**TERM 1**

**SUMMATIVE ASSESSMENT TASKS**

**Summative assessment for the unit “Exercise and Sport”.**

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| **Learning objectives** | 9.4.2.1 understand specific information and detail in texts on a range of familiar general and curricular topics, including some extended texts;  9.5.5.1 develop with support coherent arguments supported when necessary by examples and reasons for a range of written genres in familiar general and curricular topics;  9.5.3.1 write with moderate grammatical accuracy on a wide range of familiar general and curricular topics; |
| **Assessment criteria** | Find specific information and detail in the text about sport and exercises  Write with support arguments using examples and reasons  Write with grammatical accuracy on the topic |
| **Level of thinking** **skills** | Application  Higher order thinking skills |
| **Duration** | 25 minutes |

**Task 1**



**Reading**

**Read the text and choose the correct answer**

**Dear Anita,**

My doctor says I am too heavy and that I should do exercise to lose 10 or 15 kilograms. Unfortunately, I don’t have a lot of free time – After I come home from work, I usually help our kids with their homework, then eat dinner, and then relax a little by watching TV before I go to bed. Also, I think that a lot of exercise, like running or doing push-ups, is quite boring. Could you please give me some advice about what kind of exercise is best for me to lose weight?

*Gerald*

**Dear Anita,**

Our 16-year-old son refuses to play any kind of team sport at school. He says that playing sports is a waste of time if you aren’t the best and you don’t always get first place. He says that winning a gold medal or a trophy is the most important thing about playing sports. Instead of exercising, he spends most of his free time on-line with his computer. His mother and I would really like to see him make more friends and become more active. Do you have any suggestions for us? How can we get our son off the computer and become more interested in team sports? Thanks.

*Sam*

**Dear Anita,**

How much exercise is too much exercise? My friend and classmate in university exercises almost every day. She swims for an hour, then lifts weights for an hour, and then does half an hour of aerobic dancing after that. That’s between 15 and 20 hours of exercise every week! She looks healthy and she has a lot of energy, but I’m worried that she might be pushing herself too much with too much exercise. What do you think?

*Suzanne*

( <https://www.allthingstopics.com/exercise-and-sports.html>)

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| **1. What does doctor say to Gerald?**  a)To lose his weight  b)To eat fruits  c)To watch TV  **2. What does Gerald think about exercises?**  a)He thinks it’s exciting  b)He thinks he should do it more often.  c)He thinks it’s boring.  **3. What does Sam think about sport?**  a)Likes to play in sport team  b) Sport can help you to find friends  c) it`s waste of time    **4. Sam says that we shouldn`t do sport.**  a)True  b)False  c)He doesn’t say. | **5. How much exercise does Susanne`s friends do?**  a)Every day  b)For an hour  c)For two hours  **6. Why is Susanne worried about her classmate?**  a)she does much exercise  b)she swims a lot  c)she does aerobic dancing  **7. He usually helps our kids with their homework**  a)Sam’s son and Gerald.  b)Gerald and Suzanne’s classmate.  c)Gerald  **8. Which two people don`t do much exercise?**  a) Susanne and Gerald  b) Gerald and Sam`s son  c) Susanne`s classmate |

**Writing**

**Task 2**   **Answer the questions giving arguments with examples and reasons ( 150-200 words)**

Gerald \_.

Could you please give me some advice about what kind of exercise is best for me to lose weight?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sam: How can we get our son off the computer and become more interested in sport?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Suzanne: She looks healthy and she has a lot of energy, but I’m worried that she might be pushing herself too much with too much exercise. What do you think?

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| **Assessment criteria** | Task | **Descriptor** | **Mark** |
| **A learner** |
| Find specific information and detail in the text about sport and exercises | 1 | 1.circles “A” | 1 |
| 2 circles “C” | 1 |
| 3. circles “C” | 1 |
| 4. circles “B” | 1 |
| 5. circles “A” | 1 |
| 6. circles “A” | 1 |
| 7. circles “C” | 1 |
| 8. circles “B” | 1 |
| Write with support arguments using examples and reasons  Write grammatically accurate on general topic | 2 | Writes solution for Gerald | 1 |
| Writes solution for Sam | 1 |
| Writes solution for Susanne | 1 |
| Gives arguments | 1 |
| Writes with moderate grammatical accuracy (no more than 2 mistakes) | 1 |
| Writes 150-200 words | 1 |
| **Total marks** | | | 14 |