

Sciences sand techniques institute of
physical and sport activities

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level:1st year
Group:.....

English exam

The Importance of Sport for The Children's Health Sport helps children to develop both physically and mentally. Physical activity should be part of our daily life. Practicing any kind of sport from an early age helps children in many ways, for example, group activities improve interaction and social integration. It also improves the mental level and promotes a healthily lifestyle in adulthood, as the habits we acquire as children are often to stay.

Sports have multiple healthy benefits. If we talk on a psychological or personality level, sports activities (especially those done in groups) help children to strengthen their social self-esteem, and allow them to understand the importance of having and respecting the rules. Another aspect to consider is what type of sport or activity will suit best the child considering his/her conditions and abilities. A more timid and shy child is likely to get better at a sport where she/he has to relate to peers.

To a more active one, an individual sport such as tennis can help better develop her/his ability to concentrate. One of the perhaps most relevant issues is the importance of physical exercise, not only in children but also in young and old people, because moderate daily physical exercise helps prevent overweight and obesity.

Taking into account the growth of the percentage of children and young people with obesity and overweight in the Western world, the inclusion of sport in the family routine becomes almost mandatory. Sport can also have the power to help us rest. For all those fathers and mothers of active children, try to get them to run every day playing soccer, or swimming or any other activity that keeps them physically active. They will fall asleep in bed in a matter of seconds and you, dads and moms, too.

Adapted from: <http://www.oblumi.com/blog/the-importance-of-sport-for-the-children-s-health/>

❖ **Reading comprehension:** (10pts)

1. Say whether the following statements are true or false: (3pts)

- Practicing physical activities is more benefic in adulthood than childhood . (.....)
- Physical activity should be occasional. (.....)
- obesity and overweight have a great percentage in western world . (.....)
- getting a high social self-esteem is one of the multiple healthy benefits . (.....)

2. What are the psychological and social benefits of sport? (2pts)

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3. Find in the text the synonym of the following terms: (2pts)

Improve = Integration=

4. Choose the appropriate title. (1pts)

- sport benefits
- obesity in western world
- sport and drugs

❖ Mastery of language:

(12pts)

1. Complete the chart as shown in the example: (3.5pts)

adjective	adverbe	comparative
healthy
early
.....	shyer
.....	physically
.....	more timid
young
old

2. Complete these sentences, using the comparative form of the adjectives given. (4.5pts)

Example : It's **hotter**.. here than in London, (hot)

She's **.more imaginative..** than her brother, (imaginative)

- He's than all the other students, (old)
 -
- He's than he was a year ago. (healthy)
 -
- He eats a lot - he's getting and (fat)
 -
- The road becomes after four or five miles.(narrow)
 -
- I'm sure I'll find New York than Houston.(exciting)
 -
- He thinks Charlie Chaplin is than Mr Bean, (funny)
 -

3. Underline the best option; past Simple or Continuous? (4pts)

"Bob (*phoned / was phoning*) Mary. He asked her to go out to a café with him. Amy(*liked / was liking*) Carl more than Bob, but she went for a drink with Bob. Amy and Bob (*read / were reading*) the menu when Carl(*came / was coming*) into the café. Amy saw Carl but Carl (*didn't see / wasn't seeing*) Amy - she(*hid / was hiding*) behind the menu!. Then her mobile phone (*started / was starting*) to ring. It was Carl - he(*sat / was sitting*) at the next table !"

Good Luck

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Corrigé type of english exam

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Taking into account the growth of the percentage of children and young people with obesity and overweight in the Western world, the inclusion of sport in the family routine becomes almost mandatory. Sport can also have the power to help us rest. For all those fathers and mothers of active children, try to get them to run every day playing soccer, or swimming or any other activity that keeps them physically active. They will fall asleep in bed in a matter of seconds and you, dads and moms, too.

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❖ Reading comprehension: (10pts)

1. Say whether the following statements are true or false: (3pts)

- Practicing physical activities is more benefic in adulthood than childhood . **(false)**
- Physical activity should be occasional. **(false)**
- obesity and overweight have a great percentage in western world . **(true)**
- getting a high social self-esteem is one of the multiple healthy benefits . **(true)**

2. What are the psychological and social benefits of sport? (2pts)

- **help children to strengthen their social self-esteem.**
- **allow children to understand the importance of having and respecting the rules.**
- **help young and old to prevent overweight and obesity.**

3. Find in the text the synonym of the following terms: (2pts)

Improve = **develop/promote**

Integration = **inclusion/interaction**

4. Choose the appropriate title. (1pts)

-sport benefits

-obesity in western world

-sport and drugs

❖ Mastery of language:

(12pts)

1. Complete the chart as shown in the example: (3.5pts)

adjective	adverbe	comparative
healthy	Healthily	healthier
early	Early	earlier
shy	Shyly	shyer
Physical	physically	More physical
timid	Timidly	more timid
young	Youngly	younger
old	Oldly	older

2. Complete these sentences, using the comparative form of the adjectives given. (4.5pts)

Example : It's **hotter**.. here than in London, (hot)She's **.more imaginative.** than her brother, (imaginative)

- He's than all the other students, (old)
 - **He is older than all other students.**
- He's than he was a year ago. (healthy)
 - **He is healthier than he was a year ago.**
- He eats a lot - he's getting and (fat)
 - He eats a lot, he is getting fatter and fatter.**
- The road becomes after four or five miles.(narrow)
 - The road becomes narrower after four or five miles.**
- I'm sure I'll find New York than Houston.(exciting)
 - I am sure I will find New York more exciting than Houston.**
- He thinks Charlie Chaplin is than Mr Bean, (funny)
 - He thinks Charlie chaplin is funnier than Mr Bean.**

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"Bob (phoned / was phoning) Mary. He asked her to go out to a café with him. Amy(liked / was liking) Carl more than Bob, but she went for a drink with Bob. Amy and Bob (read / were reading) the menu when Carl(came / was coming) into the café. Amy saw Carl but Carl (didn't see / wasn't seeing) Amy - she(hid / was hiding) behind the menu!. Then her mobile phone (started / was starting) to ring. It was Carl - he(sat / was sitting) at the next table !"

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