

**End of Primary Benchmark**

**2017**

**Second Session**

**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 hair. The second part is about why we yawn.**

Hi kids! Did you know that you have hair almost on every part of your body?

Some of the hair on your body is easy to see but other hair, like that on your cheek, is almost invisible. Some places on your body which don't have any hair are: your lips, the palms of your hands and the soles of your feet.

Depending on where it is, your hair has different jobs. The hair on your head keeps you warm and your eyelashes protect your eyes from dust or too much light.

Hair is made of keratin. Hair starts in a root which is inside a follicle, a small tube in the skin. As it grows, it pushes out the follicle through the skin where you can see it.

Hair colour depends on melanin. When we are older our body makes less melanin so our hair can become white.

(4-second pause)

Do you know why we yawn?

You have probably noticed that yawning is contagious. When someone near you yawns, there is a good chance that you will yawn too. Although there are many theories, that is ideas, about it, we are not sure why we yawn.

Yawning increases the amount of oxygen in our lungs. Some researchers say that yawning is like stretching since it increases blood pressure and heart beat rate.

If you are yawning right now, it is very unlikely that you are bored. Yawning makes us more awake. Athletes yawn before a race and you yawn before an exam!

Some believe that yawning is a sign that you are going to do something different. Yawning perhaps prepares your brain for change.

Do you know who yawns? The majority of mammals and some reptiles and birds yawn. All humans yawn; babies even yawn 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 hair

**Number 1.** You have hair on (a few parts of, most parts of, everywhere on) your body.

(4 seconds)

**Number 2.** You have (no, invisible, some) hair on the bottom of your feet. (4 seconds)

**Number 3.** The hair on your eyelids protects your eyes from (dim, strong, coloured) light.

(4 seconds)

**Number 4.** Our hair can become white when our body produces less (keratin, follicle, melanin).

(4 seconds)

### Why we yawn

**Number 5.** Yawning makes our heart beat (much slower, a little slower, faster). (4 seconds)

**Number 6.** If you yawn, you are probably (very, slightly, not) bored. (4 seconds)

**Number 7.** It is (certain, impossible, possible) that yawning prepares your brain for change.

(4 seconds)

**Number 8.** (All, Most, Some) mammals yawn. (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, Martin Grech talks to Laura Kenny, a 24-year-old cycling champion from Britain.**

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

**Laura Kenny:** It's just a rush of emotion really, of extreme happiness, extreme gratitude. I never thought I would be here. It's really special to be the first British woman to win four Olympic gold medals.

**Martin Grech:** How did you become a cycling champion?

**Laura Kenny:** Well, it's surprising really. As a child I suffered from asthma, but mum persuaded me to take up some kind of physical activity as it would help. So, I started cycling with friends for fun at the age of eight. I really started to enjoy cycling then and joined a club. I slowly started winning races, eventually progressing to win world and European track races. So far I have taken part in six races in two Olympic Games and set a new world record on both occasions. But this year has been the best!

**Martin Grech:** Can you tell us what it's been like?

**Laura Kenny:** It was way more than I ever imagined, like anything I could ever dream of. As an athlete, you want to win and you always want to do your best. There are times when I was disappointed because, you know, you really want to win every race you enter. But I never give up. I see these setbacks as stepping stones. They help me set my goals. You have to be strong. You have to be focused. Looking back, I've improved so much, especially with my speed. In the end, I achieved my dream and it was so much more than I could have imagined.

**Martin Grech:** How do you train to be a cycling champion?

**Laura Kenny:** Well, like any other cyclist I ride on the road. I routinely train on the roads around Manchester, where I am based, in order to be close to the training arena, and to help me increase fitness. I train both here in the UK and even abroad. I need a lot of endurance, you know, to help me when I get on the track. I need to be mentally prepared as it's easier to race when I have a target. I also have to be

careful with my diet. In the morning, I have cereal for breakfast and maybe toast afterwards. Lunch can be anything, from beans on toast to an omelette. Normally I'm training in the afternoon, so I need something quite easy to digest. Dinner varies; it could be a plate of pasta or roasted chicken if it's a Sunday.

**Martin Grech:** Do you have any advice for young people?

**Laura Kenny:** Yes. Riding a bike boosts your brain power, health and happiness. You should take up cycling too – it's great! I did it for my country and that means so much to me.

**Martin Grech:** Thank you very much, Laura. 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) Laura Kenny is (20, 22, 24) years old. (*4 seconds*)
- b) She won (three, four, five) Olympic gold medals. (*4 seconds*)
- c) She was encouraged to start exercising by her (mother, friends, doctor). (*4 seconds*)

**Exercise 2: Tick FOUR food items in Laura Kenny'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) Laura Kenny was eight when she started cycling.  
Tick the correct box now. (*4 seconds*)
- b) Laura trained with a team.  
Tick the correct box now. (*4 seconds*)
- c) She won every single race she entered.  
Tick the correct box now. (*4 seconds*)
- d) She set world records in cycling.  
Tick the correct box now. (*4 seconds*)
- e) Laura is training for the next Commonwealth games.  
Tick the correct box now. (*4 seconds*)

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

- a) Before Laura Kenny:
  - i) no British women had won four Olympic gold medals.
  - ii) a few British women had won four Olympic gold medals.
  - iii) many British women had won four Olympic gold medals. (*4 seconds*)
- b) In order to become a cycling champion, Laura Kenny had to:
  - i) train indoors only and follow a special diet.
  - ii) train regularly and follow a special diet.
  - iii) train always in the UK and follow a special diet. (*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.**