



CAMBRIDGE

Official
Cambridge
Exam
Preparation

Second Edition

POWER UP

Pupil's Book with eBook

3

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Map of the book

	Vocabulary	Grammar	Cross-curricular	Skills	Assessment
Welcome to Diversicus Page 4	Main character names Greetings and introductions	Language review Questions and answers Greetings			
1 Practice time Mission: Plan a week in the life of a circus artist Page 6	Telling the time Activity verbs Sounds and spelling: numbers	Review: question words <i>how, what, what time, when, where, which, who, why</i> was/were + could <i>I could dance when I was four. I couldn't skip.</i>	Balancing act Learn about balance and coordination Tangier Acrobatic Group Critical Thinking	The circus child An interview Digital Literacy	A1 Reading and Writing
2 What's for breakfast? Mission: Make a flyer for your restaurant Page 18	Food and drink Past simple irregular verbs Sounds and spelling: c spelling for 's' and 'k' sound	Defining relative clauses <i>This is for the children who eat breakfast every morning. That's the table where we all eat. This is the breakfast which dad likes to make.</i> Past simple + with/when <i>When I finished school, I went home.</i>	Food, glorious food Learn about food and nutrition Breakfast in China and around the world Social Responsibilities	The legend of the koi A traditional story Social Responsibilities	A1 Listening
3 A healthy body Mission: Make a health plan Page 30	Parts of the body Health problems Sounds and spelling: kn and n spelling for 'n' sound	Review of comparative and superlative adjectives, as ... as <i>I'm not as fast as her. Rose's taller than Jenny. Ivan's the strongest person here.</i> want/need + infinitive <i>I want to go to the party but I've got a headache. You need to rest.</i>	Work your body Learn about bones and joints Learn about ways to stay healthy Collaboration	Kancil's clever plan A fable play script Critical Thinking	A1 Reading and Writing
Review Units 1-3					
4 Fun in the jungle Mission: Make a brochure for a jungle adventure park Page 44	Natural features Past simple verbs Sounds and spelling: l, ll and le spelling for 'l' sound	Adverbs <i>well, badly, loudly, quietly, quickly, slowly, carefully, beautifully, hard, fast</i> Comparative adverbs <i>Tigers can run faster than lions. Tigers can swim better than monkeys.</i>	From the roots to the flower Learn about plants and how they grow Carnivorous plants Understanding environmental responsibilities	The story of Rama and Sita A traditional Indian story Understanding environmental responsibilities	A1 Reading and Writing

	Vocabulary	Grammar	Cross-curricular	Literature	Assessment
5 Behind the scenes Mission: Plan a play Page 56	Describing clothes Materials Sounds and spelling: -igh and i-e spelling	be made of <i>What's it made of?</i> <i>It's made of gold.</i> <i>What are the wings made of?</i> <i>The wings are made of paper.</i> shall, could and let's for suggestions <i>Shall we make the costumes?</i> <i>We could paint the set.</i> <i>Let's build a horse with boxes and card.</i>	Materials and properties Learn about the properties of different materials Greek masks Critical Thinking	The myth of Icarus A Greek myth Critical Thinking	A1 Speaking
6 Classroom stars Mission: Make prizes for your classmates Page 68	School subjects Extension of school vocabulary Sounds and spelling: f and ph spelling for 'f' sound	should/shouldn't <i>You should listen to your teacher.</i> <i>You shouldn't eat in class.</i> <i>Should you copy in exams?</i> <i>No, you shouldn't.</i> be good at + noun/gerund <i>Are you good at maths?</i> <i>Yes, I am. I'm very good at maths.</i> <i>I'm not very good at drawing.</i>	Where are we? Learn about maps and symbols Cappadocia in Türkiye Collaboration	The project A story with a song Collaboration	A1 Listening
Review Units 4–6					
7 When I grow up ... Mission: Make a poster for your dream job Page 82	Jobs Personality adjectives Sounds and spelling: -er, and -ar	have to/must and because <i>Cooks have to work late because people have dinner in restaurants.</i> <i>They don't have to work in an office.</i> <i>They mustn't forget to wash their hands.</i> <i>We must be very careful in the kitchen.</i> Using adjectives and adverbs <i>Teachers have to be kind. They must listen carefully to their students.</i>	Time detectives Learn about archaeology The Altamira Caves in Spain Digital Literacy	Don Quixote, Sancho and the windmills An adventure play script Digital Literacy	A1 Reading and Writing
8 City break Mission: Create a booklet for a city trip Page 94	Directions Places in town Sounds and spelling: revision of 'th' sound	Planning with be going to <i>What are we going to do tomorrow?</i> <i>Are we going to visit a museum?</i> <i>We're going to see a show at the theatre.</i> Prepositions of movement <i>along, around, between, in, into, next to, opposite, over, under</i>	Home, sweet home Learn about cities, towns and villages New York City Creative Thinking	The road to Hope A poem Social Responsibilities	A1 Speaking
9 Let's travel! Mission: Make a summer camp poster Page 106	Adjectives On holiday Sounds and spelling: ge spelling for 'j' sound	before, after, when clauses <i>Before we came to Mexico, I didn't know Mexico had pyramids.</i> <i>When we visited the pyramids, we climbed a lot of steps.</i> <i>After our tour, we're going to have a holiday.</i> -ed/-ing adjective endings <i>excited/exciting interested/interesting, bored/boring, dangerous, lost, loud, ready</i>	North, south, east, and west Learn about what to take on a hiking trip A hiking trip in Mexico Collaboration	The story of Popocatepetl and Iztaccihuatl A narration and legend Emotional Development	A1 Listening
Review Units 7–9					
Grammar reference page 120					

3

A healthy body

1 3.01



Watch the video. Answer the questions.



mission

Make a health plan



2

How do you stay healthy?



go to the doctor



do yoga



drink water

30

My Mission Diary
Activity Book page 30



Listen. How did Ivan cut his finger?

Diversicus is in Indonesia. This morning Ivan is doing exercise on the beach. The children are watching him.



Watch the video. Say the chant.



Listen and say *yes* or *no*.



Write two sentences about the picture.

1

3.05



Watch the video. Which is the biggest river in the world?

1



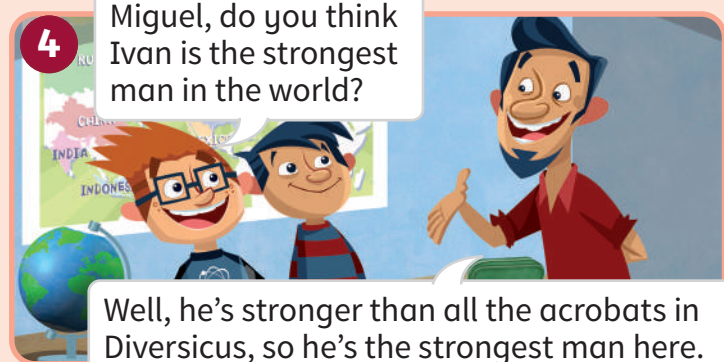
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3



4



5



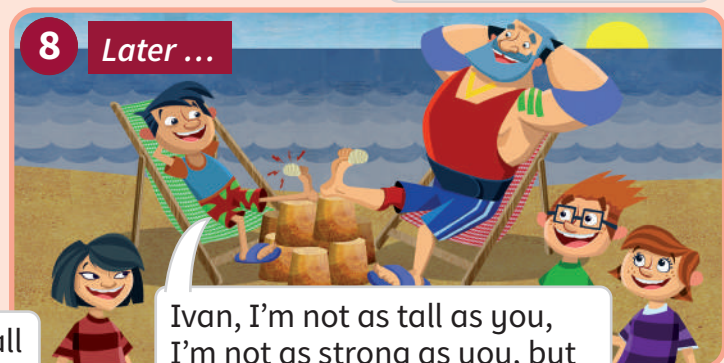
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7



8



2

What does each acrobat add to the circus? Make a list.



1



3.06

Watch the video. Then match.

Rose's Grammar

- 1 I'm **not as fast as** her.
- 2 Rose's **taller than** Jenny.
- 3 Ivan's **the strongest** person here.

a



b



c



2

Read and complete with *tall*, *taller* or *tallest*.

- 1 Ivan's the _____ person in Diversicus.
- 2 Rose's _____ than Jenny.
- 3 Jenny isn't as _____ as Rose.
- 4 Ivan's as _____ as a tree.



3



Read and choose.

- 1 The Nile is the longest river in the world, but it isn't as big as the Amazon.

as big as

bigger

the biggest
- 2 Jack thinks basketball's _____ sport in the world.

as good as

better

the best
- 3 Do you think running is _____ than skating?

as difficult as

more difficult

the most difficult

mission 1

Make a health plan

Choose three types of exercise. Say why you chose them.

dangerous difficult easy
fast good healthy slow

I chose basketball because it's **faster than** yoga.





Listen and match. Then sing the song.

They're all sick,
They're all ill.
They're all ill,
They're all sick.
Doctor, Doctor,
Please be quick!

What's the problem?
What's the matter?
What's the problem?
What's the matter?

He's got a **cough**
And a **temperature**,
She's got a **sore throat**
And a **cold**.

Chorus

My back hurts.
I've got a **backache**.
My stomach hurts.
Ooh **stomach-ache**.

Chorus



2 Play the guessing game. Ask and answer.

Does your head hurt?

No, it doesn't.

Does your back hurt?

Yes, it does.

You've got backache.

Yes, that's right.

What do you do
when you feel ill?



Listen. Write the words.



1



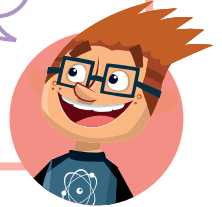
Listen or watch. What does Jim want to do?

**Ivan Investigates**

What do you want to do?

You **need to** sit down and drink a glass of water.

I want to ... but I've got a headache.



2



Listen again and match.

- 1 I want to
- 2 You need to
- 3 I don't want to

- a sit down and drink a glass of water.
- b be ill.
- c dance a lot.

3

Complete the sentences with *want to* or *need to*.

- 1 I want to play but I've got a cold. You _____ rest.
- 2 I _____ sing but I've got a sore throat. You _____ drink water.
- 3 I _____ go to the park but I've got a temperature. You _____ go to the doctor

mission 2**Make a health plan**

Think and write. What do you need to do to stay healthy? What do you want to do?

Need to

- I need to rest and drink lots of water when I feel ill.

**Want to**

- I want to go running.



My Mission Diary
Activity Book page 30

want/need + infinitive

35

Work your body

1



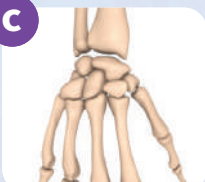
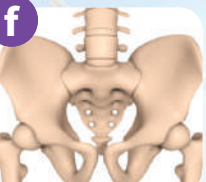
Watch the video. Then read the text. Answer the questions.

Did you know there are over 200 bones in our bodies? Bones shape our body and hold us together. Between each bone we have a joint. Joints help us to move. It's important to protect our bones and joints, especially when we're doing sports and other activities.

2

Match the parts of the body to the bones and joints.

1 	2 	3 	4 	5 	6 
☐	☐	☐	☐	☐	☐
shoulder	elbow	wrist	hip	knee	ankle

a 	b 	c 	d 	e 	f 
---	---	---	--	---	---

3

Look at the joints in Activity 2. What actions are they important for? Discuss with a partner.

The shoulder is important for throwing and carrying things.

4

Look and match the sports to the protective equipment. Which parts of the body do they protect?

skiing ☐ horse riding ☐ skating ☐ swimming ☐ riding a bike ☐

a 	b 	c 	d 	e 
helmet	swimming goggles	knee and elbow pads	boots	goggles

1 What exercises can make our body and joints stronger? Talk to a partner.

2  Listen and read. Then follow the instructions with a partner.

YOGA

Welcome to Bali, Indonesia!



On this beautiful island, yoga is very important. The people here use it to exercise and stay healthy. It's a great way to stretch your body and make your joints and muscles strong. At our centre, you can do yoga in our relaxing rooms, in the sunny garden, or on the beach! Here are a few moves we practise. Why don't you try them?

TREE POSE

Stand on one leg. Bend the other knee and put your foot on your other leg. Put your hands together above your head. Hold the position for ten seconds and breathe.



FLOWER POSE

Sit on the floor. Bend your legs. Put one foot on top of the other. Put your hands on your knees and close your eyes. Hold the position for ten seconds and breathe.



CHILD'S POSE

Kneel on the floor and sit back on your feet. Bring your head down to rest on the floor. Stretch your arms out in front of you. Hold the position for ten seconds and breathe.



3 Look at the picture. Tell your partner how to do the pose using the words in the box.

stand turn raise bend stretch

Let's do the warrior pose.

Yes! First, **stand** with one leg in front of the other.



mission 3

Make a health plan

Think about ways to relax. Add them to your health plan.

Breathe slowly to keep calm.

Get lots of rest to have energy the next day.

My Mission Diary
Activity Book page 30



Collaboration | Learn about ways to stay healthy

37



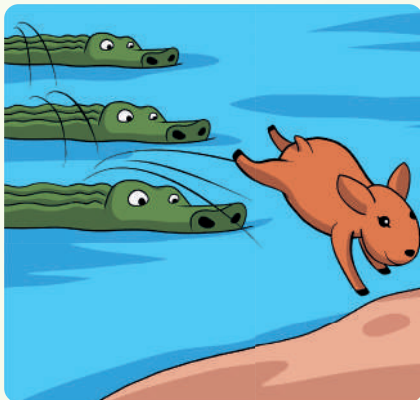
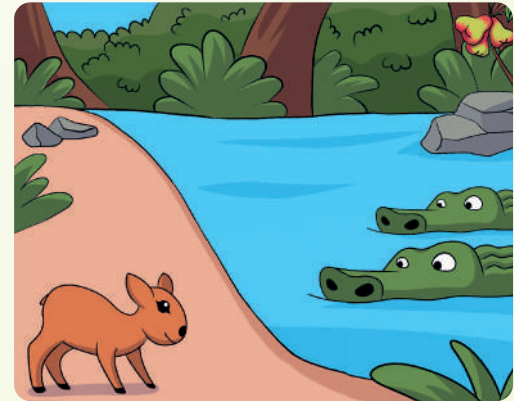
Listen and read. What does Kancil want to eat?

Kancil's clever plan

Narrator: This is a story from Indonesia about a clever mouse deer named Kancil.

Kancil: I really want to eat those water apples. But how do I cross the river with those big, hungry crocodiles? I know! I'll trick them.

Hello, Crocodiles! The Queen of the Forest is having a party today. I need to count the number of crocodiles who want to go. Can you please make a line in the river? Then I can hop on your backs and count you.



Crocodile 1: Yum! I'm hungry and I want to eat you, But ... I also want to go to the party!

Crocodile 2: Me too!

Narrator: The crocodiles make a line across the river because they want to go to the Queen's party. Clever Kancil starts jumping on their backs to cross the river.

Kancil: One, two, three...

Narrator: Kancil reaches the other side of the river and grabs a water apple from the tree.

Kancil: Thank you for your help, Crocodiles!

Crocodile 1: Oh, no! Kancil tricked us!

Crocodile 2: I didn't want to help you but I want to go to the Queen's party. Please, Kancil?

Kancil: You want to go the party but you also want to eat me. You need to stop! We need to be friends.

Narrator: The lesson of this story: you don't need to be the biggest animal to be the cleverest animal.



Think of other ways to help Kancil cross the river.

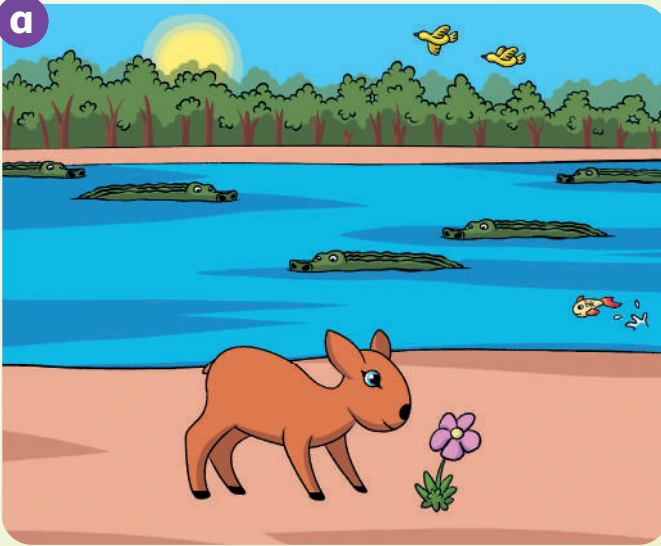


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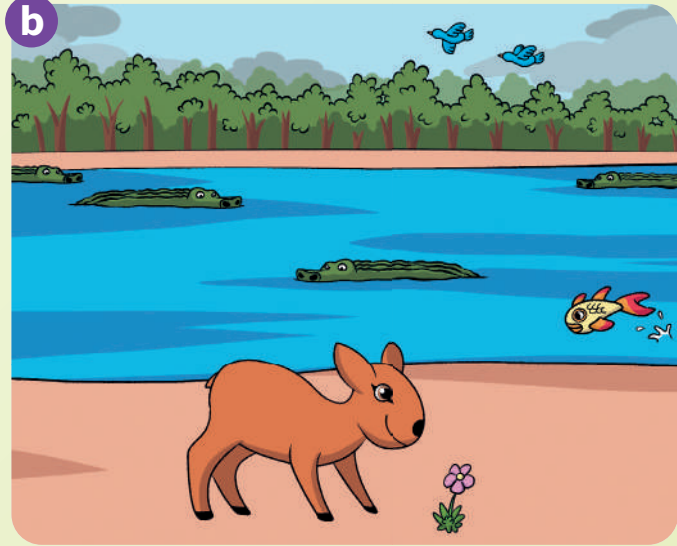


Find the differences. Compare the pictures with a partner.

a



b



The flower in picture a is bigger than the flower in picture b.

2



Complete the sentences about the story. Write 1, 2 or 3 words.

backs

be the cleverest

line

need to

want to

wants to

- 1 Kancil wants to cross the river to eat water apples.
- 2 All the crocodiles _____ go to the Queen's party.
- 3 Kancil tells the crocodiles to make a _____ across the river.
- 4 Kancil jumps on the _____ of crocodiles to cross the river.
- 5 The crocodiles and Kancil _____ be friends.
- 6 The lesson of the story is a small animal can _____.

3

Is it better to be strong or clever? Talk with a partner and find examples in the story.

1 **Complete the table. Then add more words to the list.**

boot catch clever

Singular words	Plural words	Description words	Action words
an arm	arms	strong	_____
_____	boots	tall	jump
a mouse	mice	_____	run

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

- I had a headache this morning, but it **don't** / **doesn't** hurt now.
- I look after my **body** / **bodies** by exercising every day.
- Our shoes are **between** / **in** the cupboard.
- My mum **has** / **have** got a backache.
- We went to **their** / **they're** house for breakfast.
- My friend has got longer arms **then** / **than** me.

3 **Read. Then choose the right words to complete the sentences.**

Legs

Before they walk, young children learn to move around
¹ _____ **on** their hands and knees.

on in at

A horse has got four legs. Snakes ² _____ got
any legs but they've got long bodies!

have haven't had

Legs can help us to jump or ³ _____, for
example, when we need to catch a bus.

ran running run

When you play a sport you sometimes hurt your knee
or foot. If it's very sore, don't worry ⁴ _____ a
doctor in a hospital can make you feel better.

because and but

Most people have two legs, two knees, two
feet and ten toes. Did you know that there
are 52 bones in our feet? Are you surprised?



Tip!

In the exam, pick the
correct word from the
options given below.



mission in action!

1 Make a health plan.



1 Design a heading.



2 Write ways to stay healthy.



3 Add information about the plants.



4 Draw two ways to relax.

2 Present your partner's health plan.

1 Talk about the activities in your partner's health plan. Compare them with your plan.

To stay healthy, Sara plays basketball. She thinks basketball's **the best** sport.



Hana **needs to** do yoga to stay healthy. She likes yoga because it's **more relaxing** than playing football.

2 Try the plan. Review it.

Basketball is **as exciting as** yoga! I had fun!

» Go to page 121
Remember the grammar from Unit 3

Units 1 – 3



- 1 Watch the video and do the quiz.
- 2 3.15 What do they need? Listen and choose.

1

a

b

c

3

a

b

c

2

a

b

c

4

a

b

c

- 3 Play the game with a partner. Choose a square. Your partner makes a sentence with that word and language from the box.

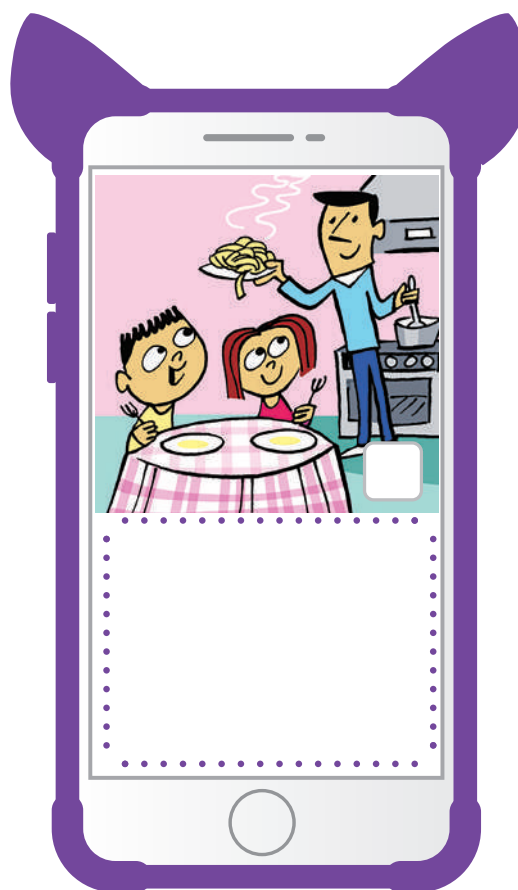
highest biggest longest strongest best clever as ... as more exciting

Number 2 – mountain.

Mount Teide is the highest mountain in Spain.

1 me	4 cinema	7 dancer	10 river
2 mountain	5 a shop	8 English	11 lake
3 kangaroo	6 milkshake	9 jump	12 my friend

1 Look, read and match.



a

At eight o'clock
we woke up.

b

At half past nine
Dad arrived
home.

c

At ten o'clock
Mum drove to the
countryside.

d

At twelve o'clock,
Dad made
noodles with
sauce.

2 Make a list of things you *could* and *couldn't* do in the past. Ask and answer.



When I was two, I could dance.
When I was five, I could ride a bike.

Could you skate when you were four?

No, I couldn't skate when I
was four. But I could dance!

3 Can you remember? Ask and answer.

- 1 What couldn't Peter do when he was four?
- 2 Name three dairy foods.
- 3 What protective equipment do you need to wear when you ride a bike?