



(المفردات - الاستيعاب المقروء - القواعد - التعبير)
(الدرجة الكلية: 60 درجة)

(60 MARKS)

I- READING (30 Marks)

A) Vocabulary (14 Marks)

A) Choose the correct answer from a, b, c and d: (4 x 2 = 8 Marks)

- Kuwait Towers are a famous that many tourists visit.
a) tutorial b) mission c) infographic d) **landmark**
- The museum used a/an map to help visitors find each section easily.
a) talented b) **digital** c) retired d) active
- Eating too much can make you feel tired during the day.
a) brochure b) patience c) **junk food** d) invention
- The workers had to many difficulties during the project.
a) **face** b) contribute c) engage d) provide

B) Fill in the spaces with the most suitable words from the list below: (4 x 1½ = 6 Marks)

(recently / create / record / rapidly / deliver)

- The driver will **deliver** the boxes to the school this morning.
- Many firefighters worked **rapidly** to control the rising smoke.
- Teachers asked the class to **record** their answers on the worksheet.
- Doctors **recently** recommended new methods to help people stay healthy.

B- Reading Comprehension (16 Marks)

Read the following passage carefully, then answer the questions that follow:

There are different types of exercise that can keep you fit and healthy, such as stretching, functional training, tennis, and basketball. Stretching exercise like yoga is good for flexibility. Weightlifting, bodyweight exercise, and CrossFit are considered as strength and functional training which help to build muscles.

CrossFit is a kind of exercise that uses different activities to help people get fit and strong. CrossFit has become so **popular** and well- known because it is a mixed training regimen. CrossFit sessions are different every day which make them fun and exciting. People do these sessions in groups to help each other and feel like part of a team.

CrossFit includes different types of exercise, so you will need a specialised coach to help you get the results you want and get in shape. It is a group of extremely effective body movements that focuses on joints and muscles. Body movements are important because **they** improve the ability to do every day activities. For example, a deadlift exercise trains us to carry heavy things off the floor, and a squat exercise improves our ability to stand from a seated place. Finally, CrossFit is a powerful and strong exercise which helps your heart and lungs work harder and faster which also helps build fitness.

A) Choose the correct answer from a, b, c and d: (6 x 2 = 12 Marks)

9. The **best title** of the passage is:

- a) Joints and Muscles
- b) **CrossFit Exercise**
- c) Healthy Lifestyle
- d) Stretching and Flexibility

10. The underlined word '**popular**' in the 2nd paragraph means:

- a) fast
- b) high
- c) **famous**
- d) strong

11. The underlined word ‘**they**’ in the 3rd paragraph refers to:
- a) results
 - b) joints
 - c) muscles
 - d) **movements**
12. Stretching such as yoga is good for:
- a) **adding flexibility to our bodies**
 - b) building more muscles
 - c) lifting heavy weights
 - d) strengthening our hearts
13. According to the passage, which of the following sentences is **NOT TRUE**?
- a) Squat exercise improves our ability to stand from a seated place.
 - b) **CrossFit sessions are always done alone, without a group.**
 - c) CrossFit is a mixed training regimen to improve overall fitness.
 - d) Functional training includes weightlifting and bodyweight exercise.
14. The author’s **purpose** of writing this passage is to:
- a) describe how to design an activity.
 - b) give information about all games.
 - c) show how to play different types of sports.
 - d) **tell us about a type of effective training exercise.**

B) Answer the following questions: (2 X 2 = 4 Marks)

15. What does deadlift exercise help us do?

It helps us carry heavy things off the floor.

16. Why do we need a specialised coach at the gym?

To help you get the results you want and get in shape.

II- WRITING (30 Marks)

A) Grammar (14 Marks)

A) Choose the correct answer from a, b, c and d: (4 x 2= 8 Marks)

17. He has lived in this house with his family 1962.

- a) **since** b) for c) just d) yet

18. While my mother dinner, my little sister cried out loudly.

- a) prepares b) prepared c) **was preparing** d) had prepared

19. People usually travelling by plane because it is faster.

- a) **prefer** b) preferred c) have preferred d) had preferred

20. I need to find a shop that sells the carpet designs in the country.

- a) good b) better c) better than d) **best**

B) Do as shown between brackets: (3 x 2 = 6 Marks)

21. The painter painted the bedroom walls yesterday.

(Change into passive)

The bedroom walls were painted yesterday.

22. The boy eats dinner with his friends at the weekend.

(Make negative)

The boy doesn't eat dinner with his friends at the weekend.

The boy never eats dinner with his friends at the weekend.

23. My father bought a (black new wonderful) car.

(Correct)

My father bought a wonderful new black car.

B) Writing (16 Marks)

Write on the following topic:

“Smart devices make daily life easier, but they also bring challenges to our lives.”

Plan and write a report of two paragraphs of not less than (10 sentences) about the advantages and disadvantages of using smart devices daily

Your writing should include a topic sentence, supporting details, and a conclusion.

Rubrics		
Planning (mind mapping / graphic organizers)	2	16
Exposition of ideas and coherence	7	
Paragraphing and number of sentences	2	
Grammar	1	
Spelling	2	
Handwriting	1	
Punctuation	1	
2 marks to be deducted from the total mark for changing the format.		
Off-point topics receive zero		

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مع تمنياتنا لكم بالنجاح