



Week January 13<sup>th</sup> to 17<sup>th</sup>

Activities and Homework

## HOMework

**Monday, January 13<sup>th</sup>, 2025**

**Spelling**

**Write your vocabulary words using different colors.**

**Tuesday, January 14<sup>th</sup>, 2025**

**Reading**

**Write a paragraph explaining how you can have a healthy life and why you think having it is important.**

**Wednesday, January 15<sup>th</sup>, 2025**

**Use of English**

**Complete the sentences with the correct form of the verbs in parentheses (look at the example).**

**Thursday, January 16<sup>th</sup>, 2025**

**Science**

**Draw the moon phases with their own names.**

Date:

Key Num

Topic:

# Homework

# SPELLING

Date: **Monday, January 13<sup>th</sup>, 2025**

Key Num

Topic: **Homework**

Write your vocabulary words **using different colors.**

Y  
Y

Date: **Tuesday, January 14<sup>th</sup>, 2025**

Key Num

Topic: **Homework**

**Write a paragraph explaining how you can have a healthy life and why you think having it is important.**

Date: **Wednesday, January 15<sup>th</sup>, 2025**

Key Num

Topic: **Homework**

**C**omplete the sentences with the correct form of the verbs in parentheses (look at the example).

a. My friend **has been writing** (write) a story for over an hour.

a. I \_\_\_\_\_ (look) at my social media pages since I finished breakfast.

a. The children \_\_\_\_\_ (watch) some interesting programs on TV this week.

a. We \_\_\_\_\_ (practice) some new dance steps at school this semester.

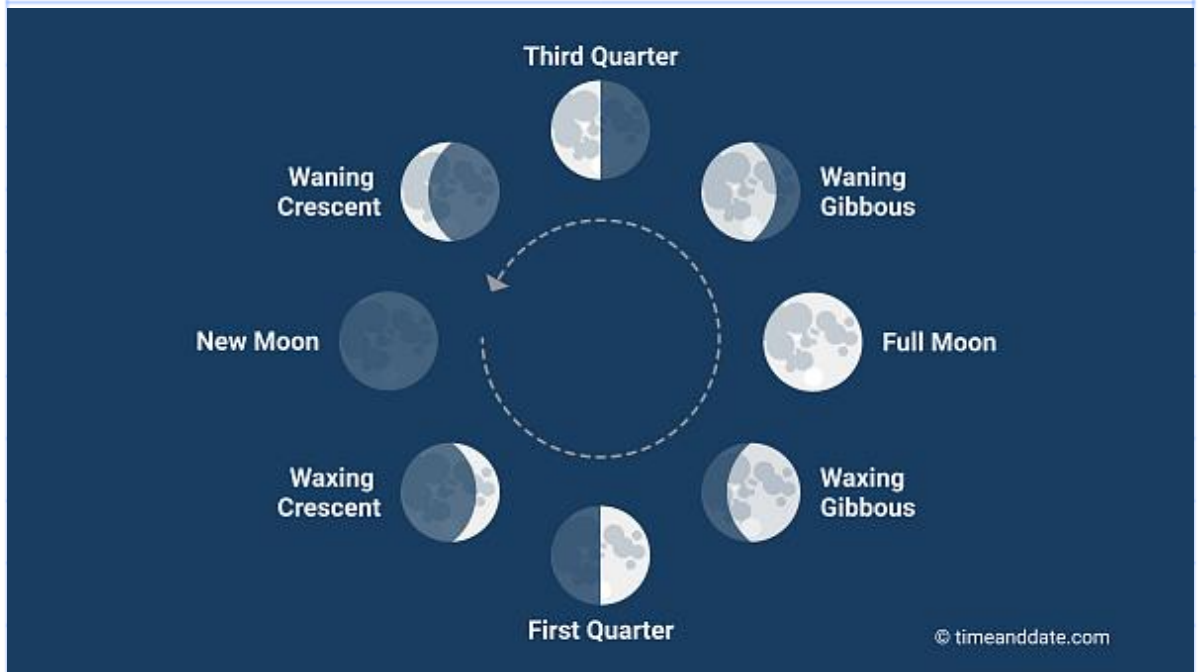
I, You, We, They = Have  
He, She, It = Has

Date: **Thursday, January 16<sup>th</sup>, 2025**

Key Num

Topic: **Homework**

**D**raw the moon phases with their own names.



Date:

Key Num

Topic:

# A**ctivities**

Date: **Monday, January 13<sup>th</sup>, 2025**

Key Num

Topic: **Vocabulary 4**

**C**opy vocabulary 4 in your spelling notebook.

1. aerobic
2. injury
3. pump
4. concentrate
5. season
6. defender
7. midfielder
8. tackle
9. pass
10. card
11. push-up
12. condensation
13. residue
14. filtrate
15. reversible
16. irreversible
17. melting
18. boiling
19. gelatin
20. wax



Date: **Monday, January 13<sup>th</sup>, 2025**

Key Num

Topic: **Activity**

**Write your vocabulary words backwards.**

**Example:**

**1. aerobic: ciborea**

aerobic  
ciborea

Date: **Tuesday, January 14<sup>th</sup>, 2025**

Key Num

Topic: **Book activity**

Read pages 97-98 of your Cambridge book.

**5.5 The Incredible Human Machine**

Did you know that your body is made of trillions of **cells**? These cells form the **tissues, organs, and systems** of our body. They all work together, just like a machine! How can we take care of our incredible human machine?

**Food Is Fuel**

vitamins and minerals fiber fat water protein carbohydrate



Vitamins and minerals keep our systems healthy and protect us from disease. They help us grow and make our bones, muscles, and organs strong. They also help us concentrate and make good decisions. Vitamins and minerals are in fresh fruit and vegetables as well as in fish, milk, nuts, and seeds.

Fruit, vegetables, and cereals also give you plenty of fiber. We need fiber to keep our digestive system healthy.

Approximately 60% of our whole body is made of water, as are 70% of our brains and 90% of our lungs. We lose water from our bodies all the time. We have to replace it with water in our food and drinks to survive.

The **nutrients** in a balanced diet provide the right amounts of fuel for a human machine.

**Carbohydrates** give us most of the energy we need. About 45-65% of the **calories** in our diet should be from foods with carbohydrates, like rice, potatoes, and pasta.

We need **protein** to grow and keep healthy. Proteins play an important part in every function in our bodies. We need them to make new cells, build muscle, and to digest our food. About 10-35% of our daily calories should come from foods high in protein, like meat, fish, and nuts.

**Fat** is a good source of energy, and it is very good for our brains. It also keeps our skin and other tissues healthy. Too much fatty food is bad for our hearts, so only about 20-35% of our daily calories should come from foods with healthy fat. Find healthy fat in nuts, olive oil, and avocados.

This banana, pear, and broccoli smoothie is full of vitamins!

**Key Words 2**

- cell
- tissue
- organ
- system
- nutrient
- calorie
- oxygen
- blood
- flexible
- chemical

**Think**

Do you have a balanced diet? How could you improve your diet?

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**5.5 The Incredible Human Machine**

Have you ever climbed a tree? That's a strength-training activity. It makes your muscles stronger. Strong muscles make strong bones, too. Muscles and bones push and pull against each other as they move. This pushing and pulling makes both stronger.

Find time to relax, and get enough sleep. Our bodies use the time we are asleep to fight sickness and repair injuries. When we are asleep, a chemical called human growth hormone is released. This chemical helps repair damaged tissue. It also causes our muscles, bones, and skin to grow. So, sleeping more might make you taller!

Sleep is essential for a healthy mind, too. Our brains process and store information while we sleep. Have you ever woken up in the night with a good idea? That's because your brain has been working while you're asleep!

Can you touch your toes easily? This means you have **flexible** muscles and can move your body easily. Stretching activities, such as gymnastics or ballet, make our muscles more flexible.

Exercise is also good for our minds. When we exercise, our brains produce **chemicals** called endorphins. These natural chemicals make us feel happy and full of energy. They can also help us relax. If you're in a bad mood, what sport makes you feel better?

**And Then Slow Down**

A human machine needs time to recharge its batteries!

Have you ever been riding your bike or running and started breathing faster? That is because you are doing aerobic exercise. During aerobic exercise, our muscles need a lot of **oxygen** to keep moving. We breathe faster to take in more oxygen from the air. Then, our hearts pump more **blood** around our bodies and deliver the oxygen to our muscles. An hour of aerobic exercise a day gives us a healthy heart and lungs and strong muscles.

Young people need between 9 and 11 hours of sleep each night. Are you getting enough?

**Think**

What is the connection between getting enough sleep and doing well at school?

I've been climbing this tree for an hour. It's time for a rest!

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Date: **Tuesday, January 14<sup>th</sup>, 2025**

Topic: **Book activity**

Key Num

Answer page 99 of your Cambridge book.

**Explore the Text** 5A


- Look at your questions in Activity 3 on page 96. Were they answered?
- Write two more questions for a partner. Use the information in the text.
  - \_\_\_\_\_
  - \_\_\_\_\_
- In pairs, complete the graphic organizer with information from the text. Then, compare with another pair.
 

	Things I Knew	Things I Learned
Diet		
Exercise		
Sleep		
- 5.6 Key Words 3** Find these words in the text and circle them. Then, complete the sentences.

aerobic injuries pump concentrate

  - When it's quiet in the classroom, we can \_\_\_\_\_ on our work more easily.
  - When we do exercise, our lungs take in more oxygen.
  - I fell off my bike and hurt my knee and arm, but they weren't bad \_\_\_\_\_.
  - She needs to \_\_\_\_\_ air into her bicycle tires.

Remember to listen actively as you compare ideas.



**?** In addition to eating well, getting enough sleep at night, and exercising, what else can you do to be healthy?

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Date: **Wednesday, January 15<sup>th</sup>, 2025**

Key Num

Topic: **Present Perfect Progressive**

**We use the present progressive to describe something we started doing in the past and are still doing now. We can use the present perfect progressive with *for* or *since*.**

I, You, We, They = Have  
He, She, It = Has

## Structure:



**Subject + have / has + been + V-ing**  
They have been learning English for 2 years.



**Subject + have / has + not + been + V-ing**  
They have not been learning English for 2 years.



**Have / has + subject + been + V-ing + ?**  
Have they been learning English for 2 years?

## Example:

**I have been climbing** this tree  
**for** an hour.

**I have been riding** my bike  
**since** this morning.

# USE OF ENGLISH

Date: **Wednesday, January 15<sup>th</sup>, 2025**

Key Num

Topic: **For & Since**

FOR	SINCE
a period of time	a point in past time
five minutes	9 o'clock
two weeks	1st January
three days	Monday
6 months	December
six years	2000
a long time	I left school

Date: **Wednesday, January 15<sup>th</sup>, 2025**

Key Num

Topic: **Activity**

**Answer page 100 of your Cambridge book.**

### Grammar in Context

1 Read the sentences and answer the questions.

1 I've climbed lots of trees.

2 I've been climbing this tree for an hour.

a In which sentence is the speaker still climbing the tree? \_\_\_\_\_

b In which sentence do we know when he/she started climbing the tree? \_\_\_\_\_

Grammar: Present Perfect Progressive

We use the present perfect progressive to describe something we started doing in the past and are still doing now. We can use the present perfect progressive with *for* or *since*.

**I have been climbing this tree for an hour. I have been riding my bike since this morning.**

2 Listen and write the names.

Jody Kim Ken Roy



3 Complete the sentences with the name and verbs in the present perfect progressive.

a \_\_\_\_\_ is taking tennis lessons. She \_\_\_\_\_ lessons for six months.

b \_\_\_\_\_ is playing soccer with friends. They \_\_\_\_\_ since noon.

c \_\_\_\_\_ is learning to play golf. He \_\_\_\_\_ since his birthday.

d \_\_\_\_\_ is practicing gymnastics. She \_\_\_\_\_ for an hour.

4 What are you learning to do? How long have you been learning to do it? Ask and answer with a partner.

Date: **Thursday, January 16<sup>th</sup>, 2025**

Key Num

Topic: **Book activity**

**Read and answer pages 46-47 of your science book.**

**Lesson 3**

### What are natural and artificial satellites?

**Asteroids**

Asteroids are small rocky, metallic objects that orbit the Sun. They are much smaller than planets, and may be leftover parts of other celestial objects. Many asteroids are found in the asteroid belt between Mars and Jupiter.

**Word Box**  
waxing  
waning


**Natural Satellites**

Natural satellites are small objects that revolve around other larger objects like planets or stars. Most of the planets in our Solar System have satellites, or moons, orbiting them. Only Mercury and Venus have none.

Earth's moon is the fifth-largest natural satellite in the Solar System. The craters seen on its surface are caused by asteroids and meteorites. The Moon does not produce its own light, but rather reflects light from the sun.

There have been six successful crewed landings on the Moon. The first manned mission to land on the Moon was Apollo 11. It landed on July 20, 1969, and American astronaut Neil Armstrong became the first person to walk on the Moon.

The Moon takes about 28 days to orbit Earth. As it orbits, we always see one side—the same side—of the Moon from Earth. But the Moon appears to change shape at different times of the month. The shape depends on the amount of light reflected on it. A full moon is when the entire side is lit up by the Sun, and a new moon is when the entire side is dark—not lit by the Sun. During the **waxing** and **waning** periods, we only see a fraction of the side. The shapes of the Moon are known as phases.



**1. Correct the sentences.**

- The Moon takes 24 days to orbit Earth.
- The Moon has a surface full of oceans.
- Astronauts have successfully landed on the Moon only one time.
- Neil Armstrong was the first person to step on Mars.

46 Unit 4 What makes up a solar system?

### Artificial Satellites

Artificial satellites are human-made objects that orbit Earth and other planets in our Solar System. They are launched by rockets to explore distant places in space and gather important **data**. Satellites are used for communications, photography, scientific **surveying**, and **navigation**.

**Word Box**  
data  
surveying  
navigation

*Sputnik 1*, the first artificial satellite, was launched in 1957 by the former Soviet Union. *Sputnik 2* carried a dog named Laika, the first being to orbit Earth. The Hubble Space Telescope, launched in 1990 by the U.S., is still in orbit. It has provided a deep view into outer space. The International Space Station (ISS) is the largest human-made satellite—it is the size of a soccer field—and orbits Earth in about 1.5 hours. Its crew members conduct experiments in many scientific fields. The Global Positioning System (GPS) is a constellation of satellites that detects the ground position of objects.



**2. Circle the one that does not belong. Then discuss your answer with a classmate.**

- |                                  |                             |                 |
|----------------------------------|-----------------------------|-----------------|
| 1 a ISS                          | b <i>Sputnik 1</i>          | c the Moon      |
| 2 a communications               | b mining                    | c navigation    |
| 3 a largest human-made satellite | b orbits Earth in 1.5 hours | c carried Laika |

**3. In pairs, list and explain four everyday things you can do thanks to an artificial satellite.**

Date: **Friday, January 17<sup>th</sup>, 2025**

Key Num

Topic: **Dictation**

1.

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