



Nileen Secondary Girls School

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Part One: Reading (9 pts)

Read the text 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'.

A. Answer these questions:

1. What did Dr Blake talk about at Waleed's school?

...he has been using charts to talk about health, sport and getting fit -

2. What is the best sport according to Dr. Blake? And why?

...Swimming because that's also good for old injuries like yours (Julie's injuries).

4. What happened to Jamie Smith while he was training?

...he got out of breath and he began sweating badly and his heart started

B. True or False: beating very fast, then he collapsed ✓

1. Someone pushed Julie Nixon and she fell down. (X)

C. Say what the underlined words refer to:

1. yours Julie's injury 2. he Coach D. Give same meaning to: 1. Avoid: stop The opposite of: wrong: right

Part Two: Vocabulary (6 pts)

1. Complete the sentences from the list.

heart	Dry	religion
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1. Islam is the most beautiful... religion.

2. Saudi Arabia is very hot and .. hot I don't like its weather..

3. If a the heart stops working, a person will die.

2. Use the pairs of words from the list to complete the sentences.

adj

Wind - windy

1. I hate when it's windy The strong ... wind damages all my flowers.

3. Circle the correct answer.

1. You should cover your mouth when you (cough) - medicine).

Part Three: Language (7 pts)

1. Put the verb between brackets in the correct form.

S + ^{am} + V ing

1. We are answering our English midterm امتحان شهرين exam at the moment. (answer)

2. Ali is 13 years old. (be) ^{هو} ^{عاشق} ^{الطبخ}

3. My mum has been cooking all day. (Cook) S + ^{has} + ^{been} + V ing

3. Circle the correct answer.

ثمن + كثير

1. Maha is (the sweetest, sweetest than) girl in her class.

2. I speak English as (quickly, quicker) as an American speaker.

2. Talk about the people. Use {too+adjective} {not+ adjective+enough}

1. Shoes/ large too

2. Shoes/ small enough

3. The shoes are too large

4. The shoes are not small enough

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Good Luck ☺



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