

Name _____
Class _____
Teacher _____

Katzir High School



English Summer Assignment

11th GRADE

Summer, 2026

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Good
Luck!

The Power of Green Spaces in Big Cities

Many people living in modern cities face a similar problem: stress. Urban life is often fast-paced, noisy, and crowded. However, recent studies suggest a simple and effective solution to improve city dwellers' well-being. Researchers have found that spending time in urban green spaces, such as parks and public gardens, can significantly reduce stress and improve mental health.

Dr. Sarah Jenkins, an environmental psychologist, led a three-year study tracking the stress levels of 1,500 city residents. Her team discovered that people who visited a city park for just twenty minutes, three times a week, reported feeling much happier than those who did not. "You do not need to hike in a wild forest to get the benefits of nature," Dr. Jenkins explains. "Even a small city park with a few trees and benches can lower your heart rate and make you feel calmer."

The benefits of green spaces go beyond mental health. Parks also encourage people to be more physically active. When a neighborhood has an attractive park, residents are more likely to go walking, jogging, or cycling. This increase in physical exercise helps lower the risk of heart disease and obesity. Furthermore, parks serve as important social

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hubs. They provide a space where neighbors can meet, children can play, and community events can take place, which reduces feelings of loneliness.

Despite these clear advantages, many rapidly growing cities are replacing green areas with concrete buildings and parking lots. Urban planners warn that this is a dangerous mistake. They argue that cities must balance economic development with the preservation of nature. Some innovative cities are now creating "vertical gardens" on high-rise buildings and converting old railway tracks into walking paths to ensure residents still have access to nature.

Questions (70 points)

Answer questions 1-6 according to the article.

1. What is the main problem of urban life mentioned in paragraph I? (10 points)

o **Answer:**

2. What did Dr. Sarah Jenkins discover about people who visited city parks regularly?

(Paragraph II) (12 points)

o **Answer:** They reported

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3. According to Dr. Jenkins, what is special about small city parks?

(Paragraph II)

Choose the CORRECT answer. (12 points)

- a) They are better than wild forests.
- b) They can lower heart rates and make people calmer.
- c) They are the only places where people can hike.
- d) They take three years to study properly.

4. Give TWO physical activities that people are more likely to do when they have an attractive park nearby. (Paragraph III) (12 points)

- o **Activity 1:** _____
- o **Activity 2:** _____

5. How do parks help reduce feelings of loneliness? (Paragraph III) (12 points)

o **Answer:**

6. According to paragraph IV, what are some innovative cities doing to keep nature in the city? (12 points)

Choose the TWO correct answers.

- a) Building more concrete parking lots.
- b) Creating vertical gardens on high buildings.
- c) Stopping all economic development.
- d) Turning old railway tracks into walking paths.
- e) Moving residents out of the city.

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Write 80-100 words in English about the following topic.

Topic: Write a passage describing a place in nature (a park, a beach, a forest, etc.) that you like to visit. Explain why you like this place and how you feel when you are there.

Write your draft here:

GRAMMAR PRACTICE SHEETS

Present Simple vs. Present Progressive

A. Complete the sentences with the correct form of the verbs in brackets. Use Present Simple or Present Progressive.

1. Look! The children _____ (play) football in the garden right now.
2. My father usually _____ (drink) coffee in the morning, but today he _____ (have) tea.
3. She _____ (not / like) spicy food, so she always chooses mild dishes.
4. Listen! Someone _____ (sing) upstairs.
5. We _____ (plan) a surprise party for Dan this week.
6. The train to Haifa _____ (leave) every day at exactly 8:00 AM.

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7. Why _____ you _____ (wear) a heavy coat today? It is very warm outside!

8. Water _____ (boil) at 100 degrees Celsius.

B. Circle the correct option.

1. Right now, I (*am understanding* / *understand*) what the teacher is saying. (*Hint: Stative Verbs*)
2. He (*is working* / *works*) at a local bank, but this month he (*is training* / *trains*) a new employee at another branch.
3. (*Do you go* / *Are you going*) to the gym every Tuesday?

PAGE 2: Past Simple vs. Past Progressive

A. Complete the sentences with the correct form of the verbs in brackets. Use Past Simple or Past Progressive.

1. While I _____ (walk) home, it suddenly _____ (start) to rain.
2. Yesterday, Tom _____ (woke) up, _____ (have) breakfast, and left for school.
3. The phone _____ (ring) while they _____ (watch) a scary movie.
4. What _____ you _____ (do) at 8:00 PM last night?
5. I _____ (not / see) Sarah at the party because she _____ (already / talk) to the guests in the other room.

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6. The electricity _____ (go) out while my mother
_____ (cook) dinner.
7. When the teacher _____ (enter) the classroom, the students
_____ (shout) loudly.

Present Perfect Simple

A. Complete the sentences with the correct form of the verbs in brackets. Use Present Perfect Simple.

1. I _____ (already / see) this movie three times.
2. _____ you ever _____ (be) to London?
3. She _____ (not / finish) her homework yet.
4. He _____ (live) in Tel Aviv since 2018.
5. We _____ (know) each other for five years.

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6. They _____ (just / arrive) at the airport.
7. Oh no! I _____ (lose) my keys. I can't open the door.
8. Maya _____ (not / write) the email to her boss yet.

B. Choose the correct time expression: *since, for, already, yet, ever, never.*

1. I have _____ eaten sushi before. This is my first time!
2. They have been married _____ ten years.
3. Have you _____ touched a snake?
4. He hasn't called me _____ last Monday.

Mixed Grammar Review (All 5 Tenses)

Complete the passage using the correct form of the verbs in brackets. Use Present Simple, Present Progressive, Past Simple, Past Progressive, or Present Perfect Simple.

My friend Dan is a professional photographer. He 1. _____ (love) his job very much. He 2. _____ (work) in this field for over ten years, and during this time, he 3. _____ (travel) to many beautiful countries.

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Last year, while he 4. _____ (take) pictures of wildlife

in Africa, a large elephant 5. _____ (walk) toward his jeep. Dan 6.

_____ (be) terrified, but he managed to take amazing photos.

Right now, Dan 7. _____ (sit) at his desk in Tel Aviv. He 8.

_____ (edit) the pictures from his latest trip. He 9.

_____ (not / finish) the project yet, but he hopes to complete it by

tomorrow. Every evening, he 10. _____ (go) for a walk to clear his

mind, because he believes that nature is the best medicine for stress.

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קהילה קשר-מצוינות