



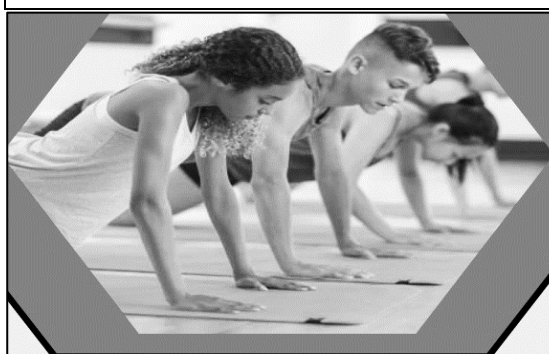
Annual Examinations for Middle Schools 2024

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



JUMP INTO FITNESS



SUMMER HEALTH AND FITNESS MEMBERSHIP FOR TEENAGERS

Feel Energised, Get Fit and Have Fun!

A membership for teens aged 13 to 18 years, providing access to the pools, gym and selected fitness classes.

	Mon	Tues	Wed	Thurs	Fri	Sat
9:30						
11:00						
No classes between 12:00 and 13:30						
14:30						
17:00						

BRING A FRIEND AND GET 30%

discount each if you both register before 11th July 2024



Before applying:

- Ask parents/guardians to sign a consent form
- Visit your doctor for a medical test

Follow these rules to ensure everyone's health and safety:

- A** Place all equipment in its place after training.
- B** Always bring your own towel and a refillable water bottle.
- C** Disinfect equipment before and after use with the wipes and spray available.
- D** Wear comfortable gym attire.



All classes are of an hour duration.

- Teen Zumba
- Nutrition Talks
- Weight Training (over 16s)
- Teen Yoga
- Water Aerobics

Contact us to book your place on:

+356 77685544 or jif@zmail.com



Monday to Saturday from 8:00 to 18:00



54, Shakespeare Street, Birkirkara

SOURCE B

 **thetrainingroom@bmail.com**

 **+35699768900**

 **@thetrainingroom**



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A Day in the Life of Nora Chun - Health and Fitness Trainer

Posted on 10th May, 2024 at 22.30

Hi everyone!

Many people find the job of a Health and Fitness Trainer attractive. But before choosing this career path, let me tell you what goes on in the day of the life of a personal trainer so you can make an informed decision.

A

Early starts are often part and parcel of the job of a Health and Fitness trainer. In fact, my day starts at 5.30 a.m. with a shower and a nutritious breakfast.

Catching clients who need to travel to work

Well nourished, I head over to the gym where I work – a stone's throw away from my house. Occasionally, I run there as nothing beats a bit of fresh air in the morning to wake yourself up and boost one's mood. I arrive at 6 a.m., just in time for my first client of the day. Throughout the morning, I have a steady stream of individual clients in hourly slots. These slots are usually booked by busy working people trying to fit their training around their working hours and often need to rush off immediately after the session to catch a train to work.

B

After four sessions, I need a breather. This is important not just for my physical wellbeing, but also for my mental health. It is also essential to re-fuel. A quick but healthy fruit smoothie often does the trick.

C

From 10.30 a.m. to lunchtime the gym is a hive of activity. I love the exciting atmosphere this creates. My favourite has to be my aerobics and dance classes which provide low-impact exercise that helps both body and mind. Around 1.30 p.m., I get an hour to focus on myself and do some weight training. As a trainer, you have to motivate people so it's important to lead by example and train yourself.

Lunchtime

At lunchtime, I grab a bite to eat before heading home where I find some time to work on clients' individual programmes and send emails with health tips and dietary guidelines. I'm also keen to improve, so I also use this time to research new fitness trends, healthy food recipes and training methods. Of course, posting pictures on social media to promote my classes is a must as the money I earn depends on how many clients I work with each week. Unfortunately, the money is not always consistent or good enough.

Personal Training Sessions

At 4 p.m., I return to the gym on my bicycle. The afternoon slots are solely dedicated to teams of athletes such as professional hockey players who want to build up their arm muscles or swimmers who want to build strength and stamina. Generally, these clients are the most difficult to please and can be extremely challenging at times especially when they do not see the progress they would have liked to see.

40

D

It's of no surprise then that by 7.30 p.m. I feel knackered. Once home, while cooking a healthy meal, I take time to think about what I did well and what I can improve on. By 10.30 p.m., I hit the hay and get some well-earned rest, ready to do it all the next day.

45

Although my job as a Health and Fitness Trainer does not leave me much time to spend with friends or family, in my humble opinion, it is extremely fulfilling. You feel proud when you know that you are helping people be fitter, healthier and ultimately, happier.

What do you think? Is this the right job for you? Let me know in the comment section below.

0 Comments

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Adapted from: <https://www.thetrainingroom.com>

SOURCE C

An empty stage, except for a shaft of light coming through from above. The White Rabbit hurries by, fanning himself rapidly with a handheld fan. He stops, taking a watch out from his waistcoat pocket, holds it in the light and shakes his head.

Rabbit: Oh, dear, oh, dear! I shall be late! [*A little squeal from above scares the Rabbit.*]

Alice: [*Offstage, excited*] Oh! O-h-h-h!

Rabbit: Oh, my ears and whiskers! Something has fallen into my rabbit hole!

Alice: [*Still offstage*] Oh! O-h-h-h!

Rabbit: It sounds like a little girl.

Alice: [*Offstage. Her voice gets louder.*] Down...down...down! I wonder where I'm falling to! What if I should fall right through the centre of the earth and come out the other side? How dark it looks ahead!

Rabbit: [*fanning himself violently*] Oh, my fur and forepaws! She's nearing the bottom! What if she should shatter like a vase when she reaches it? [*There is a swooshing sound and then a great thump. Then silence.*]

I'm afraid to look. Little girls can't leap like rabbits.

Alice: [*Alice enters, brushing the dust from her dress, perfectly calm and full of interest.*] Where am I?

Rabbit: [*Glaring at her*] How did you get down MY rabbit hole?

Alice: I fell. I was sitting by my sister on the riverbank when I saw you running by. You were talking to yourself! And then you took your watch out of your pocket and looked at it, and that made me as curious as a cat, so I ran after you. And when you jumped down a rabbit hole, I just jumped down after you. I had to see what you were doing.

Rabbit: [*Shaking his head*] And so here you are. And you never stopped to think how in the world you were going to get out again.

Alice: [*Alarmed*] Oh dear! I think I'll just go back, back where I came from.

Rabbit: [*fans himself slowly, smiling*] Oh, very well! Go ahead and fall up again.

Alice: You don't fall up. You climb. [*Rabbit fans himself, tapping his foot and grinning at Alice significantly*] Where I fell off it went up like a wall. Suppose I couldn't climb it. Oh, Rabbit, please, I want to go back.

Rabbit: It's no use to want that.

Alice: Why not? Isn't there a way to get out of here?

Rabbit: Your way is through the garden where the trial is held. [*Suddenly looks at his watch and leaps off*] Oh! The Duchess! The Duchess! [*Alice races after him this way and that way until he goes through a small door that shuts behind him. Meanwhile fast tempo music plays.*]

Alice: [*Grabbing the doorknob*]

Doorknob: Ouch!

Alice: Oops! I beg your pardon!

Doorknob: Oh, it's fine. But you did give me quite a turn! [*Doorknob laughs*]

Adapted from the classic *Alice in Wonderland* by Lewis Carroll. Adapted to playscript by The Dramatic Publishing Company.