**GRADE 7**

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| **Unit**  | **Speaking** | **Writing** |
| **Unit 1-Hobbies** | **Talking about the benefits of hobbies**1. what's your hobby?
2. What do you usually do to practice your hobbies?
3. How much time do you usually spend on that hobby?
4. What benefits does that hobby bring to you?

**Example:** My hobby is gardening. First, I practice my hobby by planting flowers and vegetables in my garden every weekend. Second, I spend about three hours each week taking care of my plants. Final, gardening helps me relax and stay healthy by being outdoors and getting some exercise. Overall, I love gardening because it makes my home beautiful and provides fresh vegetables for my family. | **Writing a paragraph about one’s hobby**1. what's your hobby?
2. When did you start your hobby?
3. Who do you usually share your interests with?
4. What do you need to do your hobby?
5. What benefits does your hobby bring to you?

**Example:** My hobby is playing the guitar. First, I started playing the guitar when I was ten years old. Second, I usually share my interest with my friends who also play music. Final, to play the guitar, I need my guitar, a tuner, and some sheet music. Overall, playing the guitar helps me relax and improves my creativity. I love this hobby because it brings joy and music into my life. |
| **Unit 2- Healthy living** | **Talking about how to deal with some health problems** How many hours do you need to sleep a day? 2. What do you usually do to keep fit ? 3. What do you think about eating fast food regularly? 4. How should we eat to stay healthy? 5. What should we do to avoid some health problems?**Example:** Staying healthy is very important. First, we need to sleep at least eight hours a day. Second, I usually exercise regularly and eat fruits and vegetables to keep fit. Final, eating fast food regularly is not good for health, so we should avoid it. Overall, to stay healthy, we should eat balanced meals, exercise, and get enough sleep, helping us avoid many health problems and feel better every day. | **Writing a paragraph of some advice to avoid viruses**1. What are the harmful effects of Viruses on the human body?

2. What are useful activities to prevent the virus?- wear the mask-exercise every day- avoid crowds- wash your hands frequently,...**Example:** Preventing viruses is very important for our health. First, viruses can cause harmful effects like fever, cough, and even serious diseases. Second, to prevent viruses, we should wear masks, wash our hands frequently, and avoid crowds. Final, exercising every day can also help strengthen our immune system. Overall, by following these activities, we can protect ourselves and stay healthy, avoiding the harmful effects of viruses on our bodies. |
| **Unit 3- Community service** | **Talking about the reasons why students join different community activities****1**. What community activities you know2. What activities can you do to help the poor street children**3**. What activities you can do make your school clean and beautiful4. Why you think community activities are good for yourself. Give some reasons**Example:** Joining community activities is very beneficial for students. First, activities like cleaning parks, helping the elderly, and tutoring poor street children are common. Second, to help poor street children, we can donate clothes, provide free classes, and give food. Final, to make our school clean and beautiful, we can plant trees and pick up litter. Overall, community activities are good because they help others, improve our environment, and teach us responsibility. | **Writing an email about your school activities last summer.**1. What were the school's activities last summer?
2. Where did school activities take place?
3. What did you do at school activities?
4. Did that activity bring any benefit to you?

Subject: Last Summer's School ActivitiesHi [Friend's Name],**Example:** Last summer, our school organized several activities. First, we had a clean-up day at the local park where we picked up trash and planted trees. Second, we held a charity event at school to raise funds for poor children. Final, we participated in a sports day at the community center. Overall, these activities were fun and taught me the importance of helping others and staying active.Best, [Your Name] |
| **Unit 4- Music and arts** | **Talking about a musical performance at one’s school**when was the performance? what was the performance held for? how often this activity take place? how long did it last what were items performed?**Example:** We had a musical performance at our school last month. First, the performance was held to celebrate the school's anniversary. Second, this activity takes place once a year and lasted for two hours. Final, there were many items performed, including singing, dancing, and playing musical instruments. Overall, the musical performance was exciting and brought joy to everyone, making it a memorable event for all students and teachers. | **Writing an informal letter of invitation**1. Invitation letter for which event?
2. When does the event take place?
3. Where is the event location?
4. Are there any other requirements when coming to the event?

**Example:** Dear [Friend's Name],I’m writing to invite you to my birthday party. First, it will take place on Saturday, July 20th, at 3 PM. Second, the location is my house at 123 Main Street. Final, please bring a small gift and wear something casual. Overall, I hope you can come and join the fun. It will be a great time with games, food, and lots of laughter.Best, [Your Name] |
| **Unit 5- food and drink** | **Talking about a popular food or drink**1. What is that food/drink? Where does that food/drink come from?
2. What is that food/drink made from? How to make that food/drink?
3. What does that food/drink taste like?
4. When do people usually eat that food/drink?
5. The popularity of that food/drink,...

**Example:** Pho is a popular food from Vietnam. First, it is made from rice noodles, beef or chicken, and broth. Second, to make pho, you cook the broth with bones, add spices, then pour it over the noodles and meat. Final, pho tastes savory and delicious with a mix of herbs. Overall, people usually eat pho for breakfast or lunch, and it is loved by many for its rich flavor and comforting warmth. | **Writing a paragraph describing eating habits**1. What role does healthy eating habits play?
2. What do you need to do to have healthy eating habits?
3. What benefits do healthy eating habits bring?
4. How often do you have salad for dinner?

**Example:** Healthy eating habits are very important for our well-being. First, to have healthy eating habits, you need to eat more fruits, vegetables, and whole grains. Second, healthy eating helps improve your energy levels and overall health. Final, I often have salad for dinner at least three times a week. Overall, maintaining healthy eating habits brings many benefits, such as better health and more energy for daily activities. |
| **Unit 6- A visit to a school** | **Talking about one’s school**1. What’s the full name of the school?
2. Where is it?
3. What are the students like?
4. What facilities does the school have?

**Example:** My school is called Greenfield International School. First, it is located in the heart of the city. Second, the students are friendly and hardworking. Final, the school has excellent facilities, including modern classrooms, a library, and a sports center. Overall, Greenfield International School provides a great environment for learning and growth, making it a wonderful place for students to study and develop their skills. | **Writing a paragraph about outdoor activity at one’s school.**1. What outdoor activities do you take part in at school?
2. Which outdoor activity do you like the best?
3. Why do you like doing it?
4. How often do you go camping with your friends?

**Example:** At school, we take part in many outdoor activities. First, we play sports like soccer and basketball. Second, my favorite outdoor activity is playing soccer because it is fun and keeps me fit. Final, we also go camping with friends twice a year. Overall, outdoor activities at school are enjoyable and help us stay healthy and make new friends. |