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Colegio **Buena Tierra**

"Hacer propio el conocimiento"

ENGLISH COORDINATION

2ND BIMONTHLY EVALUATION SECONDARY

STUDENT'S NAME_____ THIRD GRADE GROUP _____

DATE _____Miss Jenny/Miss Joanna/ Miss Karla

READING EXAM

I. **YOU ARE GOING TO READ A MAGAZINE ARTICLE ABOUT A RALLY DRIVER. FOR QUESTIONS 1-8, CHOOSE THE ANSWER (A, B, C OR D).**

Driving in the Desert

My family are farmers in France, and by the age of ten, I could manoeuvre a tractor into a field to pick up straw bales. For my driving test, I learned how to reverse into a parking space by practising between two tractors.

I'm the extraterrestrial of the family: I've always needed to prove that I can adapt to new situations. I'd never left France until 1998 - and then I went to Australia, the most distant country possible. I worked on a sheep farm there, driving a 4x4 all the time, and spent four months driving around the country on my own. That was when I first came into contact with the desert, and I wanted to return to it.

But it was my competitive spirit that drew me to the all-female Gazelles Rally in the Moroccan desert. I did it to see if I could survive in the desert and not be afraid. Taking part in the rally involves spending eight days in the desert, including two sets of two-day marathons when you're on your own overnight with your team-mate. The rally will push you to the limits of your physical and mental capacity, so it's very important to choose the right team-mate, to make sure you have the same goal and the same way of working. But the key thing is for you both to keep your courage and remain confident.

(*paragraph 4*) Participants - known as the gazelles - drive 4x4s, quad bikes, motorbikes or trucks, and use a compass and a map to navigate their way to marker flags that have been planted in the desert - always in places that are really difficult to get at. You have to drive up and down huge sand dunes, the highest of which are about twenty metres. Every morning at base camp you have to prepare your maps, by marking the position of the day's flags. Then you have to plan the best route to them. It takes time to learn how to do **this**, how to understand the landscape, because you are all alone in the emptiness - there are no landmarks, it is all just flat. On our first day, my team-mate and I felt quite frightened by it - we thought we'd get lost. So we decided to drive in a straight line for half an hour in search of geographical features. Then we found some mountains.

It rained a lot during the rally, and the thing that scared us most was the thought of not being able to get out of the mud. Some women were stuck for about twelve hours overnight before the mud dried. My team-mate and I managed to get through, though, because we set off first, when the ground was less damaged. Each vehicle carries a satellite tracking system with it, and every half-hour the rally organisers use this to check on you: if a car isn't moving, they go to the rescue. Once, we were all alone in our tent in a storm, and feeling a bit scared. An official rally vehicle came and reassured us that we wouldn't be washed away.

(*paragraph 6*) I had great difficulty finding a sponsor - it costs about €6,000 to hire a vehicle and €14,000 to participate in the rally, plus you have to hire safety equipment. It's always the people you least expect who help you most. The big dealers for four-wheel-drive vehicles refused to finance what they called **'a girls' jaunt** in the desert'. It was a small, independent garage that provided us with an 11-year-old 4x4 for nothing - and we didn't have a single breakdown.

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Speed is not a factor in this competition. Men have a tendency to drive a bit faster than women. They're so sure they've chosen the right route that they're less good at anticipating problems. A man who was doing a television programme on the rally refused to believe that it was difficult or that women could sometimes be better than him.

I want to do the rally again next year. Taking part in it puts life's problems into perspective, and it's also a big thing on my CV: it shows people I can see a project through. When I meet the top people in my company now, I feel far more self-assured.

1. Why did the writer go to Australia?

A to further develop her driving skills
B to get practice in driving in desert conditions
C to visit members of her family who farmed there
D to experience living in

2. In the writer's opinion, the ideal rallying team-mate is someone who

A will keep you from feeling afraid at night.
B can make up for any weaknesses you have.
C does not take the competition too seriously.
D will share your general aims and attitudes.

3. What does the word 'this' in paragraph 4 refer to?

A driving in difficult places
B finding important landmarks
C deciding which route to take
D drawing flags on a map

4. The writer's greatest fear in the desert was that she might

A lose her way in bad weather.
B become stuck in wet ground.
C damage her vehicle in the mud.
D have to be rescued by other competitors.

5. What does the writer say about the cost of the rally?

A Hiring a vehicle was her biggest expense.
B Safety equipment was provided by the organisers.
C She was surprised that a small garage sponsored her.
D A new vehicle would have reduced her maintenance bill.

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6. By using the phrase 'a girls' jaunt' (*paragraph 6*), the big dealers showed that they felt

A unimpressed by the writer's driving skills.
B a lack of respect for this particular event.
C sure that the writer wouldn't complete the rally.
D an unwillingness to sponsor rallying in general.

7. According to the writer, men rally drivers

A fail to realise when something is about to go wrong.
B tend to feel overconfident when driving at speed.
C seem to have fewer problems with navigation.
D refuse to accept the advice of women.

8. In the last paragraph, the writer suggests that taking part in the rally

A has improved her career prospects.
B has impressed her superiors at work.
C is something that she will do every year.
D is creating certain problems in her private life.

II. YOU ARE GOING TO READ AN ARTICLE ABOUT THE MUSIC USED IN GYMS. SEVEN SENTENCES HAVE BEEN REMOVED FROM THE ARTICLE. CHOOSE FROM THE SENTENCES A-H THE ONE WHICH FITS EACH GAP (9-15). THERE IS ONE EXTRA SENTENCE WHICH YOU DO NOT NEED TO USE.

Music to get fit by

An aerobics teacher argues that music can increase our workout productivity

At college, I used to go to the gym regularly but I never liked the music they played in the classes. I trained as an instructor largely so that I could have control of the stereo. Now I teach twenty hours of aerobic classes a week and so I always associate physical activity with banging house music at 140 beats per minute.

This is not as crazy as you might think. Music and exercise have long been known to be close companions. (**9**) _____ . He is also the architect of the Brunei Music Rating Inventory (BMRI), designed to rate the motivational qualities of music.

Karageorghis says we have an underlying predisposition to react to musical stimuli. 'Music is beneficial,' he explains, 'because of the similarities between rhythm and human movement. The synchronisation of music with exercise consistently demonstrates increased levels of work output among exercise participants. (**10**) _____ .

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For James Cracknell, the rower, the ideal music was a Red Hot Chili Peppers' album, which he says played an integral part in his preparation and, ultimately, his Olympic victory. (**11**) _____ . If you are not familiar with this word, it means that during repetitive exercise, music essentially diverts attention away from the sensation of fatigue. The right music can almost persuade your body that you are in fact having a nice sit down and a coffee.

Not everyone, however, shares the same taste in tunes. 'Can you turn that racket down?' said a participant in one of my classes before storming out. Reaching a consensus on music is notoriously tricky - which makes communal exercise classes problematic. There are, however, some rules that professional fitness instructors follow. (**12**) _____ .

Most importantly, however, the music should mirror your heartbeat. The instructor should choose the music to go with the different phases of a class, from the warm up, to high intensity, to the final relaxing phase. It's advisable to follow this sequence when you work out alone, too, and not make the mistake a good friend of mine made. (**13**) _____ .

Instructors and gyms often buy ready-mixed CDs that come with a music licence, without which they can be fined heavily. A frequent complaint by those who go to classes is that they hear the same old songs over and over again. (**14**) _____ . It is also true, sadly, that most people respond best in motivational terms to quite awful songs - music they wouldn't necessarily be proud to have on their iPod.

(**15**) _____ . In order to prepare mentally, for example, golfers can get hold of a special range of music just for them. Whatever your sport, I'd like to give you some final words of advice. As Karageorghis suggests, enjoy the beat and let the music motivate you, but never forget your main objective is to exercise and music is only there to help you do that.

A But perhaps the most useful thing about music is that it allows even the humble gym-goer or runner to practise a technique used by elite athletes, known as 'disassociation'.

B These days you can find music tailored to suit an incredibly diverse range of sports and exercise needs.

C One of them is that the music must be appropriate to the type of class and not just the instructor's personal enthusiasm for a particular genre or artist.

D This is mostly because only a limited number of them are released for public performance each year, and partly because teachers universally favour the most popular tracks.

E The most convenient is the gym called *Third Space* in London's Soho, which does several sessions a week to live DJ accompaniment.

F He was cooling down to techno music, which left him feeling nervous and twitchy all day.

G Choose the right music and, according to Karageorghis, you can up your workout productivity by as much as twenty percent.

H Dr Costas Karageorghis, a sports and exercise psychologist who is also a musician, has spent more than a decade studying the link between athletic activity and music.

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III. YOU ARE GOING TO READA MAGAZINE ARTICLE ABOUT FIVE PEOPLE WHO EACH WRITE A PERSONAL BLOG. FOR QUESTIONS 16-30, CHOOSE FROM THE PEOPLE (A-E). THE PEOPLE MAY BE CHOSEN MORE THAN ONCE

Why do people start writing blogs?

Read the personal stories of five bloggers

Ann Handley Like many of my school friends I used to spend hours every day writing a diary. But while they kept them hidden under their beds, I needed an audience, interaction and feedback. One day, my teacher encouraged me to join a pen friend organisation and I used to write pages of fascinating detail about my teacher, my friends, my dog ... I even invented a few personalities, the details of which were far more interesting than my own life. So when one of my colleagues explained to me what blogging was all about - the frequent postings, the feedback, the trackbacks - I felt confident that I already knew all about it. I am now a marketing specialist and my blog is a business tool. But at the same time I am reliving the joy of communicating and the thrill of the conversation.

Dave Armano A year ago I was a professional minding my own business. When I started reading blogs, I would say to myself: There's so much information out there - so many smart people.' I decided to start my own blog, but I had no idea what I was doing. I was basically a nobody and I was trying to get people to listen to me. What was I thinking? But then I created a visual for my blog and before I knew it, I had all these other blogs linking to me - doing weird stuff like trackbacks. I had no idea what a trackback was, but I went from forty hits a day to close to a hundred overnight. It was amazing! That's when I stopped to think: if I wanted traffic, I needed to get some good content there, and that's what really worked for me.

Carol Krishner It's great to have my personal blog because I feel free and if I make mistakes I learn from the experience. I'm a lecturer, and it's refreshing to be able to step outside my academic interests and into a different world. But it's interesting that when you choose topics to write about you give others hints about yourself, and people do get to know you. So it's not the thing to do if you want to remain anonymous. One of the first lessons I learnt is that the blogosphere is a genuine community. After asking a question in a blog comment about what qualities are needed in a good blog, I soon got spot-on advice from a blogger I didn't even know. Then I had an invitation to a local face-to-face blogger meet-up, which was an amazing experience.

Debbie Weil I started my first blog exactly three years ago for a very practical reason. It was clear to me that blogs were going to become a useful tool in my future job as a journalist. I needed to know how to use this new tool, and I figured blogging myself was the quickest way to get up to speed. I learnt quickly and since then I've helped others launch their own personal blogs. The simplicity of blogging software enables me to write short entries without any problems or delays. Writing a 750-word article is a daunting task, but a quick blog entry takes less than a minute. And yet the effect is so significant - I get calls from companies saying they've read my blog and would I be available to give a presentation, for a large fee.

Tristan Hussey Writing has been a struggle for me for most of my academic life. In my first high school year I had serious spelling problems all the time. At college, thanks to a spell checker and some practice, I did fine. In 2004, I was in an administrative job and feeling that I was only using a small portion of my skills. I had heard about this blogging thing and decided I should give it a go. I wrote one blog but deleted it after a couple of days. Then I realised that if I wanted a better job, I'd need to get good at this. So I started reading blogs, writing blogs - it was a daily ritual of reading and writing. And guess what, my writing was getting better, and, incredibly, I got noticed by employers. Today I work for a blog software company.

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Which person ...

16 ____ ...started writing the blog as a way of improving career prospects?

17 ____ ...says they use the personal blog in professional activities?

18 ____ ...warns prospective bloggers about a loss of privacy?

19 ____ ...mentions having certain difficulties as a teenager?

20 ____ ...made a decision to improve the quality of the blog?

21 ____ ...is not concerned about making errors in the blog?

22 ____ ...felt no need to learn anything new before starting to write blogs?

23 ____ ...believes that blogging has improved their language skills?

24 ____ ...initially lacked confidence in their ability to attract readers to the blog?

25 ____**and 26** ____ ...was surprised by the response to the blog?

27 ____ ...compares the ease of writing blogs to other types of writing?

28 ____ ...values the fact that the blog provides a break from work?

29 ____ ...remembers other people being less open about what they had written?

30 ____ ...has offered other new bloggers help in starting their blogs?

A	**Ann Handley**
B	**Dave Armano**
C	**Carol Krishner**
D	**Debbie Weil**
E	**Tristan Hussey**

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