



# TERM III-WEEK 1 GRAMMAR 9TH GRADE- NIVEL SECUNDARIA

## PADRES DE FAMILIA

Les desglosamos las instrucciones en español para que puedan guiar a sus hijos, sin embargo cada alumno es capaz de lograr todo si confiamos en él o ella.

**NOTA:** El alumno que cuente con su cuaderno y libro puede trabajar en ellos. Si no cuenta con su material, por favor trabajar en hojas. Colocar las hojas dentro de un folder.

**TEMA:** Presente Perfecto Continuo

**PÁGINAS DEL LIBRO: 102,103,104,105,106,107**

### **DÍA 1 MARTES 2 de junio**

**Páginas 102 y 103** Ejercicio 1: Lea: Vida más larga en las zonas azules.

Ejercicio 2: complete las oraciones con las palabras apropiadas.

### **DÍA 2 MIÉRCOLES 3 de junio**

**Páginas 104 y 105** Ejercicio 1: Lea y copie en su cuaderno la tabla de gramática sobre Presente perfecto continuo

### **DÍA 3 JUEVES 4 de junio**

**Página 106** Ejercicio 1: Complete las conversaciones con las palabras entre paréntesis y el presente perfecto continuo. Usar contracciones cuando sea posible.

**Página 107** Ejercicio 2: reordene las palabras para formar una pregunta en el presente perfecto continuo.

Ejercicio 3: use los verbos o el tuyo para escribir dos respuestas para cada oración a continuación.

**La próxima semana (SEMANA 2) realizaremos una hoja de trabajo vía ZOOM, por favor estar pendiente de la fecha que le corresponde.**


**Se solicita cuaderno y libro listos .**

Deseamos brindarle solución a sus inquietudes, por favor escribir al correo [englishteammva@gmail.com](mailto:englishteammva@gmail.com)

**DEAR STUDENT:** Read all the instructions before you start working. Be ready with the materials that you'll use in each day. Finally, don't forget to organize your schedule to complete all the activities. You are capable of great things if you believe it! Have a wonderful week!

## WEEKLY ACTIVITIES

**TOPIC** The Present Perfect Continuous

	YouTube link: <a href="https://youtu.be/bU8TuiP_Wec">https://youtu.be/bU8TuiP_Wec</a>
<b>MONDAY</b> JUNE 1st	
<b>TUESDAY</b> JUNE 2nd	<b>DAY 1</b> Page 102 and 103 Exercise 1: Read Longer life in the blue zones. Exercise 2: Complete the sentences with appropriate words.
<b>WEDNESDAY</b> JUNE 3rd	<b>DAY 2</b> Page 104 and 105 Exercise 1: Read and copy in your notebook the grammar chart about The Present Perfect Continuous
<b>THURSDAY</b> JUNE 4th	<b>DAY 3</b> Page 106 Exercise 1: Complete the conversations with the words in parentheses and the present perfect continuous. Use contractions when possible. Page 107 Exercise 2: Reorder the words to form a question in the present perfect continuous. Exercise 3: Use the verbs or your own to write two responses for each sentence below.
<b>FRIDAY</b> JUNE 5th	
<b>Resources</b>	<ul style="list-style-type: none"><li>• GRAMMAR SENSE text, notebook and pencil case</li><li>• Suggested dictionary <a href="https://dictionary.cambridge.org/es/">https://dictionary.cambridge.org/es/</a></li><li>• <b>Duration per day: 30 minutes</b></li></ul>

**Next week (WEEK 2) We are going to do a WORKSHEET in a ZOOM Meeting. Be ready with your NOTEBOOK and BOOK.**

TUESDAY JUNE 2nd, 2020

http://www.read-a-lot.us

## Longer Life in the Blue Zones

Since 2004, explorer and writer Dan Buettner has been traveling the world with some of the world's best longevity researchers in hopes of identifying the factors that contribute to people leading long healthy lives. The nonagenarians and centenarians he's met and the lessons he's learned from them are at the heart of his best-selling book, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*.


Here are a few of the amazing people whose stories he tells:

One-hundred-year-old Panchita from the Nicoya Peninsula of Costa Rica has been chopping wood and making tortillas by hand every day for as long as she can remember.

Giovanni has spent most of his 103 years walking the rocky mountains of Sardinia as a shepherd. He has also been arm-wrestling for most of that time and hardly ever loses a match.

One-hundred-three-year-old Marge of Loma Linda, California, lifts weights every day and rides an exercise bike for seven or eight miles at a rate of 25 miles per hour. Since her husband passed away after 77 years of marriage, she's been doing volunteer work for no less than seven organizations.

Ushi, from the village of Ogimi on the island of Okinawa in Japan, has been farming her family's land for most of her 104 years. In the afternoons she and Setzu Taira, her 90-year-old friend, bag oranges at a roadside market. They haven't been working there long, but Ushi says her job is one of the things that provides her with *ikigai*, a sense of purpose in life. Her relationships with family and friends are another.



What do Panchita, Giovanni, Marge, and Ushi all have in common? The answer is simple. For their entire lives, they have been living in places that population scientists call Blue Zones—areas of the world where an unusually high percentage of the population live active, healthy lives past the age of 100.

Just how high is unusually high? Well, consider this. Experts estimate that in the United States there are about 10–20 centenarians per 100,000 people. In Okinawa, the ratio is 50 per 100,000, probably the highest in the world. And in general, people in Blue Zones tend to live 10 years longer and experience a sixth the rate of heart disease, a fifth the rate of major cancers, and a third the rate of dementia than people who live elsewhere.

So what are the factors that contribute to greater longevity in the four Blue Zones? People who live in all of these places share specific lifestyle habits that he calls the "Power 9." Among them: walking and getting regular exercise through activities of daily living, having a sense of purpose in life, eating wisely, making time to "de-stress" and relax on a daily basis, and enjoying strong, lifelong ties to one's family and community.

*The Blue Zones* is a must read for anyone who has ever asked: What can I do to maximize my chances of leading a long, healthy life? Buettner's well-written book offers insight into how making small changes in our lifestyles might add years to our lives.

**centenarians:** people over 100 years old

**dementia:** medical condition characterized by loss of memory and a decline in mental ability

**factors:** elements that influence a particular result

**longevity:** long life

**nonagenarians:** people between 90 and 99 years old

**passed away:** died

### 13 After You Read

Complete these sentences with appropriate words.

- The oldest person mentioned in the book review is from \_\_\_\_\_.
- \_\_\_\_\_ recently got a part-time job at a roadside market.
- Panchita gets her daily exercise by \_\_\_\_\_.
- People who live in Blue Zones have lower rates of \_\_\_\_\_, cancer, and dementia than people from other places around the globe.
- The Blue Zones covered in Buettner's book are the Nicoya Peninsula of Costa Rica, Sardinia, Loma Linda in California, and the island of \_\_\_\_\_ in Japan.
- If you read the book, you will learn about Blue Zone lifestyle habits that Buettner refers to as the \_\_\_\_\_.

AFFIRMATIVE STATEMENTS					NEGATIVE STATEMENTS					
SUBJECT	HAVE	BEEN	VERB + -ING		SUBJECT	HAVE	NOT	BEEN	VERB + -ING	
I	have	been	working	there.	I	have	not	been	working	there.
She	has									
They	have									

YES/NO QUESTIONS					SHORT ANSWERS					
HAVE	SUBJECT	BEEN	VERB + -ING		YES	SUBJECT	HAVE	NO	SUBJECT	HAVE + NOT
Have	you	been	working	there?	Yes,	I	have.	No,	I	haven't.
Has	she									
Have	they					they	have.		she	hasn't.
									they	haven't.

INFORMATION QUESTIONS					
WH- WORD	HAVE	SUBJECT	BEEN	VERB + -ING	
Who	have	you	been	talking	to?
How	has	she		doing?	

WH- WORD	HAVE		BEEN	VERB + -ING	
What	has		been	happening?	
Who				calling	you?

- The present perfect continuous has two auxiliary verbs: *have* and *been*. Only *have* and *has* form contractions.
- Verbs with stative meanings are not usually used with the present perfect continuous.
  - ✗ I have been knowing her. (INCORRECT)
- See Appendix 3 for spelling rules for verbs ending in *-ing*.
- See Appendix 14 for contractions with *have*.

CS Escaneado con CamScanner

