



Full name: _____ Date: _____

I. LISTENING - _____/20 Pts

A. Listen to the radio interview and circle True (T) or False for these sentences.

- | | | |
|---|---|---|
| 1. Some people can sleep well with a television on. | T | F |
| 2. It is bad to think a lot before going to bed. | T | F |
| 3. It is good to play video games before bed. | T | F |
| 4. It is good to turn your mobile off when you go to sleep. | T | F |
| 5. It is bad to play loud music while you sleep. | T | F |

B. Listen to the conversation, and circle True (T) or False (F).

- | | | |
|--|---|---|
| 1. Adam is a morning person. | T | F |
| 2. Bethany likes to get up late on Saturdays. | T | F |
| 3. Alicia reads after she does housework. | T | F |
| 4. Adam plans to exercise with Alicia on Saturday. | T | F |
| 5. Reading makes Alicia feel sleepy. | T | F |

II. GRAMMAR - _____/20 Pts

A. Complete the sentences with the correct form of the verbs in parentheses.

Example: He always works hard at school. (work)

1. She _____ English at my school (teach).
2. I like my watch because it _____ time correctly (tell).
3. She _____ faster than anyone else (run).
4. My husband _____ the laundry every day (do).

B. Complete each conversation with the correct word.

Example: A: What time does she get up?
B: She gets up at 6:30.

1. A: When _____ you plan to study?
B: As soon as I get home from school.
2. A: Who _____ with you right now?
B: My friend Alice.



3. A: What address you live at?
B: 2026 W. Main Street.
4. A: When your brother cook dinner?
B: On Mondays and Thursdays.
5. A: Who those people?
B: My grandparents.

C. Circle the correct word to complete each sentence.

Example: There ([is] / are) a nice park in my neighborhood.

1. There (is / are) a hospital near our house.
2. There (is / are) no airport in my city.
3. There (is / are) no museums on my street.
4. There (is / are) two beds in the bedroom upstairs.

D. Look at Kevin's date book again. Write the present continuous to complete the sentences.

Example: A: What is Kevin doing on Thursday night?
B: He is going to dinner with Emily.

1. A: What is Kevin doing every day this week?
B: He every day.
2. A: What is Kevin doing at 10:00 on Friday morning?
B: He a phone call to the Clark Company.
3. A: What are Kevin, Tom, and Annie doing together on Wednesday?
B: They dinner together.
4. A: What is Kevin doing after he exercises on Wednesday?
B: He is flowers for his mother.

E. Circle the correct word or phrase to complete each sentence.

Example: This (be / [is] / am) Jeff's sister, Karen.

1. Where (is / am / are) the children?
2. Rebecca (don't / do / doesn't) want to wear a dress.
3. In the evening, I (check always / always check / always checks) my e-mail.

III. VOCABULARY – ____/20 Pts



SOURCE: TOP NOTCH FUNDAMENTALS - INTERNET WEB PAGES

A. Circle the activity in each pair that people do first.

Example: eat breakfast / [make breakfast]

1. eat dinner / wash the dishes
2. get dressed / get up
3. go to bed / brush your teeth
4. eat lunch / eat dinner

B. Match each sentence with the correct activity. Write the letter of the activity.

Example: My clothes are dirty.**b**.....

1. I feel all alone and don't like it.
2. I need to buy some things.
3. I'm hungry, but I don't want to cook.
4. I'm feeling tired and sleepy.

- a. I take a nap.
- b. I do laundry.
- c. I go out to dinner.
- d. I go shopping
- e. I visit friends.

C. Look at the chart with Daniel's activities. Complete each sentence. Use always, usually, sometimes, and never and the correct form of the verb from the chart.

Daniel's Activities

	S	M	T	W	T	F	S
check e-mail	✓	✓	✓	✓	✓	✓	✓
go shopping							
play soccer in the evening	✓		✓		✓	✓	✓
watch TV at night	✓				✓		
do the laundry		✓					✓
exercise at the park		✓	✓	✓	✓	✓	

Example: Daniel always checks his e-mail.

1. Daniel shopping.
2. He soccer in the evening.
3. He TV at night.
4. He the laundry.



5. He at the park.

D. Complete each conversation. Circle the correct answer.

Example:

A: Most of the time, I take the train to work.

B: Really? There must be a near your apartment.

- a. park b. stadium c. train station

1. A: Where do you like to go shopping?

B: I like to shop at the

- a. mall b. airport c. bus station

2. A: What do you do?

B: I'm a doctor, and I work at the

- a. museum b. hospital c. park

E. Circle the correct word or phrase to complete each sentence.

Example: When you need a sweater, the weather is (cold / warm / [cool]).

1. You might get wet when it is (raining / sunny / windy).
2. When it's very cold and wet outside, we say the weather is (terrible / great / nice).
3. When it's late, it's time to (watch TV / go to bed / comb your hair).
4. One household chore is to (talk on the phone / take out the garbage / put on makeup).
5. You probably want to wear shorts when the weather is (hot / ugly / cold).

IV. READING - ____/20 Pts

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 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.



SOURCE: TOP NOTCH FUNDAMENTALS - INTERNET WEB PAGES

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

B. Read the article. Then circle the correct statements.

Are you very busy? Do you have a lot of household chores? Well, you just need some organization.

Here are some ideas to help:

- Put dirty dishes in hot water for 15 minutes (or more). Then wash them. This way the dishes are easy to clean.
- When you make dinner, make enough food for two dinners. Eat some today. Eat some another day.
- A lot of people go shopping on weekends. So go shopping on a weeknight. There aren't a lot of people, and you can shop quickly.
- Save time in the morning. Take a shower or bath at night. Don't take a shower or bath in the morning.

- Example:**
- a. If you are very busy, you need someone to help you.
[b.] If you are very busy, you need to be more organized.
c. If you are very busy, you should stop doing household chores.

1. a. Wash dishes for 15 minutes.
b. Run hot water over your dishes.



SOURCE: TOP NOTCH FUNDAMENTALS - INTERNET WEB PAGES

- c. Leave dishes in hot water before you wash them.
- 2.
 - a. Don't go to the store on the weekend.
 - b. Go to the store whenever you have time.
 - c. Go to the store on a Saturday or Sunday.
- 3.
 - a. Eat two dinners at one time.
 - b. Eat only half of your dinner.
 - c. Make two dinners at the same time.
- 4.
 - a. Don't take a shower or bath.
 - b. Take a shower or bath before you go to bed.
 - c. Take two quick showers instead of one long bath.

V. WRITING - _____/20Pts

A. Write 20 sentences about the next two topics:

✓ **Write about your regular day. What do you do? Write 10 sentences. Use Simple Present and frequency adverbs (always, usually, sometimes, never).**

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

✓ **What are you doing this weekend? Are you going somewhere? Who are you going with? Are you doing any household chores? Write 10 sentences about your plans. Use the present continuous.**

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____



SPEAKING TEST

Objective: To assess students' ability to talk about daily routines and describe a house, using simple sentences, appropriate vocabulary, and basic grammatical structures.

Exam Structure:

You will work in groups of four. Each student must answer both parts of the exam. Speak clearly and use simple vocabulary.

Part 1: Talk About a Regular Day (Family Member or Friend)

- Describe what a family member or friend does on a normal day.
- Include frequency adverbs (always, usually, sometimes, never).

Example:

"My sister usually wakes up at 7 AM. She always has coffee for breakfast. She sometimes goes for a walk in the evening. She never sleeps late on weekdays."

Tips:

- ✓ Speak in full sentences.
- ✓ Use simple present tense.
- ✓ Each student should say something different.

Part 2: Describe Your Ideal House & Neighborhood

- Describe the house and neighborhood you would like to live in.

Example:

"My ideal house is small but cozy. It has a big kitchen and a sunny balcony. The neighborhood is quiet and safe. There are many trees and a park nearby."

Tips:

- ✓ Use adjectives (big, modern, quiet, etc.).
- ✓ Mention rooms, outdoor spaces, and local places (shops, parks).

Group Interaction:



SOURCE: TOP NOTCH FUNDAMENTALS - INTERNET WEB PAGES

- Listen to your classmates and ask one question after their turn.
(Example: "Do you prefer a house or an apartment?")

Time: 2 minutes per student.

Assessment Criteria:

- **Vocabulary Usage:** Use of appropriate clothing-related words.
- **Sentence Structure:** Formation of correct and simple sentences.
- **Pronunciation:** Clarity and understandability of spoken words.
- **Comprehension:** Ability to respond to or ask simple questions for clarification.