

شكراً لتحميلك هذا الملف من موقع المناهج السعودية



أسئلة اختبار نهائي الدور الأول 3 goal Mega

موقع المناهج ← المناهج السعودية ← الثالث الثانوي ← لغة انجليزية ← الفصل الثالث ← الملف

تاريخ نشر الملف على موقع المناهج: 04:28:07 2023-10-30

التواصل الاجتماعي بحسب الثالث الثانوي



المزيد من الملفات بحسب الثالث الثانوي والمادة لغة انجليزية في الفصل الثالث

Total Mark in Letters		Markers
		Graded by:
5		Revised by:

اختبار استماع مادة (اللغة الإنجليزية - الفصل الدراسي الأول - الدور الأول) للصف \_\_\_\_\_ ثانوي - للعام الدراسي ١٤٤٤ هـ - نظام المسارات

اسم الطالب: \_\_\_\_\_ رقم الجلوس: \_\_\_\_\_ اللجنة: \_\_\_\_\_

### رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Listen to the conversation between Waseem and his friend, Mustafa, talking about fitness and health and answer the following questions



3

#### 1) Choose the correct answer: (½ mark each)

1) Waseem joins the gym to \_\_\_\_\_

- a- get fit      b- lose weight      c- build muscles      d- hang out

2) Mustafa joins the gym to \_\_\_\_\_

- a- get fit      b- lose weight      c- build muscles      d- hang out

3) The trainer told Mustafa to do \_\_\_\_\_ minutes on the running machine.

- a- 14      b- 20      c- 40      d- 44

4) The trainer told Mustafa to do \_\_\_\_\_ minutes on the weights

- a- 14      b- 20      c- 40      d- 44

5) Waseem can have a personal \_\_\_\_\_ when he joins the gym if he likes.

- a- food menu      b- bicycle      c- email      d- trainer

6) Mustafa will \_\_\_\_\_ Waseem about the cycle classes.

- a- call      b- send a snap to      c- text or email      d- send voice message to

#### 2) Put ( T ) for true or ( F ) for false sentences: (½ mark each)

- [ ] Mustafa thinks the gym isn't really good.
- [ ] A free health check is given when you join the gym.
- [ ] Cycling is one of the best ways to build muscles.
- [ ] Mustafa will check the website about having cycle classes.

2

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		Graded by:
5		Revised by:

اختبار استماع مادة (اللغة الإنجليزية - الفصل الدراسي الأول - الدور الأول) للصف \_\_\_\_\_ ثانوي - للعام الدراسي ١٤٤٤ هـ - نظام المسارات

اسم الطالب : ..... رقم الجلوس : ..... اللجنة : .....

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## Audio Script

### Waseem and Mustafa - Fitness and Health

**Waseem:** Hi Mustafa. How are you?

**Mustafa:** Hi Waseem. Yes, I'm fine apart from I hurt all over!

**Waseem:** Why? What happened?

**Mustafa:** I joined the gym.

**Waseem:** But you aren't supposed to hurt yourself when you join a gym.

**Mustafa:** I know, but the personal trainer told me to do twenty minutes on the running machine and then we did forty minutes on the weights. It felt fine while I was doing it but now, I can hardly move.

**Waseem:** Why did you join the gym?

**Mustafa:** Well, I've put on a lot of weight and I wanted to lose it.

**Waseem:** And ... what's the gym like?

**Mustafa:** Oh – it's really good. They give you a full health check free when you join, and you can have a personal trainer if you like.

**Waseem:** What are the classes like? I want to join a cycle class because I want to get fit. I've heard cycling is one of the best ways to strengthen your heart and burn calories. And I'm so unit – I have to do something.

**Mustafa:** Why don't you join?

**Waseem:** But do they have any cycle classes?

**Mustafa:** Mmm ... I think so. I'll check the website and get back to you. Maybe we could go together?

**Waseem:** Yes, that's a good idea.

**Mustafa:** OK, I'll text you or email you tomorrow with the information.

**Waseem:** Fine.

**Mustafa:** Bye!

**Waseem:** Bye!

