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| **دولة فلسطين**  **وزارة التربية والتعليم العالي**  **مدرسة مسقط الأساسية العليا** |  | **English Language**  **Date**: 28.10.2014  **Class**: 9 th  (A, B, C)  **Exam Mid-term** |
| **الاسم:** .................................................................. **الشعبة** ............................................ | | |

**Part One: Reading** (10 points)

**2. Read the text then answer the questions below.**

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| --- |
| 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.** (2 points)

1. What happened to Julie Nixon last year?   
   ……………………………………………………………………………………………………
2. What is the rule to follow after injuries?   
   …………………………………………………………………………………………………….

**B. Complete the sentences:** (2 points)  
 ………………………. is less dangerous than other sports activities. But with all sports, always remember to ……………………………

**D. True or False:** (2 points)

1. Every one should feel warm when they start doing any sports activity. ( )
2. Jamie’s normal heart rate is much less than 190 beats a minute. ( )

**E. Say what the underlined words refer to:** (2 points)

1. old injuries like **yours** (line 6) ………………………………………………
2. **They** say my heart rate was (line 11) ……………………………………….

**F. Say what the underlined words and phrases mean:** (2 points)

1. and you were **wrong** (line 14) ………………………………………………
2. and remember **the old saying** (line ) ………………………………………..

**Part Two: Vocabulary** (14 points)

**1. Use pairs of words from the list below to complete the sentences.** (6 points)

|  |  |  |
| --- | --- | --- |
| **health –healthy** | **danger – dangerous** | **active - activity** |

1. You can hurt yourself in any sport, so there is always some …………………. But rock climbing is more ……………… than a lot of another sports.
2. He say that it is important to be ……………….. every day, but he also says that the …………… does not have to be very long or very hard.
3. It isn’t ……….….…. to eat just fries and sweets. For good ………….………… you need to eat real food.

**2. Complete the sentences from the list.** (4 points)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **injuries** | **relax** | **put up** | **guide** | **local** |

1. Where would you like me to ……………..………… this picture?
2. That’s good because it helps to stop sports ………………………………..
3. I’m looking for a ……………….……. Mosque. Is there one near here?
4. I love getting home and …………………..…. with my family.

**3. Circle the correct answer.** (4 points)

1. Majed has got a terrible ……………….. at the moment.   
   a. bug b. sick c. medicine d. rate
2. The sun is very …………………………  
   a. hot b. heat c. hotter d. hottest
3. ……………… is very important when you go climbing.   
   a. safe b. safer c. safety d. safty
4. We …………. From Chicago three months ago.  
   a. took off b. put off c. look for d. put down

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**Part Three: Language** (11 points)

**1. Put the correct verb form.** (3 points)

1. The plane ……………….………… at 11.500 meters at the moment. (fly)
2. He …………………………… flying. (love)
3. Nehad …………………. some water, so he …………………… attendant the flight. (want/ask)

**2. Complete the sentences with a preposition of time and place from the list.** (3 points)

|  |  |  |  |
| --- | --- | --- | --- |
| **in** | **next to** | **at** | **during** |

1. They are sitting ……………..….. each other ………………. the back of the plane.
2. They watched some films ………..…… the very long flight to Palestine.
3. Rami’s family invited Hadeel and Nidal to visit them …………. July.

**3. Circle the correct answer.** (6 points)

1. He’s usually the ………………. Boy in the team.  
   a. fitter b. fit c. fittest d. fat
2. I’m much …….. than I was. (good)  
   a. good b. gooder c. best d. better
3. You should take things …………………. (slowly)  
   a. most slowly b. more slow c. more slowly d. slower
4. Don’t push yourself ………….. hard.  
   a. most b. enough c. too d. as
5. I am not fit …………… to tarin.  
   a. as b. enough c. too d. more

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**Part Four: Listening** (7 points)

**1. Listen. Tick ( ) the sound that you hear.** (4 points)

|  |  |  |
| --- | --- | --- |
|  | e thin | this |
| healthy report |  |  |
| There’s something |  |  |
| out of breath |  |  |
| that’s right |  |  |

**2. Listen. Do the questions rise ( ) or fall ( ) at the end.** (3 points).

1. Do you have a good flight? ( )
2. So were you in the air for 23 hours? ( )
3. How many hours is that? ( )

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**Part Five: Speaking** (8 points)

**1. Talk about the people Use {*too + adj*} {*not+adjective+enough*}** (4 points)

1. It /high for him. ……………………………………………………………………………………  
   he/ good / jump as high as that.
2. The weight is heavy for him ……………………………………………………………………….  
   he /strong/hold them above his head.

**2. Talk about sports (you like and that you don’t like) with ( .…… too / ….. either)** (3 points)

1. I like football more than running ………………………………………………………………....

………………………………………………………………………………………………………..

…………………………………………………………………………………………………………………………………………………………………………………………………………………….

2. I like tennis more than table tennis …………………………………………………………………

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**Part Six: Writing** (10 points)

**1. Write the conversation again. Add spaces between the words and the correct punctuation. *{capital letters, commas, an apostrophe, full stops, and a question mark}*** (3 points)

**Uncle Basim**: comeoneveryoneletsgothisway

…………………………………………………………………………………………………

**Rami**: yesitwasfinethankseverythingwentverywell

………………………………………………………………………………………………..

**2. Write a report of three paragraphs about something you have been doing recently. Use this plan.** (7 points)

**Paragraph 1**: What have you been trying to do recently? When did you start? How have you been getting on?

**Paragraph 2**: What have you already done?

**Paragraph 3:** What have you still not done? List two or three things.

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**Good Luck**

***Teacher head teacher***

***Imad Zreiqi Bassam Marie***