

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



نموذج اختبار قراءة تدريبي

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التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

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المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الثاني

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Maze

Meditation

Recently, I have been looking at new activities to try. I have decided **1** (when / what / why) I am going to do. I **2** (want starting / want to start / want can start) meditation classes because I think it will relax me. I think it is **3** (more interesting / so interesting / much interest) than other sports.

My friend Asma **4** (wants / can / says) she will go with me. She tried to go last week but missed the bus. By the time she got there, the class **1** (had finished / have finished / is finishing). I will set off early **6** (or / but / so) I won't miss the class. I cannot wait to begin my classes!

Diet changes

It **1** (is thought that / is thinking that / thinks it is) diet may be a more important factor to health than exercise. I **2** (was think to quit / was thinking of quitting / was thought of quitting) junk food when I started university but student life made it an easy option. Now, though, I **3** (wish I had / hope I had / wish I was) started eating healthier at an earlier age. Today, I keep a food diary **4** (so to as / to so as / so as to) watch my calories and help prevent obesity. **5** (Matter not when / When no matter / No matter when) you start, it is certain that you will feel the benefits more than you **6** (are missing / will miss / had missed) the treats. Caring for your diet helps caring for your body.

Reading:

A Bond For Life

Amal wasn't feeling very happy.

"What's wrong?" asked her father.

"Firefly was agitated for the entire lesson this morning. My trainer told me to be strong with him, so I was. Suddenly, he bolted and jumped really high! I lost my balance and fell off! Luckily, I only got a bruise on my arm. It was my fault, though! I wish I'd tried harder to handle my horse, father! We'll never win a race at this rate!" sobbed Amal.

"When I was your age, I had a horse named Diamond. Even though he was brave with lots of potential, riding him was impossible. He was headstrong! I must've fallen off him dozens of times. I was about to give up but my father told me not to. I started connecting with Diamond, taking him out for walks, feeding him and talking to him. He slowly started to trust me. If I had tried this method the first day, we bought him, he would not have been too difficult to handle. A month later, Diamond became less challenging than he had been before. I thought that being tough was the best way to train horses. I was wrong! What he needed was someone to understand him."

"What happened after that?" asked Amal with excitement.

"Ah, we were the unbeatable team for many years! Your grandmother said once that my room was an exhibition of trophies!" laughed her father. "Many trainers begged me to sell him," he added.

"Did you?" asked Amal.

"Not for all the money in the world," he replied.

Amal felt optimistic. She was hoping to get a fresh start with Firefly. Connecting positively with her horse was more important to her than just riding one.

Read the text and answer the questions.

- 1. What advice did the instructor give Amal?**
 - a. She encouraged her to be strict with her horse.
 - b. She told her that she needed to be balanced.
 - c. She warned her not to jump too high.
- 2. Why did Amal cry?**
 - a. She regretted buying her horse and wanted to stop riding.
 - b. She was in a lot of pain from her serious injuries.
 - c. She blamed herself for falling off her horse.

3. At the beginning of the story, the mood was ____.
- a. calm
 - b. tense
 - c. joyful
4. According to Amal's father, Diamond used to be ____.
- a. scared
 - b. pleasant
 - c. stubborn
5. How did Amal's feelings change after her father told her about Diamond?
- a. Before, she was sad but after, she was anxious.
 - b. Before, she was upset but after, she was cheerful.
 - c. Before, she was happy but after, she was confused.
6. The story is mainly about ____.
- a. the bond between a rider and their horse
 - b. making money through selling horses
 - c. how to become the best horse trainer
7. *****BONUS***** Amal's father had a ____ racing experience with Diamond.
- a. terrible
 - b. dreadful
 - c. successful
8. *****BONUS***** What happened to Amal and Firefly in the future?
- a. Firefly continued to throw Amal every time she tried to ride him.
 - b. Amal sold Firefly for lots of money to a rich stable owner.
 - c. Firefly eventually retired from racing having never been defeated.

Khalid's exercise business

Khalid is a young Emirati who has decided to set up his own exercise business. But this business is not in a gym, but rather offers exercise programmes online - with a series of training sessions which you can log in and use any time.

He had the idea one day when he became tired of using his local gym. Although the gym he went to offered personal training, he found it was often very busy. Khalid also worked very late most nights. Often when he finished work, the gyms had closed.

With his online programme, Khalid can offer people what they need to train on. It can be as easy or as difficult as they need. People can use it first thing in the morning or last thing at night. "I kept it online so it is more popular with a wide range of people," he tells us. "Also it means we can offer quite cheap programmes. I believe all of this will make it attractive to many people."

What about the future of Khalid's business? Khalid has had offers to partner with other companies, but he has said no to all of them. He wants to offer more programmes soon, like meditation and yoga. He hasn't decided yet if he will open his own gym! Whatever he decides, we hope that Khalid's business continues to be a success.

- 1. The second paragraph is mostly about ____.**
 - a. Khalid's past experience with gyms
 - b. why most people use gyms
 - c. how gyms are better than online programmes
- 2. One problem Khalid had with gyms was ____.**
 - a. there weren't enough people
 - b. the time they were open
 - c. they didn't offer personal training
- 3. Khalid wants his start-up to offer a ____.**
 - a. morning-only exercise routine
 - b. very difficult exercise programme
 - c. personal training programme

4. Khalid made his start-up an online business because he wants ____.

- a. to make it less attractive to certain people
- b. it to cost more money
- c. more people to use it

5. In the future, Khalid would like to include ____.

- a. yoga exercises
- b. other companies
- c. a gym to visit

6. Both Khalid's business and the gym he went to offer ____.

- a. training at any time
- b. personal training
- c. very cheap training

Natural Meditation

Meditation is becoming more popular - some schools offer it in classes. Offices set aside half an hour from the work day for it. Many people gather in parks to enjoy it. Meditation is not just an exercise but also big business. And one company in Iceland has a new offer - so as to create the maximum feeling of calm, they offer meditation classes near a thermal spring.

Hind practices meditation but spent years only practising at clubs and at her work. A friend of hers encouraged her to meditate in a range of natural spaces. "I wish I had tried this many years ago," she told us. After the effect it had on her, she wasn't surprised to hear about the Icelandic company's idea.

Hind says that she really felt the benefits of this practice one particular time. She was meditating near a waterfall and relaxed by focussing on the sound of the water. At the time, she had a bad injury in her neck - and was amazed to find that this meditation really helped with her healing!

Meditating in various buildings was more difficult for Hind than meditating in any natural space. "I even once meditated near a volcano! And yet, strangely, meditation in this environment was easier than meditating in my bedroom or living room. The outside noises were a big problem for me."

No matter where you meditate, the most important thing is to concentrate on that constant talking you have in your own mind and make it quiet. In outside spaces, you might achieve that by listening to the noises outside of you. In indoor spaces, you probably need to try and ignore those distracting noises. But the key is to try and forget all your little worries from the events of that day.

1. A company in Iceland provides meditation programmes near a _____.
 - a. school
 - b. thermal spring
 - c. park
2. Hind regrets that _____.
 - A. she didn't start meditating in natural spaces sooner
 - B. she tried to meditate near a volcano
 - C. she learnt another company had the same idea
3. Paragraph 3 is mostly about _____.
 - a. different ways to help healing
 - b. the danger of waterfalls
 - c. one person's best experience

- 4. The most difficult place for Hind to meditate was ____.**
- a. her home
 - b. a volcano
 - c. waterfall
- 5. Meditating both inside and outside needs you to focus on ____.**
- a. the range of noises outside you
 - b. relaxing the noise in your mind
 - c. what has happened to you that day
- 6. Hind's friends and the company in Iceland both encouraged people to ____.**
- a. go for long walks in nature
 - b. start meditating at work
 - c. meditate in new spaces

10 Advanced

Maze

Exercise

1 (It is believed that / They are believing that / It believes it is) around half of humans will be obese by the year 2035. **2** (The cost is / It will cost / The cost for) health systems will be greater than the current overall budget of their countries.

We asked one gym-goer: When **3** (was it / it was / does it) that you started thinking about integrating more exercise into your routine?

"I used to act as if I **4** (will never heard / had never heard / have been hearing) of exercise before. In seriousness, I **5** (will be planned / am to plan / had been planning) to join a gym for a long time but, **6** (due to / since / because of) I worked a very intensive job, I rarely found the time to work out. Now I go every day."

Reading

Sport Injury Treatment

It is often believed that sports and exercise are an essential part of a balanced and healthy style – and they certainly are for most. However, it is also often reported how a simple injury or lack of care when doing particularly hard exercise can soon develop into a life-threatening condition. This can be particularly important exercising in hot weather. While building a sweat in heat has certain benefits, you do need to occasionally get some shade – however, the key is hydration. The less water you drink in these conditions, the more likely you are to develop a serious condition.

One such case of this was Brian. A heavy jogging session soon ended when he had a nasty fall and hit his head. He had very few symptoms, a bit of dizziness and a headache which soon passed. He had been planning to pick up some over-the-counter medicine on the way home to treat his symptoms. However, he remembered the possibilities he had read about and decided to treat it as if the symptoms had been more serious. He got medical attention at his local hospital and his doctor told him he was very lucky – he was showing first symptoms of a serious head injury called a concussion, and could have been brought in in an ambulance if he hadn't acted sooner. His dehydration had also made his condition worse.

Science has brought us a range of treatments for sporting injuries and we are excited to see what new ones will soon be available. More modern treatments, such as stem-cell therapy can even cure the most serious injuries, since these work by helping people rebuild muscles. They are currently extremely expensive but, maybe, such treatment will one day be available to all.

The most important aspect of staying safe while exercising from the first paragraph is ____.

1. never exercising in the heat
2. remembering to drink water
3. always staying in the shade

Brian's initial response was to ____.

1. get some pharmacy medicine
2. go to the hospital
3. call an ambulance

His decision to see a doctor came from ____.

1. an article he read about dehydration sickness
2. the medicines he took not working
3. imagining that he had more serious symptoms

What does both the introduction and the example of Brian try to explain?

1. how a small injury may become something more serious
2. how we should try and keep going through injuries
3. how drinking water can make exercise more effective

The newer treatments for injuries mentioned ____.

1. are available for everyone
2. help to grow muscles again
3. will be cheaper very soon

The last paragraph describes ____.

1. the history of sports treatment
2. who invented stem-cell therapy
3. the author's hope for the future