



Worksheet No. (1)

Name :

Subject:

Class:

Eight

Date:

Vocabulary unit six

1. challenge (n): something difficult that tests your ability

Example: The ski slope offers a high degree of challenge.

Example: _____

2. instructor (n): a person who teaches a skill

Example: Parking in the city can be a major inconvenience

Example: _____

3. hire/rent (v): to pay to use something

Example: Many people hire cars when they are on holiday.

Example: _____

4. equipment (n): supplies or tools needed for a special purpose

Example: I'm looking for a hobby that doesn't require a lot of fancy equipment.

Example: _____

5. confidence (n): a feeling or belief that you can do something well or succeed at something

Example: The class gave me more confidence when they liked my presentation.

Example: _____

6. enjoyment (n): a feeling of pleasure caused by doing or experiencing something you like

Example: The musician always found music to be a source of great enjoyment.

Example: _____

7. helmet (n): a hard hat that is worn to protect your head

Example: Bikers must always wear a helmet.

Example: _____

8. coordination (n): the ability to move different parts of your body together well or easily

Example: Playing sports improves strength and coordination.

Example: _____

9. combine (v): mix, join

Example: Combine the ingredients (together) in a large bowl. The two companies combined.

Example: _____

10. experienced (adj): having skill or knowledge from doing something : having experience

Example: The job requires a more experienced person.

Example: _____

11. athletic (adj): of or relating to sports, games, or exercises

Example: Students can get discount tickets for all athletic events.

Example: _____

12. athlete (n): a person who is good at sports

Example: Ronaldo , Messi and Salah are famous athletes.

Example: _____

13. ice rink (n): an area inside a building with ice for people to skate on

Example: The ice rink was full of people.

Example: _____

14. inexpensive (adj) not costing a lot of money.

Example: We found an inexpensive but high-quality restaurant.

Example: _____

15. available (adj) something that can be used or obtained.

Example: There are no seats available in the front row.

Example: _____

16.local (adj) related to a particular area or nearby place.

Example: We bought fresh vegetables from the local market.

Example: _____

17.kneel (v) to go down on one or both knees.

Example: He had to kneel to tie his shoelace.

Example: _____

18. **guide** (n) something that helps direct or provide information.

Example: This handbook serves as a guide to understanding the rules of the game.

Example: _____

Exercise 1: Fill in the blanks with the correct words from the box.

guide, combination, kneel, paddle, rent, instructor, available, local, equipment, confidence, inexpensive, enjoyment, helmet

1. The tour company allows tourists to _____ bikes for the whole day.
2. Before entering the temple, visitors must _____ as a sign of respect.
3. The coach gave the players a training _____ to help them improve.
4. She wore a protective _____ while riding her motorcycle.
5. The class was taught by a professional swimming _____.
6. A _____ of hard work and patience leads to success.
7. We need to buy some camping _____ before our trip.
8. There are many _____ restaurants that serve delicious food.
9. His _____ grew after he won the speech competition.
10. The rower used a wooden _____ to move the boat forward.
11. All the tickets for the concert were sold out; none were _____.
12. The movie was great, and we watched it with _____ and laughter.

Exercise 2. Choose the correct word from the options given to complete each sentence.

1. The teacher provided a study _____ to help students prepare for the exam.

a) instructor b) guide c) confidence d) helmet

2. Before getting on the motorcycle, make sure you wear your _____.

a) paddle b) enjoyment c) helmet d) rent

3. He didn't have enough _____ to speak in front of the large audience.

a) local b) inexpensive c) confidence d) hire

4. The hotel room is no longer _____ because someone else booked it.
a) available b) guide c) instructor d) rent

5. The recipe requires a perfect _____ of different spices.
a) Equipment b) Paddle c) Combination d) Rent

6. The coach helped the team build their _____ before the big match.
a) Confidence b) Helmet c) Instructor d) Guide

7. The tourists decided to _____ a car to explore the island.
a) Hire b) Rent c) Kneel d) Guide

8. The students followed the step-by-step _____ to complete the experiment.
a) Enjoyment b) Guide c) Paddle d) Combination

9. She had to _____ to tie her shoelaces.
a) Kneel b) Hire c) Rent d) Paddle

10. We enjoyed a delicious meal at an _____ restaurant.
a) Available b) Instructor c) Inexpensive d) Local

Word Formation

1. athlete

- Noun: athlete – a person who plays sports. *She is a talented athlete.*
- Adjective: athletic – strong and good at sports. *He has an athletic body.*

2. compete

- Verb: compete – to try to win. *Our team will compete in the final.*
- Noun: competition – an event where people try to win. *She won the swimming competition.*
- Noun: competitor – a person who competes. *There are many competitors in the race.*

- Adjective: competitive – wanting to win. *He is very competitive.*

3. confident

- Adjective: confident – sure about yourself. *She feels confident before the exam.*
- Noun: confidence – belief in yourself. *His confidence is growing.*
- Adverb: confidently – in a confident way. *He spoke confidently in front of the class.*

4. enjoy

- Verb: enjoy – to like something. *I enjoy playing football.*
- Noun: enjoyment – pleasure. *Reading gives her enjoyment.*
- Adjective: enjoyable – fun or pleasant

It was an enjoyable trip.

5. instruct

- Verb: instruct – to teach or give orders. *The teacher instructed the students to listen.*
- Noun: instruction – information or orders. *Follow the instructions carefully.*
- Noun: instructor – a person who teaches. *He is a swimming instructor.*

6. success

- Noun: success – achieving what you want. *The project was a success.*
- Adjective: successful – achieving good results. *She is a successful athlete.*
- Verb: succeed – to achieve something. *He succeeded in winning the race.*
- Adverb: successfully – in a successful way. *They completed the task successfully.*

7. freedom

- Noun: freedom – the state of being free. *Everyone deserves freedom.*

- Adjective: free – not controlled or limited. *The birds are free.*
- Verb: free – to allow someone to be free. *The country was freed from occupation.*

8. danger

- Noun: danger – the possibility of harm. *There is danger in driving too fast.*
- Adjective: dangerous – likely to cause harm. *This road is dangerous.*
- Adjective: safe – not in danger. *This place is safe.*

9. fitness

- Noun: fitness – being healthy and strong. *Exercise improves fitness.*
- Adjective: fit – healthy and strong. *She is very fit.*
- Verb: fit – to be the right size. *These shoes fit me well.*

10. profession

- Noun: profession – a job that needs training. *Teaching is a noble profession.*
- Noun: professional – a skilled worker. *He is a professional coach.*
- Adjective: professional – serious and skilled. *She behaved in a professional way.*

11. strength

- Noun: strength – physical or mental power. *He used his strength to lift the box.*
- Adjective: strong – having strength. *She is strong enough to win.*
- Verb: strengthen – to make stronger. *Exercise strengthens the muscles.*

12. dive

- Verb: dive – to jump into water. *The boy dived into the pool.*
- Noun: dive – a jump into water. *That was a perfect dive.*

- Noun: diver – a person who dives. *The diver won a gold medal.*

13. deep

- Adjective: deep – far down. *The lake is very deep.*
- Noun: depth – how deep something is. *We measured the depth of the water.*
- Adverb: deeply – in a deep way / strongly. *She was deeply affected.*

Exercises

Exercise 1: Complete the sentences. Use the correct form of the word in brackets.

1. Regular exercise improves your _____. (fit)
2. The _____ gave clear instructions. (instruct)
3. He spoke _____ during the interview. (confident)
4. Swimming is an _____ activity. (enjoy)
5. The team _____ in an international competition. (compete)
6. Daily training will _____ your muscles. (strength)
7. The athlete felt great _____ after winning the race. (confident)
8. The coach asked the players to follow the _____ carefully. (instruct)
9. She found great _____ in helping others. (enjoy)
10. A healthy diet helps you stay _____. (fit)
11. The swimmer _____ into the pool without fear. (dive)
12. Hard work often leads to _____. (succeed)
13. The teacher spoke _____ so everyone could hear her. (clear)
14. He was _____ affected by the loss of the match. (deep)

15. Regular practice improves physical _____. (strong)

Exercise 2: Choose the correct word

1. This sport can be very (danger / dangerous).
2. She is a very (success / successful) athlete.
3. The (depth / deep) of the pool is two meters.
4. He wants to become a (profession / professional) diver.
5. Daily training will (strength / strengthen) your body.
6. The climber was saved from great (danger / dangerous).
7. Winning the medal was a great (success / successful).
8. The instructor gave clear (instruction / instructions).
9. The lake is too (deep / depth) for young children.
10. He completed the course (success / successfully).
11. Athletes must stay (fit / fitness) to perform well.
12. She answered the question (confident / confidently).
13. Diving into shallow water is very (danger / dangerous).
14. He chose teaching as his future (profession / professional).
15. The team played (competitive / competitively) in the final match.

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Education is the passport to the future, for tomorrow belongs to those who prepare for it today