



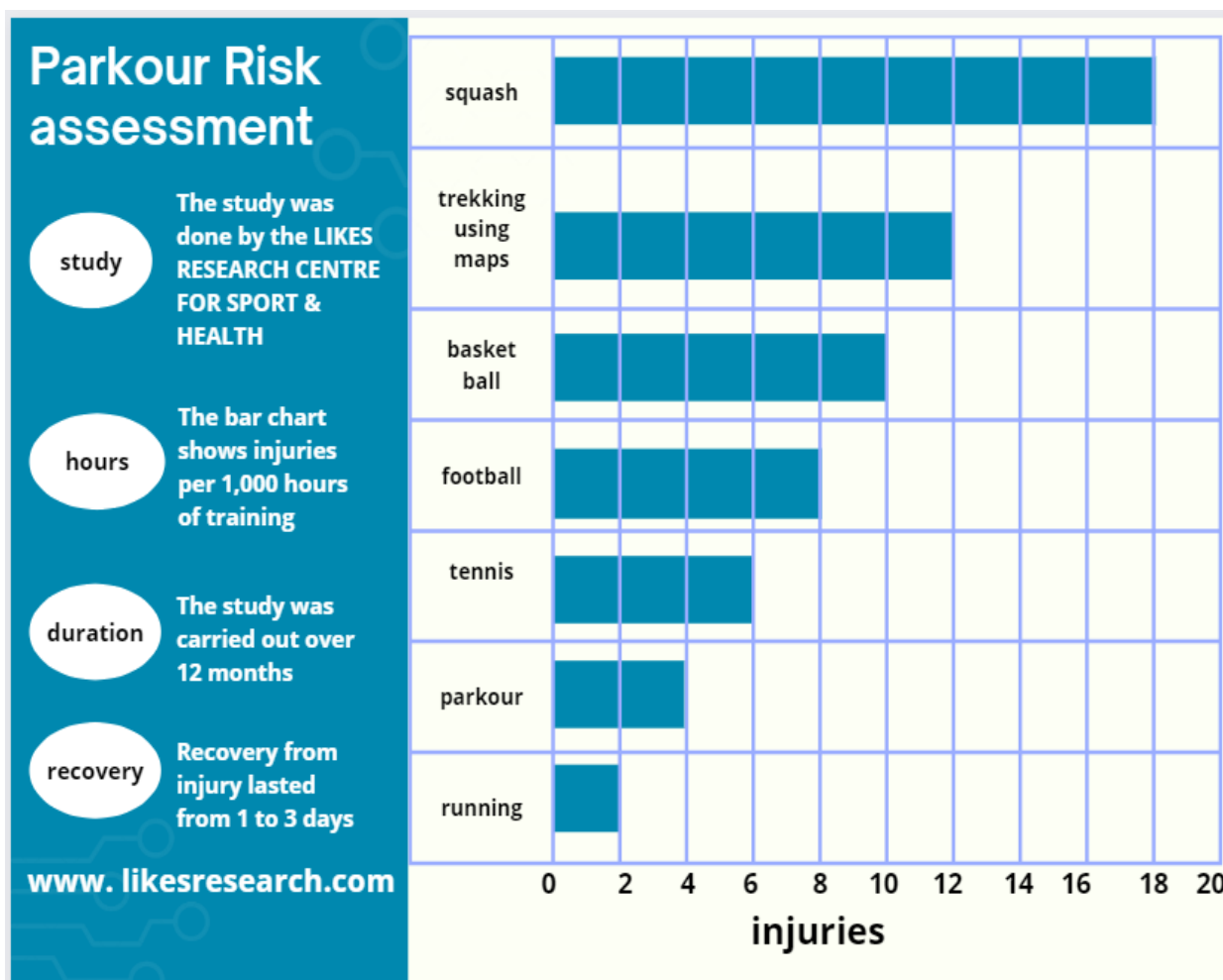
Annual Examinations for Middle Schools 2023

YEAR 8

ENGLISH SOURCE BOOKLET

In this booklet, you will find the texts which you need to read to be able to answer the Reading comprehension and Literature questions in the Main Paper.

SOURCE A



adapted from "Parkour White Paper":

https://www.larkindustries.com.au/wp/wp-content/uploads/2022/04/Parkour-White-Paper_Final_2021_WebS.pdf

SOURCE B

Generation Parkour: outside and inside the classroom.

- 1 Parkour is a new, **unique** sport for young people that has recently become popular in the UK. The term “parkour” was first made up in 1998. It comes from “parcours”, meaning “the way through” or “the path” in French. Athletes aim for self-improvement and controlling the power of their own body and mind. They look at their environment in a different way and think about how to move across it. They do this by going around, across, through, over and under different **obstacles** in the fastest way. There is no kit with a torch or a rope to help them out.



- Parkour includes various physical activities such as free-running, climbing, swinging, jumping, rolling and crawling. Other movements may be adopted for a particular situation. Some athletes also include flips and spins to add an artistic form to their physical activity. Parkour can be practised alone or with others and is usually carried out in urban spaces. There are many groups who hold competitions. However, some athletes feel competition does not fit in with the original **goals** of the sport.

- People who disagree with parkour believe it can be dangerous. They say it makes athletes trespass into other people’s property and even cause damage to it. Over the years, some people actually died while trying dangerous stunts, like jumping from roof to roof or climbing on high ledges and rails. Despite the risks, the UK has **officially** recognised this city activity as a sport. It has also grown internationally due to social media likes and YouTube views.



- Although it is easy for some people to label parkour as dangerous or criminal, it can still be controlled and brought into a school setting. In fact, it is a fantastic way to teach young people about physical and mental health while they are having fun. If you are a teacher and you are interested in teaching parkour, you have to keep in mind that your students will have different needs. Some may be strong and coordinated. Others will need time to build up that kind of strength. It is important to know each student’s strengths and limitations so that you can create a plan that works for them.



- Apart from physical skills, other important lessons can be learnt through parkour. One such lesson is that every action has a consequence. Sometimes consequences are positive. At other times they may be negative. Often, young people are fearless enough to try something without thinking. That can result in injury or they might put others at risk. Teaching your students that every action they take has meaning, should be at the centre of parkour training. When your students understand how important their actions are, they can think more about what they are doing.

Once your students know the **outcomes** of their actions, there are other important skills to be learnt. These include building a desire to explore while knowing your limits and understanding how to stay safe. Students learn that
50 keeping one's balance and landing safely are as important as physical exercises. Other lessons include gaining confidence and communicating with others. These are all tools that your students can take with them for a lifetime.

Adapted from: <https://wfpf.com/tips-for-teaching-parkour-to-kids/> and <https://www.nationalgeographic.com/adventure/article/parkour-urban-adventure-sport-photos>

SOURCE C: UNSEEN POEM

Jarrett Junior High School

Kids here hit the hall
While the bell's still ringing.
Voice ricochet* off walls,
The floor thunders.

Lockers open, bang shut,
Groups form, block the fountain,
Kids fly through like guided missiles
Pointed at their next class.

Lost, I slow down,
Look for my room.
My body is a clock ticking.

Wrong room,
I turn back.
"Watch it!"
Someone shoves me
The bell rings.

Rooms suck in students,
Leave the floor
Like grey ice
When skaters are gone.
The empty hall falls silent.

My heart thuds
Loud as my own late footsteps.



*ricochet: bounce off a surface

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