



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

Turn the page for Source A

Fun Fitness Centre

GROUP FITNESS PROGRAMME					
6-WEEK PROGRAMME			STARTING 14 TH MAY 2024		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY
7.00 a.m.		AGILITY 		BALANCE & STRENGTH 	CLOSED
3.45 p.m.	BODY & CORE STRENGTH			BALANCE & STRENGTH	
4.45 p.m.	TEEN GYM		TEEN GYM	TEEN GYM	
6.30 p.m.	AGILITY			AGILITY	
Booking is a must! To book, contact: groupfitness@abat.wa.mt					
	BREAKFAST OPTION AVAILABLE WITH MORNING CLASSES!				

To ensure all classes are safe for everyone, please follow these conditions of entry:

- arrive early to avoid disappointment as there is no entry to any class after the scheduled start time;
- check-in at Reception prior to entering the class;
- before class, advise the instructor of any ailments;
- bring a towel, refillable plastic water bottle and wear appropriate gym attire;
- timetable is subject to change without warning.

GROUP FITNESS PROGRAMME

CLASS DESCRIPTIONS

Agility

Training to help improve flexibility, balance and control, while focussing on improving speed and reaction time.

Balance & Strength

A slower-paced class focussing on controlling your body through different moves, giving you better self-awareness of how your body moves, which in turn improves your technique.

Teen Gym

A great way to begin lifelong fitness habits. Our qualified gym staff will tailor a programme to suit your needs and help you achieve your goals. All fitness levels and experience welcome.



Body & Core Strength Training

A mini circuit style session to focus on building overall muscle and core strength. Your body's engine is your core. By building this up, you can improve your overall strength by having better control over squats, how much you lift or pull, body posture, and core strength.

€5

/ session

Make an Appointment

+356-456-7890

OPENING HOURS

Monday to Thursday 5.30 a.m. – 8.30 p.m.

SOURCE B



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A Day in the Life of Matt Brown - Health and Fitness Trainer

30th April 2024 at 2.00 p.m.

Hi everyone!

The life of a personal trainer seems to attract the attention of many. Today I'll be explaining what my work entails and who knows, I might do such a great job that you might actually consider becoming one.

5 A: _____

Most Health and Fitness trainers are early risers. This usually means getting up between 5-6 a.m. This is when many of us go for our own morning runs or do our own training before heading to the gym to start training our early-morning clients. Personally, the first thing I do when I wake up is chug three glasses of water. Then I'll either go for a run or do my own workout, depending on how I'm feeling that day. Afterwards, I have a hearty breakfast that will keep me going for a good part of the morning.

B: _____

15 The most important part of being a Health and Fitness trainer is working individually with clients, helping them lose weight, gain muscle or manage an underlying health condition. As a trainer, you'll be responsible for designing personalised programmes tailored to each client's health history and fitness level. Normally, we'll warm up together and then get into the meat of the workout. Depending on the client's goals, we might do some strength training, cardio, or a combination of both. We'll wrap up the session with a cool-down and some stretches. Normally, I squeeze three or four individual sessions until noon, when I stop for lunch. I usually try to eat something light, so I'm not weighed down for my afternoon sessions. I might have a salad, some fruit, or a protein-rich sandwich. Then it's back to work!

25 C: _____

Another important role Health and Fitness trainers have is that of teaching group classes such as HIIT (High Intensity Interval Training) or spinning classes in

a fitness studio or at the gym. Setting up these classes requires preparation. Not only will you need to create an effective workout plan, but you'll also need to think about how best to keep participants motivated throughout the class to avoid dropouts. I like to hold these classes in the afternoon, and I always mix things up to keep my clients engaged. In fact, my classes are always varied and different!

D: _____

One cannot overlook the mundane administrative tasks such as replying to emails from potential new clients, updating client profiles and tracking progress over time, scheduling appointments with current clients over email or phone calls...the list is endless! Additionally, social media management is an essential part of your daily to-do list. Social media platforms are powerful tools you have at your disposal when it comes to publicising what services you can offer and reaching potential clients.

E: _____

By seven o'clock, I'm usually exhausted but I push through because my clients count on me! I finish up around 8:00 p.m. and then it's time to clean up, lock up and head home for the night. Once I get home from work, I take some time to unwind before bedtime unless I hang out with my friends. This helps me try to maintain a healthy work-life balance. Then it's off to bed, so I can do it all over again the following day!

F: _____

As you can see, a career as a Health and Fitness trainer can be quite demanding. It requires long days filled with consecutive client appointments along with planning out individualised workout plans tailored specifically for each person's needs which can be very time consuming! Additionally, it requires staying active during sessions which can be physically strenuous at times. While there may be some challenges along the way, being able to help people achieve their health goals makes it all worthwhile! Do you think you have the knack for it? Let me know in the comments below.

0 Comments

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Adapted from <https://business.virtuagym.com/blog/a-day-in-the-life-of-a-personal-trainer/>

SOURCE C

Alice finds herself in Wonderland after having fallen down a rabbit hole. As she explores this curious land, she encounters several puzzling characters. Alice's journey leads her to a whimsical tea party.

[A big square table adorned with mismatched teacups and saucers is set out under a tree. The March Hare and the Mad Hatter are having tea engaged in a lively conversation whilst the Dormouse is sitting between them fast asleep.] **5**

[Alice enters, cautiously]

Alice: *[to herself]* Curiouser and curiouser, like a mystery book that keeps getting more intriguing with every page. I wonder what this peculiar tea party is all about. **10**

Mad Hatter and March Hare: *[Mad Hatter and March Hare notice Alice]*
No room! No room!

Alice: *[Ignoring their words and plonking herself down on a large armchair at one end of the table]*
Goodness gracious! There's enough room to fit a herd of elephants, but you three have somehow managed to squeeze yourselves into a corner like a can of sardines! **15**

March Hare: *[politely]* Would you like some lemonade?

Alice: *[Looking all round the table]*
I don't see anything but TEA on this table. I surely don't see any lemonade! **20**

March Hare: *[calmly]* There isn't any as a matter of fact.

Alice: *[Angrily]*
Then it wasn't very civil of you to offer it in the first place!

March Hare: It wasn't very civil of you either to plop down without being invited! **25**

Alice: I didn't know it was *your* table! It's laid for a great many more than three!

Mad Hatter: *[looking at Alice with great curiosity]*
Your hair needs cutting. It's a bit like an overgrown jungle right now. It's begging for a trim to make it look less like a tangled mess. **30**

Alice: How rude! You should learn to steer clear of spouting spiteful remarks and learn to keep your offensive opinions to yourself!

Mad Hatter *[ignoring Alice's comments]* **35**
Why is a raven like a writing desk?

Alice: [*calming down*] Let's have some fun now and try to guess this riddle.

March Hare: Do you mean that you can find out the answer to it?

Alice: I do – at least I mean what I say – and that's the same thing, you know. **40**

Dormouse: [*talking in his sleep*]
You might just as well say that 'I breathe when I sleep' is the same as 'I sleep when I breathe'.

Mad Hatter: [*to Alice*] Have you guessed the riddle yet? **45**

Alice: No, I give up. What's the answer?

Mad Hatter: I haven't got the slightest idea.

March Hare: I don't even have an inkling. I might as well try to count all the stars in the universe on my fingers!

Alice: I think you should make better use of time than getting tangled in riddles without a glimpse of a solution. **50**

March Hare: [*calmly*] Take some more tea.

Alice: I haven't had any yet! [*in an offended tone*] So I can't take *more*.

Mad Hatter: You mean you can't take *less*, it's very easy to take *more* than nothing. **55**

Alice: Nobody asked for *your* opinion.

Mad Hatter: [*triumphantly*] Who's making personal remarks now?
[*pouring some tea to Alice*]

Alice: [*sipping tea and smiling to herself*] **60**
I suppose this all makes sense in Wonderland logic. Well, Wonderland is indeed a curious place. It's like entering a magical land full of surprises and oddities. So, let's make the best of it. Cheers! [*raising her teacup*]

[*The characters raise their teacups to a friendly clink and a resounding cheer. They continue their whimsical tea party, laughing and talking nonsense*] **65**

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

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