



Progress Test 1- 4º ESO (2023- 2024)

Student name _____

Group/Class _____

Date _____

Score _____

VOCABULARY

1 Complete the sentences with the words in the box. There is one extra word.

backs brains chest ears foot hand

- 1 Enough is enough. It's time to put your _____ down. You don't have to accept this behaviour.
- 2 I don't know what to do, I can't think of a solution. Can I pick your _____?
- 3 I'm all _____! I can't wait to hear what they're going to say.
- 4 Don't trust Billy. He's always doing things behind people's _____ without them knowing.
- 5 This table's too heavy for me to lift by myself. Would you mind lending me a _____ to move it?

Score: / 5

2 Choose the correct answer to complete the sentences.

- 1 Clara is as brave as a _____. She's not scared of anything.
A dragon B lion C tiger
- 2 Has something terrible happened? You're as white as _____.
A ice B a cloud C a sheet
- 3 Jack has been as quiet as a _____. He hasn't said anything at all for ages.
A mouse B bird C rock

4 Mike's as quick as _____ at solving maths problems, he can do them almost instantly.

A a flash B the wind C a lion

5 I haven't stopped working all day, I've been as busy as _____.

A an ant B a bird C a bee

Score: / 5

3 Choose the correct alternative.

1 Why are you *yelling/whining*? I'm right here, you don't need to speak so loudly.

2 Sam *sighed/gasped* in surprise and excitement when he saw his exam results because they were excellent.

3 Lucia *shrieked/whispered* something in her friend's ear so that nobody else could hear what she was saying.

4 'Oh no! We've missed the train!' Max *groaned/muttered* loudly. He wanted the others to know about the problem.

Score: / 4

GRAMMAR

4 Complete the sentences with the correct past form of the verbs given. Use continuous forms where possible.

1 We _____ (**learn**) English for five years.

2 Last year, we _____ (**go**) to Germany for the first time.

3 The bus was late, so when we got to the cinema the film _____ (**start**).

4 Max offered to help Dan decorate his room. When he got there, Dan _____ (**paint**) for over two hours already.

5 We _____ (**walk**) in the park when it started to rain.

6 I _____ (**not read**) that book yet. Is it any good?

Score: / 6

5 Tick (✓) two correct sentences. Correct the mistakes in five incorrect sentences.

1 I've seen that film last week, it's fantastic. ☐

2 We didn't know it at the time, but something funny was about to happen. ☐

3 They were tired because they have been working for hours without stopping. ☐

4 I ran when I fell over and hurt my leg. ☐

5 For years, scientists are investigating the best way to communicate faster. ☐

6 I go to do my homework before tea, but in the end I did it after. ☐

7 I've got my music exam next week, so I've been practising a lot. ☐

Score: / 7

6 Choose the correct alternative.

1 Today's teenagers *will/would* often use mobile phones to talk rather than speaking face to face.

2 Years ago, people *used to/were always* write letters. Nobody does that any more.

3 When he was bored, my brother *will/would* think of jokes to play on people.

4 People *are used to/usually* using social media to keep in touch.

5 Sara *was used to/is always* forgetting her homework which makes the teacher rather annoyed.

6 People in my country *will always/are always* help strangers. It's part of our culture.

Score: / 6

7 Complete the mini-dialogues with the words in the box.

am used to is always normally used to was always will

- 1 **Adam:** You look annoyed. What's the matter?
Bianca: My sister has taken my new jacket. She _____ borrowing my clothes without asking. She does it all the time!
- 2 **Clara:** It's such a pity they closed the library last year.
Dom: I know, I _____ borrow books every week from there.
- 3 **Olivia:** How did your parents meet?
Laura: They were at university and my dad _____ asking questions. My mum usually knew the answers.
- 4 **Ann:** Do you ask the teacher if you don't understand?
Ben: Of course! I _____ asking questions, I do it all the time.
- 5 **Sam:** How do people greet each other in Greece?
Evan: They _____ shake hands. That's the typical greeting.
- 6 **Alex:** Be careful when you shake hands with Dan. He _____ shake your hand hard!
Magda: That doesn't sound very nice.

Score: / 6

8 Read the text and decide which answer (A, B, C or D) best fits each gap.

Time to Learn

Education is important, not just to learn but also for social contact with others your age and to increase gender equality. Devanshi Ranjan lives in New Delhi in India and she isn't afraid of sticking her **1** _____ out if necessary. When the coronavirus pandemic started, she made a decision as quick as a **2** _____ to help students. Since then, she **3** _____ been teaching the poorest children in the city as few have access to computers. The classes take place in mobile outdoor classrooms around the city, and so far she has taught over 1,000 students, mainly girls. Devanshi did the classes as part of her volunteering at the Ladli Trust Foundation which she **4** _____ joined before the pandemic started. Devanshi won an award for her work. After winning the award, her friends all thought she was **5** _____ stop, but Devanshi plans to continue. She believes in the importance of education, especially for girls. Devanshi **6** _____ to working hard, she **7** _____ a university degree during the pandemic, too. In addition, she's just started an organisation called Project MicDrop to help people using art, campaigns and other events. Devanshi is definitely someone who is making a **8** _____ to others' lives.

- | | | | | |
|---|---------------|------------|----------------|------------------|
| 1 | A. back | B. neck | C. shoulder | D. thumb |
| 2 | A. flash | B. mouse | C. bee | D. lightning |
| 3 | A. is | B. was | C. has | D. had |
| 4 | A. has | B. had | C. will | D. would |
| 5 | A. going to | B. about | C. planning | D. likely |
| 6 | A. used | B. is used | C. usually | D. will |
| 7 | A. done | B. does | C. will do | D. was doing |
| 8 | A. difference | B. action | C. probability | D. participation |

Score: / 8

READING

9 Read the text.

Better together

- A** Scientists have been investigating the effects of isolation – being separated from other people – on humans for many years and have come to some interesting conclusions.

- B** We might at times wish for a bit of time alone, but extended isolation clearly has a harmful impact on us. Loneliness or social isolation makes us less able to deal with stress, more likely to suffer from anxiety and low mood and perform worse on tasks that require thinking skills such as logic or memory. It also increases the risk of conditions such as dementia that affect people's ability to think and remember. A study by ELSA (English Longitudinal Study of Ageing) measured older people's spoken fluency and ability to remember. When they repeated the tests four years later, they found that people who took part in social activities and had more contact with others had declined noticeably less than lonely people.
- C** Isolation also affects our sense of time and can even cause us to imagine things. In one experiment, Maurizio Montalbini spent 366 days in a deep dark cave. By the end, he was sleeping 12 hours and was awake for 36 hours each 'day' and believed he had only been underground for 219 days. Another experiment at McGill University, Canada, had to finish early after participants became too distressed to continue. They had to spend time in small soundproof rooms, where they could see, hear or touch almost nothing. Just a few hours into the experiment, participants started talking or singing to themselves and many later became upset or anxious. Having hallucinations – seeing things like lights, shapes or animals that weren't actually there – was common. All performed worse on maths and word tests.
- D** What is interesting is that the effects aren't just on our mental health. The physical effects can include poorer sleep patterns, and lonely people are also more likely to get sick and have higher blood pressure. Research at Ohio State University, USA, has demonstrated that long-term social isolation can increase our chances of serious medical conditions such as heart disease and decrease brain function. Scientists were stunned by the results of brain scans of the nine members of a research team before and after they spent 14 months in the Antarctic, cut off from the rest of the world. Without exception, their brains had changed. Each member showed around a 7% decrease in a part of the brain that controls memory and learning. In addition, they had lower levels of a protein that manages stress levels.

- E** Those who spend long periods alone, such as solo mountain climbers or explorers, use a variety of strategies to deal with being cut off from others. For some, objects become human substitutes. One remarkable example of this is sailor Ellen MacArthur. In 2005, she spent over 71 days alone sailing over 44,000 km around the world and to combat the loneliness she called her boat 'Mobi'. It was as if she'd completed the journey with another person; all her emails were signed 'love e and mobi' and she used 'we' (referring to herself and Mobi) rather than 'I' in her description of events. Professor Gro Sandal, a Norwegian psychologist, found that for others the landscape itself becomes their companion. Looking at the incredible scenery around them made them feel more secure and less lonely. Others befriend animals or use physical activity. Sailor Bernard Moitessier did both. While taking part in a boat race around the world, he fed seabirds that followed his boat and did lots of yoga. Instead of completing the race, he discovered he was enjoying his isolation so much that he just kept on sailing, eventually going more than half way round the globe again.
- F** Actively using your brain helps reduce the negative effects of isolation. Another recent ELSA study measured people's verbal skills and ability to remember over ten years. It found that regularly taking part in cultural activities such as visiting art galleries or museums, going to concerts or the theatre helped people maintain their performance on the tests. Curiously, going to the cinema was not found to have the same benefits.

10 Match the paragraph descriptions (1–5) with paragraphs (B–F).

- 1** Two experiments that demonstrated different effects of isolation on our mental health. ____
- 2** Cultural activities that encourage us to think and challenge our brains make us feel less lonely. ____
- 3** Long periods of isolation have many negative effects, including affecting our memory. ____
- 4** Different ways people who spend time alone have found to deal with isolation. ____
- 5** How isolation can impact our body, including the brain. ____

Score: / 5