



## PARKLANDS SCHOOL

Read the latest in our series on students who volunteer.

Student name: Harry Martin

**The volunteer project:** I take part in the Intergenerational Reading Project. 'Intergenerational' is when younger and older people do things together.

**What students do:** We go to the homes of elderly people who are visually impaired. We read to them and help out with writing letters or emails. Each student spends time with one elderly person – I visit Mr Doyle, a former teacher who retired 20 years ago.

**How often students go:** We go every week for an hour and a half, but we don't visit in the school holidays. I'm going to visit Mr Doyle this Thursday, but then I won't see him again for three weeks.

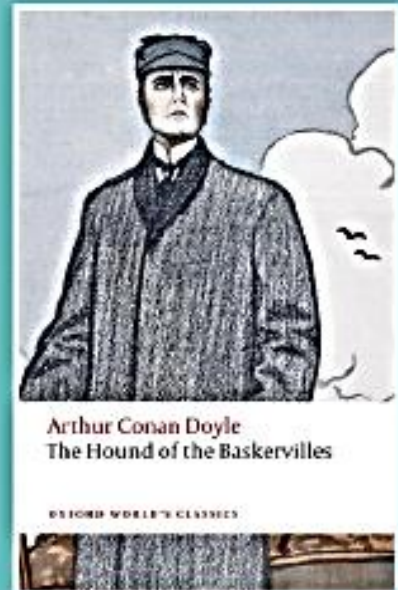
**How long students take part for:** It's for a minimum of one school year. I'm definitely going to visit Mr Doyle regularly until July. I hope I'll visit him next autumn, too.

**A typical visit:** When I arrive, I talk over letters or emails that Mr Doyle wants me to deal with. Then I read to him. He's a Sherlock Holmes fan and we're going to start *The Hound of the Baskervilles* next week.

**Advantages of taking part:** We did a course about helping older people before we started, and I learned new skills. But the best thing is becoming friends with an elderly person, because a senior citizen like Mr Doyle has got a lot of experience of life! He's clever, wise, and he often gives me good advice. I know I'll use the advice in the future.

**Type of person needed:** You need to be patient, polite and helpful. Don't worry about being shy. If you're shy, the project will help you feel more confident and outgoing.

**Things to remember:** You need to arrive on time because the elderly people are waiting for your visit. Seeing you can be an important part of their day.



Arthur Conan Doyle  
*The Hound of the Baskervilles*

OXFORD WORLD'S CLASSICS



**Applying for next year:**  
Speak to Ms Bansal, the volunteer coordinator.

2- ☆☆☆ Read the factfile. Choose the correct answer.

1 Who is the factfile for?

- A elderly people who want a student visitor
- B teachers who want to start a similar project
- C parents who want their children to take part
- D school students who want to volunteer

☆☆☆ Read the *Skill UP!* Choose the correct meaning of the bold words by looking at the words around them in the text.

- 1 We go to the homes of elderly people who are **visually impaired**.
  - A people who can't walk well
  - B people who can't see well
  - C people who can't hear well
- 2 Each student spends time with one elderly person – I visit Mr Doyle, a **former** teacher who retired 20 years ago.
  - A who was a teacher before
  - B who is a teacher now
  - C who teaches from time to time
- 3 A **senior citizen** like Mr Doyle has got a lot of experience of life!
  - A polite person
  - B older person
  - C helpful person
- 4 He's clever, **wise**, and he often gives me good advice.
  - A patient
  - B serious
  - C intelligent
- 5 The project will help you feel more confident and **outgoing**.
  - A open and friendly
  - B quiet and reserved
  - C happy and relaxed

# 6 Move it!

## VOCABULARY

### Exercise and the body

📖 Student Book p70

1 ☆☆☆ Label the pictures with the words below.

bones brain heart injury lungs muscles



1 heart



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

2 ☆☆☆ Choose the correct words to complete the text.

#### How I get fit by Ollie Martin



I joined a rowing club because I wanted to <sup>1</sup> get fit. I <sup>2</sup> \_\_\_\_\_ every Saturday. Rowing <sup>3</sup> \_\_\_\_\_ a lot of calories, and I don't need to <sup>4</sup> \_\_\_\_\_, so I eat a big breakfast. I arrive early at the club and I <sup>5</sup> \_\_\_\_\_ my arms and legs, then I run to <sup>6</sup> \_\_\_\_\_. If you don't do these things, you can feel a lot of <sup>7</sup> \_\_\_\_\_ afterwards in your <sup>8</sup> \_\_\_\_\_. We row for two hours. Then I <sup>9</sup> \_\_\_\_\_ on the sofa!

- |              |                                            |               |
|--------------|--------------------------------------------|---------------|
| 1 A warm up  | <input checked="" type="radio"/> B get fit | C rest        |
| 2 A train    | B rest                                     | C stretch     |
| 3 A gets     | B burns                                    | C loses       |
| 4 A get fit  | B warm up                                  | C lose weight |
| 5 A train    | B stretch                                  | C burn        |
| 6 A warm up  | B rest                                     | C stretch     |
| 7 A heart    | B weight                                   | C pain        |
| 8 A injuries | B muscles                                  | C brain       |
| 9 A rest     | B train                                    | C lose weight |