

ملزمة مراجعة نهائية وفق الهيكل الوزاري متبوعة بالإجابات المسار المتقدم



تم تحميل هذا الملف من موقع المناهج الإماراتية

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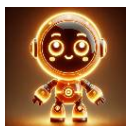
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المزيد من مادة
لغة انجليزية:

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التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج
الإماراتية على
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الرياضيات

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التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثاني عشر والمادة لغة انجليزية في الفصل الثالث

الدليل الإرشادي (الهيكل الوزاري 2025) للقواعد المقررة في الامتحان النهائي المسار النخبة

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الدليل الإرشادي (الهيكل الوزاري 2025) للقواعد المقررة في الامتحان النهائي المسار المتقدم

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Core Lexis

Health and fitness	Environment	Feelings and emotions
muscles	impact	anxious
symptoms	developing	depression
fever	application	rewarding
diverse	pollution	ambitious
considerable	resources	loyal
converted	decline	significant
relevant	introduction	enthusiastic

الصحة واللياقة-----Health and Fitness

English	Arabic	Example Sentence
muscles	العضلات	Regular exercise strengthens muscles.
symptoms	أعراض	Developing symptoms should be checked by a doctor.
developing	تطوير	Developing healthy habits takes time.
depression	اكتئاب	He is undergoing treatment for depression.
fever	حمى	A fever is usually a sign of infection.
application	تطبيق	The application of first aid saved his life.
rewarding	مجزٍ	Exercise can be physically and mentally rewarding.

Environment البيئة

English	Arabic	Example Sentence
impact	تأثير	Climate change has a major impact on ecosystems.
pollution	تلوث	Pollution from factories harms wildlife.
diverse	متنوع	The rainforest is home to a diverse range of species.
resources	موارد	We must use natural resources responsibly.
considerable	كبير	Considerable energy is needed to power a city.
converted	تم تحويله	The warehouse was converted into a recycling center.
decline	انخفاض	There's a decline in biodiversity due to pollution.
significant	كبير	Recycling makes a significant difference.
relevant	ذات صلة	This report is relevant to environmental planning.

المشاعر والعواطف Feelings and Emotions

English	Arabic	Example Sentence
anxious	قلق	She felt anxious before the exam.
depression	اكتئاب	(Repeated — see above)
rewarding	مجزّ	(Repeated — see above)
ambitious	طموح	He's an ambitious student with big dreams.
loyal	مخلص	A loyal friend supports you in tough times.
enthusiastic	متحمس	She was enthusiastic about the new project.
introduction	مقدمة	His introduction was full of enthusiasm.

Vocabulary Test:

Choose the best word to complete each sentence.

- Regular exercise strengthens your _____ and improves physical fitness.
A) symptoms
B) muscles
C) depression
D) fever
- Rising carbon emissions have a serious _____ on global temperatures.
A) loyalty
B) decline
C) impact
D) application

3. She felt extremely _____ before giving her first speech on stage.
A) anxious
B) diverse
C) rewarding
D) enthusiastic
4. The doctor said my flu _____ include a sore throat and fatigue.
A) muscles
B) symptoms
C) resources
D) applications
5. The village is _____ into a modern eco-friendly community.
A) converted
B) developing
C) declined
D) introduced
6. Many people suffer from _____ during the cold and dark winter months.
A) fever
B) ambition
C) depression
D) loyalty
7. Planting trees is a _____ way to reduce air pollution.
A) rewarding
B) ambitious
C) diverse
D) relevant
8. The ocean supports a _____ range of marine life.
A) loyal
B) diverse
C) considerable
D) enthusiastic

9. Clean water and electricity are essential _____ for every community.
- A) resources
 - B) symptoms
 - C) applications
 - D) muscles
10. There has been a sharp _____ in animal populations due to deforestation.
- A) conversion
 - B) decline
 - C) application
 - D) reward
11. She gave a warm and confident _____ to begin her speech.
- A) fever
 - B) impact
 - C) introduction
 - D) depression
12. His support during hard times showed he is truly _____.
- A) loyal
 - B) ambitious
 - C) anxious
 - D) enthusiastic
13. He is very _____ about protecting the environment and takes action daily.
- A) anxious
 - B) enthusiastic
 - C) depressed
 - D) considerable

14. She has set _____ goals to become a doctor and help others.
- A) relevant
 - B) loyal
 - C) ambitious
 - D) diverse
15. The scientists gathered _____ data to support their climate research.
- A) anxious
 - B) significant
 - C) rewarding
 - D) loyal

Answer Key

1. B) muscles
 2. C) impact
 3. A) anxious
 4. B) symptoms
 5. A) converted
 6. C) depression
 7. A) rewarding
 8. B) diverse
 9. A) resources
 10. B) decline
 11. C) introduction
 12. A) loyal
 13. B) enthusiastic
 14. C) ambitious
 15. B) significant
-

Grammar

Coverage

Topic(s): Health and fitness, environment, feelings and emotions.			
ECFE Grammar	Prerequisite	GSE Grammar	Functional Language
Reported speech: reported statements	report current and future plans and intentions (42)	a wide range of reporting verbs, especially in academic contexts, including 'demonstrate', 'illustrate' (See English Grammar Profile)	Describing causes and consequences Describing past experiences and events Asking about and describing feelings and emotions
Clauses and phrases: relative clauses	'who/that/which' in basic defining (restrictive) relative clauses (48)	relative clauses to refer to a whole clause or sentence, often to express an opinion or evaluation or give a reason (See English Grammar Profile)	
Conditionals: mixed conditionals	hypothetical (counterfactual) results of a current action or situation using the second conditional (48)	hypothetical current results of a past action or situation using 'would ...' with the third conditional (67)	
Adverbs: adverbial linkers	adverbials to express combinations and similarities between nouns and phrases (44)	'on the point of' and related phrases to talk about imminent events in the present and past (71) adverbials such as 'however', 'on the other hand', and 'though' to express concession (61)	
Conjunctions: subordinating	'when' to link clauses in the past simple and past continuous (46)	'while', 'whereas' and 'whilst' to contrast and compare actions and situations (60)	
Adjectives: superlatives	superlatives of longer regular adjectives with 'most' (36)	superlative adjectives (+ noun) (+ 'that') followed by a clause to talk about something unique (see English Grammar Profile)	

1. He _____ to the gym every morning before work.

- A) go
- B) going
- C) goes
- D) gone

2. If she _____ harder, she will pass the exam.

- A) study
- B) studies
- C) studied
- D) studying

3. They _____ dinner when the phone rang.

- A) have
- B) had
- C) were having
- D) has had

4. The report _____ by the manager yesterday.

- A) was written
- B) wrote
- C) was writing
- D) had wrote

5. I'm not used _____ up this early on weekends.

- A) get
- B) to get
- C) to getting
- D) getting

6. She's the _____ student in the class.

- A) most intelligent
- B) more intelligent
- C) intelligentest
- D) most intelligently

7. Neither the teacher nor the students _____ ready for the test.

- A) was
- B) were
- C) is
- D) has been

8. We'll start the meeting as soon as the manager _____.

- A) arrive
- B) will arrive
- C) arrived
- D) arrives

9. I wish I _____ more time to finish my project.

- A) have
- B) had
- C) will have
- D) would have

10. Not only _____ the film boring, but it was also too long.

- A) was
 - B) were
 - C) be
 - D) being
-

Model Answers

1. C) goes
2. B) studies
3. C) were having
4. A) was written
5. C) to getting
6. A) most intelligent
7. B) were
8. D) arrives
9. B) had
10. A) was

Reading Test: Health, Environment, and Emotions

Passage 1: The Mental and Physical Rewards of Outdoor Exercise

In today's fast-paced world, many people spend hours indoors, staring at screens, sitting in traffic, and working in artificial environments. As a result, both physical and mental health can suffer. However, combining physical exercise with nature may offer a powerful solution to this problem.

Outdoor activities like jogging, hiking, and cycling not only strengthen muscles, but also provide a sense of peace that indoor gyms cannot offer. Fresh air, natural light, and greenery have been shown to reduce feelings of depression and anxiety. In fact, studies suggest that even a short walk in a park can lower symptoms of stress and improve mood. Such experiences are often described as rewarding, both physically and emotionally.

Engaging in regular outdoor exercise helps the body develop strength and endurance while also supporting the immune system. It can also lead to a sense of purpose. For many, setting ambitious fitness goals such as

running a marathon or climbing a mountain provides motivation and builds confidence. These goals are not just about physical performance—they are deeply connected to a person's emotional state and mental resilience.

Perhaps one of the most significant benefits of outdoor exercise is how it reconnects people with the environment. When individuals exercise in nature, they begin to notice the beauty and fragility of ecosystems around them. This growing awareness often leads to more loyal support for environmental protection efforts, which benefits not only individuals but society as a whole.

Passage 2: Facing the Environmental Challenges of the 21st Century

The natural world is undergoing rapid change. Climate change, loss of biodiversity, and pollution are some of the major problems threatening the health of the planet. These issues are driven by human activity, particularly the overuse of natural resources and the emission of greenhouse gases. As these problems worsen, their impact on communities becomes more visible and alarming.

In some regions, there has been a decline in clean air and water, leading to serious public health concerns. Children are growing up in areas where playing outside means being exposed to toxic air. Communities are fighting to protect what remains of their natural surroundings.

Fortunately, people are responding. Governments and scientists are developing applications of new technology to reduce damage. Solar energy, for example, is a clean alternative that allows buildings to be converted into power sources. These innovations are helping to reduce pollution and make cities more sustainable.

Raising awareness is also essential. Environmental education plays a considerable role in changing how people view nature. When students learn about the environment through real-life experiences, they begin to see the relevance of these issues in their daily lives. This emotional connection often makes them more enthusiastic about protecting the planet.

One positive trend is the growing number of diverse voices involved in climate action. Activists, scientists, artists, and everyday citizens from all walks of life are contributing ideas and solutions. Their introduction into public debates ensures that actions taken are inclusive and effective. With ambitious planning and collective effort, the future of the planet can be shaped for the better.

Comprehension Questions

Passage 1 Questions

1. What is one main advantage of exercising outdoors compared to indoors?
 - A) It is more expensive but more effective
 - B) It only improves physical health
 - C) It combines mental and physical health benefits
 - D) It avoids exposure to natural elements
2. According to the passage, what emotions can outdoor activity help reduce?
 - A) Excitement and loyalty
 - B) Anxiety and depression
 - C) Anger and boredom
 - D) Confidence and joy
3. Why do people often feel “rewarded” after outdoor exercise?
 - A) They earn money for their efforts
 - B) They can post pictures on social media
 - C) They feel good physically and emotionally
 - D) They want to avoid indoor gyms
4. What is the connection between outdoor fitness and the environment, according to the text?
 - A) Outdoor fitness increases pollution
 - B) People become more aware of nature
 - C) Exercise reduces the need for energy
 - D) Gyms use fewer resources than forests

Passage 2 Questions

5. What is causing the environmental challenges described in the passage?
 - A) Too much rainfall
 - B) Natural changes in the Earth
 - C) Human activities and overuse of resources
 - D) Decreased industrialization
6. What is one way technology is helping reduce pollution?
 - A) By banning solar panels
 - B) By replacing all homes with factories
 - C) By converting buildings to use solar energy
 - D) By increasing fossil fuel use

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7. Why is environmental education described as “considerable”?
 - A) It takes up too much time
 - B) It causes anxiety among students
 - C) It has a large and important effect
 - D) It is expensive and unhelpful
8. What does the text suggest about having “diverse voices” in climate action?
 - A) It makes debates more confusing
 - B) It leads to less participation
 - C) It helps ensure solutions are effective and inclusive
 - D) It is only symbolic and not impactful

Answer Key

- 1.C) It combines mental and physical health benefits
- 2.B) Anxiety and depression
- 3.C) They feel good physically and emotionally
- 4.B) People become more aware of nature
- 5.C) Human activities and overuse of resources
- 6.C) By converting buildings to use solar energy
- 7.C) It has a large and important effect
- 8.C) It helps ensure solutions are effective and inclusive

Writing Test: A Healthy Mind is in a Healthy Body

Part 1: Opinion Question

What is your opinion about the saying "*A healthy mind is in a healthy body*"?

Write at least two sentences expressing your viewpoint.

Part 2: Plan

Write a plan for an essay on the topic "*A Healthy Mind is in a Healthy Body.*"

Write about:

- The connection between physical health and mental well-being.
- Strategies to achieve both physical and mental health.
- Examples of how sports and fitness contribute to a balanced life.

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Part 3: Essay

Write an essay on the topic "*A Healthy Mind is in a Healthy Body.*"

Include information about:

- The importance of physical health in maintaining mental well-being.
- Strategies individuals can adopt to achieve and maintain a balance between physical and mental health.
- How engaging in sports and fitness activities promotes overall well-being and a positive mindset.

Write at least 200 words in paragraphs.

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Part 4: Inference and Justification

The Turning Point

After years of sitting at a desk and working long hours, Kareem began to notice changes in his life. He was constantly tired, his back ached every day, and he found it hard to focus during meetings. At night, he struggled to sleep, and in the morning, he felt just as exhausted as the night before. His doctor warned him that his blood pressure was rising and that if he didn't make changes, his health would continue to decline.

At first, Kareem felt overwhelmed. He had always prioritized his career, believing that success required sacrifice. Exercise felt like a luxury he couldn't afford, and cooking healthy meals seemed like a waste of time. But one day, after getting dizzy while climbing the stairs, he realized something needed to change. He thought to himself, "What's the point of success if I can't enjoy it?" He started slowly—just a short walk each morning before work. Then he cut back on fast food and began preparing simple meals at home. After a few weeks, Kareem noticed he was sleeping better. His energy improved, and he could think more clearly during the day. He even felt less anxious and more optimistic. Encouraged, he joined a local sports club where he made new friends who supported his new lifestyle.

Kareem's transformation didn't happen overnight, but over time, the changes became a part of his daily routine. He felt more in control of his life. For the first time in years, he laughed more often, enjoyed simple moments, and found balance between his responsibilities and his health. Kareem learned the hard way that taking care of his body was the key to unlocking a healthier, happier mind.

Inference Question

What can we infer about Kareem's understanding of health by the end of the passage?

Write your answer below in full sentences.

Justification Question

Why is your answer to the inference question the best answer?

Use evidence and details from the passage to support your answer.

Model Answers

Part 1: Opinion

I agree with the saying "A healthy mind is in a healthy body" because our physical and mental health are strongly connected. When we take care of our bodies, our minds become stronger, more focused, and emotionally stable.

Part 2: Plan (Model)

1. Connection between physical and mental well-being:
 - Good physical health helps reduce stress, anxiety, and depression.
 - A healthy body supports emotional balance and mental clarity.
 2. Strategies to achieve balance:
 - Exercise regularly (e.g., walking, sports, gym workouts).
 - Eat healthy foods, get enough sleep, and drink plenty of water.
 - Practice mindfulness, rest, and manage stress.
 3. Examples of sports and fitness:
 - Playing football or swimming builds both fitness and discipline.
 - Group sports increase teamwork and social connection.
 - Fitness routines improve confidence and self-esteem.
-

Part 3: Essay

A Healthy Mind is in a Healthy Body

The famous proverb "A healthy mind is in a healthy body" highlights the strong connection between our physical condition and mental well-being. When people take care of their bodies, they often feel happier, calmer, and more focused. Physical health does not only mean the absence of disease; it also includes energy, strength, and the ability to handle everyday challenges. In the same way, mental health includes emotional stability, motivation, and a positive outlook.

There are many ways to achieve a balance between mental and physical health. First, regular exercise like walking, running, or playing sports helps release chemicals that improve mood, reduce stress, and increase confidence. Secondly, eating a healthy diet full of fruits, vegetables, and protein provides energy and supports brain function. In addition, getting enough sleep and staying hydrated also help the mind stay sharp and the body energized. Finally, practicing mindfulness activities such as meditation or yoga reduces anxiety and improves focus.

Sports are an excellent way to support both physical and emotional health. Playing team sports like football or volleyball teaches teamwork, discipline, and leadership. Individual sports like swimming or running help people set goals, overcome challenges, and build self-esteem. These activities also offer a healthy way to manage emotions and reduce screen time.

In conclusion, physical and mental health are deeply connected. When we take care of our bodies, we give our minds the strength and energy they need to succeed. A healthy lifestyle not only prevents illness but also builds confidence, resilience, and happiness.

Part 4:

Inference Answer:

By the end of the passage, we can infer that Kareem understands that real success includes taking care of both physical and mental health, and that health is necessary to enjoy life and perform well.

Justification Answer:

Kareem realizes that sacrificing his health for work was not sustainable, as seen when he thinks, "What's the point of success if I can't enjoy it?" After making changes like walking, eating healthier, and joining a sports club, he begins to sleep better and feel less anxious. He also becomes more optimistic and balanced. These changes show that he learned physical health directly affects mental well-being and overall quality of life.

===== **Grammar** =====

1. She said that she _____ to submit her research paper by next Monday.

- A) will try
- B) tries
- C) would try
- D) had tried

2. The professor demonstrated how climate change _____ local ecosystems.

- A) affect
- B) affects
- C) has affected
- D) affecting

3. This is the most impressive presentation _____ I have ever seen.

- A) what
- B) who
- C) that
- D) whose

4. He wouldn't be so tired now if he _____ more sleep last night.

- A) gets
- B) had got
- C) would get
- D) has gotten

5. If she had taken the medicine earlier, she _____ much better by now.

- A) will feel
- B) would have felt
- C) would feel
- D) feels

6. The author illustrates how the economy and environment are connected; _____, the report highlights possible solutions.

- A) on the point of
- B) similarly
- C) on the other hand
- D) likewise

7. He was on the point of _____ when the phone rang.

- A) leave
- B) leaving
- C) to leave
- D) left

8. I spoke to the woman _____ lives next door.

- A) that
- B) which
- C) where
- D) what

9. The results, _____ the researchers had not expected, caused a lot of discussion.

- A) who
- B) which
- C) what
- D) that

10. While some people prefer working in teams, _____ enjoy working alone.

- A) however
 - B) others
 - C) whereas
 - D) on the other hand
-

Model Answers

1. C) would try
2. B) affects
3. C) that
4. B) had got
5. C) would feel
6. D) likewise
7. B) leaving
8. A) that
9. B) which
10. B) others

SAMPLE

Part 1: Opinion Writing (5 marks)

Write 2–3 sentences giving your opinion on the following question:

What is the biggest threat to the environment today?

Give a reason for your answer.

[illegible]

Part 2: Essay Plan (5 marks)

What is the best way to protect people's mental health in today's world?

Write a plan that includes the following:

- One cause of poor mental health today
- One solution for individuals
- One action the government could take

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Part 3: Essay Writing (25 marks)

Write an essay (200 words) in response to the following question and bullet points:

How can we protect both physical and mental health in the modern world?

- Importance of regular exercise
- Role of social connection
- Influence of technology

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Part 4: Inference & Justification (5 marks)

Read the text below and answer the questions.

Laura, a university student, described feeling constantly anxious: “If I don’t get top marks, I feel like a failure. Everyone online seems to be doing better.” Psychologists have warned that this culture of comparison can lead to burnout, depression, and poor self-esteem.

The problem is not just personal — it’s also societal. Employers often expect high productivity, and students are told they must be exceptional to get ahead. In this environment, failure is seen not as a learning opportunity, but as something to avoid at all costs.

Mental health professionals suggest that schools and workplaces need to change their approach. Instead of only rewarding outcomes, they should also value effort and improvement. “If we don’t make space for mistakes and growth, we’re sending the message that only perfect people deserve success,” said one therapist.

Some governments are beginning to take the issue seriously. A few countries now require schools to teach mental health and emotional resilience. But these changes take time, and young people need support now.

The good news is that change is possible. Campaigns that promote honesty and vulnerability — especially from public figures — are helping people realise that it's okay not to be okay. As awareness grows, so does the hope that society can become more supportive, not just more successful.

Questions:

1. Inference (2 marks):

What is the author suggesting about society’s view of failure?

2. Justification (3 marks):

Explain how the author supports this idea using two examples from the text.

Part 5: MAZE Grammar Task (4 marks)

Choose the correct word in each blank.

Scientists have warned that climate change is causing a (1) considerable / loyal / ambitious impact on global weather patterns. In many places, rainfall has (2) declined / developed / rewarded by over 30% in the past decade. These changes affect not just nature but also human health. For example, pollution and higher temperatures can (3) cause / feel / consider symptoms like headaches and fever. Experts say we must act quickly to protect the (4) muscles / resources / applications we depend on.

Part 6: MAZE Grammar Task (8 marks)

Choose the correct word in each blank.

A global health report recently (1) demonstrated / felt / offered that anxiety rates are increasing among teenagers. Experts believe that one reason is the (2) converted / considerable / enthusiastic rise in social media use. Platforms (3) that / when / whose reward likes and comments may increase pressure to appear perfect. One therapist (4) recommended / recommend / recommending schools teach coping skills early.

A teenager (5) which / who / where reported that she used to feel anxious when she didn't get responses quickly. "I (6) would / had / was felt alone if no one liked my posts," she said. She now limits screen time and joins activities (7) who / that / what help her relax, like dance and art. If more young people took similar steps, mental health (8) should / would / might improve significantly.

Part 7: Comprehension (5 marks)

Read the text and choose the best answer a, b, or c.

Fitness Apps: A Help or a Harm?

Fitness apps have become popular tools for improving health. They help people track steps, calories, heart rate, and even sleep quality. However, some experts worry that the obsession with tracking can do more harm than good.

One recent study found that while many users initially felt motivated, over time they became anxious about meeting their daily goals. “I used to feel great after a walk,” one user said. “Now I just feel guilty if I don’t reach 10,000 steps.”

Another issue is unrealistic expectations. Social media influencers often promote extreme workout routines. For people recovering from illness or injury, this can be discouraging. “It’s important to remember that health looks different for everyone,” said Dr. Lopez, a fitness and wellness expert.

Still, many people find apps helpful, especially when used with support from professionals. “The key is balance,” Dr. Lopez added. “Use technology as a guide, not a rule.”

Questions:

1. Why are some people anxious about fitness apps?
 - a) They don’t know how to use them
 - b) They fear being judged by others
 - c) They feel bad when they don’t meet goals
2. What do influencers sometimes promote?
 - a) Safe exercises
 - b) Unreasonable workout routines
 - c) Medical advice
3. What can happen to people recovering from illness?
 - a) They feel encouraged
 - b) They ignore the apps
 - c) They feel discouraged

4. What does Dr. Lopez think about fitness apps?
 - a) They are dangerous
 - b) They should be used carefully
 - c) They are unnecessary
5. What is the tone of the article?
 - a) Completely negative
 - b) Balanced and thoughtful
 - c) Excited and enthusiastic

Part 8: Comprehension (3 marks)

Read the text and choose the best answer a, b, or c.

A Cleaner Future

Cities around the world are investing in cleaner public transport to reduce air pollution. One of the most successful programs is in Oslo, Norway, where over 70% of buses now run on electricity. Residents have noticed a big improvement in air quality.

At the same time, the change has not been easy. Some routes still lack electric charging stations, and cold weather can affect battery life. However, city officials remain optimistic. "We know there are challenges," said the mayor, "but the long-term benefits are clear."

Environmental groups have praised the effort. One group stated that Oslo's example "demonstrates how local action can have a global impact." As more cities follow, the future of public transport looks increasingly green.

Questions:

1. What has Oslo done to improve the environment?
 - a) Built more roads
 - b) Switched to electric buses
 - c) Reduced train services
2. What is a current problem?
 - a) There aren't enough roads
 - b) Cold weather damages buses
 - c) Charging stations are limited

3. What is the mood of the city officials?

- a) Hopeful
- b) Angry
- c) Confused

Part 9: Reading Comprehension

Instructions: Read the passage below and answer the multiple-choice questions that follow.

Tech Startups and the Environment

In recent years, many startups have begun to focus on technology that helps protect the environment. One such startup, AquaNet, has created a smart network that monitors water usage in large buildings. The system detects leaks and helps users save water.

Another company, GreenGrid, developed software that controls lighting and air conditioning based on when rooms are used. This reduces energy waste. These businesses are examples of how innovation can make conservation easier.

However, many of these startups struggle with funding. Investors often prefer projects with quicker profits. GreenGrid's founder said, "I wish more people supported ideas that have long-term impact." Despite challenges, the founders believe that their ideas will become more popular as more people care about sustainability.

The government has also begun to notice. Last year, new grants were made available for technology that helps the environment. This has encouraged more entrepreneurs to enter the field.

Questions:

What does AquaNet's technology do?

- a) Monitors air quality
- b) Detects water leaks
- c) Controls heating

What is the benefit of GreenGrid's software?

- a) It tracks employee hours
- b) It reduces energy waste
- c) It increases rent

What is a problem many startups face?

- a) Lack of workers
- b) Poor product quality
- c) Difficulty getting investment

What does GreenGrid's founder wish?

- a) He had a different idea
- b) More support for long-term ideas
- c) They had launched earlier

What did the government do last year?

- a) Closed tech grants
- b) Created new business rules
- c) Offered grants for green tech

What helps more entrepreneurs join the field?

- a) More customers
- b) More government support
- c) Less competition

What is the general tone of the passage?

- a) Negative
- b) Optimistic
- c) Critical

Part 10: Reading Comprehension

Instructions: Read the passage below and answer the multiple-choice questions that follow.

Remote Work and the Future of Offices

As technology improves, more companies are changing the way they think about offices. Instead of large office buildings, many businesses now allow remote work. This reduces energy costs, limits traffic, and saves space.

A company called WorkWise recently closed two of its offices and moved to a fully remote model. Employees report better work-life balance, and the company has cut its electricity use by 40%.

Not everyone agrees with the change. Some managers worry that remote workers are less productive. "I wish I could see my team in person more often," one manager said.

Still, the trend is growing. The government is about to release new guidelines to help businesses support hybrid work. As companies look for ways to reduce environmental impact, remote work may be one of the simplest and most effective solutions.

Questions:

What change did WorkWise make?

- a) Moved into a bigger office
- b) Switched to remote work
- c) Hired more workers

What benefit did WorkWise see?

- a) More travel
- b) Fewer workers
- c) Reduced energy use

What is the writer's view of remote work?

- a) Positive and forward-looking
- b) Critical and angry
- c) Unsure and neutral

Model Answers

Part 1: Opinion

I think pollution is the biggest threat to the environment today. It affects air, water, and soil, and damages both human health and ecosystems.

Part 2: Essay Plan

- Cause: Long work hours and online pressure lead to stress
- Solution: Individuals should take breaks and talk about their feelings
- Government: Increase funding for mental health education in schools

Part 3: Essay

How can we protect both physical and mental health in the modern world?

In today's fast-paced and highly connected world, protecting both physical and mental health has become more important than ever. One of the most effective ways to stay healthy is through regular exercise. Whether it's walking, cycling, or going to the gym, physical activity keeps the body strong and reduces the risk of illness. In addition, exercise has been shown to reduce stress and improve mood, which supports mental well-being.

Another key factor is maintaining strong social connections. Having close friends or family to talk to can provide emotional support during stressful times. It can also help reduce feelings of loneliness, which are increasingly common in modern society. Social interaction doesn't have to be face-to-face—it can happen online, too, as long as the connection feels meaningful.

Finally, technology plays a complex role. While it can contribute to anxiety and screen fatigue, it also offers tools to improve our health. Fitness apps, mental health platforms, and online communities can all support healthy habits. The key is balance—using technology in ways that enhance life, not distract from it.

By combining exercise, meaningful relationships, and mindful tech use, we can protect our overall well-being in a demanding world.

Part 4: Inference and Justification

1. Inference:

The author suggests society views failure as something negative and to be avoided, not as part of growth.

2. Justification:

First, the text says that failure is seen as something to avoid “at all costs.” Second, the therapist mentions that without space for mistakes, people think only perfect people deserve success.

Part 5: MAZE

1. considerable
2. declined
3. cause
4. resources

Part 6: MAZE

1. demonstrated
2. considerable
3. that
4. recommended
5. who
6. would
7. that
8. might

Part 7: Comprehension

1. c
2. b
3. c
4. b
5. b

Part 8: Comprehension

1. b

2. c

3. a

Part 9: Reading Comprehension

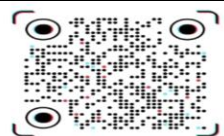
Passage Topic: Tech Startups and the Environment


1. What does AquaNet's technology do?
b) Detects water leaks
2. What is the benefit of GreenGrid's software?
b) It reduces energy waste
3. What is a problem many startups face?
c) Difficulty getting investment
4. What does GreenGrid's founder wish?
b) More support for long-term ideas
5. What did the government do last year?
c) Offered grants for green tech
6. What helps more entrepreneurs join the field?
b) More government support
7. What is the general tone of the passage?
b) Optimistic

Part 10: Reading Comprehension (3 Questions)

Passage Topic: Remote Work and the Future of Offices

1. What change did WorkWise make?
b) Switched to remote work
2. What benefit did WorkWise see?
c) Reduced energy use
3. What is the writer's view of remote work?
a) Positive and forward-looking

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لجميع الفديوهات قناة الأستاذ

<https://www.youtube.com/@Zak2024Y>



الأزمنة Tenses

تقوية للجميع

Present Tenses

Tense الزمن	Usage الاستخدام	Structure (Form) التركيب	Time Indicators/Expressions الأدلة الزمنية	Example امثلة
Present Simple المضارع البسيط https://t.me/kamalalatiq2024/1076 https://t.me/kamalalatiq2024/1077	General truths,	Subject + Base verb (+s/es for	always, usually, often, sometimes, every	She writes daily.

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Tenseالزمن	Usageالاستخدام	Structureالتركيب (Form)	Time Indicators/Expressionsالادلة الزمنية	Exampleأمثلة
	habits, routines	3rd person)	day/week, never, rarely, generally	
Present Continuous المضارع المستمر https://t.me/kamalalatiq2024/1117 https://t.me/kamalalatiq2024/1118	Ongoing actions, temporary situations, future plans	Subject + am/is/are + Verb(-ing)	now, at the moment, currently, these days, today, right now, this week	She is writing now.
Present Perfect المضارع التام https://t.me/kamalalatiq2024/1090 https://t.me/kamalalatiq2024/1091	Actions that happened at an unspecified time, relevance to now	Subject + has/have + Past participle	just, already, yet, ever, never, so far, recently, lately, since, for	She has written a letter.
Present Perfect Continuous المضارع التام المستمر https://t.me/kamalalatiq2024/1124 https://t.me/kamalalatiq2024/1125	Actions started in the past and still ongoing	Subject + has/have been + Verb(-ing)	for two hours, since 2010, all day, recently, lately, how long?	She has been writing for two hours.

Past Tenses

Tense	Usage	Structure (Form)	Time Indicators/Expressions	Example
Past Simple الماضي البسيط https://t.me/kamalalatiq2024/1080 https://t.me/kamalalatiq2024/1081	Completed actions at a specific time in the past	Subject + Verb (Past form)	yesterday, last week, a month ago, in 2010, when, at that time	She wrote yesterday.
Past Continuous الماضي المستمر https://t.me/kamalalatiq2024/1119 https://t.me/kamalalatiq2024/1120	Ongoing actions in the past, often interrupted	Subject + was/were + Verb(-ing)	while, as, at that moment, all day, all night, from 2 PM to 4 PM	She was writing when I called.
Past Perfect الماضي التام https://t.me/kamalalatiq2024/1093 https://t.me/kamalalatiq2024/1094	Action completed before another past action	Subject + had + Past participle	before, after, by the time, already, just	She had written before I arrived.

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Tense	Usage	Structure (Form)	Time Indicators/Expressions	Example
Past Perfect Continuous الماضي التام المستمر https://t.me/kamalalatiq2024/1127 https://t.me/kamalalatiq2024/1131	Ongoing action in the past before another action or time	Subject + had been + Verb(-ing)	for hours, since 2005, all day, before, by the time	She had been writing for hours before the event.

Future Tenses

Tense	Usage	Structure (Form)	Time Indicators/Expressions	Example
Future Simple المستقبل البسيط https://t.me/kamalalatiq2024/1087 https://t.me/kamalalatiq2024/1088	Decisions made at the moment, promises, predictions	Subject + will + Base verb	tomorrow, next week, soon, in a year, later, in 2025, someday	She will write tomorrow.
Future Continuous المستقبل المستمر https://t.me/kamalalatiq2024/1122 https://t.me/kamalalatiq2024/1123	Ongoing actions at a specific time in the future	Subject + will be + Verb(-ing)	at this time tomorrow, at 5 PM, all day, all night, next week	She will be writing at 6 PM.
Future Perfect المستقبل التام https://t.me/kamalalatiq2024/1096 https://t.me/kamalalatiq2024/1097	Actions completed before a specific future time	Subject + will have + Past participle	by 8 PM, before next week, by the time, already	She will have written by 8 PM.
Future Perfect Continuous المستقبل التام المستمر https://t.me/kamalalatiq2024/1130 https://t.me/kamalalatiq2024/1131	Ongoing actions continuing up to a future time	Subject + will have been + Verb(-ing)	for two hours, since 6 AM, by the evening, all day	She will have been writing for hours by the evening.

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Tense	Subject	Verb "to be"	Verb "to do"	Verb "to have"	Ordinary Verbs	Negative	Question	Time Expressions/Indicators	Spelling Rules
Simple Present	All Subjects	am/is/are	do/does	have/has	base form (work) / -s/-es (works)	do/does + not + base form (don't work/doesn't work)	Do/Does + subject + base form? (Do you work? Does he work?)	always, usually, often, sometimes, rarely, never, every day/week/month, on Mondays, in general	- Add -s to most verbs (work-works) - Add -es to verbs ending in -s, -ss, -sh, -ch, -x, -o (go-goes, watch-watches) - If verb ends in consonant + -y, change -y to -i and add -es (study-studies)
Present Continuous	All Subjects	am/is/are	N/A	N/A	am/is/are + verb + -ing (am working/is working/are working)	am/is/are + not + verb + -ing (am not working/isn't working/aren't working)	Am/Is/Are + subject + verb + -ing? (Am I working? Is he working? Are they working?)	now, at the moment, currently, these days	- Add -ing to most verbs (work-working) - If verb ends in -e, drop the -e and add -ing (come-coming) -

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								<p>If verb ends in consonant + vowel + consonant, double the last consonant and add -ing (swim-swimming)</p> <p>
 - If verb ends in -ie, change -ie to -y and add -ing (lie-lying)</p>
Present Perfect	All Subjects	N/A	N/A	have/has	have/has + past participle (have worked/has worked)	have/has + not + past participle (haven't worked/hasn't worked)	Have/Has + subject + past participle? (Have you worked? Has he worked?)	<p>since, for, just, already, yet, ever, never, so far, up to now</p> <p>- Past participle of regular verbs is the same as the simple past (-ed ending)</p> <p>
 - Irregular verbs have unique past participles (gone, seen)</p>

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Present Perfect Continuous	All Subjects	have/has been	N/A	N/A	have/has been + verb + -ing (have been working/has been working)	have/has not been + verb + -ing (haven't been working/hasn't been working)	Have/Has + subject + been + verb + -ing? (Have you been working? Has he been working?)	for, since, lately, recently	Same -ing spelling rules as Present Continuous.
Simple Past	All Subjects	was/were	did	had	past simple form (worked/went)	did + not + base form (didn't work/didn't go)	Did + subject + base form? (Did you work? Did he go?)	yesterday, last week/month/year, ago, in 2010, when I was a child	- Add -ed to regular verbs (work-worked) - Irregular verbs have unique forms (go-went, see-saw) - If verb ends in -e, add -d (like-liked) - If verb ends in consonant + vowel + consonant, double the last consonant and

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									add -ed (stop-stopped) - If verb ends in consonant + -y, change -y to -i and add -ed (study-studied)
Past Continuous	All Subjects	was/were	N/A	N/A	was/were + verb + -ing (was working/were working)	was/were + not + verb + -ing (wasn't working/weren't working)	Was/Were + subject + verb + -ing? (Was I working? Were they working?)	while, when, as (describing actions in progress in the past)	Same -ing spelling rules as Present Continuous.
Past Perfect	All Subjects	had been	N/A	had	had + past participle (had worked)	had + not + past participle (hadn't worked)	Had + subject + past participle? (Had you worked?)	before, after, by the time, when (showing which action happened first in the past)	Same past participle rules as Present Perfect.
Past Perfect Continuous	All Subjects	had been	N/A	N/A	had been + verb + -ing (had been working)	had not been + verb + -ing (hadn't been working)	Had + subject + been + verb + -ing? (Had you been working?)	before, since (emphasizing duration before a past point)	Same -ing spelling rules as Present Continuous.
Simple Future	All Subjects	will be	will do	will have	will + base form	will + not + base form (will not)	Will + subject + base	tomorrow, next week/month/year	No specific spelling

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					(will work)	not/won't work)	form? (Will you work?)	r, in the future, soon	rules for the verb itself; "will" is the auxiliary.
Future Continuous	All Subjects	will be	N/A	N/A	will be + verb + -ing (will be working)	will not be + verb + -ing (won't be working)	Will + subject + be + verb + -ing? (Will you be working?)	at this time tomorrow, next week at this time, in the middle of	Same -ing spelling rules as Present Continuous.
Future Perfect	All Subjects	will have been	N/A	will have	will have + past participle (will have worked)	will not have + past participle (won't have worked)	Will + subject + have + past participle? (Will you have worked?)	by then, by next week/month/year, by the time...	Same past participle rules as Present Perfect.
Future Perfect Continuous	All Subjects	will have been	N/A	N/A	will have been + verb + -ing (will have been working)	will not have been + verb + -ing (won't have been working)	Will + subject + have been + verb + -ing? (Will you have been working?)	by (a certain time in the future) for (a duration)	Same -ing spelling rules as Present Continuous.

امثلة Examples

Present Tenses

1. She _____ to school every day.
a) goes
b) is going
c) has gone
d) go
2. I _____ my homework right now.
a) do
b) am doing
c) have done
d) will do
3. They _____ here for ten years.
a) live
b) are living
c) have lived
d) were living
4. He _____ for three hours; he needs a break.
a) studies
b) has been studying
c) is studying
d) was studying
5. The sun always _____ in the east.
a) rise
b) is rising
c) rises
d) has risen

Past Tenses

6. I _____ to the mall yesterday.
a) went
b) was going
c) have gone
d) go
7. While we _____ dinner, the phone rang.
a) ate
b) were eating
c) had eaten
d) have been eating
8. They _____ the project before the deadline.
a) finish
b) were finishing

- c) had finished
- d) have finished

9. She _____ for two hours before the guests arrived.
- a) cooks
 - b) had been cooking
 - c) was cooking
 - d) is cooking
10. I _____ asleep when the noise woke me up.
- a) am
 - b) was
 - c) have been
 - d) had been

Future Tenses

11. We _____ a party tomorrow evening.
- a) are having
 - b) have
 - c) will be having
 - d) had
12. She _____ her homework by the time you arrive.
- a) finishes
 - b) will finish
 - c) will have finished
 - d) has finished
13. This time next week, I _____ on a beach.
- a) will lie
 - b) will be lying
 - c) lie
 - d) am lying
14. He _____ here for two years by the end of this year.
- a) will live
 - b) will have lived
 - c) lives
 - d) is living
15. I _____ to the meeting at 3 PM tomorrow.
- a) will go
 - b) will be going
 - c) went
 - d) am going

Mixed Tenses

16. She _____ tennis every weekend.
- a) plays

- b) is playing
c) has played
d) was playing
17. They _____ a movie when I called them.
a) watch
b) are watching
c) were watching
d) watched
18. By next week, he _____ his first novel.
a) will write
b) will have written
c) writes
d) has written
19. I _____ to the park yesterday; it was lovely.
a) go
b) went
c) have gone
d) had gone
20. At 8 PM tonight, I _____ dinner with my family.
a) will eat
b) am eating
c) will be eating
d) have eaten
21. He _____ his keys somewhere; he can't find them.
a) loses
b) lost
c) has lost
d) is losing
22. By the time the guests arrive, we _____ all the decorations.
a) will finish
b) will have finished
c) finished
d) are finishing
23. She _____ the guitar for five years.
a) plays
b) has been playing
c) played
d) will play
24. They _____ to Italy next month.
a) go
b) are going

- c) have gone
- d) went

25. I _____ breakfast when the alarm rang.
- a) have
 - b) had
 - c) was having
 - d) have been having

Challenging Sentences

26. By next year, they _____ in their new house for a decade.
- a) will live
 - b) will have lived
 - c) have lived
 - d) lived
27. She _____ late to work every day.
- a) arrives
 - b) is arriving
 - c) has arrived
 - d) will arrive
28. We _____ for hours when the rain started.
- a) walk
 - b) were walking
 - c) had been walking
 - d) have walked
29. He _____ his car when I saw him.
- a) washes
 - b) washed
 - c) was washing
 - d) has washed
30. I _____ my favorite movie last night.
- a) watch
 - b) watched
 - c) was watching
 - d) have watched

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Model Answers

Present Tenses

1. a) goes
2. b) am doing
3. c) have lived
4. b) has been studying
5. c) rises

Past Tenses

6. a) went
7. b) were eating
8. c) had finished
9. b) had been cooking
10. b) was

Future Tenses

11. c) will be having
12. c) will have finished
13. b) will be lying
14. b) will have lived
15. b) will be going

Mixed Tenses

16. a) plays
17. c) were watching
18. b) will have written
19. b) went
20. c) will be eating
21. c) has lost
22. b) will have finished
23. b) has been playing
24. b) are going
25. c) was having

Challenging Sentences

- 26. b) will have lived
- 27. a) arrives
- 28. c) had been walking
- 29. c) was washing
- 30. b) watched

Mixed Sentences

- 1. I _____ dinner when my friend arrived.
 - a) was having
 - b) have
 - c) had been having
 - d) have had
- 2. By this time next year, she _____ in Canada for five years.
 - a) has been living
 - b) will have lived
 - c) will be living
 - d) lived
- 3. They _____ football when it started raining.
 - a) play
 - b) were playing
 - c) had played
 - d) are playing
- 4. She _____ her homework already.
 - a) is finishing
 - b) finished
 - c) has finished
 - d) was finishing
- 5. I _____ to the cinema every weekend.
 - a) go
 - b) am going
 - c) have gone
 - d) will have gone
- 6. He _____ for two hours before he stopped to rest.
 - a) is working
 - b) had been working
 - c) worked
 - d) has worked
- 7. By the time we arrived, they _____ dinner.
 - a) finished
 - b) were finishing

- c) had finished
d) have finished
8. At 10 AM tomorrow, I _____ in the office.
a) am working
b) will have worked
c) will be working
d) worked
9. She _____ the guitar every evening.
a) plays
b) is playing
c) played
d) has played
10. They _____ a trip to Europe next summer.
a) are planning
b) plan
c) have planned
d) were planning
11. He _____ his car yesterday.
a) washed
b) was washing
c) has washed
d) washes
12. By the end of the day, we _____ everything on the list.
a) will complete
b) complete
c) will have completed
d) have completed
13. She _____ when her phone rang.
a) was sleeping
b) slept
c) has slept
d) is sleeping
14. I _____ for the train for 30 minutes now.
a) wait
b) have waited
c) have been waiting
d) was waiting
15. They _____ this movie three times already.
a) watch
b) have watched
c) watched
d) are watching

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16. By next month, I _____ my final project.
a) will finish
b) finish
c) will have finished
d) am finishing
17. He _____ lunch at this time every day.
a) eats
b) is eating
c) has eaten
d) will eat
18. We _____ in the park when the storm began.
a) walk
b) were walking
c) walked
d) are walking
19. She _____ a book all afternoon yesterday.
a) was reading
b) has read
c) reads
d) is reading
20. By 9 PM, I _____ my homework.
a) will be doing
b) will have done
c) have done
d) am doing
21. He _____ for his exam at the moment.
a) studies
b) is studying
c) studied
d) will study
22. They _____ dinner by the time you arrive.
a) have cooked
b) are cooking
c) will have cooked
d) cooked
23. I _____ on my project all morning.
a) have been working
b) work
c) am working
d) was working
24. She _____ in the kitchen right now.
a) cooks

- b) is cooking
c) has cooked
d) was cooking
25. They _____ in this neighborhood for many years.
a) live
b) lived
c) have lived
d) will live
26. He _____ the assignment before the deadline.
a) submits
b) submitted
c) had submitted
d) was submitting
27. I _____ on the report when you called.
a) work
b) was working
c) worked
d) have worked
28. By next year, she _____ her master's degree.
a) completes
b) has completed
c) will have completed
d) will complete
29. He _____ to the meeting at 9 AM tomorrow.
a) goes
b) is going
c) will be going
d) has gone
30. We _____ a new project soon.
a) start
b) are starting
c) have started
d) will start
31. She _____ when I last saw her.
a) was crying
b) cries
c) is crying
d) cried
32. They _____ the documents by noon tomorrow.
a) will submit
b) submit

- c) have submitted
d) will be submitting
33. By the time the movie ends, we _____ popcorn.
a) will have eaten
b) eat
c) are eating
d) have eaten
34. He _____ for a walk every morning.
a) goes
b) is going
c) has gone
d) went
35. She _____ tea when the doorbell rang.
a) makes
b) was making
c) made
d) has made
-
-

Model Answers

1. a) was having
2. b) will have lived
3. b) were playing
4. c) has finished
5. a) go
6. b) had been working
7. c) had finished
8. c) will be working
9. a) plays
10. a) are planning
11. a) washed
12. c) will have completed
13. a) was sleeping
14. c) have been waiting
15. b) have watched
16. c) will have finished

17. a) eats
18. b) were walking
19. a) was reading
20. b) will have done
21. b) is studying
22. c) will have cooked
23. a) have been working
24. b) is cooking
25. c) have lived
26. c) had submitted
27. b) was working
28. c) will have completed
29. c) will be going
30. b) are starting
31. a) was crying
32. a) will submit
33. a) will have eaten
34. a) goes
35. b) was making

Irregular Verbs

Base Form	Past Simple	Past Participle	Arabic Translation
arise	arose	arisen	نشأ
awake	awoke	awoken	استيقظ
be	was/were	been	كان/كنت
bear	bore	borne	تحمل

Base Form	Past Simple	Past Participle	Arabic Translation
beat	beat	beaten	ضرب
become	became	become	أصبح
begin	began	begun	بدأ
bend	bent	bent	انحنى
bet	bet	bet	راهن
bid	bid	bid	عرض
bind	bound	bound	ربط
bite	bit	bitten	عض
bleed	bled	bled	نزف
blow	blew	blown	نفخ
break	broke	broken	كسر
bring	brought	brought	جلب
build	built	built	بنى
burn	burned/burnt	burned/burnt	احترق
buy	bought	bought	اشترى
catch	caught	caught	أمسك
choose	chose	chosen	اختار
come	came	come	جاء
cost	cost	cost	كلف
creep	crept	crept	تسلل
cut	cut	cut	قطع
deal	dealt	dealt	تعامل
dig	dug	dug	حفر
do	did	done	فعل

Base Form	Past Simple	Past Participle	Arabic Translation
draw	drew	drawn	رسم
drink	drank	drunk	شرب
drive	drove	driven	قاد
eat	ate	eaten	أكل
fall	fell	fallen	سقط
feed	fed	fed	أطعم
feel	felt	felt	شعر
fight	fought	fought	قتال
find	found	found	وجد
fit	fit	fit	تناسب
flee	fled	fled	هرب
fling	flung	flung	رمى
fly	flew	flown	طار
forbid	forbade	forbidden	حظر
forget	forgot	forgotten	نسي
forgive	forgave	forgiven	غفر
freeze	froze	frozen	جمد
get	got	gotten/got	حصل
give	gave	given	أعطى
go	went	gone	ذهب
grow	grew	grown	نما
hang	hung	hung	علق
have	had	had	كان/لديه
hear	heard	heard	سمع

Base Form	Past Simple	Past Participle	Arabic Translation
hide	hid	hidden	اخفى
hit	hit	hit	ضرب
hold	held	held	امسك
hurt	hurt	hurt	جرح
keep	kept	kept	احتفظ
kneel	knelt/kneeled	knelt/kneeled	ركع
knit	knitted/knit	knitted/knit	حاك
know	knew	known	عرف
lay	laid	laid	وضع
lead	led	led	قاد
lean	leaned/leant	leaned/leant	مال/انحنى
leap	leapt/leaped	leapt/leaped	قفز
learn	learned/learnt	learned/learnt	تعلم
leave	left	left	ترك
lend	lent	lent	اقترض
let	let	let	سمح
lie	lay	lain	استلقى
light	lit	lit	أضاء
lose	lost	lost	فقد
make	made	made	صنع
mean	meant	meant	يعني
meet	met	met	قابل
melt	melted	melted	ذاب
pay	paid	paid	دفع

Base Form	Past Simple	Past Participle	Arabic Translation
put	put	put	وضع
quit	quit	quit	ترك
read	read (pronounced /red/)	read (pronounced /red/)	قرأ
ride	rode	ridden	ركب
ring	rang	rung	رنّ
rise	rose	risen	ارتفع
run	ran	run	ركض
say	said	said	قال
see	saw	seen	رأى
sell	sold	sold	باع
send	sent	sent	أرسل
set	set	set	وضع
sew	sewed	sewn	خيط
shake	shook	shaken	هز
shine	shone	shone	لمع
shoot	shot	shot	رمى
show	showed	shown	عرض
shrink	shrank	shrunk	تقلص
shut	shut	shut	أغلق
sing	sang	sung	غنى
sink	sank	sunk	غرق
sit	sat	sat	جلس


Base Form	Past Simple	Past Participle	Arabic Translation
sleep	slept	slept	نام
slide	slid	slid	انزلق
slink	slinked	slunk	زحف
smell	smelled/smelt	smelled/smelt	شمّ
speak	spoke	spoken	تحدث
spend	spent	spent	أنفق
spill	spilled/spilt	spilled/spilt	سكب
spin	spun	spun	دار
split	split	split	قسم
spread	spread	spread	نشر
spring	sprang	sprung	قفز
stand	stood	stood	وقف
steal	stole	stolen	سرق
stick	stuck	stuck	علق
sting	stung	stung	لسع
stink	stank	stunk	نتن
strike	struck	struck	ضرب
swear	swore	sworn	حلف
sweep	swept	swept	كنس
swim	swam	swum	سبح
take	took	taken	أخذ
teach	taught	taught	علم
tear	tore	torn	مزق
tell	told	told	أخبر

Base Form	Past Simple	Past Participle	Arabic Translation
think	thought	thought	فكر
throw	threw	thrown	رمى
understand	understood	understood	فهم
wake	woke	woken	استيقظ
wear	wore	worn	ارتدى
weep	wept	wept	بكى
win	won	won	فاز
wind	wound	wound	لفّ
withdraw	withdrew	withdrawn	سحب
write	wrote	written	كتب

Key Points to Remember:

- **Subject-verb agreement:** In the simple present, the verb changes form (usually by adding -s or -es) when the subject is he, she, or it.
- **Irregular verbs:** These verbs have unique past simple and past participle forms that must be memorized (e.g., go-went-gone, see-saw-seen).
- **Contractions:** In informal contexts, negative forms are often contracted (e.g., don't, doesn't, didn't, isn't, aren't, haven't, hasn't).
- **"To be" as a main verb:** "To be" can also function as a main verb, not just an auxiliary verb (e.g., "I am happy," "She was tired").
- **Progressive tenses and stative verbs:** Stative verbs (verbs that describe states, not actions, such as "know," "believe," "like") are generally not used in progressive tenses.

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