### 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 Spelling
Write out the sentence, correcting any misspellings.

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.

---

8 1

9 Lily felt honured to have the oportunity to be in the play.

---

9 1

10 It is a genuine priviledge to work in the teaching proffession.

---

10 1

### Q. 11–15 Verbs
Add to the sentence a verb that is made from the word shown in capitals.

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

15 PORT The cargo was ____________ by freight train between the cities.

---

15 1

MARK
Q. 16–20  
**past tense**

Add to the sentence the past tense of the verb shown in capitals.

16 OCCUPY My sister was happily __________ reading her book.  
17 STEAL The rabbit __________ the lettuces from my garden.  
18 HEAR Charlie hadn’t __________ the announcement.  
19 DRIVE Hamid __________ all the way from Glasgow today.  
20 SWIM I __________ in a swimming gala last night.

Q. 21–25  
**word choice**

Three words appear in brackets. Underline the one word that completes the sentence correctly.

21 Amber considered the dessert (select, choose, options).  
22 The tall lorry was (imparting, obscuring, imploring) her view of the river.  
23 He had to (assure, insure, endure) the pain of his bad tooth all night.  
24 The journalist (disclosed, enclosed, concealed) the confidential documents to the public.  
25 The protestors (opposed, appeased, imposed) the building of a new train line.

Q. 26–30  
**apostrophes for abbreviation**

Abbreviate (shorten) the phrase by using an apostrophe. For example, *They are not coming* becomes *They’re not coming.*

26 they should not  
27 you will  
28 we are not  
29 she could not have  
30 I am
## English skills

### Q. 31–35 grammar

Write out the sentence, correcting any errors.

31 I done all my homework at school.

32 Me and Sam is going to the cinema.

33 Was you late for school yesterday?

34 She spoke too quick.

35 Alex jumped off of the ladder.

### 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  

37 achieving a goal  

38 to identify someone you’ve seen before  

39 to make someone feel silly  

40 the chance to do something

### Q. 41–45 proverbs and sayings

Complete the proverb or saying.

41 Actions speak ..........................................

42 Birds of a feather .....................................

43 Good things come ..................................

44 Practice makes ......................................

45 Don’t judge a book ..................................
English skills

Q. 46–50
abbreviations

Write the words that the abbreviation (shortened form) stands for.

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>ETA</td>
<td>___________</td>
</tr>
<tr>
<td>pt</td>
<td>___________</td>
</tr>
<tr>
<td>Bucks</td>
<td>___________</td>
</tr>
<tr>
<td>GB</td>
<td>___________</td>
</tr>
<tr>
<td>tsp</td>
<td>___________</td>
</tr>
</tbody>
</table>

Q. 51–55
apostrophes
for possession

Abbreviate (shorten) the phrase by using an apostrophe. For example, *the bone belonging to the dog* becomes *the dog’s bone*.

<table>
<thead>
<tr>
<th>Phrase</th>
<th>Abbreviated</th>
</tr>
</thead>
<tbody>
<tr>
<td>the rattle belonging to the baby</td>
<td>___________</td>
</tr>
<tr>
<td>the school attended by the children</td>
<td>___________</td>
</tr>
<tr>
<td>the field containing the horses</td>
<td>___________</td>
</tr>
<tr>
<td>the truck belonging to Alexis</td>
<td>___________</td>
</tr>
<tr>
<td>the test results of the men</td>
<td>___________</td>
</tr>
</tbody>
</table>

Q. 56–60
word choice,
homophones

Two words appear in brackets. Underline the one word that completes the sentence correctly.

<table>
<thead>
<tr>
<th>Sentence</th>
<th>Underlined Word</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy snow caused a (miner, minor) accident on the motorway.</td>
<td>___________</td>
</tr>
<tr>
<td>There was (dissent, descent) amongst the workforce.</td>
<td>___________</td>
</tr>
<tr>
<td>Dad was shocked at the comedian’s (coarse, course) language.</td>
<td>___________</td>
</tr>
<tr>
<td>Li was worried that the bad weather would (effect, affect) her picnic.</td>
<td>___________</td>
</tr>
<tr>
<td>Dev was delighted that his hat (complimented, complemented) his outfit.</td>
<td>___________</td>
</tr>
</tbody>
</table>
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 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 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 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.

**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 (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 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 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 continues to grow.

---

Now read these questions. You have a choice of four answers to each question. 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

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

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Mark</th>
</tr>
</thead>
</table>
| **63** What health benefit does deep breathing during singing have? | A It helps you to sing louder.  
B It helps you to sing in tune.  
C It helps you to make new friends.  
D It improves blood circulation. | [ ] | 2 |
| **64** What are ‘endorphins’? | A musical instruments  
B singing techniques  
C brain chemicals  
D proteins | [ ] | 2 |
| **65** Which of the following is a stress hormone? | A cortisol  
B oxygen  
C cytokine  
D diaphragm | [ ] | 2 |
| **66** How does singing help to prevent illness? | A It stops people from coming into contact with diseases.  
B It boosts your immunity.  
C Singers cannot get sick.  
D It doesn’t. | [ ] | 2 |
| **67** Which is the best form of singing for improving happiness? | A choral  
B solo  
C jazz  
D rock | [ ] | 2 |
| **68** Which word is a synonym for ‘daunting’? | A reassuring  
B confusing  
C entertaining  
D intimidating | [ ] | 2 |
### Comprehension

69. Which word in the text is similar in meaning to ‘shaping’?
- A. releasing
- B. forging
- C. overcoming
- D. continuing

70. Which of the following words is used in the text as an abstract noun?
- A. blood
- B. choir
- C. confidence
- D. chemical

71. 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. |
|----------------------------------|------------------|-----------------|-----------------|------------------|-------------------|-------------------|
| 72. There are many different types of choir. |
| A | B | C | D |
| 73. Singing has an abundance of positive effects. |
| A | B | C | D |
| 74. It is said that singing is highly beneficial to your health. |
| A | B | C | D |
| 75. You cannot beat the companionship of choral singing. |
| A | B | C | D |

**Comprehension Sub-total: 30 marks**
Q. 76–85 Short writing task

Write for 20–30 minutes on one 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 community choir.

---

SHORT WRITING TASK SUB-TOTAL 10

END OF TEST

SHORT WRITING TASK SUB-TOTAL 10

English skills sub-total (from page 4) 60

Comprehension sub-total (from page 7) 30

Short writing task sub-total (from this page) 10

SAMPLE PAPER TOTAL MARK 100
Sample Paper

English skills

1–5  “Why can’t I go to Lucy’s party at the weekend?” Ali asked.
6 I find it extremely irritating when he persistently interrupts!
7 My cousin’s best friend is prone to frequent exaggeration.
8 Tim had a guilty conscience but he kept quiet about the broken vase.
9 Lily felt honoured to have the opportunity to be in the play.
10 It is a genuine privilege to work in the teaching profession.
11 signifies or signals or signified or signalled
12 informed
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 I’m

Sample Paper – continued

31 I did all my homework at school.
32 Sam and I are going to the cinema.
33 Were you late for school yesterday?
34 She spoke too quickly.
35 Alex jumped off the 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 pint
48 Buckinghamshire
49 Great Britain
50 teaspoon
51 the baby’s rattle
52 the children’s school
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

Comprehension

61 C
62 B
63 D
64 C
65 A
66 B
67 A
68 D
69 B
70 C
71 B
72 B different (should be ‘different’)
73 B abundance (should be ‘abundance’)
74 C beneficial (should be ‘beneficial’)
75 C companionship (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.

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