

Q. NO.	1 Comprehension	2 Guided Composition	3 Free Composition	4 Grammar	5 Vocabulary	Total written
Mark Given						
Mark	6	6	6	6	6	30
Corrector			Reviser			

## 1. Comprehension

6

**Read the following passage then answer the questions**

### The Benefits of Exercise

Getting regular exercise is good for you. Everyone knows that. But, then why doesn't everyone exercise? Some people say they don't have enough time because **they** are busy with work, school, and family obligations. However, making time for some exercise should be a priority for everyone. The following are just a few of the reasons why:

- 1) Exercising makes you feel good. When you have a bad day, or you feel stressed or angry about something, a little exercise can help you relax and improve your mood. Also, getting regular exercise can help prevent depression.
- 2) Physical exercise helps prevent some diseases such as high blood pressure, diabetes, and certain types of cancer. A walk a day can help keep you healthy!
- 3) Exercising helps you maintain a healthy weight and keeps you strong.
- 4) Exercising gives you more energy. You will feel less tired during the day if you are physically stronger and more active.
- 5) Exercising helps you sleep better. If you have been active during the day, you sleep better. And when you have slept better at night, you feel better during the day.
- 6) Find an activity that you enjoy. You don't have to go to the gym. You can go for a walk or a hike. Whenever you are active, you are doing something good for both your physical and mental health.

**A) Answer the following questions:**

1. What is the passage about? ----- **The Benefits of Exercise** -----.
2. Does exercising help you sleep better? ----- **Yes, it does.** -----.
3. Why do some people say they don't have enough time?  
-- **because they are busy with work, school, and family obligations.** --.
4. What can you do if you don't go to the gym? - **You can go for a walk or a hike.** ----.

**B) Put ( √ ) or ( X ):**

5. Exercising helps you to keep strong. ( √ )
6. Exercising is good for both your physical and mental health. ( √ )

7. Cancer is a kind of disease. (  )  
8. Exercising doesn't make you feel good. (  )

**C) Complete:**

9. Exercising gives you more --- energy ----.  
10. Physical exercise helps prevent some --- diseases---

**D) Choose the correct answer:**

11. Getting regular exercise can help prevent (happiness – **depression** – devastated – drown)  
12. The underlined word "they" refers to: ( school – exercise – work – **people** )

## 2) Guided Composition

6

Playing sports is a must to keep fit.

Write a paragraph about "**Your Favorite Sport**":

**You many use the guiding words:**

Favorite – club – gym – friends – free time – build muscles – keep fit – feel happy

## 3) Free Composition

6

**Choose one topic from the following to write about.**

1. Recycling is a must to keep our environment clean  
2. Write a paragraph about "Your Dream House" in which you describe which kind of you want to live in, where, who live with, ...

## 4) Grammar

6

### A: Choose the correct answer:

1. The manager insisted that he ( worked – works – **work** – working ) late.
2. Quit ( **using** – to use – used – use ) disposable batteries.
3. She is not ( enough tall – **tall enough** – tall too – tall so ) to reach the shelf.
4. ( **Not Warming** – Not warm – Not warms – Not warmed ) up is bad.
5. This is the ( **most** – more – less – many ) exciting sporting event.
6. I want you ( opened – opening – open – **to open** ) the window.

### B- Do as shown between brackets:

1. you / applying for the job / to consider / I'd like (Unscramble)  
----- **I'd like to consider applying for the job.** -----.
2. to buy – a hybrid – Do they – car? – intend (Unscramble)  
----- **Do they intend to buy a hybrid car?** -----.
3. I bought (yellow – big – Japanese – expensive) car. (Reorder the adjectives)  
----- (**expensive, big, yellow, Japanese**) -----.
4. She is short to play basketball. (Use: too)  
----- **She is too short to play..** -----.
5. Ali is the nicest boy I (see). (Correct in present perfect)  
----- **have seen** -----.
6. (Swim) uses more muscles of the body. (Correct)  
----- **Swimming** -----.

## 5) vocabulary:

6

### A- Match the words with the pictures:

1.recycle	2.torch	3.zoologist	4.medal	5.canyon	6.windmill
					
(2)	(1)	(6)	(3)	(4)	(5)

### B- Match to form new words or expressions:

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1. satisfaction - <b>b</b> -    | a. take one's place, often in work |
| 2. cover - <b>a</b> -           | b. feeling of contentment          |
| 3. a piece of cake - <b>e</b> - | c. without a soul                  |
| 4. cool - <b>f</b> -            | d. ready for                       |
| 5. soulless - <b>c</b> -        | e. very easy                       |
| 6. up for - <b>d</b> -          | f. great                           |

END OF QUESTIONS

BEST OF LUCK

Good Luck!  
😊

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