CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

UNIT 1 HAVE A GREAT DAY!

VOCABULARY

FREE-TIME ACTIVITIES

1 **Choose the correct verb from the box to complete the phrases.**

bake draw go x3 listen play spend visit

1 _____ to music
2 _____ time with friends
3 _____ camping
4 _____ a cake
5 _____ museums
6 _____ shopping
7 _____ pictures
8 _____ video games
9 _____ cycling

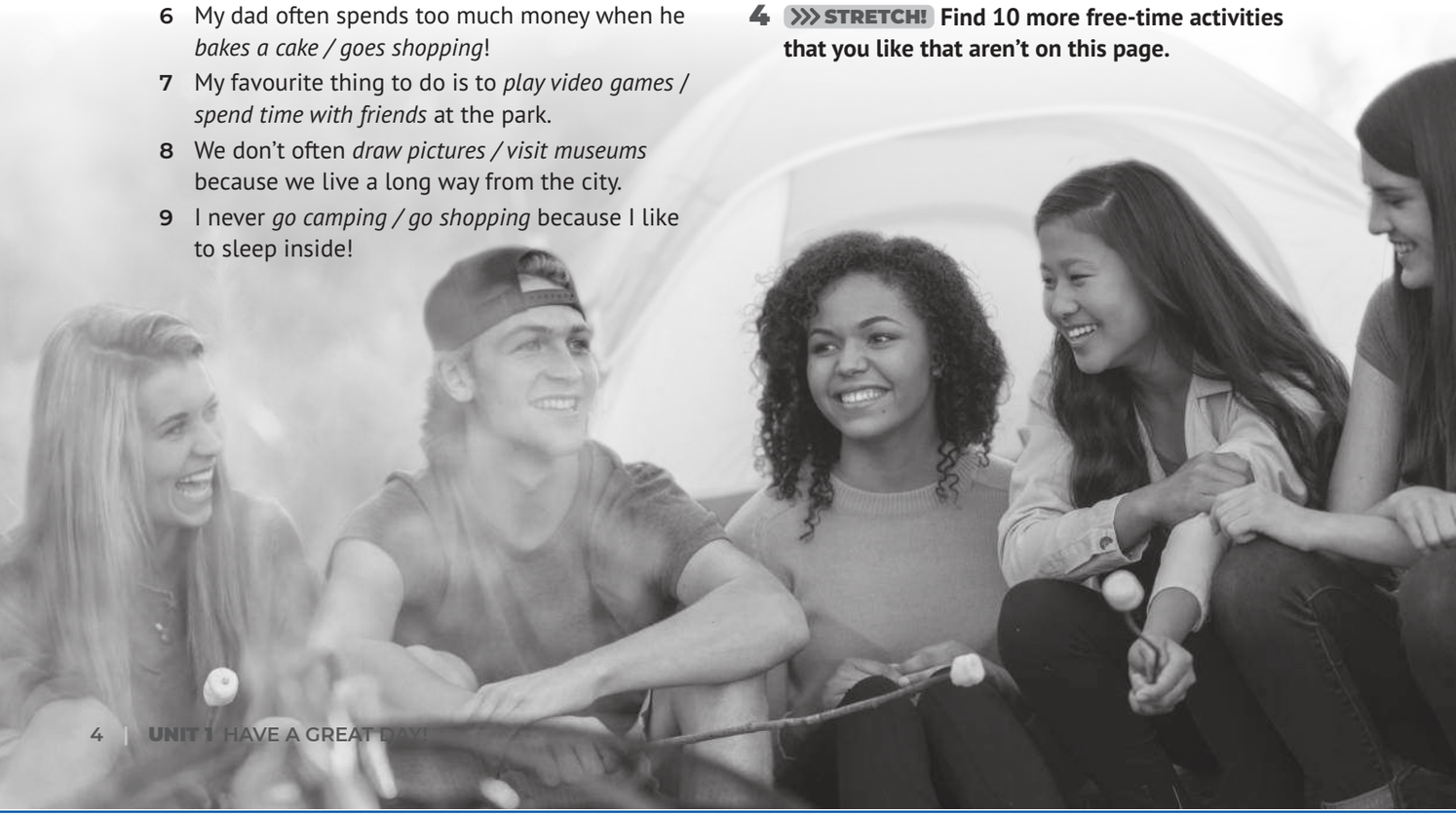
2 **Choose the correct answers to complete the sentences.**

1 I often *bake a cake / go camping* for my friend on her birthday.
2 We *go cycling / go shopping* in the woods in the summer.
3 I don't often *play video games / go camping* because I like to be outside.
4 My sister's not very good at art so she doesn't often *spend time with friends / draw pictures*.
5 They like to *visit museums / listen to music* when they are on the bus.
6 My dad often spends too much money when he *bakes a cake / goes shopping*!
7 My favourite thing to do is to *play video games / spend time with friends* at the park.
8 We don't often *draw pictures / visit museums* because we live a long way from the city.
9 I never *go camping / go shopping* because I like to sleep inside!

3 **Read the descriptions. What do they do in their spare time?**

1 Luca usually sings loudly in his bedroom. He sometimes likes dancing too.
He listens to _____.
2 Chloe is always in the kitchen. She makes lots of things for her family to eat.
She _____ cakes.
3 Mo is a nature lover and loves sleeping in a tent and cooking on a fire.
He _____.
4 Laura usually spends time online with her friends. She has an expensive computer.
_____
5 When Jacques goes on holiday he likes to learn about history and culture.
_____
6 Sara isn't often alone. She is always at the park or the shops with lots of other people.
_____
7 Albie always has a pencil and notebook with him. He is very good at art.
_____
8 Sandra is very healthy. She likes to exercise on her bike.
_____
9 Harry never has any money, but he always has lots of new clothes!
_____

4 **STRETCH! Find 10 more free-time activities that you like that aren't on this page.**



© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

READING

1 Critical Thinking **Look at the photos of the teenagers below. Guess two things that you think they like doing in their free time.**

Petra _____ _____

Vicente _____ _____

Nadya _____ _____

EXAM TIP

Read the texts quickly to try to find the part that answers the question. Then, read that part more carefully.

EXAM TASK READING PART 2

2 **Read the texts quickly. Were any of your ideas correct?**

My free time



Petra

Like almost all my friends in Croatia, I spend my spare time playing sport. The most popular sport in my country is football, but I'm not very interested in playing or watching football! My favourite thing to do is to go running. I go for a run seven days a week. I like listening to music when I'm running too. Sometimes I run alone and sometimes I go with friends so we can chat at the same time. It helps me to relax and makes me feel good too.



Vicente

I don't have lots of free time because I travel a long way to school every day and then I have lots of homework. In the little free time I have, I go to my friend's house to play music and write songs with him. We have a band and I play the guitar. When school finishes for the summer, I love to go camping. There are lots of beautiful nature parks and mountains in Chile and I often take my guitar with me too.



Nadya

In the United Arab Emirates everyone loves shopping! I live in Dubai and we have the biggest and best shopping centres. I go shopping with my sisters about three times a week. We sometimes have a coffee or eat some food there too. I don't always buy things, but I really enjoy looking in all the shops. When I'm at home, I like cooking. I cook dinner most days for my family and I love trying new types of food.

3 **For each question, choose the correct answer.**

		Petra	Vicente	Nadya
1	Who does their hobby with family?	A	B	C
2	Who does their hobby every day?	A	B	C
3	Who does a hobby at home?	A	B	C
4	Who thinks everyone in their country does the same free-time activity?	A	B	C
5	Who doesn't have much time for hobbies?	A	B	C
6	Who does a different hobby in the holidays?	A	B	C
7	Who doesn't like the same thing as most people in their country?	A	B	C

© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

GRAMMAR

PRESENT SIMPLE

1 Match the sentences to the correct use.

1 He's really tired after swimming today.
2 I go horse riding every Wednesday.
3 My uncle lives in Switzerland.
4 I don't like shopping.

a habit or routine ____
b feeling ____
c opinion ____
d state ____

2 Complete the sentences and questions with *do*, *don't*, *does* or *doesn't*.

1 _____ you walk home from school?
2 He _____ like doing his homework at the weekend.
3 I _____ want to clean my room today.
4 _____ they live near the beach?
5 We _____ often go cycling.
6 _____ he play video games after school?

3 Complete the paragraph with the present simple form of the verbs in brackets.

My brother and I [1] _____ (be) very different and we have very different after-school routines. After school I [2] _____ (like) to go home and [3] _____ (play) video games online with my friends for an hour. Then I sometimes help my dad to cook dinner for the family. I usually [4] _____ (watch) TV or read a book and then go to bed. My brother [5] _____ (not do) these things! He [6] _____ (go) to the swimming pool every day after school for two hours. He never [7] _____ (watch) TV or plays video games! He goes to bed early because he [8] _____ (get up) at 4.30 am every morning to swim again! He [9] _____ (want) to be an Olympic swimmer one day.



© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

WH- QUESTIONS

4 **Put the words in order to make questions.**

1 she / tennis / Why / like / does ?
_____

2 is / Who / friend / your / best ?
_____

3 do / finish / you / school / When ?
_____

4 he / work / Where / does ?
_____

5 to / How / school / far / walk / you / do ?
_____

6 What / time / is / the ?
_____

7 cake / do / want / Which / you ?
_____

5 **Complete the questions with the correct *Wh-* word.**

1 _____ is dinner?
2 _____ do you eat for breakfast?
3 _____ old is your sister?
4 _____ do you live with?
5 _____ animal is your favourite?
6 _____ do you want to learn English?
7 _____ do your grandparents live?

6 **Complete a question for each question word. Then write answers.**

1 Why _____?
_____.

2 When _____?
_____.

3 Who _____?
_____.

4 Where _____?
_____.

5 How often _____?
_____.

6 What _____?
_____.

7 Which _____?
_____.

7 **STRETCH!** **Complete the answers with the present simple form of the verbs in brackets. Then write the questions.**

1 _____
He _____ (go) to school in the city centre.

2 _____
She _____ (play) basketball with her mum.

3 _____
My little sister usually _____ (go) to bed at 8 pm.

4 _____
I _____ (enjoy) running because it _____ (be) good exercise.

5 _____
At the weekend I _____ (like) visiting museums, but I _____ (not visit) them very often.

6 _____
He _____ (not know) what job he _____ (want) to do when he's older.

VOCABULARY

FEELINGS

1 Emotional Development **Match the adjectives to the people they are describing.**

bored busy calm creative
relaxed stressed surprised

1 Altan wakes up early and works for an hour in his parents' café before school. When he comes home, he does his homework then works some more in the café before going to football club.
_____

2 All Jayden's friends are on holiday and he has no one to spend time with. He sits at home all day and plays video games and sleeps.
_____

3 Michaela has three exams this week and five exams next week. She also has lots of homework.
_____

4 Anja is on holiday at the beach. She swims in the sea and lies on the beach all day. _____

5 Mariam feels like drawing pictures today.
_____

6 It's Edie's birthday today. She gets a big present from her parents. She doesn't know what to say!
_____

7 Ricardo is baking, but his cake looks horrible! He doesn't worry. He just tries again. _____

© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

WRITING

A BLOG POST

1 **Read the blog post and answer the questions.**

1 Who does Jana care for? Why?

_____

2 What are three things Jana likes about her day?

_____

_____

HOME | **BLOGS** | CONTACT

A DAY IN THE LIFE OF ...

A YOUNG CARER

I wake up at 6 am and have a shower, get dressed and eat my breakfast **before** I wake up Dad. My dad can't use his legs and has lots of health problems. I help him get up and get dressed. I make him breakfast and then I get the school bus at 7.50 am.

School starts at 8.30 am. I like school because I can spend time with my friends, but sometimes I feel stressed and worry about Dad.

When school finishes at 3.20 pm, I go home. Sometimes I go shopping or take my dad to the doctor. I clean the house and then I cook dinner. I love cooking! We eat dinner at 6 pm. After dinner I help Dad to wash. Then he watches TV while I do the washing up and start my homework.

I help Dad go to bed at about 9 pm. Then I finish my homework and make lunch for the next day. Sometimes I play video games. I go to bed at about 11 pm. It's a busy day, but I love spending time with my dad and helping him.

Jana and her dad

2 **Read the blog post again. Complete Jana's timetable.**

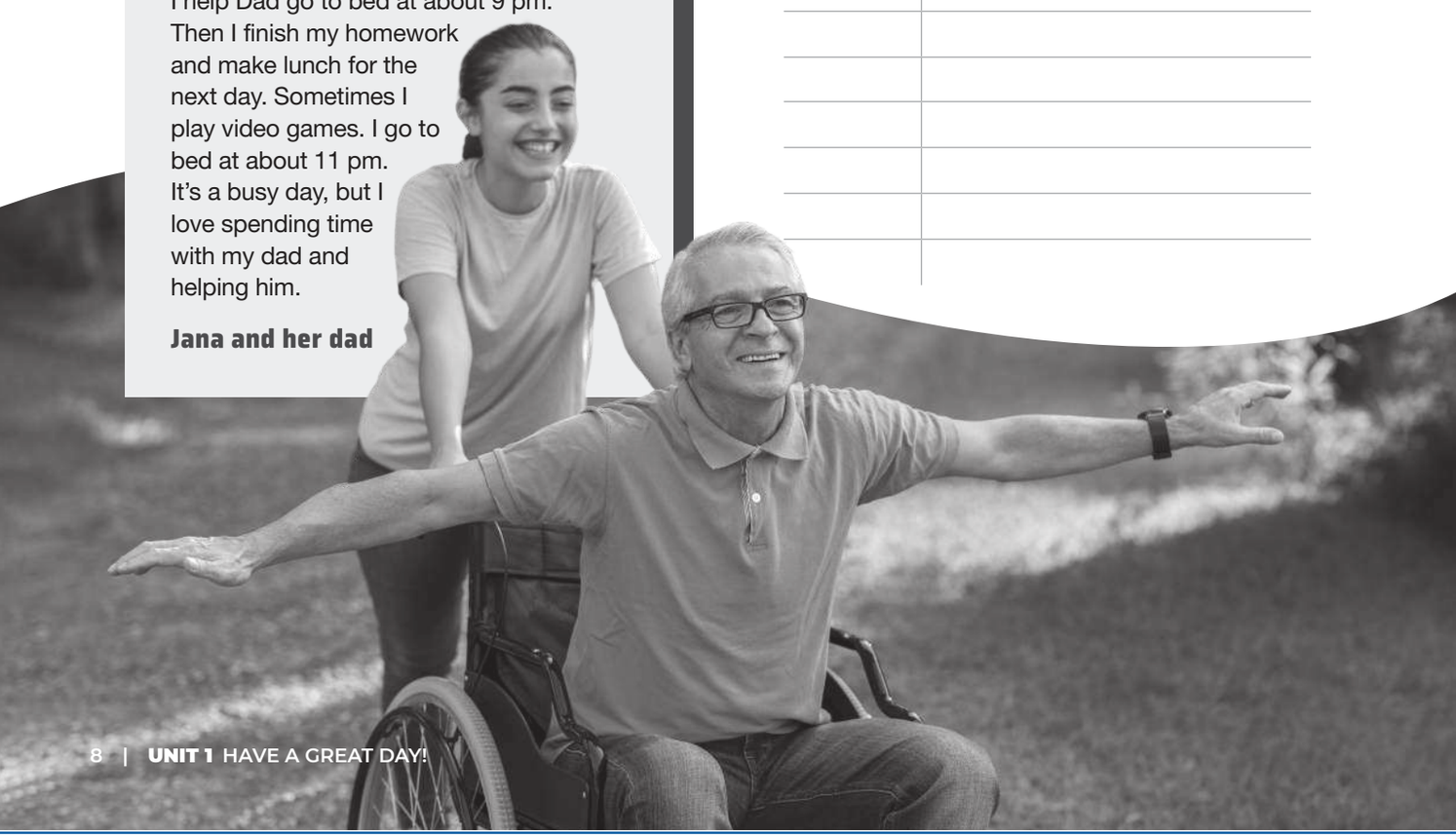
6 am	
-	*Have a shower, get dressed, eat breakfast*
	Get school bus
8.30 am	
-	*Clean house and cook dinner*
-	*Finish homework, make lunch, play video games*
11 pm	

3 **Find the words in the text that put the events in Jana's day in order. Underline them and write them below.**

before, _____

4 **Think about your day. Write a timetable for a normal day.**

	Wake up



© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

Life Competencies

Learning to Learn Planning your writing

It's important to plan and organise your ideas before you start writing. It will help to keep you focused when completing a writing task.

5 **What do you want to call your blog post? Complete the title.**

'A day in the life of ... _____'

6 **Write a blog post about your day. Use your timetable to help you.**

SELF-EVALUATION

Check your writing:

7 **Use the checklist below to self-assess.**

Content: Do you write about all the things in your timetable? ☹ 😟 😐 ☺

Communication: Is your writing clear and easy to understand? ☹ 😟 😐 ☺

Organisation: Do you use words to put the events in order? ☹ 😟 😐 ☺

Language: Do you use the present simple? ☹ 😟 😐 ☺

Do you use adjectives to describe your feelings? ☹ 😟 😐 ☺

LISTENING

1 **Look at the photos from a holiday camp in Scotland. What are the names of these activities?**

2 1.1 **Listen to an advert for the holiday camp. Tick the activities in Exercise 1 that the advert talks about.**

EXAM TIP

This task will often include things such as dates, prices, phone numbers and times, so be sure you are confident about numbers.

EXAM TASK LISTENING PART 2

3 **Listen again. For each question, write the correct answer in the gap. Write one word or a number or a date or a time.**

You will hear an advert for a holiday camp.

Holiday Camp – Scotland

Number of weeks:
(0) *four*

Months camp available:
From **(1)** _____ to August

Cost: **(2)** £ _____

New activity:
(3) _____

Must bring: **(4)** _____

Telephone number:
(5) _____

4 **Would you like to go to this holiday camp? Complete the sentence.**

I *would/wouldn't* like to go to the holiday camp because _____.











© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

CHANGE YOUR 24 HOURS AND YOU WILL CHANGE YOUR LIFE



1 THINK

I'm working with: _____

Two activities I want to do MORE of are _____ and _____.

_____ hours sleeping
_____ hours studying
_____ hours cooking and eating
_____ hours _____ (free-time activity)
_____ hours _____ (sport)
_____ hours _____
_____ hours _____
_____ hours _____

Two activities I want to do LESS of are _____ and _____.



What else do you do in your day? Complete these with your own ideas.



Tip for Think

When thinking about which activity you want to do less of, remember to think about what is possible and not just what you want.

2 PREPARE

Write your ideas for new activities to try on the spidergram.

We chose _____ to research.

IDEAS FOR NEW ACTIVITIES

Research notes:

When? _____

Where? _____

What do we need to do the activity? _____

Tip for Prepare

When choosing an activity to research, decide on one you are both interested in.

© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

3 DEVELOP

Think!

How can you change your day?

Do you want to do something more?	○ Yes ○ No	What? _____
Do you want to do something less?	○ Yes ○ No	What? _____
Do you want to do something new?	○ Yes ○ No	What? _____
Do you want to spend more time doing nothing?	○ Yes ○ No	

Tip for Develop

You might need to write your timetable more than once to get it right!



Make a timetable of your new day!



7 am	
8 am	

4 PRESENT

What did you change about your day?

_____

_____

_____

_____

Why is your new day better?

_____

_____

_____

_____

How will your new timetable change your life?

_____

_____

_____

_____

Tip for Present

Use notes to help you prepare to present. You will feel more confident if you are well prepared.

Draw a face to show how you feel.

SELF-EVALUATION

I can ...

- talk about my daily life. ○
- decide how to improve my day. ○
- work with a partner to research activities. ○
- present my ideas to my classmates. ○

© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

UNIT 2 SCHOOL DAYS

VOCABULARY

SCHOOL SUBJECTS

1 **Find and circle the school subjects in the word snake.**

BIOLOGYMATHSPHYSICSPEARTMUSICGEOGRAPHYHISTORYICTCHEMISTRY

2 **Which subject is it? Choose the correct answer.**

1 In this subject we learn how to do things on a computer.
A biology **B** PE **C** ICT

2 In this subject we study the body, animals and plants
A chemistry **B** biology **C** physics

3 In this subject we learn about places and people in the world.
A history **B** geography **C** maths

4 In this subject we can do sport.
A chemistry **B** art **C** PE

5 In this subject we learn about the past.
A history **B** music **C** physics

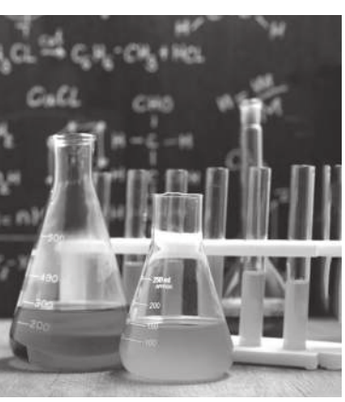
6 In this subject we sometimes sing.
A art **B** music **C** ICT

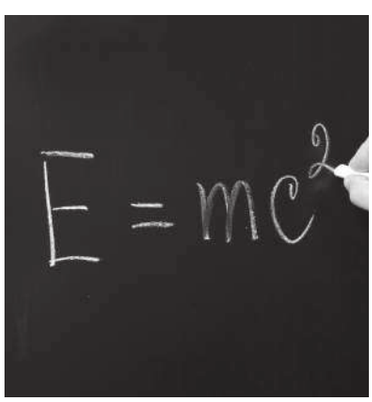
7 In this subject we draw and paint.
A maths **B** PE **C** art

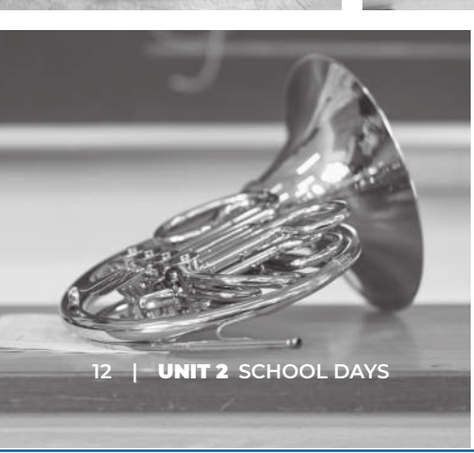
8 In this subject we look at lots of numbers and shapes.
A maths **B** geography **C** biology

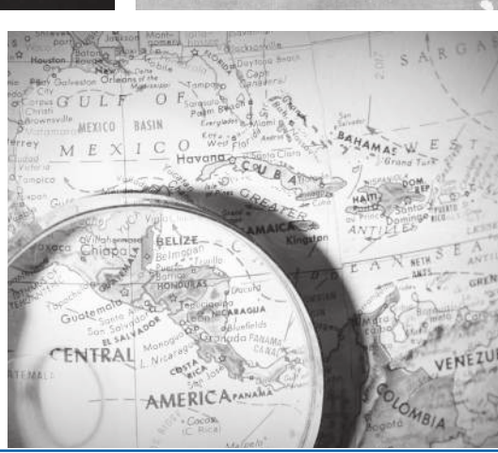
3 **STRETCH! Complete the sentences so they are true for you.**

1 My next lesson is _____.
2 My first lesson tomorrow is _____.
3 My last lesson today is _____.
4 My favourite subject is _____.
5 The subject I find most difficult is _____.
6 The subject I want to study more in the future is _____ because _____.









© in this web service Cambridge University Press & Assessment www.cambridge.org

CAMBRIDGE

Cambridge University Press & Assessment
978-1-009-23145-9 — Shining Lights Level 1 Workbook with Digital Pack British English
Jo Cummins
Excerpt
More Information

READING

1 **How do you get information from your school? Tick. What information do you get?**

Letters	___	Emails	___
Text messages	___	Online apps	___
Posters	___	Other	___

EXAM TIP

After you choose your answer, read the sentence again carefully to check the meanings are the same.

EXAM TASK READING PART 1

2 **Read the texts quickly. Match them to the descriptions.**

Letter ___ Text message ___ Online app ___ ___
Poster ___ Email ___

3 **Read the texts again. For each question, choose the correct answer.**

1

Extra maths classes for the exams this month!

All Year 10 pupils welcome.

Tuesday 3.30–4.30 pm.

A Everyone in Year 10 needs to go to the classes.
B There are maths exams soon.
C The classes are on Tuesday mornings.

2

DRAMA TRIP –
16th October

See 'Moon and Sun'

Buy tickets from the school office by the 10th October.

A Students need to buy the tickets on the 10th October.
B The show is by drama students.
C Tickets are available at the school office.

3

ICT EXAM

Next Thursday

Start at 9.30 am for two-hour exam.

Arrive at the school sports hall at 9 am.

A The exam finishes at 11.30 am.
B The exam isn't at the school.
C Students need to be at school at 9.30 am.

4

To: Class 10 **From:** Mrs Anders

For physics next week can you bring a potato and a pencil? If you can't bring them, you can buy them for 50p.

A Everyone must bring a potato and a pencil to class.
B Physics students have to bring 50p to school.
C Students should bring things to class if possible.

5

← Arrabella
Online

Hi Arrabella,

Are you feeling better? School was OK today. We have geography homework. We need to finish page 35.

Bye!

JJ x

What is the main purpose of the message?
A to ask if Arrabella is still sick
B to tell Arrabella about some homework
C to ask Arrabella for help with the homework

6

Dear Parents,

Next week you are invited to meet your son's/daughter's new teachers. Please use the online form to book an appointment.

Best wishes,

Mr Jones

Mr Jones is writing to parents who ...
A want their children to go to the school.
B have children at the school.
C are worried about their children.

© in this web service Cambridge University Press & Assessment www.cambridge.org