) • *I can't go out much this week because I need to focus on studying for my exams.* > focussed (adj), focus (n) ❖ يُركّز على

7.100 breathing (n) /'brɪːðɪŋ/
the process of taking air into your body through your nose or mouth, and then letting it out • *It was so quiet that the only sound I heard was my own breathing.* > breathe (v), breath (n)
❖ يتنفس

7.101 stretching (n) /stretʃɪŋ/
the action of making your arms and legs straight and reaching as far as they can to exercise them, or to relax them after doing a sport • *If you do some stretching after running, your legs won't hurt the next day.* > stretch (v, n)
❖ تمديد

7.102 position (n) /pə'zɪʃn/
the way that sb's body is when lying, sitting or standing • *A good mattress will help you to sleep in a comfortable position.* ❖ وضع

7.103 balance (n) /'bæləns/
being able to keep control of your body in a position standing or sitting up without falling • *Kiki lost her balance and fell on a rock when she was walking up the mountain.* > balance (v), balanced (adj) ❖ توازن

7.104 slow down (phr v) /sləʊ daʊn/
to stop doing so many activities and relax; to do sth more slowly • *Dina takes a walk in the park at lunchtime to slow down and rest from her busy job.* ❖ ابطئ

- 7.105 strength** (n) /streŋθ/
how strong sb/sth is • *After her illness, Liz got her strength back with a few minutes exercise every day.* > strengthen (v), strong (adj)
❖ قوة
- 7.106 speed** (n) /spi:d/
how fast sb/sth moves • *Mary walks at a speed of six kilometres per hour around the park.*
> speed (v), speedy (adj) ❖ سرعة
- 7.107 push (yourself)** (v) /pʊʃ (jɔ:ˈself)/
to make yourself do more or try harder • *Marios was very tired, but he pushed himself to finish the marathon.* > push (n) ❖ ادفع (نفسك)
- 7.108 spin** (n) /spɪn/
a kind of exercise that involves cycling fast on an indoor exercise bike • *I enjoy cycling, so I practise spin at the gym.* > spin (v)
❖ دوران 📖 Syn: spinning
- 7.109 high-intensity interval training (HIIT)** (n) /haɪ ɪnˈtensəti ɪntəvl ˌtreɪnɪŋ (,eɪtʃ aɪ aɪ ˈtiː)/
a way of exercising that involves doing sth very fast for a short time, resting, doing more exercise, then resting again • *High-intensity interval training is a great way to build your strength in a short time at the gym.*
❖ (HIIT) تدريب متقطع عالي الكثافة
- 7.110 rest** (n) /rest/
a period when you relax; a break • *It's important to get enough rest and sleep as well as exercise to stay healthy.* > rest (v)
❖ راحة
- 7.111 in total** (phr) /ɪn ˈtəʊtl/
all together; including everything • *We've walked 16 kilometres in total today.* > total (adj, v, n)
❖ إجمالاً
- 7.112 beat** (v) /bi:t/
to make a regular movement or sound, like a rhythm • *The doctor listened to the child's heart beating.* > beat (n) ❖ إيقاع
- 7.113 benefit** (n) /ˈbenɪfɪt/
an advantage • *One benefit of swimming is that you don't need any equipment.* > benefit (v), beneficial (adj) ❖ فائدة

- 7.114 physical** (adj) /ˈfɪzɪkl/
related to the body • *Going to spin classes will help build your physical strength.*
> physically (adv) ❖ جسدي - بدني
- 7.115 mental** (adj) /ˈmentl/
related to the mind or process of thinking
• *Grandpa likes doing puzzles like crosswords for mental exercise.* > mentally (adv)
❖ عقلي
- 7.116 stressed** (adj) /strest/
worried; not relaxed • *I always get stressed about taking exams.* > stress (v, n), stressful (adj) ❖ مضغوط
- 7.117 ability** (n) /əˈbɪləti/
being able to do sth • *Simon has the ability to play the piano and sing.* > able (adj)
❖ قدرة 📖 Opp: inability
- 7.118 endorphin** (n) /enˈdɔːfɪn/
a kind of chemical that the brain produces which makes you relax or stop feeling pain
• *When we laugh, we feel good because laughing makes our brains produce endorphins.* ❖ الإندورفين

Activities

| | |
|---|--------------|
| blog | reading |
| board game | snowboarding |
| camping | spin |
| chess | stretching |
| collecting | tai chi |
| cycling | windsurfing |
| drawing | |
| high-intensity interval training (HIIT) | |

Verbs

| | |
|-----------------|--------------|
| beat | relax |
| fix | slow down |
| focus (on) | take part in |
| grow up | throw |
| provide | try |
| push (yourself) | win |