I - READING (10 Marks)

I. Read the following passage and answer the questions given below.

Exercise is very important for health, and it has benefits. It improves your strength and blood circulation. It gives you more energy. It can reduce stress and help you sleep, and it can help control your weight. In fact, the U.S. Surgeon General says that physical activity can help prevent heart disease, diabetes, obesity, and osteoporosis (a disease that weakens the bones). If you don't do any physical activity, you will be at a higher risk for heart disease.

The first step is to create a program. A good fitness program should be fun. It should involve both your arms and your legs, and it should help you to build endurance (the ability to do exercise for a long time). To make a good program for yourself, first you should think about the types of activities you like to do, what you think you are able to do, and when you will have time to do it. A good exercise program will involve cardiovascular activities, such as running, biking, and swimming, roller skating, playing soccer or tennis, or jumping rope. It will also involve weight-bearing exercise, such as weight lifting, and stretching activities. Also, daily low-intensity activities such as walking, gardening, dancing, and climbing stairs can contribute to your physical health.

So what are you waiting for? Get off the couch and start exercising. Sign up for yoga, join a gym or a running club, or just start walking a half an hour every day. Every little bit helps! Be in shape.

A. Choose the correct answer. (5 Marks)

1. ________________ is important to stay fit.
   a. chocolates  b. food  c. exercise  d. stress

2. Exercise can control ________________.
   a. height  b. weight  c. diet  d. age

3. ________________ activities are good for health.
   a. mental  b. social  c. physical  d. psychological
4. Fitness program should involve both _____________ and legs.
   a. eyes     b. ears     c. hands     d. arms

5. Physical activities can prevent ____________________.
   a. diseases     b. health     c. wealth     d. richness

B. Answer the following question. (5 Marks)

1. Mention any two benefits of exercise.

__________________________________________________________________________

2. What is "osteoporosis"?

__________________________________________________________________________

3. Write any two low-intensity activities.

__________________________________________________________________________

4. Mention any two cardiovascular activities.

__________________________________________________________________________

5. Give a suitable title for the passage.

__________________________________________________________________________

II - GRAMMAR (10 Marks)

A. Complete the sentences with the words given in the brackets. Use have / has + infinitive. (1.5 Marks)

1. Why (you, come) ___________________ home late?

2. (He, go) ______________ to the store.

3. At what time (you, be) _______________ at the airport?
B. Fill in the blanks with a word from the box. (1.5 Marks)

| brick | coffee | leather | polite | soft |

1. Richa is a ____________ little girl.
2. This jacket is made from ____________.
3. My brother likes ________________.

C. Complete the sentences using an adjective. (1.5 Marks)

1. These houses are ________________.
2. Asma is a ____________ girl.
3. Roses are ____________.

D. Add apostrophes to the possessive nouns. (1.5 Marks)

1. Toms house number is A#321.

________________________________________________________.

2. Mr. Mike is my mothers brother.

________________________________________________________.

3. Shirins pet is a cat.

________________________________________________________.

E. Choose the correct word from the bracket. (1.5 Marks)

1. Was that___________ (your / yours) car?

2. Do you like Mona’s sweet dish? I think___________ (her / hers) is too delicious.

3. _________________ (Our / Ours) college is small.
F. Complete the sentences with *like* or *alike*. (1.5 Marks)
1. A bicycle is __________________ a scooter.
2. My mother looks __________________ me.
3. Most of the twins look __________________.

G. Complete the sentences using the *superlative form of adjectives*. (1 Mark)
1. Which is_____________ (large) city in China?
2. ____________ (beautiful) girls are from Egypt.

III - WRITING (10 Marks)

A. Combine the sentences using the given time words. (1.5 Marks)
1. Ronnie was the best student. He got a prize. (because)

__________________________________________________________________________

2. My friend started to study. I was very happy. (so)

__________________________________________________________________________

3. I passed from school. I was 14. (when)

__________________________________________________________________________

B. Rewrite the independent and dependent clauses with correct punctuation. (2 Marks)
1. We used to have many pets before we moved here.

__________________________________________________________________________

2. Because my uncle was a doctor, my uncle sent me to a medical college.

__________________________________________________________________________

3. I loved staying there as it was my dream city.

__________________________________________________________________________

4. I started going college when I completed my school.

__________________________________________________________________________

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C. What are the symbols used for? Give an example for each symbol. (1.5 Marks)

\[
\begin{align*}
/ & \quad \text{____________________________} \\
\text{sf} & \quad \text{____________________________} \\
\text{sp} & \quad \text{____________________________}
\end{align*}
\]

D. Write an informal letter to your friend and invite her to your birthday party. Use proper format with appropriate date, salutation, body, and closing. (5 Marks)

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