



Annual Examinations for Middle Schools 2024

YEAR 7

**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

Refer to page 2 for Source A



LIFESTYLE FITNESS

STRONGER TOGETHER



Join our instructor-led classes in our brand new state-of-the-art Gym!

Fitness Classes for Teens					
	Monday	Tuesday	Wednesday	Thursday	Friday
FITNESS SUMMER PROGRAMME STARTS 14 July 2024					
7.00 am- 7.45 am	Crossfit			Swimming	
3.45 pm- 4.15 pm		Gymnastics			Yoga
6.00 pm- 6.45 pm	*Dance & Aerobics			Weight Training	

For ages 13 - 16 (grouped according to age and ability)

* ALSO AVAILABLE AS A VIRTUAL CLASS!

To make sure all classes are safe for everyone, please follow these rules:

- A. Arrive on time.
- B. Wear clean gym clothing and running shoes.
- C. Do not train if unwell.
- D. Bring a clean towel and water bottle.

**30%OFF
WITH JUNE
EARLY BIRD PRICING
€ 70
FOR 20 CLASSES**



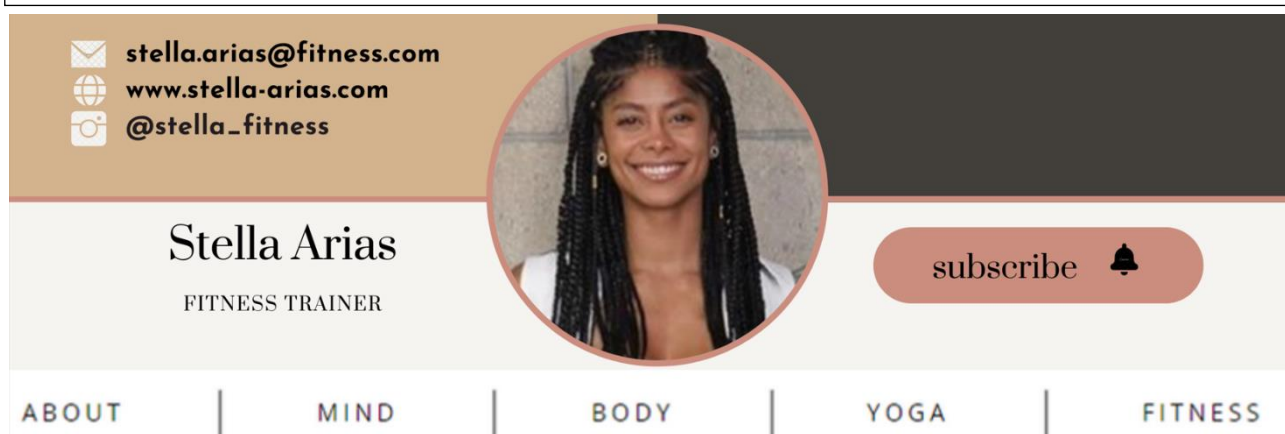
For more information, contact us on weekday mornings :

Visit us at:

 Lifestyle Fitness Centre
28, Main Street, Rabat

 Tel: +356 21451123
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SOURCE B



BY **STELLA ARIAS**

PUBLISHED: 10 MAY 2024

5 Welcome to my blog! For those interested in becoming fitness trainers, let me explain what my day is like so you can make an informed **decision**! Fitness trainers help people get healthier and fitter by giving training plans, and advice on exercise and healthy eating. Think of fitness trainers as fitness superheroes who support you in reaching your health goals. Just like a teacher helps you learn new things at school, a fitness trainer helps you learn how to get stronger and stay fit. Now, let me describe a normal day in my life.

Rise and shine

10 I wake up at 4.30 a.m., get dressed and have a healthy breakfast of cereal and fruit. Then, I ride my bicycle to the gym to start my workday. I get there around 5 a.m. and prepare my clients' training plans for personal training. Personal training sessions are one-to-one sessions for people who like to exercise on their own with a fitness trainer.

A

15 The gym opens, and I start my personal training sessions at 5.30 a.m. Yes, it's early, but these clients are usually hardworking and want to fit in a workout before a long day at the office. My main role is to help them exercise and motivate them. I'm proud to support them during hard workouts and celebrate their **success**. I continue with personal training sessions until 11.30 a.m. In between, I usually take **brief** breaks and a quick snack, like nuts or yoghurt.

B

20 Around 11.30 a.m., the gym becomes quiet so, I dedicate this time till 1 p.m. to my own workout. After that, I change my sweaty clothes which I hate. Keep in mind that this happens quite frequently throughout the day as I need to be **presentable** in front of my clients. For lunch, I usually go to the gym's canteen for a light healthy meal. This keeps me energised for the following sessions.

25 C

In the afternoon, I have group fitness classes which happen to be my favourite. A group fitness class is like a fun workout with a group of energetic people of all ages and walks of life and who also want to get fit. It's a great way to make new friends and support each other. To keep it exciting, I change the workouts and music weekly.

30 D

After a day at the gym, I return home for a relaxing shower. Then, I prepare a healthy dinner consisting of vegetables, rice, and fish. Yes, I **occasionally** treat myself to some dark chocolate for dessert and wash it down with warm tea in front of the TV. Since I wake up early, I always have an early night and go to bed before 10 p.m.

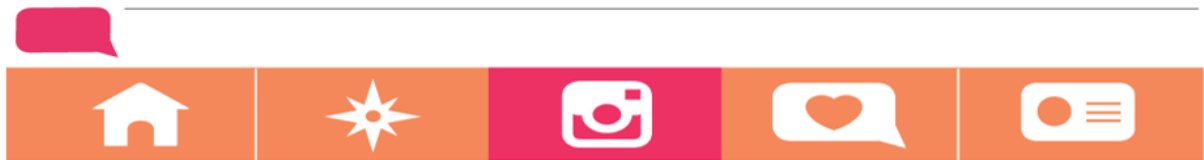
35 Being a personal trainer is hard work and can be exhausting sometimes. Yet, I still find it exciting, and fulfilling and you can always choose your own hours.

Are you still interested in becoming a fitness trainer? Let me know in your comments below!

xo
Stella

0 Comments

1 Login ▼



Adapted from: <https://blog.nasm.org/typical-day-in-the-life-of-a-personal-trainer>

SOURCE C

[The WHITE RABBIT jumps offstage like he's jumping down a rabbit hole. ALICE follows.]

5 **NARRATOR:** As Alice tumbled down the rabbit hole, the world around her seemed to swirl and twist. She felt like she was floating in a sea of curious dreams.

ALICE: *[excited]* Oh my, this is the most unusual feeling!

NARRATOR: Finally, Alice landed on the soft ground.

[curtain opens, ALICE is sitting on stage]

ALICE: What an adventure this is turning out to be!

10 **NARRATOR:** Alice jumped up on to her feet in a moment. She looked up, but it was dark overhead. In front of her she sees a long passage and the WHITE RABBIT. Away went Alice like the wind.

ALICE: Mr Rabbit! Oh please, wait Mr Rabbit!

WHITE RABBIT: *[rushing]* Oh my ears and whiskers, I'm late!

15 **NARRATOR:** Alice ran but when she turned the corner, she found herself in a long, mysterious, dim, dank corridor with many locked doors. The white rabbit was not there.

ALICE: Where am I? What's behind these doors?

20 **NARRATOR:** Just then, she heard a soft clinking sound. A tiny golden key lay on a three-legged glass table nearby.

ALICE: This key should open one of these doors! *[tries to open the doors]* Oh no, the locks are either too large or the key is too small!

[ALICE notices a low curtain]

25 **ALICE:** I didn't see that curtain before. And there's a little door behind it. *[turns key and opens the little door]* It fits! There's a passage and on the other side... a beautiful garden! Oh, I wish I could get through but it's too small for me.

30 **NARRATOR:** Alice goes back to the glass table thinking what to do and finds a bottle.

35 **ALICE:** What's this? It wasn't here earlier. And there's a label: "DRINK ME." Better check if it's 'POISON'. *[ALICE checks the bottle]* Hmm, there's no label saying 'POISON'. Guess I can drink it *[sips from the bottle]* Mmm...tastes like cherry tart...custard, roast turkey and hot buttered toast. Strange!

[A strange and magical sound effect is played, such as some notes on a piano]

NARRATOR: With each sip, ALICE got smaller and smaller.

ALICE: Oh goodness! What did I do?

Based on the classic *Alice's Adventures in Wonderland* by Lewis Carroll. Playscript adapted by Anne Coulter Martens.

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