

Centro Cultural Nicaragüense Norteamericano

Listening and Reading Quiz

Student's Name:

Reading

1. Read. Choose T (True) or F (False).

Competitive Sports

Why are sports so important for young people? Well, we know that young people are full of energy and that they are eager to jump, run, and play. Putting all that energy into competitive sports can help to keep children active and healthy as they grow into teenagers. It can also reduce the chance that they may become involved in negative activities. Competitive sports such as soccer, track, swimming, and basketball can also help young people learn important life lessons.

One important thing about sports is that it helps prevent children from becoming obese, or overweight. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps young people to burn calories and helps prevent obesity. Additionally, many teenagers who are active in sports are motivated to say no to fries and pizza and eat healthier foods, such as fruit and vegetables.

There is also evidence that young people who do sports have improved self-esteem. It's natural that you will feel better about yourself if you are fit and healthy. Being on a team and working with others toward a common goal increases your sense of responsibility, helps you to get along better with others, and creates an overall feeling of positivity. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sports. Sometimes you work hard, and you still lose. Sometimes you win, but didn't actually play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

- ___ 1. Basketball is a competitive sport.
- ___ 2. If you don't do a sport, you may become overweight.
- ___ 3. If you do a sport, you will eat more pizza.

- ____ 4. Being on a team makes you feel good.
- ____ 5. Participating in a competitive sport is only good for a person's physical condition.

2. Read. Choose the right option.

My Sporty Journey

I (1) **have been playing / have played** soccer for as long as I can remember. It (2) **has been / has** always (3) **been / being** my favorite sport, and I (4) **have been / have** enjoyed every moment on the field.

Lately, I (5) **have been training / have trained** harder than ever before. I (6) **have been trying / have tried** to improve my skills, especially my dribbling and shooting. My coach (7) **has been / has** noticed the effort I (8) **have been putting / have put** into my training, and he (9) **has been giving / has given** me some valuable tips to enhance my game.

In the past few matches, I (10) **have been feeling / have felt** more confident. I (11) **have been scoring / have scored** more goals and (12) **have been making / have made** some crucial assists. My teammates (13) **have been supporting / have supported** me all along, and together, we (14) **have been achieving / have achieved** some significant victories.

Playing soccer (15) **has been / has** a thrilling journey, and I (16) **have been looking / have looked** forward to every match. I (17) **have been learning / have learned** so much through this sport, not just about techniques but also about teamwork and determination.

Listening 1

Listen. Choose T (True) or F (False). Correct the false statements.

- ____ 1. Hanna climbed a mountain in Morocco.

- ____ 2. Hanna had never been to the Canary Islands before.

- ____ 3. Mount Teide is volcanic.

____ 4. Teide is a very difficult climb.

____ 5. Before she climbed the mountain, Hanna trained outdoors.

Listen. Match the two parts of the sentence.

- a. the evening before.
- b. climbed Mount Teide before.
- c. alone.
- d. very early in the morning.
- e. technically difficult.

- ____ 1. Hanna had never
- ____ 2. Hanna thinks the mountain is not
- ____ 3. Hanna packed for the trip
- ____ 4. Hanna started off on her climb
- ____ 5. Hanna climbed the mountain

Listening 2

Match the sentences in the present perfect tense (PP) with the correct responses in the simple past tense (SP).

- 1: Have you been following the sports news lately?
- 2: I've watched some of the swimming competitions too.
- 3: Have you ever played soccer yourself?
- 4: Yes, I have. When I was younger, I used to play for my school team.
- 5: I've been meaning to catch up on the highlights.
- 6: What other events have you seen?
- 7: Sounds like a great experience!
- 8: It's never too late to start. You might discover a new passion!

- a: Well, I've watched some of the swimming competitions too.
- b: Thanks, Mark. I appreciate the encouragement.
- c: Yes, I have. When I was younger, I used to play for my school team.
- d: Michael Phelps had an outstanding career, winning 23 gold medals!
- e: That's astonishing! I've never been much of a sports person, but hearing about your experiences makes me want to try it out.
- f: Yes, I have!
- g: Oh, definitely! Did you watch the 100-meter sprint?
- h: That's cool! Did you enjoy playing?