

# 11th grade: unit 4

أول ثانوي انجليزي

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English Dossier with full  
examining tests

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{Recreation} P<sub>34</sub>

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AMMAN, JORDAN

<b>Dressage</b> <sub>n</sub>	رياضة الفروسية	<b>Equestrian</b>		<b>Groom</b>	- المعتني بالحصان
<b>Trot</b>	يهول ( )	<b>Coach</b>		<b>Training</b> <sub>n'</sub>	تدريب
<b>Train</b> <sub>v</sub>	يتدرب - يدرب	<b>Train</b> <sub>n</sub>		<b>Trainer</b> <sub>n</sub>	-
<b>Scene</b>	المشهد	<b>Skill</b> <sub>n</sub>	مهارة	<b>Communication</b>	
<b>Rider</b>	-	<b>Stadium</b>		<b>Still</b>	- مايزال
<b>Chords</b>		<b>Record</b>	- الرقم القياسي	<b>Break</b>	يحطم
<b>Until</b>		<b>Unstoppable</b>		<b>Champions</b>	
<b>Haven't been beaten</b>	لم يُهزَمُوا <sup>1</sup>	<b>Rose</b> <sub>v2</sub>	-	<b>Horsewoman</b>	
<b>Fame</b> <sub>n</sub>	شهرة	<b>Famous</b> <sub>adj</sub>	مشهور	<b>Skilled</b> <sub>adj</sub>	ماهرة
<b>Humble</b> <sub>adj</sub>		<b>Background</b>	خلفية	<b>Fond</b> <sub>adj</sub>	
<b>Hobby</b>	هواية	<b>Extremely</b>		<b>Fund</b> <sub>v</sub>	يمول
<b>Passion</b> <sub>n</sub>	-	<b>Grew up</b> <sub>v2</sub>		<b>Free time</b>	
<b>Stables</b>		<b>Partnership</b>		<b>Team</b>	فريق
<b>Developed</b>		<b>Lessened</b>		<b>Stress-free</b>	
<b>Score</b>	تحصيل النقط	<b>Miss</b>	يفقد - يخفق - يفوت	<b>Performance</b>	
<b>Passionate</b> <sub>adj</sub>	مثير للشغف	<b>Summary</b>		<b>Employed</b>	
<b>Pack</b> <sub>v</sub>	يحزم - يوظب	<b>Global</b> <sub>adj</sub>		<b>Reason</b>	
<b>However</b>	على أية حال	<b>Unbroken</b>	غير محطم	<b>Loose</b> <sub>v</sub>	يخسر
<b>Explain</b> <sub>v</sub>		<b>Reference</b>		<b>Inspire</b> <sub>v</sub>	يُلهم -
<b>Hobby</b>	هواية	<b>Passionate</b> <sub>adj</sub>		<b>Passion</b> <sub>n</sub> <sup>2</sup>	
<b>Career</b>	مسيرة مهنية	<b>Paint</b> <sub>v</sub>	يلون - يدهن	<b>Cook</b> <sub>v</sub>	يطبخ
<b>The past hour</b>		<b>This term</b>	هذا الفصل	<b>classmate</b>	زميل الصف

<b>Reduce</b> <sub>v</sub> : يقتل	<b>canter</b> : يجري بخفة	<b>ever since</b> : منذ حينها	attitude: -	Passive perfect <sup>1</sup> Derivatives <sup>2</sup>
Rural: يفي -	theatrical <sub>adj</sub> :	amateur: هاوي غير محترف	tribute:	

<u>P.E</u>	التربية الرياضية	Physical education	التربية الرياضية	<b>Enthusiastic</b>	
<u>Discuss</u>		Aspect		<b>Golf</b>	رياضة الجولف
<u>Instead of</u>		<u>Durable</u>	متين -	Clubs	_____ -
pebbles		<u>Wooden</u> adj		Sticks	
Invent	يخترع	<u>Duels</u>	بين شخصين	<u>Knights</u>	
<u>Prepare</u>	يحضر	<u>Swords</u>	سيوف	<u>Sharp</u>	
<u>Tournament</u>		<u>Popular</u> adj	مشهورة	<u>Fencer</u>	
<u>Judges</u>	_____ -	Whole		<u>Scoring</u>	
<u>Apparatus</u>	جهاز	<u>Audible</u>	مسموع صوته	Tone	
<u>Indicating</u>	مشيرا	<u>Racquet</u>		Greece	اليونان
Greek	يوناني	<u>Document</u>	وثيقة	Ancient	قديم
Versions		<u>Guest</u>	ضيف	Popularity <sub>n</sub>	شهرة
<u>Shuttlecock</u>		<u>Interesting</u>	مثير للاهتمام-	<u>Interested in</u>	مهتم ب
Interests	اهتمامات -	<u>Professional</u>		<u>Profession</u>	
Interview		<u>Notice</u>	-	Intonation	ترتيل - تنغيم
<u>Purpose</u>	الهدف -	<u>Tips</u>		Season	
<u>Aspiring</u> adi		<u>Tag</u>		Cycling	رياضة الدراجات
<u>Route</u>	طريق	<u>Unheard</u>	غير مسموع به	Nowadays	هذه الايام
<u>Cyclist</u>		<u>Useful</u>	مفيد	Mode	-
Organization		<u>Transport</u>		Set up	يقيم - يعد
Promote	يرقي - يرفع	<u>Ecological</u> adi	محب للبيئة - بيئي	Health <sub>n</sub>	
Benefits		<u>Hire</u>	يستأجر	Movement	
Teenagers	مراهقين	<u>Include</u>	يضمّن	Grow	ينمو - يتطور
<u>Flexible</u> adi		<u>Forms</u>	- صيغ	<u>Distance</u>	

<u>Common</u>		<u>Journey</u>	- نزهة	<u>Through</u>	
<u>Trip</u>		<u>Despite</u>		<u>Safe</u>	
<u>Knowledge</u>		<u>Widespread</u>		<u>Road</u>	- طريق
<u>Branch</u>		<u>Spread</u>	ينشر	<u>Awareness</u>	
<u>Offer</u>	يعرض	<u>Motorist</u>		<u>Advice</u>	نصيحة
<u>helmet</u> <sub>n</sub>		<u>Hopefully</u> <sub>adv</sub>		<u>Revolution</u>	
<u>Difference</u>	-	<u>Remain</u>		<u>Resolve</u>	يحل
<u>Ban</u>	يمنع	<u>Advantages</u>	-	<u>Disadvantages</u>	
<u>Public</u>	-	<u>Ensure</u>	يؤكد	<b>compass</b>	
<u>Oars</u>	مجاديف	<u>Racquet</u>		<u>Ice skates</u>	مزلاجين
<u>Helmet</u>		<u>Shuttlecock</u>	الريشة	<u>Goggles</u>	نظارات الواقية
<u>Stick</u>		<u>Bat</u>		<u>Throw</u>	يرمي
<u>Hit</u>	يضرب	<u>Net</u>		<u>rules</u>	
<u>Topic</u>		<u>Origin</u>		<u>Strength</u> <sub>n</sub>	
<u>Stamina</u>		<u>Energy</u>		<u>Flexibility</u> <sub>n</sub>	
<u>Lung</u>		<u>Agility</u>		<u>How often</u>	
<u>Improve</u>	يحسّن	<u>Emotional</u>		<u>Essay</u>	
<u>Factors</u>		<u>Views</u>	-	<u>Guarantee</u> <sub>v</sub>	يضمن
<u>Relationship</u>		<u>Gallop</u>		<u>trot</u>	يهول - هرولة
<u>Exhausted</u> <sub>adi</sub>	مرهق	<u>Challenge</u>		<u>Strict</u>	شديد
<u>Gym</u>	نادي الرياضة	<u>Relaxing</u>		<b><u>Wicker basket</u></b>	
<b><u>Metal hoop</u></b>		<b><u>Backboard</u></b>	ة الخلفية	<b><u>Net</u></b>	
<u>Indoor</u>		<u>Create</u>	ينشئ	<u>Consist of</u>	
<u>Ladder</u>		<u>Pass</u>	يمرر	<u>Efforts</u>	جهود
<u>Improvements</u> <sub>n</sub> :	تحسينات	<b>hockey:</b>	لعبة الهوكي	<b>current:</b>	- تيار
<u>Overcome</u> <sub>v</sub> :	يتغلب على	biography:	سيرة حياة	<b>scuba diving:</b>	رياضة الغوص

The scene is the London International Horse Show on the 17th of December 2013, and the opening event is dressage, which is a show of skill and communication between rider and horse. Into the stadium trots a beautiful brown horse, with his rider on his back. They stand perfectly still, waiting for the music to begin. As the first chords are played, they start a routine which will break the only record they haven't broken until now.

This unstoppable team is Valegro and his rider Charlotte Dujardin. They are now world champions in dressage, and they haven't been beaten for three years. She rose to fame at the Olympics, where she won Great Britain's first-ever gold medal for dressage. This showed everyone that she was a skilled horsewoman, and she has only got better since then. However, Charlotte, who is Valegro's trainer as well as his rider, comes from a humble background.

She was born in a town north of London that is called Enfield and her love for horses and riding began at the early age of two years old! Charlotte's mother was fond of horses and so she understood Charlotte's love for the animals and her hobby. Both Charlotte's parents worked extremely hard to make enough money to fund Charlotte's passion. Charlotte grew up with horses, taking lessons at the local riding school and spending as much of her free time as she could helping out to care for the horses she rode.

Since she was 16 years old, Charlotte has been working at the stables of a famous horseman, Carl Hester. Carl asked her to work for him, as a groom, after she won a competition. Hester asked Charlotte to train Valegro, and they made an excellent team from the beginning. Their partnership has been developing ever since.

Charlotte's passion has not been lessened by her success. She trains hard, of course, but she says that she still finds time to relax with Valegro, going for rides in the countryside near her parents' home. Ever since her first global success, she has been trying as hard as she can to keep her home life as simple and stress-free as possible, by spending time at home.

She says that her family and friends (and horse) are the reason she has been able to stay relaxed and confident enough to keep up her score of unbroken records. However, her mother says she has always known Charlotte would be a star!

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- 1 What is special about the horse and rider's performance in the event described in the first paragraph?
  - 2 What is meant by the words 'humble background'? Explain with reference to paragraph 3.
  - 3 How did Charlotte meet her horse Valegro? Explain in your own words.
  - 4 Name two things that Charlotte does to relax.
  - 5 Why do you think Charlotte and her horse are such a successful team?
  - 6 Does this story inspire you to take up a hobby or try harder at something you are passionate about? Why / Why not?
  - 7 what do the underlined words refer to?
  - 8 find words from the text which mean: a horse-performing competitions, relating to a horse, someone take care of horses, became smaller, relationship between tow people, to move fairly quickly, Stableman, to give money, to stroll gently on music
  - 9 Quote the sentence which shows that Valegro and his rider never been lost for three years.
  - 10 Quote the sentence which expresses that charlotte's horseriding love never been reduced by success.
  - 11 What's so special about Charlotte Dujardin as a British female rider?
  - 12 Would you choose a suitable title for the text above?
  - 13 Quote the sence that indicate that charlotte and velegro were improving progressively the bond between them.

## Cycling: past, present and future

**Amman at 7:30 am on a day in spring, 2014 CE:** People are on their way to work. Some are driving; some are walking and some are cycling along a cycle route.

Ten years ago, cycling in Jordan was almost unheard of. Nowadays, cyclists are everywhere; cycling is fast becoming both a popular hobby and a useful mode of transport.

Organisations such as *Cycling Jordan* have been set up to promote the ecological and health benefits of the sport. These have been a great success, with bicycle-hire businesses starting up, and cycling tours of the country becoming more and more common. The cycling movement has grown to include school children, teenagers, families and aspiring athletes. Cycling is one of the most flexible forms of transport, for a long-distance journey through the mountains or a quick trip to the shops!

Despite this, there is still work to be done if more people are to take up cycling. The roads are still not safe enough, and knowledge about how to cycle safely is not yet widespread.

*Share the Road*, a branch of *Cycling Jordan*, is working to spread awareness of how to cycle safely, both in the city and on long-distance bike rides. It offers advice to motorists on how to drive with cyclists on the road, and advice to cyclists – of which the most important must be 'Wear a helmet at all times'. Hopefully, as awareness of how to cycle safely spreads, more and more people will join the cycling revolution!

- 1 What do the underlined words refer to?
- 2 What is the main difference, according to the article, between a street in Amman in 2004 CE and the same street in 2014 CE?
- 3 Why do you think the writer of the article calls cycling a 'useful' mode of transport?
- 4 What are the two main problems that remain for road cyclists in Jordan? What is being done to resolve them?
- 5 Do you think that *Share the Road* is doing enough to increase awareness of the sport? Why / Why not?
- 6 Discuss the advantages and disadvantages of a city where private transport, such as cars and private taxis, is banned. Would you cycle or take public transport? Why?
- 7 find the words from the paragraph which mean: to help something to develop, being able to bend easily, a protective hat, knowledge or understanding particular situation, a track, very unusua, existngor happening in many places, desiring and working for something important.
- 8 Quote the phrase which talks about bicycles are good for health and economy as well.
- 9 "*winners never quit and quitters never win*". Explain this quotation, do you see any relation to the text.
- 10 How popular is cycling in Jordan? How do you feel about spreading the awareness of healthy and ecological cycling?
11. Suggest tow other ways to spread the awareness of how to cycle safely.
12. "Cycling is an eco-friendly mode of transport, but it cannot substitute the other modes of transport" Do you agree with this quotation, why? / Why not?

### Suggested Answers for comprehension questions Page 35 number 4

#### Answers

- 1 Their performance was so good that it broke a record. This record was also the only one they had not broken before, which makes them world champions.
- 2 The words 'humble background' mean that Charlotte did not have a lot of money growing up (her parents had to work hard to get enough money for lessons).
- 3 Charlotte met her horse Valegro when she went to work at Carl Hester's stables, and she started to train the young horse successfully.
- 4 Charlotte goes for rides in the countryside and spends time at home, in order to relax.
- 5 Suggested answer: Charlotte and her horse could be a successful team because she trained him and so they know each other well. It might also be because they work hard together.
- 6 Suggested answer: It inspires me to try harder at all sports because Charlotte loves what she does and is not just competing to win. I would like to be as dedicated to sports as Charlotte is to horses and riding. It obviously makes her very happy and fulfilled.

### Suggested Answers for comprehension questions Page 37 number 9

#### Answers

- 1 *some* (line 2): people; *These* (line 6): organisations; *It* (line 15): *Share the Road*
- 2 Ten years ago, there were no cyclists on the roads.
- 3 Students' own answers
- 4 The two problems are unsafe roads and lack of knowledge about cycling safety. An initiative called *Share the Road* is working to give motorists and cyclists as much advice as possible about using the road.
- 5 Suggested answer: Perhaps *Share the Road* could do more, such as working with town officials to create pro-cycling laws.
- 6 Suggested answer: The advantages are that pollution would be much less as would traffic problems. Disadvantages might include being less independent. I would like to cycle when it's not too hot, and take public transport for the rest of the time.

## Vocabulary:

**A- Choose the suitable item from those given in the box to complete each of the following sentences. There are more words than you need.**

Lessen/ audible/ agility/ stamina/ ice hockey/ trot/ goggles/ oar/ Energy/ flexibility/ lungs/ aerobic/ fit/ strengthen/ muscles/ **coach/ equestrians/ dressage/ groom/ indoors/ wicker/ wicker / trainer/ tips/ trip/ current/ dive compass/ devoted/ Paralympics /disabilities**

1. Swimming builds up strength and improves \_\_\_\_\_, too.
2. the best thing about playing football is that it helps to improve \_\_\_\_\_.
3. she says "being a parliamentary member doesn't \_\_\_\_\_ her passion to drawing and painting.
4. he got into the buggy again and took the reins, and the horse turned slowly around and began to \_\_\_\_\_ down the sandy road.
5. a drone of voices was \_\_\_\_\_ through the closed windows.
6. My \_\_\_\_\_ keep steaming up so I can't play water polo well.
7. The caribbean canoe has only two \_\_\_\_\_ to paddle.
8. You can use up a lot of \_\_\_\_\_ when you play Tennis.
9. Gymnastic increases strength and \_\_\_\_\_.
10. Running is excellent for your legs, heart and \_\_\_\_\_.
11. \_\_\_\_\_ exercise uses all of the body, all of the time.
12. Running is a good way to keep \_\_\_\_\_.
13. Caving, mountaineering and deep sea diving build up strength and improve stamina. They are aerobic exercises, so they \_\_\_\_\_ the heart and improve circulation.
14. Caving and mountaineering are particularly good for your arm and leg \_\_\_\_\_.
15. You need a good relationship with your trainer, or **coach**, if you are going to become an Olympic champion.
16. Professional riders are called \_\_\_\_\_.
17. Horses move at four speeds; walk \_\_\_\_\_, canter and gallop.



18. In \_\_\_\_\_, which is a type of riding competition, horse and rider are judged for their skill and communication.
19. If you want to work with horses, you can become a \_\_\_\_\_ at a stable.
20. Many years of training are needed to become a professional \_\_\_\_\_.
21. Dr James Naismith wanted to create a sport that his students could play \_\_\_\_\_ during the cold months of winter.
22. In basketball, the player has to throw the ball into the \_\_\_\_\_ basket that was attached to the wall at either end.
23. A \_\_\_\_\_ basket is a basket made of twisted tree branches.
24. Ameen has been a scuba diving \_\_\_\_\_ at Aqaba for six years.
25. The trainer would like to provide you with some quick \_\_\_\_\_ about safe scuba diving.
26. Gaining (getting) much advices as possible will guarantee to enjoy your diving \_\_\_\_\_.
27. Before you start your dive, notice the \_\_\_\_\_.
28. A \_\_\_\_\_ will guide you through your diving trip.
29. He \_\_\_\_\_ himself for the voluntary works.
30. People with visual .....are now included in the .....

**A. Correct the verbs between brackets then write your answers down in your ANSWER BOOKLET. (6 points)**

1. the opening event is dressage, which \_\_\_\_\_ (be) a show of skill.
2. As the first chords \_\_\_\_\_ (play) they start a routine.
3. That routine will break the only record they \_\_\_\_\_ (break) until now.
- ★ 4. They \_\_\_\_\_ (beat) for three years.
5. She \_\_\_\_\_ (rise) to fame at the olympics, where she won Great Britain's first-ever gold medal for dressage.
6. This \_\_\_\_\_ (show) everyone that she was a skilled horsewoman.
- 7. And she \_\_\_\_\_ (only get) better since then.
8. She \_\_\_\_\_ (bear) in a town north of London that \_\_\_\_\_ (be) called Enfield.

9. Her love for riding \_\_\_\_\_(begin) at the early age of two years old.
10. Her mother \_\_\_\_\_(be) fond of horses and so she understood charlotte's love for horses.
11. Both parents worked hard to \_\_\_\_\_(fund) their daughter's passion.
12. Since she \_\_\_\_\_(be) sixteen, charlotte \_\_\_\_\_(work) at the stables.
13. Their partnership \_\_\_\_\_(develop) ever since.
14. Charlotte's passion \_\_\_\_\_(not lessen) by her success. She trains hard.
15. Ever since her first global success, she \_\_\_\_\_(try) as hard as she can.
16. Her family and friends are the reason that she \_\_\_\_\_(be) able to stay relaxed and confident.
17. Her family and friends are the reason that she \_\_\_\_\_(have) been able to stay relaxed and confident.
18. Her mother \_\_\_\_\_(always know) charlotte would be a star!
19. She \_\_\_\_\_(train) in dressage since she was young.

She **(2)** \_\_\_\_\_ (win) competitions all over the world, and she has broken many records in her career so far. Since she was employed by Carl Hester, she **(3)** \_\_\_\_\_ (work) as a team with her horse, Valegro. She has always said that having free time is really important to her. Ever since she started riding, her mother **(4)** \_\_\_\_\_ (say) that she would be a star!

20. what \_\_\_\_\_ you \_\_\_\_\_(do) for the past hour?
22. what \_\_\_\_\_ you \_\_\_\_\_(play) in P.E this week?
23. what \_\_\_\_\_ you \_\_\_\_\_(play) in P.E for the past week?
24. \_\_\_\_\_ you \_\_\_\_\_(learn) English this week?
25. what \_\_\_\_\_ your classmate \_\_\_\_\_(do) for the past half hour?
26. during the 15<sup>th</sup> century, a game \_\_\_\_\_(play) in scotland.
27. Golf courses \_\_\_\_\_(now find) in many Middle Eastern country.
28. you \_\_\_\_\_(have) been doing very well this season, haven't you?
29. you didn't have so much fun last week, \_\_\_\_\_(do) you?
30. he \_\_\_\_\_(not get) any tips for aspiring golfer out there, have you?
31. you look exhausted, what \_\_\_\_\_ you \_\_\_\_\_(do)?

32. he \_\_\_\_\_(train) hard for the last few month.
33. I \_\_\_\_\_ (study) all week for my math exam.
34. Basketball nowadays \_\_\_\_\_(become) one of the world's most popular sport.
35. Basketball \_\_\_\_\_(invent) in 1891CE in Springfield.
36. he wanted to create a sport that his students \_\_\_\_\_(can) play indoors because of cold outside.
37. Basketball \_\_\_\_\_(date) back to the year 1937 CE.
- ★ 38. Major efforts \_\_\_\_\_( make) to improve basketball in Jordan.
39. Major efforts \_\_\_\_\_ (be) being made to improve basketball in Jordan.
40. the national team \_\_\_\_\_ (participate) in many Arab competitons.
41. it is true that scuba diving \_\_\_\_ (be) an incredibly enjoyable experience, which \_\_\_\_\_(reduce) stress .
42. how long \_\_\_\_\_ Ameen \_\_\_\_\_(be) a trainer?
43. what \_\_\_\_ dive compass \_\_\_\_\_(use) for?
44. Suzanne \_\_\_\_\_(train) since the beginnig of the tennis season.
45. my family \_\_\_\_\_(produce) milk for three generations.
46. our schools \_\_\_\_\_(prepare) us for future challenges.
47. the student \_\_\_\_\_(study) hard to pass the exam.
48. how often \_\_\_\_\_ you \_\_\_\_\_(do) this sport?
49. how long \_\_\_\_\_ you \_\_\_\_\_(do) this sport?
50. Today, I \_\_\_\_\_ (watch) TV and relaxing.

**Study the following sentences and answer the question that follows. Write the answer down in your ANSWER BOOKLET.**

- 1- Sami **has been reading** a novel called "the secret".
- 2- Suzanne **has read** a novel called "the secret".

Complete/finished action

Still going/continuing action from the near past.

Function of the tense.

**Explain the defference in meaning between the underlined phrases in the above sentences.**

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**Study the following sentences and answer the question that follows. Write the answer down in your ANSWER BOOKLET. (3 points)**

1. Today, we have been watching TV and relaxing.

2. Today, we are watching TV and relaxing.

**Express the difference in meaning between the underlined phrases in the above sentences.**

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**Study the following sentences and answer the question that follows. Write the answer down in your ANSWER BOOKLET. (3 points)**

The street in my neighbourhood are not paved well, they are full of pebbles.

**What does the underlined word mean?**

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**B. Complete each of the following item so that the new item has a similar meaning to the one before it, and write it down in your ANSWER BOOKLET.**

Fadi started to study from 8 am, and he is still studying until now.

Fadi \_\_\_\_\_ since 8 am.

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**What does the underlined word "profile" mean in the following sentences?**

She used her profile to launch a campaign for children's sport in schools.

We have to increase our reputation's profile in the Middle East.

My profile on twitter is not that much of surprise.

Derivation:

**Complete the following sentences using the correct deriving form of the word in the box.**

revolution, awareness, aspiring, equestrian

1. the most \_\_\_\_\_ theme in Emily Bronte's wuthering Heights are otherness Englishness.
2. you have to be extremely \_\_\_\_\_ of what is happening at the Arab Spring.
3. some sociology studies claim that human beings' \_\_\_\_\_ are becoming more civilized than before.
4. \_\_\_\_\_ is the art of riding horses, horsemanship and performing dressage.

### EDITING (4 points)

Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have four mistakes (Seven grammar mistake, 11 punctuation mistake and two spelling mistakes). Find out these four mistakes and correct them. Write the correct answers down in your ANSWER BOOKLET.

Basketball nowadays have becomed one of the worlds most popular sports. In fact: it is invented in 1891 in springfield Massachusetts usa by the canadien teacher Dr James Naismith!

The Jordan kingdom takes part in the Olympic games for the first time in 1980 and sincethen it is sending athletes each year to competing in the summer Olympic games.

### B. GUIDED WRITING (4 points)

Read the information in the table below, and then in your ANSWER BOOKLET, write two sentences using all the given notes below about ways to

#### Benefits of sports

- Builds up strength.
- Improve stamina.
- Have tennis courts
- Can use up a lot of energy.

*Sport builds up strength and improves stamina, too. We have tennis courts, where you can use up a lot of energy!*

**FREE WRITING (7 points)**

In your ANSWER BOOKLET, write a composition of about 120 words on ONE of the following:

Student book, Page 39, exercise 9

- 1) What benefits are there in taking part in sports? Write an essay of three paragraphs giving your views. Consider physical, emotional and social factors.**

Taking part in sporting events is important for both adults and children, and should be encouraged much more. The benefits of participating in sports events can be grouped into three factors. These are physical, emotional and social benefits.

We benefit from sports physically by keeping our hearts healthy and staying in shape. Children who do sport are more likely to be healthy adults, too. The emotional benefits of playing sports consist of several factors, including improvement in self-esteem if the person enjoys the experience of taking part in a team. Social benefits include the opportunity to build positive peer relationships and develop social skills, such as how to deal with winning or losing.

Taking part in sports events can benefit people in many ways, as discussed above. As a result of this, it is advisable that children and adults take part in a sport of their choice at least twice a week, and compete on whatever level they are able.

(160) words

Student book, Page 39, exercise 7

### Benefits of sport to the health

*Sport is good for the body because it strengthens our bones and muscles, clears out bad cholesterol and also decreases the risk of strokes, high blood pressure and diabetes. Sport is good for the brain, too because it helps making our focus sharp and improving our mood and memory. What's about the psychological benefits? Well, sport is a good exercise for stress. When we are members of a sport team we learn to trust and depend on others, to accept help, to give help and to work together towards a common goal. In addition commitment to a team and doing something fun can also make it easier to establish a regular habit of exercises. School sport participation has also been shown to reduce the risk of suffering from depression meanwhile your self-esteem and confidence can get a big boost. With a good coach, you can say to yourself "even if I can't do something today, I can improve myself through practice and achieve it eventually". Finally, there is learning through failure which is one of the most transformative long-term benefits of playing sport. The experience of coming to terms with defeat can build the resilience and self-awareness necessary to manage academic, social and physical challenges.*

(205) words

## 2) write a sportsperson's biography.

Activity book, Page 27, exercise 11

A brave soul was born in a beautiful city called Mahrdeh in Hama district in 1972, a syrian former national team basketball player, the heptathlete Ghada Shouaa who won the gold medal at the 1996 olympic games in Atlanta, US. Shouaa realized her athletic potential at the age of 12 when she successfully chased and caught a pet rabbit that had escaped from an old man.

The 12th Mediterranean Games in Cape Dard, France in 1993, was the start of Shouaa's international appearance, where she won the silver medal. She has won many medals and has held important positions in several tournaments, such as a silver medal in the Asian Championship in Malaysia in 1991. the silver medal at the Mediterranean Games in France in 1993 and the gold medal in the Asian Championship in Japan in 1994. At the athletics championships in St. Petersburg in Russia in 1994, Shouaa won the bronze medal, and she also won the gold medal at the World Athletics Championships in Sweden. As well as She won the gold medal at the Atlanta Olympics in 1996 .Not to mention, the bronze medal in athletics at the World Athletics Championships in Spain in 1999.

However, when she was preparing for the 1997 World Athletic Championships in Greece, Shouaa suffered from a severe back injury during her regular training in Damascus. She managed to comeback in 1999 with a third place at the world championship and two gold medal in the Arab Games in Jordan.

But then, Shouaa couldn't continue, so she retired from sport. Apart from the heptathlon, the champion also won more than 16 titles such as: long jump, javelin, high jump and 100m hurdles.

(163) words

## 3) write a magazine article about a sport event.

Activity book, Page 23, exercise 14

Have you ever heard of the Tour de France? If you're not keen on cycling, you might not know it. It's the world's longest cycling race, and it's open to cyclists from all over the world.

It takes place every year, starting in a city called Leeds, which is in England. It follows the French highways and smaller roads around France. Approximately 3,800 kilometres later, it finishes at the Arc de Triomphe in Paris. It has been held every year since 1903, when it was introduced by a man called Geo Lefevre. He introduced it to gain publicity for a sports newspaper, and ever since then it has grown in popularity, both for competitors and spectators.

The event is made up of different shorter races, which are called 'stages'. The winner of each of these races is awarded a prize. Winning the overall first place in this race is an honour that every cyclist dreams of!

(158) words

**Write two paragraphs about a recent celebration.**

Student's book, Page 25, exercise 9

**Description of the celebration**

Last weekend, my classmates and I met to celebrate raising a lot of money for charity. We planned a large celebration for our class and we were all very excited about starting the party. There were 40 people invited, and 38 turned up, so it was quite a big celebration. We prepared a huge meal, with lots of food, and organised games and music. It took place in the afternoon, and lasted for several hours. The weather was good, not too hot or too cold, so we spent some time outside in the garden as well.

**Evaluation and Personal response**

Everyone who came to the party appreciated the effort that we went to, and really enjoyed themselves that afternoon. We were so excited to hear these comments afterwards, and the classmates were really pleased that the party was such a success. Who knows, maybe next year we'll raise even more money for charity!

Student's book, Page 25, exercise 7

(149) words

**Write an invitation to any event.**

**Background**

Describing the occasion of the event (a celebration)

**Identifying setting**

Specifying the place and time

**Closing**

Expressing hope that the invitation is accepted

*Dear Mariam,*

*It's Mothers' Day next Sunday, and we're having a small gathering to celebrate and thank our mothers for everything they've done for us. It's nothing formal, so no need to dress up. Just come along, and bring your mum. We'll have some food and drinks and share stories.*

*It'll take place at my house, at 5 pm until 7 pm.*

*I hope you can make it. It's been a while since we saw each other, and it would be a good chance for us to catch up.*

*Best wishes,  
Ameen*

Activity's book, Page 14, exercise 11

(92) Words

**Write a page for a tourist brochure about a celebration or festival in Jordan.**

Welcome to the Elephant and Castle Festival, Jordan. Named after the famous London district, it celebrates diversity in literature, showcasing work from newly-discovered authors from around the world.

It takes place in the streets and squares of Amman during the day, and in theatres and halls throughout the city in the evenings. The festival will continue throughout the whole of May, so you can be sure to catch at least a few events you want to see!

Authors will talk about the inspirations for their books, and you can ask them any questions you might have; there will be poetry readings, debates, dramatic performances, discussion and delicious food for the participants and the audiences alike.

The events will all be informal, unless it is stated that they are gala evening performances. So come along, get involved, and meet the authors who inspire you!

(143) Words



## Write three paragraphs about eating better for better sleep. Provide some advices about good and bad food for sleep.

Student's book, Page 41, exercise 1+2

Eating healthier nowadays is becoming the most important thing after sport for our fitness and health. Also, the quality of our diet affects the quality of our **sleep**.

We can improve our sleep by eating foods like fruit, vegetables, beans and whole grains. These tend to produce serotonin, a hormone that helps cause sleepiness, and may even be responsible for giving our good dreams! However, people have to be careful with the amount of food they eat – a big meal may make you sleepy, but digesting it could be a problem later that night.

Certain foods and drinks can stop you sleeping well. The caffeine in coffee, tea and chocolate will stop you sleeping well if you drink or eat anything that contains it four hours before bedtime. Your diet can also have an indirect effect on your sleep. Eating a lot of sweets and white bread can cause your blood sugar to rise fast, and fall quickly again, as well as causing you to put on weight. This in turn causes snoring and sleep apnea, which will contribute to irregular sleep patterns.

(185) Words

Foods for better sleep	Foods that stop you sleeping well
fruit, vegetables, beans, whole grains, fish, fruit juice, rice, yoghurt and cereal	a big meal, coffee, tea, chocolate, sweets, white bread, spicy food, fizzy drinks, pasta and too much dairy produce

## Imagine you're at the Olympic Games and you are now writing postcards. Write a postcard to a friend telling them about what you have done and seen so far.

Dear Mariam,  
How are you? I'm having a great time here in London! We've been here for three days now, and I've already seen so many events. I went to the incredible Opening Ceremony, which was the best thing I've ever seen – we saw all the athletes up quite close! I'm going to the women's basketball tomorrow, which I'm really looking forward to.  
Hope you're well.  
Love,

Nabeel

(68) Words

write a postcard to your mother, telling her about your plans, and what you promise to do when you get back from the Olympic Games.

Dear Mum,  
Hi! How are you? I'm fine, and I'm having a great time here at the Olympics. We've seen so many amazing sports events, and the Opening Ceremony was really special, too. I even saw the Jordanian team. I miss you and Dad a lot though, and I'm going to help you to clean the house when I get back. I promise I'll tidy my room and do all my homework, as well as helping you to cook the meals. I'll bring you a souvenir of the Olympics, too!

Love,  
Samer

(93) Words

In the summer of 2012, incredible sporting achievements were celebrated with a unique theatrical spectacle that marked the opening of the Olympics in London. The Olympic stadium was transformed into a stage for a four-hour event that told the history of Britain, up until the modern day.

The spectacle involved thousands of volunteers. These amateur performers and crew put together an incredible show, demonstrating impressive teamwork and a professional attitude throughout. The volunteer cast took the audience on a time-travelling journey from rural England, through the Industrial Revolution, to the 1960s, using dances and sketches that represented each decade.

The special effects were also impressive, with light-shows, optical illusions, incredible scene changes and smooth mechanics. It was a spectacle that appealed to the emotions too. Moments of pride followed moments of humour. Rowan Atkinson (better known as Mr Bean) interrupted an orchestral piece in his own comic style.

After an event such as this, only one thing remained: to pay tribute to the athletes taking part in the Summer Olympics. The Olympians marched around the stadium, capturing the magic of this moment! As the audience watched breathlessly, the Olympics were declared officially open.

To this day, audience members and people who watched the spectacle on their televisions are still talking about the incredible achievement of this celebratory opening ceremony.

- 1** Read the description for a second time and give the ceremony a name. Why did you choose this name?
- 2** In the second paragraph, the writer mentions the volunteers. What two aspects of their participation is the writer impressed by?
- 3** Summarise the four main elements of the show in your own words. Write about 50 words.
- 4** Why do you think the spectacle made such a big impression on its audience?
- 5** Read this article about the Olympic Opening Ceremony. Give two ways in which the writer thinks it is special.

#### Answers

**1** *The History of Britain, An Olympic Display, An Impressive Ceremony, A Celebration of Achievement.* **2** *The writer is impressed by the volunteers' ability to work as a team, as well as their professional attitude.* **3** *Suggested answer: The show consisted of sketches, lightshows, dances, music and comedy. The first part was a dance display, which was followed by sketches of important moments in British history. After this, the Olympic athletes joined a procession, and when this finished, the Olympics was officially opened.* **4** *Suggested answer: It is possible that the Olympic Opening ceremony was so impressive because it was a very different approach from those ceremonies that had happened before. It might also be because it was performed and organised very well.* **5.** *The writer thinks it is special because he says that the amateur performers put on an incredible show; he also says that the special effects were impressive.*