

**End of Primary Benchmark**

**2017**

**English Listening Comprehension Procedures**

**Time: 30 minutes**

**Teacher's Booklet**

**Note:**

**The English Listening Procedures are included in the audio text and candidates are expected to listen to the recorded text during the Listening Comprehension Assessment. This booklet, which includes the instructions, texts and tasks set, is to be read by teachers ONLY when the equipment used does not function properly.**

## Procedures for Task One

### Look at Task One.

*(Allow a 15-second pause while students familiarize themselves with the task.)*

**Listen carefully. You will hear the recording twice.**

**You are going to hear a radio programme for children. The first part is about our skin. The second part is about why we get hiccups.**

Hi kids! Did you know that your skin is larger than any part of your body?

In fact, your skin is all over you and it has a very important job to carry out. Your skin keeps your insides in and germs out. It protects your body and keeps it from drying out. Without your skin, you'd be a mess!

Skin is made up of two layers. The epidermis is the outside part of the skin and it has sweat pores and hairs. The inside of the skin is called the dermis and it has nerves that sense pain or touch. It also has blood vessels, oil glands and hair roots. Underneath this layer is a thin layer of fat that cushions your body in case of an accident.

Skin colour depends on how much melanin it contains. Darker skin simply contains more melanin. The freckles on your face are also made up of melanin.

*(4-second pause)*

Do you know why we get hiccups?

You've just hiccupped for the tenth time since you finished your big dinner. Are you wondering where these funny noises are coming from? The part of your body to blame is your diaphragm, a muscle at the bottom of your chest.

The diaphragm almost always works perfectly but sometimes it becomes irritated. When this happens, it pulls down in a jerky way which makes you suck air into your throat suddenly. Then the glottis, a flap of skin that blocks the airway to the lung, closes. The closing glottis makes the hiccup noise.

Some things that cause hiccups are eating too quickly or too much. Feeling too nervous or excited can also give you the hiccups.

Do you know who hiccups? All mammals do but humans hiccup most of all. Babies hiccup more than adults and they even hiccup before they are born!

**Listen to the sentences and underline the correct word or phrase in each bracket as you listen.**

*(Include a 4-second pause after each number.)*

### Our skin

**Number 1.** Skin is (a small, a large, the largest) part of your body. (4 seconds)

**Number 2.** Skin has (no, a slightly important, a very important) job to do. (4 seconds)

**Number 3.** Hair is in the (epidermis, dermis, fat layer). (4 seconds)

**Number 4.** The fat under your skin (hardens, softens, protects) your body. (4 seconds)

### Why we get hiccups

**Number 5.** The diaphragm is (at the top, in the middle, in the lower part) of your chest. (4 seconds)

**Number 6.** The diaphragm (always, usually, rarely) works well. (4 seconds)

**Number 7.** You can get hiccups by eating (too slowly, too rapidly, too little). (4 seconds)

**Number 8.** (Every mammal, Most mammals, Some mammals) can get hiccups. (4 seconds)

**Now you will hear the programme again. Listen carefully.**

*(The radio programme is read a second time.)*

**Listen to the sentences again. You may finish this task as you listen.**

*(The sentences are read a second time. Include the 4-second pause after each number.)*

**You now have some time to check your answers. (Allow 30 seconds.)**

**This is the end of Task One. (Allow a 30-second pause between Task 1 and Task 2.)**

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## **Procedures for Task Two**

**Look at the four exercises for Task Two.**

*(Allow a 50-second pause while students familiarize themselves with the four exercises.)*

**Listen carefully. You will hear the recording twice.**

**In this interview, Louise Borg talks to Adam Peaty, a 21-year-old swimming champion from Britain.**

**Louise Borg:** First of all, congratulations on your achievements, Adam. It's been a fantastic year, hasn't it? How does it feel?

**Adam Peaty:** Oh it feels great, absolutely great. I never thought I would take the Olympic gold in the men's 100-metre breaststroke. I feel so honoured. It was the first Olympic gold for a British man in the pool in 28 years.

**Louise Borg:** How did you become a swimming champion?

**Adam Peaty:** Well, it's surprising really. You won't believe it but when I was young, I was so afraid of water that my mother struggled to get me into the bath! But I overcame the phobia and started swimming when I was seven years old, thanks to the influence of my sisters. I was selected to trial for a swimming club after taking part in a school competition. In 2014, I won two gold medals at the Commonwealth Games in Glasgow. This year has been the best – I broke the world record in the Olympics! I swam 100 metres breaststroke in less than 58 seconds!

**Louise Borg:** Can you tell us what it's been like?

**Adam Peaty:** Well, it wasn't always easy, you know. Actually, it was quite hard. I had to get up at 4 o'clock in the morning to go to training before school and then I still had to catch up with all the lessons at school or homework or whatever. But then it sinks in. You cannot give up. You know it's all worth it. Not everybody gets this chance so I'm extremely lucky. But, I had to work hard for it.

**Louise Borg:** How do you train to be a swimming champion?

**Adam Peaty:** Well, my daily routine is very much like any other swimmer's routine. I spend many hours in the pool plus weight training in the gym. I train for six hours a day, six days a week, without fail. Even if Christmas day falls on a training day, I still do a full day of training. I swim approximately 80 km every week. I have two massages every day and also take ice baths to help my body recover. I also have to be careful with my choice of food. Before my training, I eat cereal, and then after training, it's eggs and vegetables. Lunch usually consists of pasta, and two ham and

cheese sandwiches, and approximately 1000 calories of energy drinks. For dinner I have more pasta and a pizza and more energy drinks. In addition to this, I also take protein supplements to keep my muscles in top condition.

**Louise Borg:** Do you have any advice for young people?

**Adam Peaty:** Yes. Swimming is a way to keep fit, relax and have fun. You should take up swimming too – it's great! I did it for my country and that means so much to me.

**Louise Borg:** Thank you very much, Adam. What an inspiring story!

**Listen to the exercises and complete them.**

*(Include a 4-second pause after each item.)*

**Exercise 1: Underline the correct answer in the brackets.**

- a) Adam Peaty is (18, 21, 28) years old. (*4 seconds*)
- b) He was encouraged to start swimming by his (father, mother, sisters). (*4 seconds*)
- c) He won (two, three, four) gold medals in the Commonwealth Games. (*4 seconds*)

**Exercise 2: Tick FOUR food items in Adam Peaty's diet.**

*(Allow a 15-second pause for students to tick the four items.)*

**Exercise 3: True, False or No Information Given. Tick the correct box in the table below.**

- a) Adam Peaty was never scared of water.  
Tick the correct box now. (*4 seconds*)
- b) Adam trained with a team.  
Tick the correct box now. (*4 seconds*)
- c) He has got an Olympic record in swimming.  
Tick the correct box now. (*4 seconds*)
- d) He was excused from school to do his training.  
Tick the correct box now. (*4 seconds*)
- e) Adam will take part in the next Olympics.  
Tick the correct box now. (*4 seconds*)

**Exercise 4: Underline the correct answer.**

- a) British male swimmers won:
  - i) many Olympic gold medals in the last 28 years.
  - ii) only a few Olympic gold medals in the last 28 years.
  - iii) one Olympic gold medal in the last 28 years. (*4 seconds*)
- b) In order to become a swimming champion, Adam Peaty had to:
  - i) train six days a week and follow a special diet.
  - ii) train every day apart from Christmas day.
  - iii) follow a special diet and give up energy drinks. (*4 seconds*)

**Now you will hear the recording again. Listen carefully.**

*(The interview is read a second time.)*

**Listen to the exercises again. You may finish off any remaining exercises as you listen.**

*(The exercises are read a second time. Include a 4-second pause after each item.)*

**You now have some time to check your answers. (Allow 1 minute.)**

**This is the end of Task Two and the end of the Listening Comprehension Paper.**