



Explore

Student's Book

Jenny Dooley - Bob Obee



Express Publishing



Explore

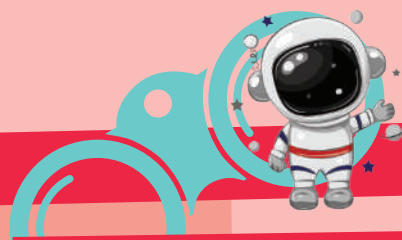
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KEY TO SYMBOLS



: Pairwork



: Groupwork



: Thinking skills



: Cross-curricular links



: Mediation

Listening	Speaking	Writing	Project	CLIL	Sounds and Words
Four monologues about festivals/celebrations	—	An article about a festival/celebration	—	—	—
A conversation about joining a sports club A conversation about the history of basketball	Expressing sympathy	An email giving news	The history of your favourite sport (History)	The Circulatory System (Science)	Adjective endings painful firing sleepy nervous
A conversation about a discovery A talk about a historical person	Reacting to news	A comment to a blog entry	A project about a pharaoh (History)	Fossils (Science)	-ian and -ion endings Egyptian Persian magician action
A dialogue about holiday plans A class presentation about the solar system	Talking about future plans	A post in a forum	A presentation of a planet (Science)	The Phases of the Moon (Science)	Compound nouns spaceship space shuttle check-in
A song about the environment Tips about saving energy and the environment	Making and responding to suggestions	An email about an environmental club	A presentation about how to reduce, reuse and recycle. (Science)	Plastic in our oceans (Geography)	Spelling /l/ tunnel small hole
An interview with a chef A conversation about a health quiz A dialogue about a recipe	Ordering at a café	A comment to a blog about a traditional food	A recipe (Design and Technology)	Food Labels (Design and Technology)	Double letters fatty foods chopped peppers
Four monologues about tools A dialogue about the history of inventions A quiz about cars	Returning a faulty product	A biography of a famous inventor	A timeline about an invention (History)	Simple Machines (Science)	-er and -re endings dishwasher wire
A conversation about books A conversation about favourite types of books	Asking and answering about a past event	A short story	A back cover for a book (English)	Poetry (English)	-ary, -ery, and -ory endings diary mystery memory
Three monologues about holiday problems A dialogue about planning a trip to Paris	Checking in at the airport	A postcard	A 3-fold itinerary leaflet (Geography)	Animal Migration (Science)	The /u:/ sound queue room chew cute

1


Keep Active




Explore this!

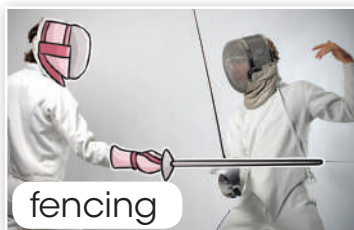
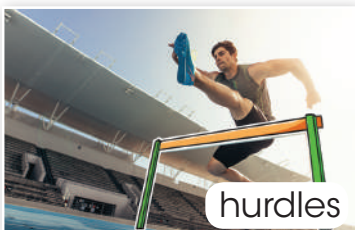
Why are the **Olympic rings** different colours?




- 1  Look at the picture and talk with your partner. Which sport can you see? Is it a **team sport** or an **individual sport**? Is it an **indoor** or an **outdoor sport**? Explain what is special about the athletes.


Vocabulary Olympic sports

- 2  Listen and repeat the words. Which of the sports below are **NOT** Olympic sports?



- 3  Can you name some more Olympic sports? Which one is your favourite? Tell the class.

Speaking

- 4  Talk with your partner about the sports in Ex. 2.

A: *Have you ever tried fencing?*

B: *Yes! It's really exciting!/
No! I think it's too dangerous!
What about you?*



- Yes! It's really exciting/fun/amazing/challenging!
- You bet! I love it!



- No! I think it's too boring/dangerous/tiring/difficult!
- No! I'm not very sporty!



- This is so cool! • It's amazing! • Really?
- To be honest, ... • Me, too! • That's a great idea!

Reading

1 Listen and read. What sport would Tara and Elsa prefer to do?

Elsa: This is so cool! I've never been to a big sports event like this before! It's amazing!

Tara: Yes, it is! Hurdles are so exciting, but they seem a little dangerous.

Cody: Actually, it's a very safe sport. These athletes have got great coaches and they train all the time to be ready for competitions.

Tara: Really? Even for sports like the long jump and fencing?

Cody: Absolutely! Training is important for all sports.

The next day ...

Tara: That sports event yesterday was great! I feel like exercising more, now!

Cody: I know what you mean. Look! There's a sports club over there. Have you ever tried weightlifting?

Tara: No, I haven't. To be honest, it seems a bit boring. I'd like to do gymnastics.

Elsa: Me, too! It looks like fun. Why don't we ask about classes?

Cody: Hi, Carlos! What are you doing here?

Carlos: Can't you see? I'm walking Chico! In the sports club I can relax and walk Chico at the same time!

Cody: That's a great idea! Chico's getting his exercise, that's for sure!

Tara: You're very clever, Carlos!

Elsa: And look at Chico! He's very happy!

Cody: Yes, he is ... but the club owner isn't!



2 Read the story again and answer the questions.

- 1 How do athletes prepare for competitions?
- 2 Why hasn't Tara ever tried weightlifting?
- 3 Which sport would Tara and Elsa like to do?
- 4 Is Carlos exercising at the sports club?

3 Explain the **Talk Time** phrases to your partner in your own words.

4 **Sports words:** Read and underline the correct word.

- 1 There is intense **competition/contest** among marathon athletes to finish first.
- 2 Mr Jake is the best **instructor/coach** we've ever had for our school basketball team.
- 3 If you want to lose weight, you should get regular **practice/exercise**.
- 4 Some of the best tennis players began to **exercise/train** at the age of four.

Present perfect

I **have just arrived** at the gym.
 Bill **has already done** his warm-up.
 I **haven't done** my warm-up **yet**.

Have you **ever run** a marathon?
 I've **never run** a marathon.

How long have you
been at the gym?
 I've **been** at the gym
for an hour.
 I've **been** at the gym
since 2 o'clock.

- Find examples of the *present perfect* in the story on p. 12.



1

5 Read and choose the correct answer.

- John hasn't bought a basketball **just** / **yet**.
- I have **never** / **ever** tried the high jump.
- The sports event has **yet** / **already** started.
- She's been at the pool **for** / **since** ten minutes.
- We have **yet** / **just** won the competition!
- Have you **ever** / **for** tried figure skating?
- How long** / **Since** have you been in the team?
- The boys have been in a swimming lesson **for** / **since** 4 o'clock.

6 Use the words below and write true sentences about yourself.

- since • yet • just
- never • already

Listening and Speaking

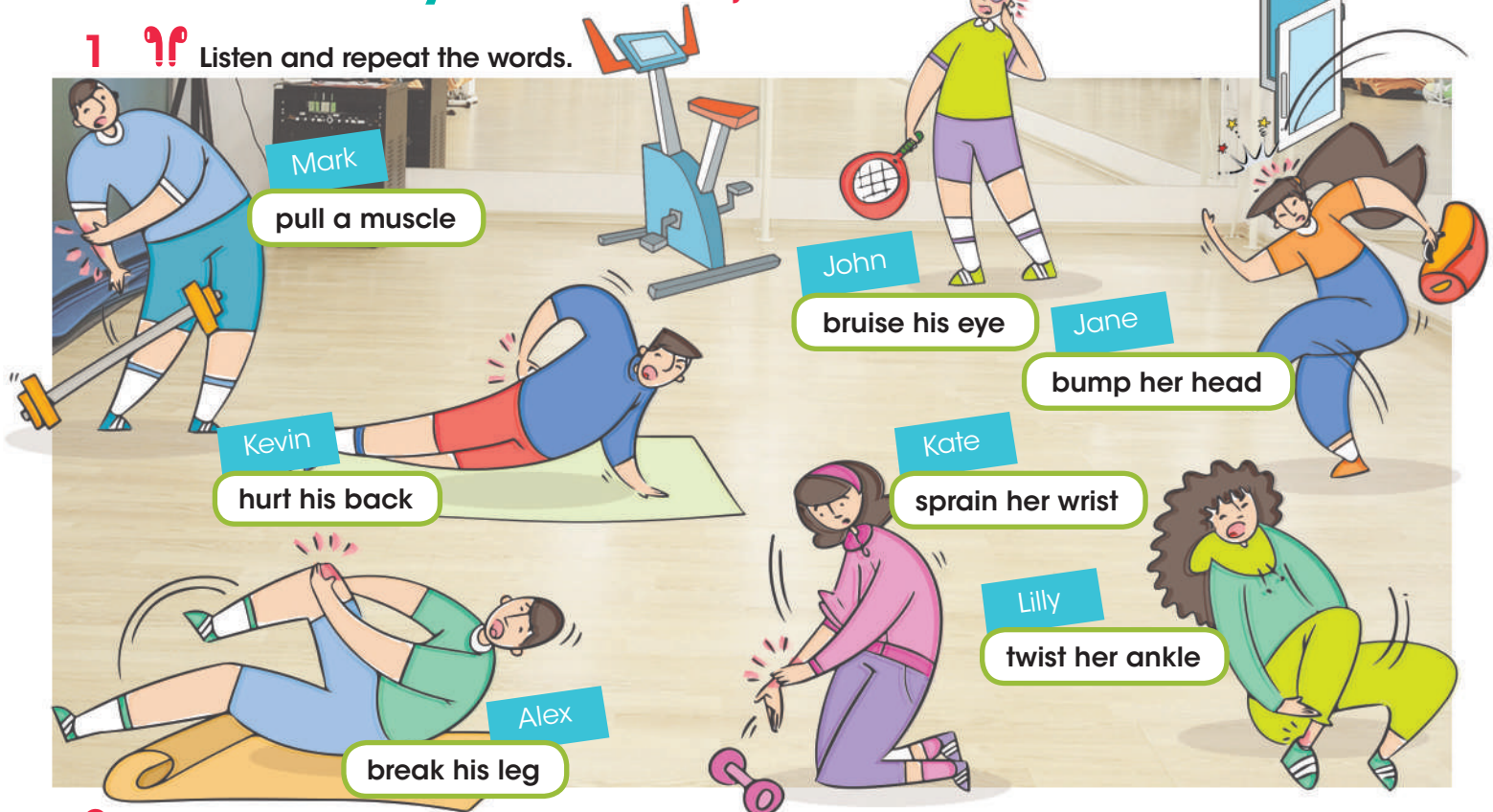
7 Brenda has joined Club Active. Listen and choose or .

8 What has Brenda already done? What hasn't she done yet? Talk with your partner.

- A: *She has already ...*
 B: *She hasn't ... yet.*

Vocabulary Accidents and injuries

1 Listen and repeat the words.



2 Look at Ex. 1 again. Read and complete the sentences with the correct verbs. Then, write the names.

- 1 He has **broken** his leg. He tripped on a mat. **Alex**
- 2 She has _____ her head. A basketball hit her. _____
- 3 She has _____ her wrist. She didn't warm up properly. _____
- 4 He has _____ his eye. A tennis ball hit him. _____
- 5 He has _____ a muscle. He lifted heavy weights. _____
- 6 She has _____ her ankle. She tripped and fell. _____
- 7 He has _____ his back. He did too many press-ups. _____

Speaking

3 Look at Ex. 1 and talk with your partner.



Present perfect, past simple

I **have broken** my leg.

When **did** you **break** it?

I **broke** it **last week**.

- Which sentence describes an action that happened in the past but has an effect on the present? Which sentence describes a finished action in the past?



4 Read and choose.

- I _____ lots of exciting sports since June.
A did B **have done**
- Tom _____ his ankle last week.
A twisted B has twisted
- Mary _____ her wrist.
A already sprained B has just sprained
- _____ the fencing tournament yesterday?
A Did you like B Have you liked
- She _____ a muscle.
A ever pulled B has never pulled
- I _____ my eye at tennis practice last night.
A bruised B have bruised
- How long _____ that ball?
A have you had B you had
- When _____ your back?
A did you hurt B have you hurt

5 Use the present perfect or past simple form of the verbs in brackets to complete the sentences.

OLYMPIC GAMES TRIVIA

- The modern torch relay **started** (**start**) at the 1936 Olympics in Berlin. Dr Carl Diem _____ (**conceive**) this idea and _____ (**create**) the first relay from Olympia to Berlin. It _____ (**be**) part of the Opening Ceremony ever since.
- The Philippines _____ (**compete**) at almost every Summer Olympic Games since 1924. They _____ (**win**) their first gold medal at the 2020 Olympics in Tokyo.
- Modern swimsuits _____ (**become**) so advanced that they help swimmers move much faster in water.
- Olympic gold medals are mostly made of sterling silver. The last time they _____ (**use**) pure gold was in 1912!



6 Read the text and underline the correct tense.



Rafael Nadal is a famous tennis player. He is my favourite athlete. He 1) has competed/competed in a lot of tournaments. Nadal 2) has started/started his career in 2001. He 3) already won/has already won numerous trophies! He is amazing! He 4) got/has got his first Olympic gold medal in 2008 and his second in 2016. I 5) haven't thought/didn't think I would ever meet him, but believe it or not, last year I 6) did/have done! That day he 7) has signed/signed a tennis ball for me, too! I 8) have kept/kept that ball on my bedroom shelf ever since! I love Rafael Nadal and I want to be just like him!

By Paul Turner



MY FAVOURITE TENNIS STAR



Listening and Speaking

- 1   Listen to a mother talking with her son about basketball. Choose the correct answer.

Which sport does this idiom come from? Read and choose. Do you know any other sports idioms?

saved by the bell


- a sailing b horse racing c boxing

- 3   Rita is a great fan of football and golf. Use her scrapbook to answer her partner's questions.

- Who was the first person to hit a golf ball in space?
- Who was the first player ever to score 5 goals in a Champions League match?
- When was the first football World Cup?
- Why did King James II stop people from playing golf and football?
- How old is football?

The History of Basketball

- In 1891, Dr James Naismith invented basketball in **1) the USA / Canada**. They played with a football and used peach baskets to get the ball into.
- In **2) 1909 / 1894**, they stopped playing with a football and changed to a basketball.
- In 1936, basketball became a(n) **3) Olympic / team** sport.
- In 1940, people watched the first basketball game on TV.
- In 1962, Wilt Chamberlain became the first and only NBA player to score **4) 50 / 100** points in one game.
- In 1992, the USA 'Dream Team' won the gold medal at the **5) London / Barcelona** Olympics.

- 2  In pairs, ask and answer questions about the history of basketball.

A: *When did Dr James Naismith invent basketball?*

B: *In 1891.*

Did you know?

People in China played a sport similar to football about 2,000 years ago!

30 July 1930
URUGUAY WINS THE FIRST WORLD CUP!



Lionel Messi

- the first player to score five goals in one Champions League match.




Alan Shepard became the first astronaut to hit a golf ball on the **moon!**



In 1457, **King James II** stopped golf and football so that people could practise archery.



Reading and Writing

- 4**  Read the texts and use the prepositions below to complete the gaps. Then listen and check your answers.

• about • in • on • to

- 5** Read again and write: **R** (Right), **W** (Wrong) or **DS** (Doesn't Say).


- 1 Fishermen used boards to surf. DS
- 2 People in Hawaii hated surfing. _____
- 3 James Cook liked surfing. _____
- 4 Two famous American writers tried surfing. _____
- 5 Modern surfboards are better than old ones. _____

- 6** Read and choose the correct word to complete the sentences.

• equipment • shore • improve
• available • popular

- 1 After hours of struggling with the waves, the surfer reached the **shore**.
 - 2 Canoeing is another _____ sport in Hawaii.
 - 3 A wetsuit is part of a surfer's _____.
 - 4 Sports technology helps to _____ athletes' performances.
 - 5 Surfboards are _____ to our resort guests.
- 7**  **Think of your favourite sport. Tell the class.**
- 1 How did it start?
 - 2 What are some important dates/years?
 - 3 Which sports personalities do you admire? Why?

Project

- 8**  **SHOW AND TELL** Do a project or make a PowerPoint® presentation about the history of your favourite sport. Present it to the class.

THE HISTORY OF

Surfing

About 4,000 years ago

The first surfers were fishermen of the Polynesian islands. They 'rode the waves' to get their fish quickly back **1)** **to** shore! The Polynesians took surfing **2)** _____ Hawaii. Everybody surfed there – men, women, children and even kings!

1778

Captain James Cook discovered Hawaii. He wrote **3)** _____ fishermen surfing with 'belly boards'!

1850s – 1920s

Famous writer Mark Twain travelled to Hawaii and tried surfing. Jack London, also a writer, became keen **4)** _____ surfing. He wrote about it in 1907 and many people in the USA became interested **5)** _____ it.

1960 – Today

By the 1960s, surfing was very popular in many parts of the world. Over the years, surfboards and equipment have improved. Today, riding the waves is a sport available **6)** _____ everyone. Surf's up, folks!



1

Talking Point

Expressing sympathy

1   Listen and read. What's wrong with Jane?

Mark: Are you alright, Jane?

Jane: My ankle is killing me. I've been in pain all day!

Mark: Oh, dear! What happened?

Jane: I twisted it yesterday at the Gymnastics Club.

Mark: You poor thing! Did you put anything on it?

Jane: The school nurse put an ice pack on it, but I think I should see a doctor, too!

Mark: It's probably nothing serious, but that's a good idea. Let me help you get on the bus!

Jane: Thanks!



2   Read and match. There can be more than one answer. Then talk with your partner.

1 a, d bump head

a put an ice pack on it



2 twist ankle

b put a bandage on it



3 sprain wrist

c put a plaster on it



4 cut finger

d have an X-ray




5 break leg

e clean the wound



A: I've bumped my head on the cupboard.

B: Oh, dear! You should put an ice pack on it.

3  **ROLE PLAY:** Take roles and act out a dialogue similar to Ex. 1. Use the phrases in the *Useful Language* box.


Useful Language


Expressing sympathy

- Are you alright, ...?
- What's wrong, ...?
- Oh, dear!
- Oh, no!
- You poor thing!
- Poor you!
- It's probably nothing serious, ...
- I don't think it's anything to worry about, ...

Writing: an email giving news

1

1  Read Rick's email. What event did he attend? What happened to him? Tell the class.

2  Read again and choose the correct answer. Then listen and check.



Hi, Jason!

I hope you're well. Guess where I went 1) **last weekend** / **since last weekend**! I 2) **have taken part** / **took part** in a basketball tournament! I play for my school team now. It's a lot of fun!

The tournament was at the sports stadium in town. It's very big inside and there were lots of people there. I 3) **have been** / **was** to a lot of tournaments 4) **since** / **for** I joined the school team, but this was the biggest!

You won't believe what happened, though! I tripped and twisted my ankle really badly. My coach 5) **has put** / **put** an ice pack on it and told me to rest. It's really painful. I 6) **haven't seen** / **saw** a doctor 7) **already** / **yet**, but I think I should.

Anyway, what 8) **did you do** / **have you done** last weekend? I hope you've had a better week than me!

Take care,
Rick

Send 

3 Imagine you took part in a sports tournament. Tell the class. Think about:

- what event it was
- what you did there
- where it was
- what it was like
- what happened to you there
- who helped you and how

4 **Portfolio** Write an email to your friend giving news about a sports tournament you took part in.

Hi, ____!

I hope you're well. Guess where I went last weekend! I ____ . It's ____ !

The ____ was at ____ . It ____ and there were ____ . I ____ , but this was ____ !

You won't believe what happened, though! I ____ . My ____ . I haven't ____ , but I think ____ .

Anyway, what did you do ____ ?

Take care,

The Circulatory System

1 What colour are our arteries? Why?

What do the two sides of the heart do? Listen, read and answer.

The circulatory system sends blood around your body to give your organs the **oxygen** O_2 and **nutrients** they need. Getting oxygen to your **muscles** is especially important when you exercise, so they can continue to function.

The heart



The heart is at the centre of the circulatory system. It's very important because it pumps blood around your whole body. The heart has got two sides. The right side sends blood to the lungs, and the left side sends blood around the body and to the other organs.

Lungs



Without the lungs we can't get oxygen into our blood. The lungs take the blood from the right side of the heart and fill it with oxygen. Then they send it back to the heart to continue its journey.

Arteries

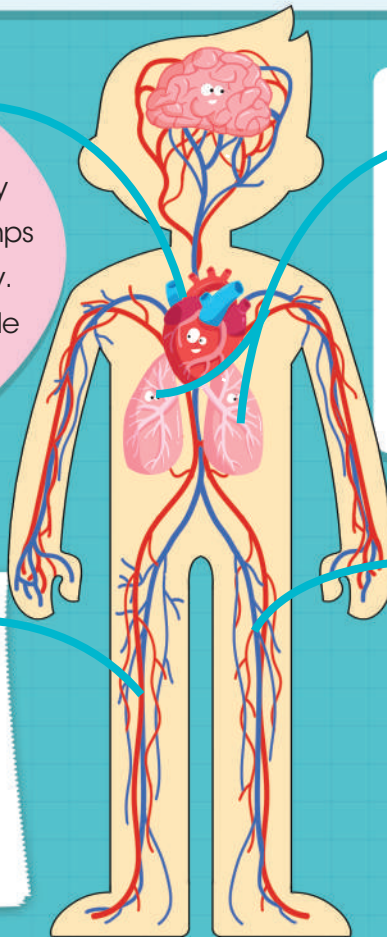


These are thick tubes that carry the blood from your heart around your body. They are red because this blood is full of oxygen.

Veins



These are similar to arteries, but carry the blood from your organs back to your heart. This blood looks darker because there isn't much oxygen in it.



2 Read again and choose the correct answer.

1 The blood leaves the right side of the heart
A and goes to the lungs.
B and goes to the muscles.




3 The lungs fill the blood with oxygen
A and send it to the heart.
B and send it to the organs.

2 The left side of the heart
A sends the blood to the lungs.
B sends the blood to the organs.

4 The blood leaves the organs
A and goes back to the arteries.
B and goes back to the heart.


Heart Rate

3 Read and write **True** or **False**.

When you exercise, your organs and muscles need more oxygen. Your heart beats faster and you breathe faster, taking in  more oxygen and breathing out  more carbon dioxide .

1 The heart beats faster when you exercise.

2 You breathe out oxygen.

4  Read and explain to your partner how to take his/her pulse. Then, complete.

Your **pulse** is the number of **heartbeats** per minute (bpm). Look at the picture. When you take your pulse, count the number of beats in 15 seconds, then multiply it by 4.

My pulse rate at rest
beats in 15 sec:
___ x 4 = ___




5 Take your pulse. Complete the sentences.

ACTIVITY

PULSE RATE STRAIGHT AFTER

PULSE RATE AFTER 2 MINUTES REST

-  Hop on one foot for 1 minute.
-  Touch your toes as many times as you can in 1 minute.
-  Do 15 star jumps.

_____	_____
_____	_____
_____	_____

DID YOU KNOW?

Blood contains small amounts of gold!



- 1 When I exercise, my pulse rate goes up to _____.
- 2 When I rest, my pulse rate goes down to _____.
- 3 My fastest pulse rate was _____ bpm.
- 4 My slowest pulse rate was _____ bpm.



1 Read and complete the gaps with the correct word. Then listen to the song and check your answers.

I CAN DO ANYTHING

fear **possibility** **ability** **anything** **top** **full**

Don't feel bad for me,
I've shown you my **1) ability**.
Now I think you see
I've got the **2) _____**.

*There's no stopping me,
Because I'm in **3) _____** swing!
Don't try blocking me,
I can do **4) _____**!*

I have shown no **5) _____**,
I've climbed all the way to the **6) _____**.
I have done my best,
I've come this far and I won't stop!



2 In pairs discuss and answer the questions.

- 1 What is the song about?
- 2 What message does the speaker want to give?
- 3 How does the speaker describe his/her own efforts?

3 Read again and find three phrases which mean 'I have achieved my goals because I tried hard'.

4 Think of another title for the song. Draw a picture for it.

SOUNDS AND WORDS

Adjective endings

These are common endings for adjectives:

-ful (painful) **-y** (sleepy)
-ing (tiring) **-ous** (nervous)

Remember: -ful only one 'l'

1 Make adjectives. Use: **-ful, -y, -ing** or **-ous**.

- 1 smelly socks
- 2 success _____ swimmers
- 3 thrill _____ match
- 4 danger _____ ride
- 5 sport _____ grandma
- 6 fam _____ athlete

2 Use the phrases to make sentences.

- 1 Take off your smelly socks!



i Explore 3
Extra Resources

REVIEW

1

1 Read and match with the pictures. Then make sentences.

In which sport do you ...

- 1 B use a sword?
- 2 ride a motorbike?
- 3 wear a life jacket?
- 4 use weights?
- 5 wear a swimming cap?



1 We use a sword in fencing.

2 Look at the pictures and correct the verbs.



- 1 Andy ~~has cut~~ ^{pulled} a muscle.
- 2 Karen **has pulled** her wrist.
- 3 Helen **has bumped** her ankle.
- 4 Jackie **has pulled** her leg.
- 5 Terry **has broken** his eye.
- 6 Paul **has twisted** his head.

3 Read and underline the correct verb.



OLYMPIC GAMES TRUE ACCIDENTS!

- 1 In 1992 in Barcelona, the British runner Derek Redmond **sprained/pulled** a muscle really badly and collapsed mid-sprint. However, he didn't give up and completed the race.
- 2 In 2016 in Rio, the French gymnast Samir Aït Saïd landed badly after his vault and **hurt/broke** his leg. It was one of the worst injuries at those games.
- 3 In 1988 in Seoul, the American diver Greg Louganis **bumped/twisted** his head on the diving board as he was going into the water and needed stitches! Nevertheless, he won the gold medal!

I can ...



- talk about sports
- talk about accidents and injuries
- talk about experiences
- talk and write about the history of a sport
- express sympathy
- write an email giving news

- understand how the circulatory system works
- recognise and spell adjectives with **-ful, -ing, -y, -ous** endings

in English.





i Explore

3



FOR STUDENTS

- **Student's Book** with DIGI APP
- **Workbook** with DIGI APP



FOR TEACHERS

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ISBN 978-1-3992-0483-5



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