ENGLISH LANGUAGE - SENIOR 3

MOCK

PART 1

Why we need to play

Human beings are not the only creatures that like to (0) ..... fun. Many animals play, as do some birds. However, no other creatures spend so much time enjoying themselves as human beings do. Indeed, we (1) ..... onto our sense of fun right into adulthood.

So why do human beings spend so much time playing? One reason is that we have time for leisure;animals have little time to play as most of their life is spent sleeping and (2) ..... food.

So is play just an opportunity for us to (3) ..... in enjoyable activities or does it have a more important (4) .....? According to scientists, (5) ..... from being fun, play has several very real (6) ..... for us - it helps our physical, intellectual and social development. It also helps to (7) ..... us for what we have not yet experienced. With very (8) ..... risk, we can act out what we would do in unexpected, or even dangerous situations.

0)	a) have	b) do	c) get	d) take
1)	a) hold	b) keep	c) save	d) stay
2)	a) searching	b) looking	c) seaking	d) gaining
3)	a) engage	b) combine	c) contribute	d) involve
4)	a) motive	b) purpose	c) intention	d) cause
5)	a) excluding	b) except	c) apart	d) away
6)	a) assets	b) profits	c) services	d) benefits
7)	a) plan	b) prepare	c) practise	d) provide
8)	a) brief	b) short	c) narrow	d) little

PART 2

Swimming

Swimming is generally considered to be (0)...one... of the best ways of exercising the whole body without risk of injury. According to health experts, it can also ease back pain and even reduce blood pressure. There is only one problem: to enjoy all the benefits of swimming, you (13) ..... to do it properly. (14) ..... you visited your local swimming pool and just watched, you might be surprised to see (15) ..... badly many people swim. Poor technique may result from a number of factors including anxiety, the swimmer's lack (16) ..... body awareness, or just a concern about (17) ..... their hair wet. What's (18) ..... , swimming techniques do not always improve with practice. (19) ..... the contrary, once people have fallen (20) ..... bad habits, they tend to be stuck with them.

But help is at hand. For all those keen to learn to swim properly, and so (21) ..... advantage of all the health benefits, there is now something known as the Shaw Method, developed by a former competitive swimmer, Steven Shaw. Shaw encourages people to think about their swimming technique and to concentrate on things (22) ..... breathing correctly and making (23) ..... that arm and leg movements work together (24) ..... than against each other.

LIVEWORKSHEETS

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PART 3

Cycling

I have been a keen (0) ...cyclist.... for about nine years. When I began cycling, I found the flat roads easy but the hills almost (17) ..... Surprisingly, now it's the opposite. A long flat ride can be both dull and (18) ..... as you never experience that fantastic feeling of freedom when speeding downhill. Years ago, going uphill left me (19) ..... Now I have learned to take hills slowly and steadily.	CYCLE POSSIBLE EXHAUST BREATH
When I set off, I'm full of energy and the first hundred metres are (20) ..... the next couple of kilometres a bit tiring, but on the whole the experience is very (21)	MARVEL ENJOY
Cycling is (22)..... any other forms of exercise I have tried; it is never a chore but always a (23)..... . The physical benefits are obvious but the mental benefits are (24)..... important; when you are travelling calmly at a sensible speed, you breathe fresh air, have time to think and can relax.	LIKE PLEASE EQUAL

PART 4

Food questions 1-6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two to five words, including the word given.

1) I thought this journey would last longer than it did. AS

This journey didn't ..... did.

2) Martin thought the second part of the film was more interesting. NEARLY

Martin didn't think the first ..... as the second part.

3) They didn't sell many programmes at the match FEW

Very ..... at the match last Saturday.

4) We got to work late because we decided to drive rather than take the train. INSTEAD

We got to work late because we decided to drive ..... the train.

5) I knew the song but was unable to think of the name of the singer. COME

I knew the song but could ..... the name of the singer.

6) I have never seen such a dirty beach before.

This is the ..... seen!

LIVEWORKSHEETS