

## Placement test (Beginner level)

- A. Read the text about the daily routines of a sportswoman and for questions 1 to 6 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 emails 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 often cereal and fruit. However, once in a while she 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 one-hour nap.

After her nap, she likes going for a walk around the lake and looking 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 later 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. 5:15 am.*                      *b. 5:30 am.*                      *c. 5:45 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. listen to music*                      *b. read on her tablet*                      *c. watch TV*
6. What is the last thing she does before going to sleep?  
*a. She checks the time.*                      *b. She sets her alarm.*                      *c. She reads.*



**C. Drag the words to complete the text below. There are 2 extra words you don't need.**

a	dad's	than	like	His	in	loves	reading	's got	taller	He's	twice
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Dear Molly,

I'm going to tell you about my family. I live with my brother, my mum and my dad. We live **1**\_\_\_\_\_ Lincoln, a nice city in the East Midlands region of England.

My **2**\_\_\_\_\_ name is Albert. He's 51 years old, and he's **3**\_\_\_\_\_ History teacher. He's medium height, and he **4**\_\_\_\_\_ short grey hair and green eyes. He loves **5**\_\_\_\_\_ books and watching documentaries about prehistoric times. He doesn't like sports.

My mum's name is Melissa. She's 49 years old. She's a little shorter **6**\_\_\_\_\_ my dad, and she's got long brown hair and blue eyes. She is a shop owner. She sells beauty products in a shop near our home. She **7**\_\_\_\_\_ swimming. She goes swimming **8**\_\_\_\_\_ a week.

I've got a twin brother. **9**\_\_\_\_\_ name's Luke. He's 21 years old, and he's got brown hair, like me. But he is much **10**\_\_\_\_\_ than me. He is very big and strong, and he loves playing rugby and going to the gym.

Another very important member of our family is Cooper, our dog. He is ten years old and we love him!

What about your family?

Write back soon!

Sam

**D. Now, answer Sam's email telling him about your family. Write about 100 words describing your family members just like Sam did in his email.**