

# בוגרי ו' עולים לכיתה ז'

תלמידים יקרים,

אנו מברכים אתכם לקראת עלייתכם לחטיבת הביניים.  
בכדי לעזור לכם להשתלב בלימודי אנגלית בצורה הטובה  
ביותר, מצאנו לנכון לצרף רשימה של אוצר מילים, אותה  
אתם נדרשים ללמוד במהלך חופשת הקיץ הארוכה. כמו כן,  
צרפנו חוברת תרגול קצרה שעלכם להגיש בשבוע הראשון  
ללימודים.

בתחילת שנת הלימודים (בשבועיים הראשונים), יערכו מספר  
מבדקי בקיאות שיכנסו לציון מחצית א'.  
בהצלחה לחופשה נעימה,  
צוות אנגלית מקיף ח'

עדכון אחרון: 11:07

# 1 Workout Kid

Most kids love to play games on the computer and watch TV, but not 10-year-old CJ Senter. He says, "I love staying fit<sup>2</sup> and healthy." He is one of the youngest fitness instructors<sup>3</sup> in the U.S.A.

CJ loves football. He is an excellent football player. He is the best on his team, and they win most of their games. He decided to show other kids that exercise<sup>4</sup> can be fun and that it can help them win games too.

He made two workout DVDs. They are called "Workout Kid". Each DVD has a 40-minute workout with great music and fun activities. CJ's plan is to get kids off the sofa and moving to the music with kids their own age.

In his DVD he tells the kids to drink water, to warm up before the workout and to cool down at the end. He always tells the kids, "You can do it!"

## More about CJ

- Favorite subject: math
- Other sports: basketball and running
- Pets: five dogs
- Family: an older brother, Brandon, and a younger sister, Jasmine
- Plans for the future: to be a football player

Go to CJ's website<sup>5</sup> to find out more:  
<http://www.workoutkid.com/about.html>



<sup>1</sup>workout אימון גופני / תדריב ריאזי

<sup>2</sup>fit בכושר / בליאקה בדנייה

<sup>3</sup>fitness instructors מדריכי כושר / מדריבו הליאקה הבדנייה

<sup>4</sup>exercise תרנילי ספורט / תדריבות ריאזייה

<sup>5</sup>website אתר אינטרנט / מוקע אינטרנט

**Did You Understand?**

**A Write T (true) or F (false).**

- ..... 1. CJ only plays computer games.
- ..... 2. CJ teaches football.
- ..... 3. CJ believes exercise is fun.
- ..... 4. CJ made 40 workout DVDs.

**B Answer the questions.**

1. What does CJ call his DVDs?  
.....
2. Name three things CJ makes sure kids do in his DVDs.  
1. .... 2. .... 3. ....
3. How many children are there in CJ's family?  
.....
4. Where can you get more information about CJ?  
.....

**C Would you like to try the "Workout Kid" DVD? Why or why not?**

.....  
.....

**Vocabulary**

**A Write the words below in the correct column.**

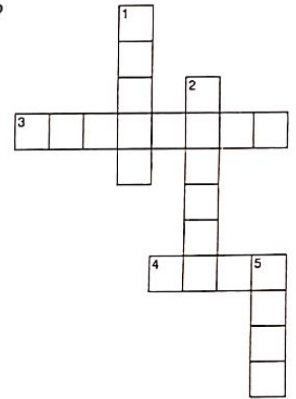
subject ■ football ■ sister ■ computer ■ player ■ brother

Family	School	Sports

**B Complete the crossword with the words below. Use the sentences as clues.**

decide ■ team ■ plans ■ youngest ■ best

1. What are your ..... for the future?
2. I can't ..... which exercise class to take - Zumba or yoga.
3. I am the ..... child in our family.
4. Today is the ..... day of my life. I got a new bike.
5. Our football ..... won the game yesterday.



**Writing**

Complete the information about yourself.

**More About Me**

**My favorite subject is:** .....

**Hobbies / Sports:** .....

**Pets:** .....

**Family:** .....

**Plans for the future:** .....

## 2 Don't Take My Cellphone Away

### Do you have a problem? Elana helps kids with their problems.

Dear Elana,

My name is Ofer. I have a big problem. My parents took my cellphone away.

Dad says I spend too much time on my cellphone. He thinks I don't have time to study because I talk on the phone a lot, send text messages<sup>1</sup> to my friends all the time and take pictures.

My mom thinks I don't exercise enough. She wants me to play outside every afternoon.

Yesterday the phone bill<sup>2</sup> arrived: 400 shekels! My parents were very angry. They took my phone away on the spot<sup>3</sup>.

What can I do? I can't call my friends and they can't call me. I'm the only one in my class without a phone. Soon I won't have any friends left.

Please help!

Ofer

Dear Ofer,

Your parents love you. They want you to be responsible<sup>4</sup>. My advice<sup>5</sup> for you is very simple. First tell your parents you are sorry. Think about each call you make. Promise to use your phone only after you finish your homework.

Tell your mom that you will walk to school every morning and back home every afternoon – that's good exercise!

Ask your parents how you can help them pay the phone bill. Maybe you can babysit or wash the car.

When you do get your phone back, remember to keep your promises.

Good luck!

### Did You Understand?

A Tick (✓) the correct columns.

Who ...	Ofer	Dad	Mom	Elana
1. has a problem?				
2. thinks Ofer doesn't have time to study?				
3. sends text messages all the time?				
4. wants Ofer to play outside?				
5. was very angry?				
6. cares about Ofer?				
7. helps Ofer solve his problem?				

B Answer the questions.

1. What is Ofer's problem?

.....

2. What does Ofer use his cellphone for?

.....

3. Why were Ofer's parents very angry?

.....

4. Write three things Elana tells Ofer he can do.

1. ....

2. ....

3. ....

5. How can Ofer help to pay the phone bill?

.....

C Complete the sentence.

..... because

## Vocabulary

A Match the words in A to their meanings in B.

- | A           | B   |
|-------------|---|
| 1. parents  | ..... a. not inside                         |
| 2. exercise | ..... b. come to a place                    |
| 3. arrive   | ..... c. mother and father                  |
| 4. enough   | ..... d. something you do in sports lessons |
| 5. outside  | ..... e. as much as you need                |

B Complete the sentences with the words below.

babysit ■ promise ■ spend time ■ remember ■ problem

1. I like to ..... with my family. We have fun together.
2. If Keren has a ....., she talks to her aunt about it.
3. I will get 100 on the quiz because I ..... all the words.
4. We ..... to take out the dog when you are away.
5. Do you like to ..... for your younger sister?

## Writing

Write a letter to Ofer. You can make sentences from the chart below or write your own.

You Exercise Study time	is / isn't are / aren't need / don't need	to talk to your parents. good for you. the only one with this problem. important.
-------------------------------	---	--

Dear Ofer,

.....

.....

.....

.....

## NEGATIVE | I do not have, she does not have

### משפטי שלילה

- כדי לחבר משפט שלילה עם הפועל to have, מוסיפים את המילים do not או does not לפני המילה have.

יחיד	רבים
I do not have	We do not have
You do not have	You do not have
He does not have	They do not have
She does not have	
It does not have	

I do not have a schoolbag.

She does not have a pencil.

שמתם לב? במשפט שלילה תמיד משתמשים במילה have ולא במילה has.

### צורות קצרות

- בדרך כלל משתמשים בצורות קצרות של הפועל to have במשפטי שלילה.

do not have → don't have

does not have → doesn't have

\* 3 Circle the correct words.

הקיפו את הטילים הנכונות.

1. You don't have / doesn't have a white bag.
2. Hannah don't have / doesn't have a cookie.
3. We don't have / doesn't have a dog.
4. I don't have / doesn't have a red sweater.
5. Ori don't have / doesn't have long hair.
6. The cat don't have / doesn't have toys.
7. She don't have / doesn't have a baby.
8. Ayelet don't have / doesn't have new shoes.
9. Alon and you don't have / doesn't have homework.
10. I don't have / doesn't have a new book.

\*\* 4 Complete the sentences with don't have / doesn't have.

השלימו את המשפטים עם don't have / doesn't have

1. Omar doesn't have a sister.
2. We \_\_\_\_\_ new bikes.
3. The room \_\_\_\_\_ windows.
4. Michal and Hila \_\_\_\_\_ long hair.
5. I \_\_\_\_\_ a computer.
6. Gilad and I \_\_\_\_\_ white shoes.
7. Asaf \_\_\_\_\_ a black car.
8. The boys \_\_\_\_\_ coats.
9. The teacher \_\_\_\_\_ a blue pen.
10. You \_\_\_\_\_ a red shirt.

**\*\* 3** Complete the sentences with **have / has / don't have / doesn't have**.

השלימו את המשפטים עם **have / has / don't have / doesn't have**.

1. I have / don't have brown eyes.
2. My mom \_\_\_\_\_ a car.
3. My teacher \_\_\_\_\_ a red pen.
4. My friends \_\_\_\_\_ new books.
5. My classroom \_\_\_\_\_ a blackboard.
6. My dad \_\_\_\_\_ a big bike.
7. I \_\_\_\_\_ old shoes.
8. My school \_\_\_\_\_ a swimming pool.
9. I \_\_\_\_\_ black hair.
10. My family \_\_\_\_\_ a dog.
11. My best friend \_\_\_\_\_ a computer.
12. I \_\_\_\_\_ a purple hat.
13. My cousin \_\_\_\_\_ fun games.
14. My grandparents \_\_\_\_\_ white hair.



# NEGATIVE

I am not walking, he is not walking,  
they are not walking

## משפטי שלילה

⊗ כדי לחבר משפט שלילה בזמן הווה ממושך (Present Progressive), מוסיפים את המילה not אחרי המילים am, is, are.

יחיד	רבים
I am not walking	We are not walking
You are not walking	You are not walking
He is not walking	They are not walking
She is not walking	
It is not walking	

I am not reading now.

They are not watching TV at the moment.

## צורות קצרות

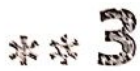
⊗ בדרך כלל משתמשים בצורות קצרות במשפטי שלילה בזמן הווה ממושך.

I am not reading → I'm not reading

He is not playing → He's not playing  
He isn't playing

They are not talking → They're not talking  
They aren't talking

שמתם לב? יש שתי צורות קצרות ל- is not ו- are not. יש רק צורה אחת ל- am not.



Complete the sentences with the correct form of the verbs in brackets.

השלימו את המשפטים עם הצורה הנכונה של הפעלים שבסוגריים.

1. He is reading (read) a book.
2. Miriam \_\_\_\_\_ (listen) to a CD.
3. Adam and Ben \_\_\_\_\_ (play) tennis.
4. Amit \_\_\_\_\_ (talk) on the telephone.
5. They \_\_\_\_\_ (stand) under the tree.
6. Miri \_\_\_\_\_ (eat) an apple.
7. Gali and Ariella \_\_\_\_\_ (buy) shoes.
8. I \_\_\_\_\_ (sing) a song.
9. Lior and Hilit \_\_\_\_\_ (do) their homework.
10. Yuval \_\_\_\_\_ (look) for his new bag.
11. We \_\_\_\_\_ (watch) TV.
12. Mom \_\_\_\_\_ (cook) dinner.
13. I \_\_\_\_\_ (walk) to the store.
14. Dana \_\_\_\_\_ (speak) English.
15. You \_\_\_\_\_ (study) for a test.
16. They \_\_\_\_\_ (clean) the kitchen.

## \*\* 4 Circle the correct words.

הקיפו את המילים הנכונות.

1. We am riding / are riding our bikes.
2. You am drinking / are drinking.
3. The boys is eating / are eating lunch.
4. I am helping / is helping the man.
5. Tom is standing / are standing near the tree.
6. I is singing / am singing a song now.
7. Mia and Ella is wearing / are wearing hats.
8. The girls are playing / is playing a game.
9. I is opening / am opening a window.
10. Ofir is climbing / are climbing a tree.

## WORKSHEET 2

### \* 1 Complete the sentences with am / is / are.

השלימו את המשפטים עם am / is / are.

1. My friends are talking on the telephone.
2. They are reading a book.
3. I am walking to the park.
4. You are drinking milk.
5. My sister is painting a picture.
6. I am eating breakfast.
7. Noam is cleaning his room.
8. Yariv and I are doing our homework.

## Foundation Level: Lexis – Band I

Learners have knowledge of at least 1200 items, including the core items in Band I.

a/an	also	home	between	bus	cheap
about	always	August	big	busy	children
above	am, I'm	autumn	birthday	but	(child)
across	and	away	a bit (of)	buy	chocolate
action	angry	back	black	by	class
address (n)	animal	<i>Give back the money!</i>	blue	<i>by the wall</i>	classroom
afraid	another	bad	board	call	clean (v)
after	answer (n)	bag	body	<i>Please call me at six!</i>	clean (adj)
afternoon	answer (v)	baby	book	<i>They called him Tom.</i>	clear
again	any	be	bored	can (v)	close (v)
age	anyone	beautiful	boring	capital	closed (adj)
ago	anything	because	bottle	<i>a capital letter</i>	coffee
agree	appear	because of	box	car	cold
all	April	bed	boy	Take care!	color
(not)	are	before	bread	careful	come
at	arrive	begin	break (v)	Be careful!	come back
all	at	behind	breakfast	cat	computer
almost	ask	believe	bring	catch	cool
alone	ask for	beside	brother	center	copy (v)
alphabet	at	best	brown	chair	cost (v)
already	at	better	build	change (v)	count

## Foundation Level: Lexis – Band I

Learners have knowledge of at least 1200 items, including the core items in Band I.

country	doctor	email	in fact	<i>a fine day</i>	friend
of course	do	the end	fair	<i>Fine!</i>	from
cross the road/street	dog	in the end	<i>That's not fair!</i>	finish	in front of
cry (v)	don't!	English	fall (v)	fire (n)	full
cut (v)	<i>Don't go! Don't touch it!</i>	enjoy	family	first	funny
dad	door	enough	far	five	game
dark	down	enter	fast	flower	garden
date	draw	evening	<i>They run fast.</i>	fly (v)	get
daughter	dress (n)	every	father	food	girl
day	drink (v)	everybody	favorite	foot, feet	give
<i>Have a good day!</i>	drive (v)	everyone	February	for	glad
Dear (as in email/letter)	dry (adj)	everything	feel	forget	glass
<i>Dear Helen, ...</i>	each	example	a few	four	go
December	early	for example	fifteen	fourteen	go on
decide	ears	excuse me	fifth	fourth	going to
dictionary	easy	exercise (n)	fifty	forty	good
different	eat	expensive	film	free (adj)	good at
difficult	eighteen	extra	find	<i>I'm free this afternoon.</i>	goodbye
	eighty	eyes	find out	<i>It costs nothing. It's free.</i>	grade
	eleven	face	fine	Friday	<i>I study in the sixth grade.</i>

## Foundation Level: Lexis – Band I

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grade <i>My final grade was 90.</i>	head	hungry	just <i>She's just a baby.</i>	<i>The last letter of the alphabet is Z</i>	make
great	hear	idea	keep	letter <i>I wrote a letter to my cousin.</i>	man, men
green	hello	if	kid	lie <i>It was wrong to lie to my friend.</i>	many
grow	help	immediately	kind (n)	lie down	how many?
guess (n)	her	important	kind of	life	March
guess (v)	herself	impossible	know	light (n)	it doesn't matter
hair	here	in	large	like (prep)	What's the matter?
half	high	inside	last (adj)	like (v)	May
half past	him	interested in	last night	listen	maybe
hand	himself	interesting	late	little <i>a little girl</i>	me
hang	his	into	learn	live (v)	mean
happen	hold	invite	at least	long look	I mean
happy	home	is	leave	at lost	What do you mean?
hard (adj)	hope (v)	it	left <i>I write with my left hand</i>	a lot of	meaning
hard (adv)	hot	its	less	lots of love	meet
work hard	hour	itself	lesson	lunch	meeting
hat	house	January	let's		memory
have	how	job	letter		message
have to be	How are you?	June			middle
	hundred	July			milk

## Foundation Level: Lexis – Band I

Learners have knowledge of at least 1200 items, including the core items in Band I.

Do you mind?	Mrs	night	I'm ... years old	paper	practice (v)
minus	Ms	at night	on	part (n)	problem
minute (n)	much	nine	once	past (n & adj)	no problem!
in a minute	How much?	nineteen	once upon a time	pay (v)	project
mistake	music	ninety	one	pen	pupil
mix	my	no	only	pencil	push
mom / mum	myself	nobody	open (v)	people	put
at the moment	name	no-one	open (adj)	perhaps	question
Monday	What's your	not	or	person	quick
money	name?	notebook	other	pick up	quiet
month	My name is ...	nothing	our	picture	Be quiet!
moon	near	November	ourselves	piece (of)	radio
more	need	now	out	place (n)	read
morning	neighbor	number (n)	over	plan (n)	ready
most	never	October	own	plan (v)	Are you ready?
mother	new	of	(my own,	play	I'm ready
mouth	news	often	your own ...)	play a game	real
move	next	OK / okay	<i>He writes his own music.</i>	please	really
movie	next to	old	parents	poor	red
Mr	nice	How old are you?	page	possible	remember

## Foundation Level: Lexis – Band I

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rest (v)	<i>I was happy with</i>	sing	some	sun	them
return	<i>second place.</i>	sister	somebody	Sunday	themselves
rich	see	sit	something	supper	then
right	send	six	sometimes	sure	there
<i>my right hand</i>	sentence	sixteen	son	take	there is, there are
right	September	sixty	soon	talk (v)	these
<i>the right answer.</i>	seven	size	song	tall	they
right now	seventeen	<i>What size...?</i>	sorry	tea	thing
all right, alright	seventy	sky	I'm sorry	teach	think
road	she	sleep	speak	telephone	third
room	short	special	spell (v)	television	thirteen
round	<i>The movie was short.</i>	spring	sport	tell	thirty
rule	shout	summer	start	tell a story	this
run	show (v)	slow	still	test	those
sad	shut (adj)	small	<i>They're still waiting.</i>	than	three
the same (as)	shut (v)	smart	story	thank you	Thursday
Saturday	sick	<i>You look very smart!</i>	straight	thanks	time
say	side (n)	smile (n)	strong	that	What's the time?
school	sign (n)	smile (v)	student	the	The time is...
second	simple	so	suddenly	their	to



## Foundation Level: Lexis – Band I

Learners have knowledge of at least 1200 items, including the core items in Band I.

today	turn left/right	wash	Well done!	wonderful
together	twenty	watch	What a pity	word
tomorrow	two	water	shame!	work
tonight	under	way	what	world
too	understand	Which way...?	when	worse
<i>You can come too.</i>	until	we	where	worst
too	up	wear	while	write
<i>The question is too hard.</i>	us	Wednesday	white	wrong
too much	use (v)	week	who	year
town	usually	welcome	why	yellow
tree	vacation	you're welcome!	will	yes
go on a trip	very	well	window	yesterday
truck	wait (for) (v)	<i>I feel very well.</i>	winter	you
true	walk (v)	well	wish	young
try	wall	<i>He did the job well.</i>	with	your
Tuesday	want	as well	without	
turn (v)	was, were	as well as	woman, women	