DEPARTMENT FOR CURRICULUM,
LIFELONG LEARNING AND EMPLOYABILITY
Directorate for Learning and Assessment Programmes
Educational Assessment Unit

Track 3

Annual Examinations for Middle Schools 2022

YEAR 7 ENGLISH TIME: 20 minutes
LISTENING COMPREHENSION

TEACHER'S PAPER

Instructions for the conduct of the Listening Comprehension Examination.

Listening and Viewing Instructions:

The exam should take approximately 20 minutes. Before the Listening and Viewing Examination, please ensure that the equipment is functioning properly, that all students are able to follow, that the sound is clear and the voices are intelligible. Teachers / Invigilators are asked to play the 20-minute recording in its entirety and to only stop it when it is over. Teachers are kindly asked not to pause or stop the recording. The intervals are included in the recording. The following script is included in case the recording malfunctions and the teacher would need to read the text. Thank you.

Teacher says:	**Annual Examination 2022, English Listening and Viewing. Year 7 Track 3.** **This listening and viewing exam should take approximately 20 minutes. You will listen to and view two texts. You will first be given time to read the questions on Text 1. After, you'll listen to and view the text during which you can answer questions. When the text finishes, you'll be given time to answer your questions. Then, you'll listen to and view Text 1 for the second and last time after which you'll be given time to revise your answers. The same procedure will be repeated for Text 2. Please remember that you are allowed to write during all parts of the listening and viewing exam.** **You have the listening examination questions in Section A of the examination paper in front of you. You now have 1 minute to read the questions on TEXT 1.** **Your one minute to read the questions on Text 1 starts now.**
TEXT 1	
1-minute timer	

When the one minute is up, Teacher says:	**You will now listen to and view TEXT 1. You may answer your questions while listening.**
Text 1	***Audio-visual text***
Teacher says:	**Now you have 1 minute to answer questions on Text 1.**
1-minute timer	
When the one minute is up, Teacher says:	**You will now listen to and view Text 1 for the second and last time. You may answer your questions while listening.**
Text 1	***Audio-visual text*** ***Students watch and listen to Text 1 again.***
Teacher says:	**Now you have a final 1 minute to check all your answers on Text 1.**
1-minute timer	
TEXT 2	
When the 1 minute is up, Teacher says:	**You will now listen to TEXT 2. You have 3 minutes to read the questions on Text 2.** **When the three minutes are up, you will listen to the text. May we remind you that you will be given 3 minutes to answer the questions after the text finishes. However, you are allowed to write during all parts of the listening exam.** **Your three minutes to read the questions on Text 2 start now.**
3-minute timer	
When the three minutes are up, Teacher says:	**You will now listen to Text 2. You may answer your questions while listening.**
Text 2	***Audio text***
Teacher says:	**Now you have 3 minutes to answer questions.**
3-minute timer	
When the 3 minutes are up, Teacher says:	**You will now listen to Text 2 again. You may answer your questions while listening.**

Text 2	***Audio text*** ***Students listen to Text 2 again.***
Teacher says:	**Now you have 3 minutes for a final revision of all your answers. We encourage you to attempt all questions.**
3-minute timer	
Teacher says:	**Please put your pens down. This is the end of the Year 7 Track 3 English Listening and Viewing Annual Examination, 2022.**

LISTENING TEXT 1: AUDIO-VISUAL

LINK: Physical Activity is Miracle Gro for Your Brain - YouTube

Transcript

You are going to watch and listen to a video about physical activity and the brain.

Everyone knows that movement is good for your body: your muscles grow bigger, your lungs breathe deeper and your heart pumps easier. But, what about your brain? Scientists have been studying the effects of movement of the mind for decades to answer this question and have found that physical activity is just as beneficial for your brain as it is for your body. Regular physical activity helps you learn faster and think clear. It helps maintain good mental health while reducing risk of mental illness. It enhances, improves, and protects your mind. Now, at first that may sound surprising. Instinctively, we assume brains are best when left at rest, but researchers have proven that this instinct is wrong and uncovered reasons why minds need movement. One key discovery has been that physical activity releases a protein in our brains called BDNF. BDNF has been called miracle gro for the brain because it acts like a fertilizer, helping our brain grow, create new cells and forge new connections.

Adapted from: Physical Activity is Miracle Gro for Your Brain - YouTube

Listening Task 2 – Audio

Transcript

You are going to listen to an interview with a famous woman.

Interviewer: Joining our programme today is polar explorer, author and photographer Felicity Aston who is going to tell us about her journeys through ice and snow. Felicity Aston was on the first all-female team to complete a race across the Canadian Arctic in 2005. She also led the first British women's crossing of the Greenland ice-sheet. She then embarked on a solo expedition in 2012 that made her the first woman to ski across Antarctica alone. But let's hear what she has to say. Good morning, Felicity. How did polar exploration begin for you?

Felicity: It began with my first job after university, which was with the British Antarctic Survey. In 2000, when I was 23 years old, I signed up for a 39-month contract as a meteorologist in one of the UK's two research stations in Antarctica. You're totally cut off from the world. There are no ships, no planes, and no proper internet connection during the seven-month winter.

Interviewer: How did you first start organising your own expeditions?

Felicity: The first expedition I put together on my own was a crossing of Greenland in 2006. We were the first British women's team to cross Greenland. We literally got out a map, drew a straight line across it and decided that was our route. It was very hard and we got our food rations and even our footwear wrong but I learnt a lot.

Interviewer: You have written a number of books. Which of your own books are you most proud of?

Felicity: Well, the first one, *Call of the White*, is about getting a team together and turning eight people into one effective team. Then the second, *Alone in Antarctica,* is about my feelings as I crossed Antarctica by myself. The last one I wrote, *Chasing Winter: A Journey to the Pole of Cold,* is one I'm really proud of, because I designed it myself and used photos I took myself. I'm proud of all of them in their different ways, but if I had to pick one right now, I'd choose the latest one.

Interviewer: Have you met any remarkable animals in the wild?

Felicity: In the Antarctic, it's really wonderful because the wildlife hasn't really learnt to be scared of human beings. I have seen some emperor penguins and seals which came right up to me. I also saw polar bears, which I'm absolutely petrified of because they are extremely aggressive.

Interviewer: Thank you for joining us today. It has been a pleasure getting to know you, Felicity. I encourage all our listeners to get hold of your new book which will be out soon.

Felicity: Thank you for giving me this opportunity.

Adapted from: https://www.jacadatravel.com/the-explorer/explorer-felicity-aston-interview-jacada/