

2020



## الحصة الاولى والثانية والثالثة اول ثانوي



الأستاذ انس البلوي

اقوى نظام تدريس لغة انجليزية

2020

الهاتف الشخصي

اكثر جبل النصر 0788322507 مركز جوهرة ماركا 0791007104

مركز التشابيهية جبل النزهة 0779995255

مركز بوابة اوائل طبربور 0789968425

موقع الاونل تعليمي \_ الاستاذ انس البلوي

على فيسبوك : الأستاذ انس البلوي

يوتيوب الأستاذ انس البلوي



الأستاذ أنس البلوي العميد

الأستاذ أنس البلوي العميد

الأستاذ أنس البلوي اقوى انظمة تدريس اللغة الانجليزية توجيهي



## تمهيد قبل البداية

A healthy and active brain

The brain sorts and stores information . it also tells the muscles to relax and the heart to beat more slowly .

What do you think are the health benefits of sleep ?

There are many benefits of sleep such as sleep can recharge our physical and mental batteries .

Do you think that enough sleep makes us active and alert .

Vocabulary	The Arabic meaning
REM	حركة العين السريعة
Heartbeat	نبض القلب
Brainwave	موجة دماغية
Muscle	عضلة
Immune system	جهاز مناعي
Eyelids	جفون

## الفقرة الاولى في الكتاب صفحة رقم 6

### The importance of sleep

#### اهمية النوم

Sleep is essential part of life. although we think sleep as a time when we rest completely. its actually a very busy period for the brain. من الحياة of life جزء هام part of life . although we think sleep as a time when we rest completely. its actually a very busy period for the brain.

Scientists claim that sleep is the time when information is sorted and stored by the brain . sleep is important for reducing stress and keeping the heart . the immune system and the memory healthy . العلماء claim that sleep is the time when information is sorted and stored by the brain . sleep is important for reducing stress and keeping the heart . the immune system and the memory healthy .

Scientists have already identified five sleep stages by studying . موجات الدماغ brainwaves .

Stage 1 is when we begin to fall asleep . The brain tells the muscles to relax and the heart to beat slowly . This stage makes up about 5% of young adults sleeping time . المرحلة الاولى is when we begin to fall asleep . The brain tells the muscles to relax and the heart to beat slowly . This stage makes up about 5% of young adults sleeping time .

Stage 2 is period of deeper sleep . The heartbeats and breathing become slower . This stage makes up about 44% to 55% of a young adults sleeping time . المرحلة الثانية النوم العميق . The heartbeats and breathing become slower . This stage makes up about 44% to 55% of a young adults sleeping time .

Stage 3 and 4 are when we sleep most soundly . Now the brainwaves and heartbeats are at their slowest and our muscles become very . هادئ . Now the brainwaves and heartbeats are at their slowest and our muscles become very .

relaxed مرتاحة. We might have some dreams احلام in this stage ,which makes up تصنع about 15% to23% of a young adults sleeping time .

Stages 5 is called the REM السريعة stages although من بالرغم our body اجسادنا is resting مرتاحة our eyes عيوننا are moving تتحرك very quickly سريعا beneath تحت our eyelids جفوننا during خلال this stages . our heartbeat نبض القلب and breathing تنفس become يصبح faster اسرع ,and this is when dreams are most frequent متكررة .This is when dreams makes up about 20%to25% fo a young adults sleeping time .

Questions :

1. What happens in the fifth stage of our sleep ?

Stages 5 is called the REM السريعة stages although من بالرغم our body اجسادنا is resting مرتاحة our eyes عيوننا are moving تتحرك very quickly سريعا beneath تحت our eyelids جفوننا during خلال this stages

2- What are the advantages of the sleep ?

Scientists العلماء claim يدعي that النوم is the time when information معلومات is sorted تصنيف and stored تخزين by the brain . sleep is important مهم for reducing تقليل stress الضغط and keeping الحفاظ the heart القلب . the immune system النظام المناعي and the memory healthy وصحة الذاكرة

3- what is the ratio that made up in the third stage of sleep ?

تصنع about 15% to23% of a young adults sleeping time

Comprehension :

الاستيعاب صفحة سبعة كتاب الطالب

Read and listen to the article again .Match the stages of sleep with the events that happen

1. Stage 1 (b)      a. at this stage .we sleep most soundly .
2. Stage 2 ©      b. this stage lasts for the shortest time
3. Stage 3 and 4 (A)      c. this stage lasts for the longest time
4. Stage 5 (d)      d. this is when we usually have most of our dreams

### Grammar ...

#### Activity book page 4

1- Match the sentence ,then rewrite them using the correct defining relative clause .

1.leonardo Davinci was the artist .....	Where	The swimmer martin Strel swam entire length of the Amazon
-----------------------------------------	-------	-----------------------------------------------------------

		River
2. Emeralds are precious stones	When	It rarely rains
3. Australis is a country	Who	Were the first found in Egypt
4. 2007 C.E was the year	Whose	Great discovery ,penicillin , is a very important medicine today
5. Sir Alexander Fleming was the doctor	Which	Painted the Mona Lisa

### Answers

1. Leonardo da Vinci was the artist who painted the Mona Lisa
2. Emeralds are precious stones which were first found in Egypt.
3. Australia is a country where it rarely rains
4. 2007 CE was the year when the swimmer Martin Strel swam the entire length of the Amazon River.
5. Sir Alexander Fleming was the doctor whose great discovery, penicillin is very important medicine today.

### كتاب الطالب الصفحة الثامنة

Zainab : Every time I have exam preparation , I get very stressed and worried . I always wonder whether I will have time to study for all the subjects . I know that I will pass all my exams , as usual , but I always aim at getting high grades .

Some times the stress that I experience stops me from concentrating on my studies . Mum is very patient with me and she knows very well the kind of stress that I go through before every exam .

So she helps me feel more confident. I also make sure that I get enough sleep and I go for a walk every afternoon which helps me to relax.

Andy : I work in a bank in the city of London . I earn a lot of money and have an interesting job ,but sometimes I feel really stressed.

I travel to work by train , but it takes three hours every day , which is very exhausting . To forget all the stress of the day . I go running after work . Jogging is a great form of exercise . I immediately stop feeling so tense and begin to relax .

Waleed : I love my job as a doctor ! it makes me really happy to see patient improve , and most of them are very grateful to hospital staff .

Sometimes , though , we have to make difficult decisions about people , which can be very stressful . Stress is something all doctors have to live with .

We usually have to work long hours , and sometimes I get upset if a person is very ill .

When that happens , I think about all the positive things that I have already happened to me that day , and it makes the situation seem a lot better .

	Zainab	Andy	Waleed
Who is this person	Student	In a bank	A doctor
What makes this person stressed	Exams	Travelling	Working long hours
How does this person deal with stress	Getting enough sleep	Running	Think positively

تمرين صفحة رثم 10 كتاب الطالب

Lack snores شخير insomnia شقيقة inability عدم قدرة disorders  
توقف النفسي apnea ارق monitored اضطرابات

1. I cant sleep well because my brother \_\_\_\_\_very loudly .
2. The doctor \_\_\_\_\_the patient oxygen levels all night .
3. A sleep \_\_\_\_\_ happens when there isn't enough oxygen going into your lungs .
4. Sara went to the center because of her \_\_\_\_\_to sleep .
5. I cant sleep at night and I feel tired all day because of \_\_\_\_\_  
( snores-monitored – lack-apnea – inability- insomnia )

قاعدة

If clause the second conditional الجمل الشرطية النوع الثاني

الصورة لهذا الزمن

If ( v2 / didn't +v1) , ( would / wouldn't )

تمرين الكتاب

- 1- (a) my company (ask)me to move to another country .  
(b) I ( refuse )  
If my company asked me to move to another , I would refuse .
- 2- (a) I (have) more money .  
(b) I (buy ) a new car .
- 3- (a) rainforests ( do / not) exist .  
( b) it (be) difficult to breathe.
- 4 - (a) I go to Spain on holiday .  
(b) (visit ) A lhambra palace