

**Name:**

**School:**

**Question 1 to 5**

*You will hear a recording about how playing sports benefits your body and your brain. For questions 1 to 5, choose the correct answer (A, B or C). Write your answer in the **space provided**.*

*You will hear each recording **twice**. Answer all the questions.*

1. Exercising when we are young can bring benefits such as?

- A. Helps prevent cancer
- B. Helps decreasing low blood pressure
- C. Reduce the risk of stroke and diabetes

2. What chemical does brain release during a workout?

- A. Endocrine
- B. Endorphins
- C. Endoplasmic

3. Increased endorphins can lead to?

- A. Sharpen your eyesight
- B. Improve your emotions
- C. Sharpen your focus

4. What are the most significant and most psychological benefits of exercising with a team?

- A. Building the trust in others
- B. Helping yourself
- C. Achieve individual goal

5. What does learning through failure bring you?

- A. Reinforce a growth within yourself
- B. Self-awareness to manage academic, social, and emotional
- C. Self-awareness to manage academic, social, and physical hurdles

**Question 5 to 10**

*Answer all the grammar questions. Write your answer in the **space provided**.*

6. What is the synonym of benefits?

\_\_\_\_\_

7. What is the past tense of the word 'lead' in question 3?

\_\_\_\_\_

*Use the Perfect Continuous Tense of the words in brackets.*

8. They \_\_\_\_\_ [visit] their parents since they shifted out.

9. She \_\_\_\_\_ [talk] for an hour and when is she going to stop?

10. What \_\_\_\_\_ you \_\_\_\_\_ [do] since this morning?