



Name :

Part One

Reading (7 M)

- Read the following passage and answer the questions.

Dr Blake is at Waleed's school, and he has been using charts to talk about health, sport and getting fit. Now he is answering questions.

Hello. I'm Julie Nixon. I started rock climbing last year, but I fell and broke my leg. Since then, I haven't been active enough, but I want to try something safer! What's your advice.

You feel that rock climbing is too dangerous for you, and yes, it is more dangerous than most sports. The safest activity is swimming, and that's also good for old injuries like yours. But with all sports, always remember to warm up first. Do gentle exercises for the various parts of your body. This helps stop injuries.

I'm Jamie Smith, and I recently went football training after a week in bed with flu. I started well enough, but then I got out of breath. I began sweating badly, and my heart started beating very fast. Then I collapsed. The problem was that our coach sent me home! He said I wasn't fit enough to train. Was he wrong?

No, he was right- and you were wrong. Your body was still too weak to do sports. The rule is this: be sensible, and don't push yourself too hard or too soon.

1. What has Dr Blake been using to explain his ideas?

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2. What was Julie doing when she broke her leg?

.....

3. What was Dr Blake's advice to Jamie?

.....

4. Mark the sentences true or false.

a () Dr Blake thinks that the coach was wrong to stop Jamie from doing more training.

b () According to Dr Blake swimming is good for old injuries.

5. Say what the underlined words in the text refer to.

yours..... he

Part Two

Language and Speaking (12 M)

1. Say these sentences another time using enough.

a it / high for him;

he / good/ jump as high as that

It's too high for him. He

b the ball / fast for her;

she / quick / stop the ball

The ball is too fast for her. She

2. Circle the correct answer.

- a. Ahmad is usually boy in the team. 1. fit 2. fitter 3. fittest
b. Fuad is as as his friend Yasser. 1. taller 2. tall 3. tallest
c. Kamal feels well now. He feels than the day of the accident.
 1. better 2. weller 3. as well as 4. best

3. Write sentences about Waleed's 'to do' list. Use the present perfect with already or still not.

- a Choose a new carpet.** ✓
- b Buy a new wardrobe.** ✕

4. Fill the spaces. Use the present perfect continuous and present continuous.

1. **Grandma.....(fly) for four hours. Now her plane (land)**
2. **She(wait)to get her bags for 15 minutes. Now they
from the plane. (arrive)**

Part Three Vocabulary (7 M)

1. Complete the sentences with the correct words.
bug , warm up , see , curtains

1. When you go training, always ----- carefully first.
2. Does anyone live in that old house? Let's climb over the wall and
3. These are just the right size for the window.
4. Majed has got a terrible at the moment, and he's really very sick.

- 2. Write the adjective forms of the following nouns.**

health..... safety..... activity..... danger

3. Use the prepositions of place to complete the sentences.

next to , **at** , **on**

Hadeel and Nidal are the plane to Palestine. They are sitting each other..... the back of the plane.

Part Four Writing (4 M)

1. **Write a short paragraph about 'Homes'. Use the given ideas.**

- compare between homes in the past and homes now
- human beings need for homes
- We need our houses to be homes
- people always need somewhere to relax with family and friends

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Teacher
Samer Hussein

Good Luck