START HERE

Q. 1–60 English skills

MARK

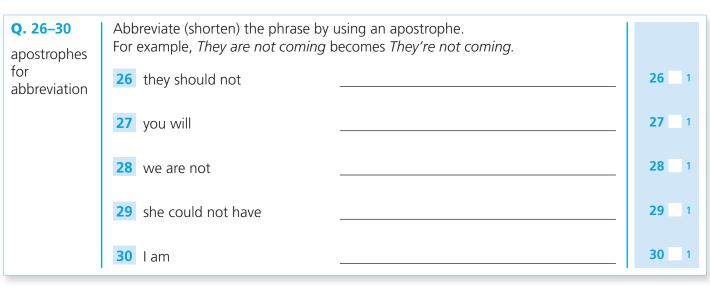
Q. 1–5 punctuation	Rewrite the sentence correctly, adding the necessary punctuation. why cant i go to lucys party at the weekend ali asked	
		1–5 5
Q. 6–10	Write out the sentence, correcting any misspellings.	
spelling	6 I find it extreemly irritating when he persistentley interrupts!	
		6 1
	7 My cousin's best frend is prone to frequent exageration.	
		7 1
	8 Tim had a guilty consciunce but he kept quite about the broken vase.	
	9 Lily felt honured to have the oportunity to be in the play.	8 1
		9 1
	It is a genuine priviledge to work in the teaching proffession.	
		10 1
Q. 11–15	Add to the sentence a verb that is made from the word shown in capitals.	
verbs	11 SIGN The peal of trumpets the start of the competition.	11 1
	12 FORM You were of our plans to extend the property.	12 1
	13 APPEAR Tam was on stage later that evening.	13 1
	14 LIGHT There was a power cut so we some candles.	14 1

PORT The cargo was ______ by freight train between the cities.

English skills MARK

Q. 16–20	Add to the sentence the past tense of the verb shown in capitals.					
past tense	16 OCCUPY My sister was happily reading her book.					
	17 STEAL The rabbit the lettuces from my garden.	17 1				
	18 HEAR Charlie hadn't the announcement.	18 1				
	19 DRIVE Hamid all the way from Glasgow today.	19 1				
	20 SWIM I in a swimming gala last night.	20 1				

Q. 21–25 word choice	Three words appear in brackets. Underline the <i>one</i> word that completes the sentence correctly.	
	21 Amber considered the dessert (select, choose, options).	21 1
	The tall lorry was (imparting, obscuring, imploring) her view of the river.	22 1
	23 He had to (assure, insure, endure) the pain of his bad tooth all night.	23 1
	The journalist (disclosed, enclosed, concealed) the confidential documents to the public.	24 1
	The protestors (opposed, appeased, imposed) the building of a new train line.	25 1



English skills MARK

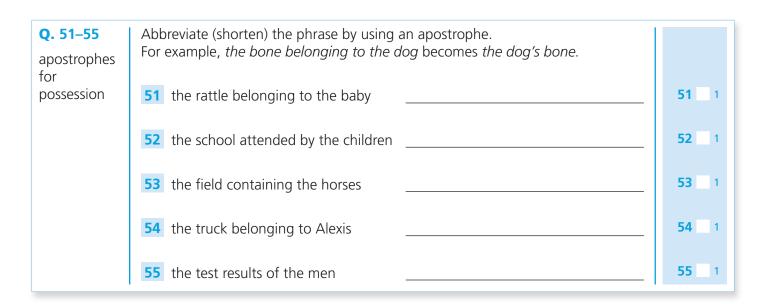
31 1
32 1
22
33 1
24
34 1
35 1

Q. 36–40 spelling	Read the clue. Fill in the missing letters to make the word.				
	36 people in charge of a country or area	g o v e e nt	36 1		
	37 achieving a goal	s u c s f u l	37 1		
	38 to identify someone you've seen before	r e c i s e	38 1		
	39 to make someone feel silly	e m b a r s	39 1		
	40 the chance to do something	optunity	40 1		

Q. 41–45	Complete the proverb or saying.	
proverbs and sayings	41 Actions speak	41 1
	42 Birds of a feather	42 1
	43 Good things come	43 1
	44 Practice makes	44 1
	45 Don't judge a book	45 1

English skills MARK

Q. 46–50	Write the words that the abbreviation (shortened form) stands for.	
abbreviations	46 ETA	46 1
	47 pt	47 1
	48 Bucks	48 1
	49 GB	49 1
	50 tsp	50 1



Q. 56–60 word choice, homophones	Two words appear in brackets. Underline the <i>one</i> word that completes the sentence correctly.	
	56 Heavy snow caused a (miner, minor) accident on the motorway.	56 1
	57 There was (dissent, descent) amongst the workforce.	57 1
	58 Dad was shocked at the comedian's (coarse, course) language.	58 1
	59 Li was worried that the bad weather would (effect, affect) her picnic.	59 1
	60 Dev was delighted that his hat (complimented, complemented) his outfit.	60 1

MARK	
ENGLISH SKILLS SUB-TOTAL	60

Q. 61–75 Comprehension

MARK

Read this passage carefully.

Singing – the key to a healthier, happier life?

Many of us enjoy singing, but did you know that singing is good for your health? It doesn't matter whether you are an absolute beginner or a seasoned pro - singing can help to keep you healthy, happy

5 and living longer!

The benefits of singing

Aerobic activity: The deep breathing needed for singing draws more oxygen into the blood, improving circulation and helping to develop a stronger

10 diaphragm. In addition, singing is often accompanied by movement, whether this consists of choreographed moves or simply swaying to the beat.

Boosted immunity: Singing aids people's ability to fight illness by increasing levels of cytokines (proteins 15 of the immune system).

Improved brain function: Improved blood circulation and an oxygenated bloodstream allow more oxygen to reach the brain. This, in turn, improves mental alertness, concentration and memory.

20 Reduced stress: Singing can be very relaxing, as it releases muscle tension and reduces levels of the stress hormone cortisol in the bloodstream.

Improved mood: People often say that singing makes them feel happy. This is the result of the endorphins

25 (feel-good brain chemicals) that are released when people sing. Singing is also a good distraction from everyday troubles and worries.

Improved confidence: Singing in front of others, whether standing next to them in a choir or

- performing on stage, may seem daunting at first. However, with practice comes improved ability, and learning something new is a great way to boost self-esteem. What's more, moving away from your comfort zone and overcoming your fears is a great
- 35 way to send confidence levels soaring.

Social benefits: Singing as part of a group or choir brings people together and can reduce loneliness by forging new friendships and creating a sense of belonging. This is why choral singing has been found

40 to be the best type of singing for improving happiness and lowering stress levels.

With all these benefits, it's no wonder that there are now over 40,000 choirs with approximately 2.14 million singers across the UK - and this number

45 continues to grow.

Now read these questions. You have a choice of four answers to each guestion. Choose the *one* answer you think the best. Draw a line in the box next to its letter, like this.

61 Which of the following is *not* listed as a benefit of singing?

A greater self-esteem **B** improved memory

C fame and fortune

D increased happiness

61

62 What is a 'seasoned pro' (lines 3–4)?

A a novice singer

B an experienced professional

C somebody who hates singing D somebody who can't sing

Comprehension

A It hel B It hel C It hel	ealth benefit does deep breathing during singing have? ps you to sing louder. ps you to sing in tune. ps you to make new friends. proves blood circulation.	A	63 2
A music B singir	e 'endorphins'? cal instruments ng techniques chemicals ins	A	64 2
65 Which of A cortis B oxyge C cytok D diaph	en iine	A	65 2
A It sto B It boo	es singing help to prevent illness? ps people from coming into contact with diseases. psts your immunity. ers cannot get sick. esn't.	A	66 2
67 Which is A chora B solo C jazz D rock	s the best form of singing for improving happiness?	A	67 2
68 Which w A reass B confu C enter D intim	using taining	A	68 2

MARK	

Comprehension

	Which word in th A releasing B forging C overcoming D continuing	e text is similar in	meaning to	o 'shaping'?		A	69 2
	70 Which of the following words is used in the text as an abstract noun? A blood B choir C confidence D chemical						
	What does the phrase 'moving away from your comfort zone' mean? A getting off the sofa B pushing yourself to do something that you wouldn't normally do C singing a solo D doing a challenging workout Find the spelling mistake. Underline it and write the box letter at the end of the line.						71 2
72	There are	many dife	rent	types of	choir.		
	A	В		C	D		72 2
73	Singing A	has an abund	dence of	positive			73 2
74	It is said	that singing	is highly	/ benefical	to your health.		
	А	В		C	D		74 2
75	You cannot	beat the	compar	nianship of	choral singing.		
	А	В		C	D		75 2

COMPREHENSION SUB-TOTAL 30

Q. 76–85 Short writing task

Write for 20–30 minutes on <i>one</i> of the following. Continue on a separate sheet if you need to.	
a) Think about a time that you went outside your 'comfort'	zone'. Describe what happened and how it made you feel.
b) Showtime!	
c) Write a leaflet persuading people to join their local comm	nunity choir.
ND OF TEST	SHORT WRITING TASK SUB-TOTAL
	English skills sub-total (from page 4)
	Comprehension sub-total (from page 7)
	Short writing task sub-total (from this page)
	SAMPLE PAPER TOTAL MARK

Sample Paper English skills

- 1-5 "Why can't I go to Lucy's party at the weekend?" Ali asked.
 - I find it extremely irritating when he persistently interrupts!
 - My cousin's best friend 7 is prone to frequent exaggeration.
 - Tim had a guilty 8 conscience but he kept quiet about the broken vase.
 - Lily felt honoured to have the opportunity to be in the play.
 - It is a genuine privilege 10 to work in the teaching profession.
 - signifies or signals or 11 signified or signalled
 - informed 12
 - 13 appearing 14 lit
 - 15 transported
 - 16 occupied
 - 17 stole
 - 18 heard
 - 19 drove
 - 20 swam
 - 21 options
 - 22 obscuring 23 endure
 - 24 disclosed
 - 25 opposed
 - 26 they shouldn't
 - **27** you'll
 - 28 we're not
 - 29 she couldn't've
 - 30 l'm

Sample Paper – continued

- I did all my homework at school.
- Sam and I are going to 32 the cinema.
- Were you late for school 33 yesterday?
- She spoke too quickly. 34
- Alex jumped off the 35 ladder.
- 36 government
- **37** successful
- 38 recognise
- 39 embarrass
- 40 opportunity
- 41 louder than words
- 42 flock together
- 43 to those who wait
- 44 perfect
- 45 by its cover
- 46 estimated time of arrival
- 47
- 48 Buckinghamshire
- 49 Great Britain
- **50** teaspoon
- 51 the baby's rattle
- the children's school **52**
- 53 the horses' field
- 54 Alexis' or Alexis's truck
- 55 the men's test results
- 56 minor
- **57** dissent
- 58 coarse
- **59** affect
- 60 complemented

Sample Paper – *continued*

Comprehension

- C 61
- **62** В
- 63 D
- 64 C
- 65 Α
- 66 В
- **67** Α 68 D
- 69 В
- C 70 71
- **72** B diferent (should be 'different')
- B abundence (should be **73** 'abundance')
- 74 C benefical (should be 'beneficial')
- **75** C companianship (should be 'companionship')

Short writing task

Refer to general guidelines on page A4 and specific notes on page A5 of **English Progress Papers 1** as indicated.

- Detailed description
- Story writing, Detailed b) description
- Instructions, persuasive c) writing and explanations, Concise description