

8th Form

TEST

Reading 1.

Read the text about the daily routines of a sportswoman and for questions 1 to 7 choose the correct answer.

The daily routines of a sportswoman.

Janet is an athlete, and she wakes up at 4:30 am every weekday morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am Janet checks her email for only 30 minutes and then goes for her first run of the day. She runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast, which is usually cereal and fruit. However, she occasionally has a less healthy breakfast.

She usually finishes breakfast at around 8 am. If it is a weekday, she always leaves the house at 8:20 and goes to training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes lunch, she has a nap for one hour.

After her nap, she likes to go for a walk around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets up with friends. Most of her friends are athletes too, so they have a lot to talk about.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet. She always makes sure her alarm is set and is almost always asleep by 9:45 pm.

1. What time does she finish checking her emails?

- a. 5:30 am. b. 5:45 am. c. 6:00 am.

2. How long does she run for in the morning?

- a. 45 minutes. b. 60 minutes. c. 90 minutes.

3. Janet _____ has a healthy breakfast.

- a. always b. occasionally c. usually

4. How often does she meditate?

- a. Once or twice a day. b. Once a day. c. Rarely.

5. What does Janet do to help her get to sleep?

- a. She listens to music. b. She reads on her tablet. c. She watches TV.

6. What is the last thing she does before going to sleep?

- a. She reads. b. She sets her alarm. c. She checks the time.

Reading 2.

Read the following announcement and choose True or False.

Time to Relax.

Come and join our lunchtime yoga class with experienced yoga teacher Divya Bridge!

When? Every Tuesday at 1.30 p.m.

Where? Meeting Room 7.

How much? £10 for four 30-minute classes.

What to bring? Comfortable clothes. Divya will provide the yoga mats.

How to join? Write to Sam at Sam.Holden@example.com

We can only take a maximum of 20 in the room, so book now!

1. Sam Holden is the yoga teacher.
 True False
2. The yoga class is once a week.
 True False
3. The class is at lunchtime in room 7.
 True False
4. You need to bring yoga mats to the class.
 True False
5. The class can't take 22 people.
 True False
6. You need to call Sam Holden if you want to join the class.
 True False

Use of English 1.

Read the text below. For questions 1-6 choose the correct answer A, B, C or D.

I (1) _____ in Helsingborg. I like summer best because we often go to the lake for weekend. I like (2) _____ on the lake. It's my favourite sport. I sometimes (3) _____ swimming with my friends. In winter, I love (4) _____ a lot of time with family. We often listen (5) _____ music and my dad (6) _____ us interesting stories.

1	A	have	B	go	C	live	D	come
2	A	windsurf	B	windsurfing	C	windsurfed	D	windsurfs
3	A	play	B	do	C	go	D	have
4	A	spending	B	playing	C	watching	D	visiting
5	A	for	B	the	C	to	D	a
6	A	tell	B	tells	C	telling	D	telled

Use of English 2.

Read the text below. For questions 1-6 choose the correct answer A, B, C or D.

Man: It's spring again and the weather is warmer. I'm thinking about going on holiday.

Woman: Where (1) _____ you like to go?

Man: I don't know. I'm not in a hurry to decide but I don't want to go to the beach again.

Woman: I love going to the mountains during the summer. I hate being on a (2) _____ beach. There isn't (3) _____ nightlife in the mountains but I think it's (4) _____ than the seaside.

Man: I might catch a train and visit some European cities. I love Paris and Prague. There are some good travel offers in summer.

Woman: How long does it (5) _____ to arrive in Prague by train?

Man: I don't know. I must (6) _____ to the travel agent and get more information. I'll book hotel rooms and buy a train pass.

Woman: That's a good idea. Do it now before prices go up.

1	A	can	B	would	C	are	D	could
2	A	crowded	B	stressed	C	difficult	D	easy
3	A	many	B	much	C	some	D	a
4	A	many relaxed	B	more relaxing	C	much relaxed	D	most relaxed
5	A	take	B	ask	C	have	D	spend
6	A	going	B	to go	C	go	D	goes

Writing 1.

Write a few things about your favourite TV programme or your favourite film. Answer the following questions:

- What's the title of the film/TV programme?
- What type of film/TV programme is it?
- Who stars in it?
- Why do you like it?
- Write your answer using about 45 words.

Writing 2.

Write an e-mail to your friend telling about your plans for the weekend.

- What are you going to do?

- Invite your friend to spend time together.
- Finish the e-mail on our answer sheet, using about 45 words.