Mai/Juin 2020

5TQ - Langue Moderne I (ANGLAIS)

CAHIER DE TRAVAIL II

NOM :______PRÉNOM :

CLASSE :__

Introduction

Chers élèves, chers parents,

Nous mettons à votre disposition ce **nouveau cahier de travail "spécial confinement"**. Nous avons divisé celui-ci en **trois volets**: grammaire, temps et compétences.

Ce second dossier d'exercices est **destiné aux élèves ayant déjà rendu et auto-corrigé le premier**. Si ce n'est pas encore le cas, n'oubliez pas de le terminer et de nous le transmettre sur nos adresses e-mail au plus vite.

Nous tenons aussi à souligner que le second dossier publié récemment (Cahier de ressources en ligne), l'a simplement été à titre informatif, afin de vous fournir des sites ludiques pour travailler votre anglais de manière autonome et plus amusante MAIS nous souhaiterions tout de même continuer à travailler avec vous via ce nouveau dossier.

Vous pouvez faire les exercices à votre rythme et nous les renvoyer sur nos adresses e-mail: vicky.rousselle3792@gmail.com ou gonda.pauline@gmail.com (selon votre professeur). Nous vous transmettrons alors la correction des exercices réalisés. Attention, lorsque vous faites un envoi, essayez de le faire pour toute une partie minimum (toute la grammaire et/ou tous les temps et/ou toutes les compétences), histoire que nous ne soyons pas assommées de mails ne comportant qu'un ou deux exercices :-).

Voici également un **bon dictionnaire en ligne** au cas où certains mots poseraient problème: https://www.wordreference.com/

N'hésitez pas à nous contacter si vous avez la moindre question.

Bon travail & prenez bien soin de vous et de vos proches :-)!

PART I - GRAMMAR

GRAMMAR - BE AND HAVE

- 1. Complete the sentences. Use an affirmative (+), NEGATIVE (-) OR INTERROGATIVE (?) FORM OF THE VERB TO BE.
- A. She isn't a good student. (-)
- B. Are you a boy? No, I'm not. (-)
- C. Is your father a police officer? Yes, he is. (+)
- D. Am I beautiful? Yes, you are . (+)
- E. Is he Greek? No, he isn't. (-) He is Finnish. (+)
- F. My best friends aren't at school today. (-) They are ill. (+)
- G. Is London in the USA? No, it isn't. (-) It is in the UK. (+)
- H. Tom and Lucy aren't sixteen. (-) They are twelve. (+)
- I. Is it warm and sunny today? Yes, it is. (+)
- J. I'm not Japanese. (-) I'm German. (+)
- K. **Is** that girl your sister?
- L. My shoes aren't new (-); they are old. (+)
- M. What nationality are they?
- N. Are his eyes green?
- 2. Complete the sentences. Use an affirmative (+), NEGATIVE (-) OR INTERROGATIVE (?) FORM OF THE VERB TO HAVE GOT.
- A. We haven't got a dog (-), but we have a cat. (+)
- B. My house has got a lot of rooms. (+)
- C. Has Julia got a brother? Yes, she has. (+)

- D. My dog has got a very long tail. (+)
- E. Have his mother and father **got** a house by the lake? No, they **haven't**, (-) but they **have** a house in the mountains. (+)
- F. Has Frank got blond hair? Yes, he has. (+)
- G. We haven't got time! (-)
- H. You and I have got a lot of friends. (+)
- I. Lucy and Alice haven't got a laptop in their room. (-)
- J. Have they got any money to buy the tickets? Yes, they have. (+)
- K. Has Tommy got any brothers or sisters?
- L. The guinea pig hasn't got any water. (-)

3. FILL IN THE BLANKS WITH AM/ARE/IS/HAVE/HAS

Meet me!

I am a monster. My name is Bimbo. I am 99 years old. My body is purple. I am not thin. I am fat. I have got green hair. My eyes are yellow. I have (got) two big eyes. My teeth are small and yellow. I have got 15 teeth. My mouth is big too. Look at my hands! I have (got) two green hands! My fingers are green too. I have (got) two big feet. I am not scary at all.

Meet my friend!

This monster is my best friend. His name is Toro. He is always happy. His body is purple. He has got two big eyes. His nose is not small. It is red. He has got a big mouth. His teeth are white. He has (got) 10 teeth. Toro has got ten fingers. His hands are very small. He has got two feet and six toes. Toro is a short monster. My friend is very funny, isn't he?

5TQ

- 4. FORM SENTENCES. USE AN AFFIRMATIVE (+), A NEGATIVE (-) OR AN INTEROGATIVE (-). ADD THE VERB « TO BE » OR « TO HAVE ».
- A. I not an English student.

I'm not an English student.

B. Jen – a – baby boy.

Jen has (got) a baby boy.

C. My cousins – and – you – neighbours.

My cousins and you are neighbours.

D. Your bother - and - I - not - cousins.

Your brother and I aren't cousins.

E. You - a sister

Have you got a sister? / Do you have a sister?

F. My father – not – a – plumber.

My father isn't a plumber.

G. His stepsister - not - any - friends.

His stepsister hasn't got any friends / His stepsister doesn't have any friends.

H. He – any – sugar?

Has he got any sugar? / Does he have any sugar?

GRAMMAR – FREQUENCY ADVERBS

1. Put the following adverss of frequency in the correct order from the most often to the least often (1-6):

3	often
2	usually
1	always
6	never
5	seldom/rarely
4	sometimes

2. REWRITE THE COMPLETE SENTENCE USING THE ADVERB OF FREQUENCY IN BRACKETS IN ITS CORRECT POSITION.

A. They go to the movies. (often)

They often go to the movies.

B. She listens to classical music. (rarely)

She rarely listens to classical music.

C. He reads the local newspaper. (sometimes)

He sometimes read the local newspaper.

D. Sara smiles. (never)

Sara never smiles.

E. She complains about her husband. (always)

She always complains about her husband.

F. I drink coffee. (sometimes)

I sometimes drink coffee.

G. Frank is ill. (often)

Frank is often ill.

H. He feels terrible. (usually)

He usually feels terrible.

Cahier de travail Mars/Avril 2020

Gonda P. / Rousselle V.

5TO

I. I go jogging in the morning. (always)µ

I always go jogging in the morning.

J. I eat meat. (seldom)

I seldom eat meat.

3. Put the words in the correct order to make sentences.

A. by car / always / go / I / to school.

I always go to school by car.

B. often / my father / tennis / plays.

My father often plays tennis.

C. go clubbing / never / we / on Saturdays.

We never go clubbing on Saturdays.

D. with her / sometimes / runs / her father

Her father sometimes runs with her.

E. go / they / to the restaurant / usually / on Friday evenings.

They usually go to the restaurant on Friday evenings.

F. has / she / breakfast / hardly ever.

She hardly ever has breakfast.

G. from 7 to 5 / work / normally / my parents.

My parents normally work from 7 to 5.

H. doesn't / in Spain / it / often / rain.

It doesn't often rain in Spain.

I. do / get up / at 6 o'clock / usually / you?

Do you usually get up at 6 o'clock?

4. Answer the questions about you. Use a frequency adverb in your answers.

Example: What time do you go to bed? I usually go to bed at 10 o'clock.

ICI REPONSES PERSONNELLES DONC CE NE SONT QUE DES EXEMPLES.

A. Do you play tennis?

No, I sometimes play tennis after work.

B. When do you do your homework?

I usually do my homework before dinner.

C. How do you go to school?

I usually go to school by bus.

D. What time do you get up?

I always get up at 7 o'clock.

E. Where do you have lunch?

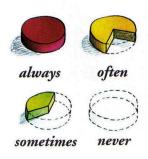
I usually have lunch at school but I sometimes go to the sandwich bar.

F. Do you go clubbing?

No, I never go clubbing.

G. What do you do at the weekend?

I rarely wake up early and I always take my time.



GRAMMAR – PRONOUNS AND DETERMINERS

1. USE THE CORRECT SUBJECT PRONOUNS. WATCH THE WORDS IN BRACKETS.

- A. He is dreaming. (George)
- B. It is green. (the blackboard)
- C. They are on the wall. (the posters)
- D. **It** is running. (the dog)
- E. We are watching TV. (my mother and I)
- F. They are in the garden. (the flowers)
- G. He is riding his bike. (Tom)
- H. She is from Bristol. (Victoria)
- I. She has got a brother. (Diana)
- J. Have you got a computer, Mandy?

2. COMPLETE THE SENTENCES USING THE CORRECT OBJECT PRONOUN.

```
A. "Is he marrying Leila?"
```

"Yes, he is in love with her!"

B. "Your son is making a lot of noise!"

"I'll ask him to be quiet."

C. "Please will you ask Robert to come in."

"Sorry, I don't know him."

D. "Where are my glasses?"

"You are wearing them!"

```
E. "Do you like apples?"
```

"I love them!"

F. "Why is he always talking about Liza?"

"He obviously likes her!"

- G. "Where is my book? Oh, dear! I've lost it!"
- H. "Is that Nancy's new boyfriend?"

"Don't ask me, ask him (s'il s'agit demander au garçon) / her (s'il s'agit de

demander à Nancy)!"

I. "What is the title of that article?"

"I'm afraid I can't remember it."

J. "Look at John! He seems so happy?"

"His friends offered him a guitar for his birthday!"

3. CHOOSE THE CORRECT ANSWER.

- A. This is Sam. I go to school with he/him
- B. We/us are going into town.
- C. Why are you looking at I/me?
- D. *She/Her* goes to bed at nine o'clock.
- E. This is Tom's trumpet. *He/His* plays it every day.
- F. These are my hamsters. Do you like they/them?

4. FILL IN THE BLANKS WITH AN APPROPRIATE SUBJECT OR OBJECT PRONOUN.

- A. I met this boy at the party but he didn't recognize me.
- B. This is her sister. I think I have seen her before but she had shorter hair.
- C. I am very angry. You shouldn't have done this to me.

- 5TQ
- D. Ann is at a party. What is **she** doing there?
- E. Can you turn off the radio if you aren't listening to it.
- F. Your school results are very bad. You should talk to your teachers and listen to them.
- G. My English teacher was very disappointed today. He/She gave us an exercise to do but nobody had done it .
- H. My cat is missing. Have you seen it?
- I. Your brother is younger than you but he is taller.
- J. He was walking in the park with his girlfriend yesterday. I saw them .

5. COMPLETE THE SENTENCES WITH A POSSESSIVE DETERMINER.

- A. My father is driving his new car.
- B. Hello! What's your name?
- C. I've got a sister. Her name is Mary.
- D. Our names are Mark and Jorge
- E. The cow ate its food quickly.
- F. The little boy is playing with his toys.
- G. We live in a house. Our house is very big.
- H. They like sport. Their favourite sport is rugby.
- I. The girl plays tennis. This is her racket.
- J. This is a tortoise. Its name is Buga.
- K. Is this Paul's cat? Yes, it is her cat.
- L. Lucy and I like to wear our hair long.

6. COMPLETE THE TEXT WITH A PERSONAL PRONOUN OR A POSSESSIVE DETERMINER.

I am Robert and I live in Bristol. This is Jack. He is my friend. He lives in Bristol too.

Sarah likes him. She likes his blue eyes very much. Sarah lives with her older sister

in a flat in Bristol. Bristol is our hometown. It is an old city with lots of sights.

GRAMMAR – QUESTION WORDS

1. COMPLETE THE SENTENCES WITH THE CORRECT QUESTION WORD. THEN MATCH THE QUESTIONS WITH THE CORRECT ANSWERS. FOLLOW THE EXAMPLE.

1)	are you smiling?	a) 9 I'm called Rosa.
2)	is your brother's birthday?	b) I've got a Biology project to do.
3)	is your mum's favourite food?	c) It's cold but sunny.
4)	is the weather like today?	d) I've got ten.
5)	is this school bag?	e) He's a mechanic.
6)	can I buy a birthday cake?	f) It's on 4 th May. He will be 12 years old.
7)	homework have you got?	g) He's Bruno Mars. His music is great!
8)	water do you drink a day?	h) It ends in June.
9) What	is your name?	i) because I've got 9 out of 10 in Maths!
10)	is Madrid situated?	j) At a bakery.
11)	does the school year finish?	k) It's Michael's.
12)	does your father do?	l) She likes pasta and lemon cake.
13)	is your favourite singer?	m) Usually a litre and a half.
14)	toes have you got?	n) It's in the middle of Spain.

- 1) Why are you smiling? Réponse: I
- 2) When is your brother's birthday? Réponse F
- 3) What is your mum's favourite food? Réponse L
- 4) What is the weather like today? Réponse C
- 5) Whose is this school bag? Réponse K
- 6) Where can I buy a birthday cake? Réponse J
- 7) What homework have you got? Réponse B
- 8) How much water do you drink a day? Réponse M
- 9) What is your name? Réponse A
- 10) Where is Madrid situated? Réponse N
- 11) When does the school year finish? Réponse H
- 12) What does your father do? Réponse E
- 13) Who is your favourite singer? Réponse G
- 14) How many toes have you got? Réponse D

2. ASK QUESTIONS FOR THE UNDERLINED WORDS.

- A. The king send <u>him</u> a letter.
- → Who does the king send a letter to?
- B. He went to the hill.
- → Where did he go?
- C. They cut the grass.
- → What do/did they cut?
- D. He gives <u>Harry</u> a nice present.
- → Who does he give a nice present to?
- E. The guests are making <u>an awful mess</u>.
- → What are the guests making?

Cahier de travail Mars/Avril 2020 5TO

Gonda P. / Rousselle V.

- F. We call Mary every week.
- → How often do we call Mary?
- G. He stays in bed.
- → Where does he stay?
- H. He is taking an umbrella because it is raining.
- → Why is he taking an umbrella?
- I. She is wearing <u>black jeans this week</u>.
- → What is she wearing (this week)?
- J. My sister is <u>eleven years old</u>.
- → How old is your sister?

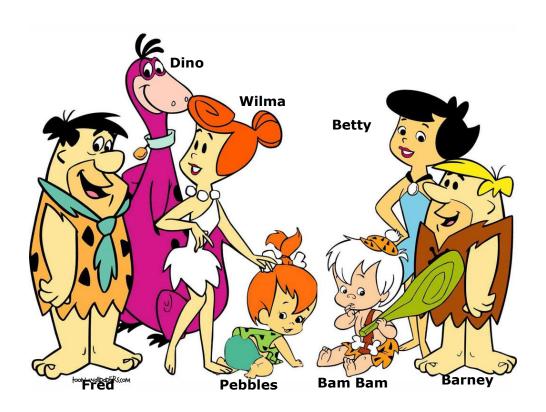
GRAMMAR – COMPARATIVES AND SUPERLATIVES

1. FILL IN THE SENTENCES WITH THE CORRECT FORM OF THE WORDS IN BRACKETS (COMPARATIVE OR SUPERLATIVE).

- A. My house is (big) bigger than yours.
- B. This flower is (beautiful) more beautiful than that one.
- C. This is the (interesting) most interesting book I have ever read.
- D. Non-smokers usually live (long) longer than smokers.
- E. Which is the (dangerous) the most dangerous animal in the world?
- F. A holiday by the sea is (good) better than a holiday in the mountains.
- G. It is strange but often a coke is (expensive) more expensive than a beer.
- H. Who is the (rich) richest woman on earth?
- I. The weather this summer is even (bad) worse than last summer.



2. Write ten sentences to compare the Flintstones. Use the different types of comparatives and superlatives.



- A. Dino is the tallest.
- B. Bam Bam's skin is lighter than Pebbles's skin.
- C. Fred is taller and fatter than Barney.
- D. Pebbles and Bam Bam are the youngest.
- E. Wilma and Betty are thinner and taller than Fred and Barney.
- F. Pebbles and Bam bam are the cutest.
- G. Fred and Dino are the fattest.

- H. Barney is shorter than Fred.
- I. Wilma and Betty are more beautiful than Fred and Barney.
- J. Fred's eyes are bigger than wilma's eyes.

ATTENTION, BEAUCOUP D'AUTRES POSSIBILITES, CE NE SONT QUE DES EXEMPLES

PART II - TENSES

TENSES - PRESENT SIMPLE

1. COMPLETE WITH THE RIGHT FORM OF THE VERB (AFFIRMATIVE).

- A. I play (to play) the piano every evening.
- B. She watches (to watch) TV at night.
- C. He goes (to go) to school on foot.
- D. You run (to run) with your father once a week.
- E. Victoria and her mother drink (to drink) tea in the afternoon.
- F. She **finishes** (to finish) her homework around 5 o'clock.
- G. It rains (to rain) a lot in Scotland.
- H. I live (to live) in London.
- I. Victoria hangs around (to hang around) with her friends after school.
- J. They like (to like) playing golf on Sundays.
- K. You write (to write) a letter to your brother every week.
- L. He gets up (to get up) at 7 o'clock every day.
- M. The dog eats (to eat) twice a day.
- N. She goes (to go) to bed at 10 o'clock every night.
- O. He always buys (to buy) a lot of clothes in the sales.
- P. She never kisses (to kiss)

2. Complete with the right form of the verb.

- A. What time do you get up (+) in the morning? (to get up)
- B. How does he go (+) to school? (to go)

- C. Victoria doesn't go (-) clubbing because she is (+) too young. (to go to be)
- D. Victoria and her parents don't go (-) to the movies, they go (+) to the restaurant.
- E. Do you remember (+) your teacher well? (to remember)
- F. Where does your father work? (to work)
- G. What do your friends do (+)? (to do)
- H. When do you watch TV (+)? (to watch)
- I. When does Victoria watch TV (+)? (to watch)
- J. I don't get up (-) late in the morning, I get up (+) early. (to get up)
- K. Does Victoria's father run (+) with her every day? (to run)
- L. When does he start (+) his second job? (to start)
- M. He watches (+) TV every night until 10 o'clock. (to watch)
- N. Victoria goes (+) to school by bus. (to go)
- O. We don't eat (-) meat, we eat (+) vegetables. (eat)
- P. Mr Copetti doesn't teach (-) French, he teaches (+) English. (to teach)
- Q. Do you have (+) a pen? (to have)
- R. Victoria sings (+) very well, but she doesn't sing (erreur de notre part, il s'agissait d'un "-") in a choir. (sing)
- S. Do you read (+) the newspaper every day? (to read)
- T. My brother doesn't work (-) a lot for school. (to work)
- U. His sister washes (+) her hair every day. (to wash)
- V. Does your dog play (+) with its toys? (to play)
- W. They don't drink (-) milk every day. (to drink)
- X. My best friend comes (+) home late on Tuesdays. (to come)
- Y. Where do you live (+)? (to live)

3. Answer these questions with a sentence, give true answers!

Ce sont des réponses personnelles. Il y a donc une multitude de réponses possibles. Il ne s'agit ici que d'exemples.

A. What time do you get up?

I always get up at 7 o'clock.

B. What do you have for breakfast?

I usually have a yogurt and a piece of fruit.

C. What school do you go to?

I go to the Athénée Royal Agri Saint-Georges.

D. What class are you in?

I'm in the fifth grade.

E. How do you go to school?

I go to school by bus.

F. Who do you go to school with?

I go to school with my brother.

G. What time does school start?

School starts at 8:10.

H. Where do you have lunch?

I usually have lunch in the canteen.

I. Who do you have lunch with?

I always have lunch with my friends.

J. What time does school finish?

School normally finishes at 3:50 but I sometimes finish earlier when a teacher is absent.

K. How do you come home?

I usually come home by bus.

- L. What do you do when you get home?
- I have a snack and then I do my homework.
- M. Where do you do your homework?
- I do my homework in my bedroom.
- N. When do you have dinner?
- I usually have dinner at 7:30.
- O. What do you do in the evening?
- I often chat with my friends on social networks.
- P. What time do you go to bed?
- I always go to bed between 11:00 and 11:30.

4. WRITE A SHORT TEXT ABOUT YOUR DAY WITH THE PREVIOUS ANSWERS.

Même chose, il s'agit d'un exemple.

I get up at 7 o'clock and have a quick shower. After that, I do some exercises, put my clothes on, and prepare my school bag. Then I go downstairs and have a breakfast with my mum and dad. I usually have sandwich and a cup of tea, but I never have sausages and eggs. After breakfast I always make my bed and then I go to school. I stay at school from eight o'clock in the morning till half past two in the afternoon. On Mondays and Wednesdays I stay later because I have drum lessons. On the other days I usually play football with my friends. When I get home I sometimes help my mother in the house. I usually do my homework from five o'clock to seven o'clock in the evening. At around seven o'clock we all have dinner together. After dinner I

usually watch some TV and chat with my family. At 10 o'clock I read a book and go to

bed. After such a busy day, I always feel sleepy and ready for my comfortable bed!

TENSES - PRESENT CONTINUOUS

1. Complete the sentences with the correct form of the verb.

- a) Look! The bus is coming (come)
- b) Julia is teaching (teach) Spanish this term.
- c) Carol is studying (study) French right now.
- d) The kids are singing (sing) a song.
- e) We aren't surfing (not surf) in the web.
- f) Tina is wearing (wear) a black dress.
- g) My brothers are sitting (sit) on a bench.
- h) Barbara is going (go) to school.
- i) Christine is traveling (travel) by plane.
- j) Those cats are playing (play) with a ball.
- k) That bird are flying (fly) very high.
- 1) The mechanic is mending (mend) the cars.
- m) My sister is doing (do) some housework.
- n) At the moment it is snowing (snow)
- o) My mother is baking (bake) biscuits
- p) The Harrison family is enjoying (enjoy) the football match.
- q) Alice is preparing (prepare) the party.
- r) We aren't breaking (not (erreur de notre part) / break) anything.
- s) Tom and Anne are behaving (behave) correctly.

5TQ

t) My neighbour is planting (plant) some trees.

2. FORM SENTENCES IN THE PRESENT CONTINUOUS (AFFIRMATIVE, NEGATIVE AND INTERROGATIVE).

A. (we / go to the cinema later)

We are going to the cinema later.

B. (they / work now)

They are working now.

C. (you / not / walk)

You aren't walking.

D. (they / learn new things)?

Are they learning new things?

E. (when / he / start work)?

When is he starting work?

F. (why / I / stay at home)?

Why am I staying at home?

G. (it / get dark)?

Is it getting dark?

H. (we / not / win)

We aren't winning.

(they / not / bring a cake)

They are not bringing a cake.

J. (the dog / not / play with a ball)

The dog isn't playing with a ball.

K. (why / it / rain now)?

Why is it raining now?

L. (how / she / travel)?

Cahier de travail Mars/Avril 2020 5TO

Gonda P. / Rousselle V.

How is she traveling?

M. (where / you / work)?

Where are you working?

N. (what / we / watch)?

What are we watching?

O. (you / meet your friend at four)

You are meeting your friends at four.

P. (I / take too much cake)?

Am I taking too much cake?

Q. (you / think)?

What are you thinking?

R. (we / study this evening)

We are studying this evening.

S. (Lucy and Steve / play the piano).

Lucy and Steve are playing the piano.

T. (Sarah / not / tell a story)

Sarah isn't telling a story.

TENSES - MIXED TENSES

1. Choose the correct answer.

a) The doctor in the local hospital now.

b) Michael shopping with his father on Saturdays.

° goes ° is going

c) Roberto (catch) the bus in the morning.

- ° catches
- ° is catching
- d) The girl often (drink) milk for breakfast.
- ° drinks
- ° is drinking
- e) It's 9.00pm and my family dinner.
- ° has
- ° is having
- f) Claire her lessons at 2:15 pm.
- ° is finishing
- ° finishes

2. Write the correct form (present simple or continuous) of the verb.

- A. Katherine works (work) in the farm in summer.
- B. John often goes (go) to bed late on Saturdays.
- C. Alan usually brushes (brush) his teeth..
- D. They are running (run) to catch the bus now.
- E. Sarah hates (hate) eating soup.
- F. My cousin is living (live) in San Francisco at the moment.
- G. Some teachers are correcting (correct) the exams right now.
- H. Lucia sometimes participates (participate) in the festival.
- I. The photographer always takes (take) nice photos.
- J. Lucas is directing (direct) the new film now.
- K. Listen! They are playing (play) your favourite song.

3. READ THE TEXT AND FILL IN THE BLANKS WITH THE CORRECT FORM OF THE VERB (PRESENT SIMPLE OR CONTINUOUS).

I don't know (not know) what to think of my brother Tom. He lives (live) in London where he has (have) a small flat not far from the city centre. He is (be) a journalist

5TQ

and usually works (work) from 8 a.m. till 6 p.m. during weekdays. At weekends he often spends (spend) time with his friends. They usually qo (qo) out to a pub or a music concert. However, at the moment Tom isn't working (not work). He is enjoying (enjoy) a few days off work with his new girlfriend Jane. They are visiting (visit) our cousin George in New York. On Friday they are traveling (travel) to Los Angeles because they want (want) to visit Hollywood. Next Sunday they are flying (fly) home. It seems to be OK, but I cannot stand one thing. Jane is not Tom's first girlfriend. He had a few partners before but he often splits up (split up) with the girl after a few weeks of dating. I am not surprised. He is so disorganized. He is always leaving (agacement par rapport à qqch de répétitif) (always leave) clothes on the floor in his bedroom and is often late. It is so irritating. I hope this time it is going to be different. Tom and Jane love (love) each other and I think they want (want) to stay together. I believe (believe) they are a perfect couple. However, Tom must change. I'm meeting (meet) him for a coffee after they come back from the US. He must understand that he cannot continue to be so messy and irresponsible. Do you think (you / think) our mum should talk to him too?

PART III - SKILLS

READING SKILLS - AN ALTERNATIVE TO TEAM SPORTS

Contexte:

Tu as, ces derniers temps, mis l'activité physique de côté et tu aimerais beaucoup te remettre au sport pour rester en forme et être en bonne santé. Cependant, tu n'aimes plus les sports "traditionnels" car tu en as déjà beaucoup pratiqués et tu en as fait le tour. Tu cherches une autre manière de faire du sport tout en gardant tout de même un contact social. Tu trouves alors un article sur internet qui te parait très intéressant pour répondre à ton problème.

Tâche:

Lis l'article (*An alternative to team sports*) ci-joint. Pour ne rien oublier quand tu feras ton choix, écris un <u>compte-rendu</u> en français des informations importantes contenues dans le texte. N'oublie pas de mentionner

- Les désavantages des sports d'équipes
- Les points positifs de l'alternative trouvée par l'auteur (mentionne-la également)
- La conclusion que l'auteur donne à son article concernant cette alternative.



AN ALTERNATIVE TO TEAM SPORTS

Team sports are played, televised, and talked about across the world. However, not much publicity is given to the alternative things that we can do to improve our fitness. Although I participated in games such as hockey and netball at school, I often disliked the pressure of competitive sports. Whilst the social aspect of team games is beneficial, there are many other activities that we can do in order to maintain good health.

Sports such as netball and football are not ideal for everyone, but exercising alone is not always the best alternative. If you are anything like me, you need to exercise with other people in order to maintain motivation. This is why I, personally, have found the perfect solution in group exercise classes.

With fitness classes, you get the best of both worlds; you avoid the pressure of competition, but you never have to exercise alone. Having recently moved to a foreign country, I have found that partaking in exercise classes is also a great way of getting to know people who share your goals and interests. As with team sports, group exercise can be both a social and sporty activity.

Thanks to the diversity of group exercise classes available, you don't have to worry if you're not particularly gifted in certain aspects of sports. Whilst I struggle with coordination in classes such as zumba, I have discovered classes such as Pilates, yoga and spinning which are more suited to my own skills. Whether you like dancing, cycling, or a more relaxed form of exercise, there will always be a class that will suit your own hobbies.

Group exercise is proof of the fact that fitness can be fun. If you are looking for a new hobby, or simply just a change to your normal routine, I would recommend

Cahier de travail Mars/Avril 2020 5TQ

Gonda P. / Rousselle V.

group exercise classes as a great way of meeting new people whilst also staying healthy.

Answer sheet:

✓ Désavantages des sports d'équipe:

- Il y a beaucoup de pression due à la compétition
- Ce n'est pas l'idéal pour tout le monde
- Tracas de ne pas être doué dans tous les aspects du sport

✓ Alternative trouvée par l'auteur:

- Son alternative: des cours d'exercices collectifs (du style yoga, Pilates, zumba, etc.)

✓ Avantages de cette alternative:

- On évite la pression de la compétition
- On ne s'entraîne jamais seuls
- C'est une très bonne façon de faire connaissance avec des partagent qui partagent nos buts et nos intérêts
- C'est une activité à la fois sociale et sportive (rencontrer de nouvelles personnes tout en restant en bonne santé).
- Il y a une grande diversités de cours possibles et il y aura toujours des cours qui colleront avec nos intérêts/hobbies.

✓ La conclusion de l'auteur:

- L'exercice en groupe est une preuve que le fitness peut être amusant
- Il recommande les cours collectifs à ceux qui recherchent un nouveau passe-temps ou un changement dans leur routine habituelle.

LISTENING SKILLS - CYBERBULLYING

Contexte:

Dans le cadre de ton cours de langues, vous avez parlé avec ta classe d'internet et des réseaux sociaux. Ton professeur vous demande de présenter devant la classe un des dangers que peut présenter internet. Tu as décidé de choisir le cyber harcèlement. Tu ne t'y connais pas vraiment sur le sujet mais tu tombes sur un programme radio qui pourrait t'aider.

Tâche:

Ecoute attentivement le programme. Pour être le plus précis lors de ta présentation orale, tu prends note en français des points suivants

- La définition que donnent les intervenants du cyber harcèlement
- La différence entre le cyber harcèlement et le harcèlement traditionnel
- Les différentes choses que les cyber harceleurs peuvent faire
- Les conseils pour éviter le cyber harcèlement

Modalités:

Tu écouteras la piste audio 3 fois dont une fois avec pauses et rédigeras des réponses sous forme de phrases complètes <u>en français</u>. Voici le lien de l'audition:

https://www.bbc.co.uk/learningenglish/thai/features/the-english-we-speak/ep-150616



Answer sheet:

✓ La définition que donnent les intervenants du cyber harcèlement

- C'est une forme de harcèlement à travers laquelle des gens harcèlent et blessent délibérément d'autres personnes en ligne.

✓ La différence entre le cyber harcèlement et le harcèlement traditionnel

- Contrairement aux harceleur traditionnels, les harceleurs électroniques peuvent rester anonyme. On ne sait donc pas qui ils sont.

✓ Les différentes choses que les cyber harceleurs peuvent faire

- Diffusion de mensonges et de rumeurs en ligne
- Envoi ou transmission de messages désagréables par messagerie instantanée,
 sms, ou sur les réseaux sociaux.

✓ Les conseils pour éviter le cyber harcèlement

- Ne pas prendre tout à coeur
- Ne pas communiquer ses infos personnelles ou celles de nos amis
- Savoir comment bloquer ou signaler les personnes qui se comportent de manière inappropriée.
- Quand on envoie des messages aux gens, faire attention à ce que l'on écrit ou ce que l'on met en ligne.
- Ne pas partager un commentaire ou une image personnelle désagréable
- Se souvenir que de l'autre côté de l'écran se trouve un véritable être humain.