DON BOSCO
Técnico Salesiano

Name: Course: Date:

ENGLISH ASSESSMENT

LISTENING PART.

Listen to Luke and Emma talking about stress. Choose the correct literal.

1.- Emma looks exhausted because she _____.

a. has been sick b. has been studying a lot c. has to do a lot at home.

2.- Luck says he studies _____.

a. only the night before exams b. a little each day c a lot every morning

3.- As well as helping her mom: Emma has to _____.

a. walk the dog b. cook for her brother c. get some exercise

4.- When Emma has free time, she _____

a. studies b. plays games on her computer c. listens to music.

5.- When Luke is stressed, he enjoys_____

a. listening to music b. spending time with his brothers c. cooking food

READING PART

2.- Read the online discussion.



Sophie I'm learning to play the piano right now, so when I need a break from studying, I just sit down and play something. I'm not very good at it, so my brother usually tells me to stop! But I still enjoy trying!



Ben I can sometimes look at the same page in my book for an hour, and I haven't remembered anything! When that happens, I put my books away and go for a bike ride. When I get back, it's easier to concentrate.



Clara I often play my favourite video game when I want to relax. I love games that teach me something, like history. I hate the ones with people fighting! I always feel less stressed out after having time for myself.



Alejandra, You know when your head feels like it is just too full of "stuff"? That's when I go to bed and read a book for fun. Sometimes I don't read but just go to bed at 8:00 p.m.! It's completely the opposite of my brother Max – he never wants to go to bed! It really helps me relax, though.



Mark When I need to relax, I put on my headphones and play my drums. I play them as loud as I want. It's relaxing and really good exercise. You should try it! If you don't have drums, do something else creative. I think doing something creative is important when you're stressed out.

LIVEWORKSHEETS

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Answer the questions with the correct person name.

1.- Who goes to his or her room early in the evening? _____
2.- Who is happy even though he or she does something badly? _____
3.- Who thinks he or she gets a workout while doing something relaxing? _____
4.- Who escapes by using technology? _____
5.- Who spends time outdoors? _____

GRAMMAR AND VOCABULARY

3.- Complete Anna's post on a blog about sports. Write the correct literal.

Hi! My name's Anna, and I really like tennis. I'm on the school team. I play doubles with my friend Lydia. She's [1]___! I think she's the best player on the team. Usually, I'm [2] _____before a game! I get nervous and upset, and I worry we're going to lose. Lydia tells me it doesn't matter. She says we should be [3]____ _____of ourselves if we win or lose – as long as we play our best. She's never [4] _____when she loses a game because she always tries hard. I do, too. I'm usually [5]_____after a tennis match. Of course, if we win, I'm not too tired to celebrate!

a) awful	b)embarrassed	c) proud	d) exhausted	e) terrified	f) wonderful

4.- Complete the sentences with the correct verb. Write the verb.

1.- I like to _____out at the gym. I run and lift weights
2.- Where do you _____out with friends on the weekend?
3.- Farah always _____something creative for her mother's birthday. Last year, she made her a giant cake.
4.- My parents don´t let me _____out late on the weekend. I have to be home by 9:00 p.m.
5.- It's important to _____enough sleep. Some doctors say you sleep for eight or nine hours.

5.- Choose the correct answer

I can waste a lot of time on my computer. I know that I [1]_____ spend so much time playing games on it, but it's so much fun! It's definitely necessary [2]_____ be on the computer when I [3]_____ do research for a class project. For example, I'm writing about teenage stress right now. I'm almost done, but we [4]_____hand our homework in until next week. So I'm going to take a quick break. My dog was in the house all day, so I [5]_____ take her for a walk.

1.	a. must not	b. shouldn't	c. have to
2.	a. to	b. ought to	c. had better
3.	a. have to	b. ought	c. should not
4.	a. must	b. ought not	c. don't have to
5.	a. have	b. should	c. ought not

LIVEWORKSHEETS