

Read the following passage carefully, then answer the questions below:

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. They say my heart rate was 190 beats a minute! But I was all right after ten minutes, and I wanted to start again. 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. Hard training after you've been sick is dangerous, Jamie. Your body was still too weak to do sports, and you didn't wait long enough to get well again. The rule is this: be sensible, and don't push yourself too hard or too soon. Take things slowly, and remember the old saying: 'Better safe than sorry'.

Questions:

(8 marks)

1. Why did Dr Blake come to Waleed's school ?

2. What happened to Julie Nixon last year ?

3. What is the rule of practicing a sport ?

4. Mention 2 things happened to Jamie during training ?

5. Decide whether each of the following sentences is true (✓) or false (✗). (3 marks)
 - a. () Julie Nixon has done a lot of rock climbing in her life.
 - b. () Swimming is less dangerous than other sports activities, and it is good for people who have hurt themselves in the past.
 - c. () Everyone should feel warm when they start doing any sports activity.

6. Say what the underlined words refer to: (2 marks)
- a. "something safer" line (4): _____
- b. "They say" line (11): _____
7. Say what the underlined words and phrases mean: (2 marks)
- a. "In bed with flu" line (9): _____
- b. "the old saying" line (17): _____
8. The word injury means: _____ (1 mark)
9. Find words in the passage that mean the followings: (2 marks)
- a. The synonym of table is: _____
- b. The opposite of weak is: _____

Part Two: Vocabulary (15 marks)

Question, No. 1

Complete the following sentences with the suitable word from the box: (5 marks)

Sensible	curtains	calm down	takes off	special
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- Home is a _____ place.
- Our plane _____ at 10 : 30 tomorrow.
- Please Ahmad try to _____ don't be worry.
- look ! my mother have bought new _____ for our bedroom.
- It's not _____ to walk with wet feet.

Question, No. 2

(6 marks)

A: Complete the table:

Noun	Adjective
safety	
	Healthy
	Active

B: Complete the table:

Verb	Noun
	Flight
cook	
say	

Question, No. 3

A: Match each word in the box next to its opposite below:

(4 marks)



put up	put up	land	serious	local
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1. take off:

3. Put down:

2. global:

4. funny:

B: Match each word in the box next to its meaning below:

Pulse	chart	over	site
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1. table:

3. more:

2. place:

4. heart beat:

Part Three:

Language

(17 mark)

Question, No. 1

Fill in the blanks with the correct form of verbs in the brackets:

(4 marks)

1. He to school on foot every day. (go)

2. We are dinner at restaurant tonight. (have)

3. The bus at 8:00 am to Nablus. (leave)

4. The zoo at 9:00 every day. (open)

Question, No. 2

Fill in the blanks with the correct preposition:

(4 marks)

during	next to	at	on
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1. We are travelling the plane.

2. She will visit me the weekend.

3. Ahmad sits Ali in the class.

4. We watched many films the journey.

Question, No. 3

Choose the correct answer from those words in brackets:

(6 marks)

1. Khaled is (fit - fitter - the fittest) boy in the team.

2. I am much (better than - good - the best) I was.

3. Flu is (bad - worse than - the worst) cold.

Question, No. 3

Use the present perfect with (*already* and *still* --- not):

(3 marks)

Choose a new carpet. ✓	(Mum)
Buy a new wardrobe. ✓	(Dad)
Make Grandma's bed. ✗	(Lana and me)

1. _____.
2. _____.
3. _____.

Part Four:

Writing

(10 marks)

Use the following questions to write a good plan for a school journey.

1. Where do you plan to go?
2. When do you plan to go?
3. How do you plan to travel?
4. What do you plan to do about lunch?
5. What time do you plan to leave in the morning, and where from?
6. When do you plan to arrive?
7. What time do you plan to come home at the end of the day?
8. When do you plan to get back in the evening?



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