

### Unit 1

llev o una **dieta sana** = I have a healthy diet  
 me gusta(n) – I like  
 como /comí– I eat/I ate  
 bebo/bebí– I drink/I drank

el pan - bread  
 las galletas - biscuits  
 el arroz - rice  
 el pescado - fish  
 la carne - meat  
 la ensalada - salad  
 la pasta - pasta  
 la pizza - pizza  
 los caramelos - sweets  
 los huevos - eggs  
 los pasteles - cakes  
 las verduras - vegetables  
 el agua - water

lo/la/los/las **como** – I eat it/them  
 tres veces al día – three times a day  
 cada día/todos los días – every day  
 dos veces a la semana – twice a week  
 los fines de semana – at weekends  
 una vez al mes – once a month  
 muy a menudo – very often  
 a veces - sometimes  
 de vez en cuando – from time to time  
 (casi) nunca lo/la/los/las **como** – I (almost) never eat it/them

### Unit 2

hacer – to do  
 hago – I do  
 juego – I play  
 voy – I go  
 soy – I am  
 prefiero + infinitiv e – I prefer  
 empecé (a jugar) – I started (playing)  
 voy a empezar a (hacer) – I am going to start (doing)

hago... - I do  
 artes marciales – martial arts  
 atletismo - athletics  
 Footing - jogging  
 Gimnasia - gymnastics  
 Natación - swimming  
 juego..... - I play  
 al baloncesto - basketball  
 al ping-pong – table tennis  
 al rugby - rugby  
 al tenis - tennis  
 al voleibol - v olleyball  
 a la pelota vasca – pelota (Basque ball game)

en el parque/gimnasio – in the park/gym  
 el polideportivo – the sports centre  
 miembro - member

a los (diez) años – at the age of ten

### Unit 3

me despierto – I wake up  
 me lav anto – I get up  
 me lav o – I wash  
 me ducho - I shower  
 me vist o – I get dressed  
 me acuesto – I go to bed  
 desayuno – I have breakfast  
 meriendo – I have an afternoon snack  
 cen o (...) – I have (...) for dinner  
 salgo (a correr) – I go out running  
 corro (v einte kilómetros) – I run (20 km)  
 entreno – I exercise/I train

v oy al insti/trabajo - I go to school/work  
 termino (a las dos) – I finish at 2 o'clock  
 duermo (ocho horas) – I sleep 8 hours

muy temprano – v ery early  
 enseguida – straight away

### Unit 4

para estar en forma... - To keep fit/in shape ...

se debe – You/One must...  
 no se debe – You/One must not

beber – to drink  
 comer – to eat  
 dormir – to sleep  
 entrenar – to train  
 fumar – to smoke

soy **adicto/a** al/ a la/ a los/a las – I am addicted to..

agua - water  
 verduras - v egetables  
 fruta - fruit  
 alcohol - alcohol  
 refrescos – soft drinks  
 comida basura – junk food

frecuentemente - frequently  
 ocho horas al día – eight hours a day  
 a partir de ahora..... – from now on

### Unit 5

¿Que **te duele**? – what hurts?  
 ¿**Te duele**...? Does your ... Hurt?

me duele(n)... My ... hurts  
 el brazo - arm  
 el estomago - stomach  
 el pie - foot  
 la cabeza - head  
 la espalda - back  
 la garganta - throat  
 la mano - hand  
 la pierna - leg  
 los dientes - teeth  
 los oídos - ears  
 los ojos - eyes

tengo... – I have  
 catarro – a cold  
 nauseas - nausea  
 quemaduras de sol - sunburn  
 tos – a cough

estoy.... I am...  
 cansado/a - tired  
 enfermo/a – sick/ill

no me **encuentro** bien - I don't feel well

### High Frequency Words

lo/la – it  
 los/las – them  
 casi – almost, nearly  
 cada – each, every  
 todo/a/os/as – all  
 mucho/a/os/as – a lot (of)

ayer – yesterday  
 hace (dos) años – (two) years ago  
 el fin de semana pasado – last weekend  
 la próxima vez – next time  
 para – (in order) to, for  
 creo que – I think that

# Grammar Points:

## Gramática

Remember, reflexive verbs include a reflexive pronoun. They often describe an action you do to yourself, e.g.  **ducharse** (to have a shower).

<b>me ducho</b>	I have a shower
<b>te duchas</b>	you have a shower
<b>se ducha</b>	he/she has a shower
<b>nos duchamos</b>	we have a shower
<b>os ducháis</b>	you (pl) have a shower
<b>se duchan</b>	they have a shower

Some reflexive verbs are stem-changing:  
**despertarse** (to wake up) → **me despierto**  
**acostarse** (to go to bed) → **me acuesto**  
**vestirse** (to get dressed) → **me visto**

## Gramática

Direct object pronouns are words like 'it' and 'them'. They replace the object of the verb. For example:

**Como carne.** I eat meat.  
**La como dos veces a la semana.** I eat it twice a week.

In Spanish, direct object pronouns come in front of the verb. They change according to the gender and number of the object they are replacing.

	singular (it)	plural (them)
<b>masculine</b>	<b>lo</b>	<b>los</b>
<b>feminine</b>	<b>la</b>	<b>las</b>

## Gramática

**Se debe** means 'you/one must'. It is an impersonal verb (a verb used only in the 'it' form). It is followed by the infinitive.

**Se debe comer más fruta y verduras.** You must eat more fruit and vegetables.  
**No se debe fumar.** You mustn't smoke.

## Gramática

**Jugar** (to play) and **preferir** (to prefer) are stem-changing verbs. Some people call them 'boot verbs'. They have a vowel change in their stem in certain forms.

**jugar**

**juego**      **jugamos**  
**juegas**    **jugáis**  
**juega**      **jugan**

**juego** → I play

**preferir**

**prefiero**    **preferimos**  
**prefieres**   **preferís**  
**prefiere**    **prefieren**

**prefiero jugar** → I prefer to play

## Gramática

**Doler** (to hurt) is a stem-changing verb: **me duele**. It works like **gustar**.

With singular nouns:

**Me duele la cabeza.** My head hurts.

**¿Te duele el estómago?** Does your stomach hurt?

With plural nouns:

**Me duelen los dientes.** My teeth hurt.

**Le duelen las piernas.** His/Her legs hurt.

In English, you use the possessive adjective (**my** leg hurts).

In Spanish, you use the definite article (**me duele la pierna**).

Homework this half term - to help prepare for your end of topic assessment.

1. Log in to Memrise and spend a **minimum** of 30 minutes a week playing the games based on the vocabulary from this half term. Obviously the more you play, the higher up the leaderboard you will be. Points will turn in to prizes every half term and you could be on the wall of fame outside T2.

Website: [www.memrise.com](http://www.memrise.com)

Username: You will create your own but ideally your school login

Password: You can create your own but we recommend 'Ormiston1'

You will then need to find your Memrise Group on Class Charts and off you go!

2. Your class teacher will set you weekly listening tasks. These will be on Active Learn.

Website: <https://www.pearsonactivelearn.com/app/Home>

Username: Your FULL school email address, including the @ormiston...

Password: Ormiston1