



Samarqand davlat universitetning kattaqo'rg'on filiali Pedagogika va tillarni o'qitish fakulteti 2-bosqich Xorijiy til va adabiyoti: ingliz tili ta'lim yo'nalishi talabalariga 3-semestr uchun "O'qish va yozish amaliyoti" fanidan yakuniy nazorat savollari

Imtihon shakli: yozma

Variant 1

Children and sport

A Due to increasing numbers of overweight children and the higher rates of serious diseases occurring in children, parents are beginning to ask if exercise can help. Regular exercise which can take the form of nature walks, cycling, taking part in individual or team sports or simply playing outside, benefits children significantly. In fact, increasing their levels of activity helps children not just physically; by taking part in sport and exercise, young people also learn about the importance of values such as team work, fair play and leadership.

B Children who exercise have less body fat and are less likely to become overweight. Those who are already overweight can reduce their weight through exercise. When a child is at a healthy weight for their age, they are less likely to develop serious diseases that can result from being overweight, including heart and breathing problems. Exercise also helps children's bones become and stay strong, which is especially important for growing children. Children's muscles also become stronger through exercise.

C Some people believe that sport not only has physical benefits, but can also reduce mental problems such as worry and stress. When children are physically active, the mind does not focus on the things that they are worrying about, which can help stop the negative thoughts that can cause them to suffer a lot of stress. Exercise also releases chemicals in the body that make a person feel happier and more relaxed. Furthermore, exercise can make people, including children, feel more confident and positive about themselves. As strength, skills and fitness increase through playing sports, both children and adults develop more self-confidence, which can help in other areas of their lives as they try to succeed in study or at work.

D Exercise can also benefit a child's brain in significant ways. It helps the brain to grow and form stronger connections. As a result of these brain improvements from exercise, children's brains can perform and focus better. For example, students who exercise pay more attention to tasks than students who do not exercise. Research has shown that doing a mix of running and strength activities is especially helpful. Taking part in this kind of activity three to five times a week for at least 30 minutes can improve concentration significantly.

E Sport also has long-term results in other academic areas for children and young people. It encourages school attendance and a desire to succeed academically. While most research data so far has come from developed countries, there are also studies that support this relationship in developing countries. For example, a study on sports involvement among children and young people in Namibia showed that those who took part in sport and physical activity were more likely to pass the Grade 10 examinations. There is further research that suggests this relationship continues in University education.

F In addition, sports and other forms of exercise also improve the quality of sleep both for adults and children. It does this by helping people fall asleep faster and sleep better. Sleeping better can make people feel more positive about the day and better able to deal with problems. When children do not get enough sleep, they often can not concentrate very well. A lack of sleep can also lead to eating more unhealthy foods. However it is important not to do sports too late in the day. Doing sports in the evening within a few hours of going to bed may make it difficult to fall asleep.

G Lastly, team sports such as football and basketball may help to develop better leadership qualities. Studies in high schools show a link between developing these qualities and sports participation. Because people train together and learn co-operate, they are more likely to think as a team in work and in social situations. In summary, therefore, sports can benefit children in many of the same ways that they benefit adults. The biggest difference is that when children start taking part in sports at a young age, they are more likely to stay active as they grow older.

Questions 1 – 4

Choose the appropriate letters A, B, C or D.

1. What is the writer's main point in the first paragraph?

A Children can lose weight through exercise.

B Exercise can benefit children in many different ways.

C Children will do better at school if they exercise more.

D Children generally do not do enough exercise.

2. The writer mentions being overweight as something that

A is unattractive

C causes diseases

B affects muscles

D affects bones

3. What point does the writer make in the third paragraph?

A Sport helps children to be more focused at school.

B Stress is the bigger problem for adults than for children.

C The skills children learn in sport are valuable in the workplace.

D Sport helps people believe they can achieve their goals.

4. According to the writer, what is necessary for significant improvement in a child's mental ability?

A completing a greater number of tasks

B selecting one single form of activity.

C doing exercises to develop brain

D spending time doing regular exercise.

Questions 5 – 10

Complete the notes below. Choose no more than two words from the passage for each answer.

Long-term benefits of sport for children

Education

- can improve 5 _____ and children's motivation to do well in studies.
- positive effect of sport extends into 6 _____, according to research in both developed and developing countries.

Quality of sleep

- good sleep habits help people with the 7 _____ they meet.
- helps people eat more healthily and concentrate better – as long as they are not too active in the 8 _____.

Character traits

- team sports develop 9 _____

- learning to co-operate has many benefits both in 10 _____ and in work.

Questions 11 – 19

Match the words (11 -19) with their meanings.

11 ball	14 clubs	17 racket
12 bat	15 helmet	18 skates
13 boots	16 life jacket	19 surfboard

A This is used to stand on and ride waves in the sea.

B These are worn on your feet in sports such as rugby and football.

C These are used to move around on ice.

D This is worn to protect your head.

E Many games involve hitting

F In tennis, squash and badminton you use this to hit something back to your opponent.

G These long metal objects are used to hit the ball in golf.

H This is worn to protect you if you fall into water.

I This is used in sports such as baseball and cricket to hit the ball.

Questions 20 – 25

Match the sentence beginnings (20 – 26) with the endings (A – F)

20 People usually give	23 Working
21 You need to warm	24 Most people drop
22 People often take	25 Most people who try

A out in the gym is really boring

B up exercise because they set goals that are too high

C up well or you might get injured

D out for a professional team never succeed.

E out when they think they can't win.

F up a new sport and then get discouraged when their progress is slow.

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Variant 2

A long walk home

In 2006 Karl Bushby became the first British man to walk across the partly frozen Bering Strait, the dangerous 58-mile channel between Russia and the USA.

A When Karl Bushby reached the Chukotski region in far Eastern Russia, there were only seals to welcome him after 14 days on the ice. In a satellite phone call to his father in the UK, he said, 'We're here, we've done it, Dad'. He began his journey in Chile, South America, in 1997. When he finally returns to his hometown of Hull in the UK, it is likely to be the longest continuous around-the-world journey ever made on foot. And why has it taken so long? Because Bushby's main rule for himself on the journey is that he never accepts lifts on a vehicle of any kind.

B Bushby crossed the Bering Strait with Dmitri Keiffer, a French adventurer he met in Canada. The first recorded crossing of the Strait on foot was in 1998 by a Russian father and son team, but in general, not many explorers attempt it because it is so dangerous. Although local people go out on the ice to hunt and fish, few of them go very far because of the extreme danger.

C There is ice in the strait for four months of the year. March is the best month for an attempt to walk across because there is more daylight and the currents in the water are slower. But there were large areas of open water between the ice when Bushby and Keiffer left Alaska on 17 March. 'We could often hear the ice breaking just a couple of miles behind us', Bushby said. 'It was very scary, like the sound of a distant express train'.

D They set off pulling nearly 200 kg of food, fuel and equipment in two lightweight sledges, and wearing special suits in case they fell into the freezing water. Because the ice constantly moving north or south at different speeds, taking a direct route was impossible. For four days, the men walked north-west to try to

miss a large area of open water but strong currents carried them 20 miles north in the darkness when they camped.

E Two days later, the ice moved south again, taking them almost back to their starting point and one sledge, crushed by the ice, was left behind. It was only after temperatures fell to -30 C that the ice became more stable. Pulling everything in a single sledge, the men walked a long way west. But on 25th March they quickly had to move their tent. ‘It was 5 a.m. when we felt the ice moving under us,’ Bushby said. ‘We dived out of our sleeping bags and pulled the tent away and tried to find some stable ice.’

F This is not the only dangerous situation Bushby has faced on his journey. After leaving Punta Arenas at the tip of Chile, south America, in 1997, he was attacked in Pery, he became very sick in Columbia, he was robbed in Ecuador and he was jailed for 18 days in Panama. He lived through extreme conditions in the South American jungles and deserts, and came very close to snakes and crocodiles.

G It is hard for anyone to understand why Bushby is on this incredibly long and hard journey and many people have asked how he can afford it. He is not raising money for charity, nor is campaigning about the environment. His walk is simply an adventure; a long, slow, exciting walk back to his home in England. He has not had much money for most of the expedition, but he hopes sales of his book Giant Steps will help to pay for necessary equipment.

Questions 1- 8

The passage has seven paragraphs labelled A – G. Which paragraphs contain the following information? You may use any letter more than once.

- 1 the reason why few people try to do what Bushby did ____
- 2 the reason why an extraordinary walk began ____
- 3 a description of the ideal time for a dangerous activity ____
- 4 a reference to an improvement in the environment that made things easier ____
- 5 a description of a problem with equipment ____
- 6 a reason for the length of time an activity is taking ____
- 7 a prediction about a future achievement for Bushby ____
- 8 a reference to how Bushby will fund the rest of his journey ____

Questions 9 – 12

Match the sentences from the passage (9 – 12) with type of information they give (A – D). Use the underlined words/phrases to help you.

- 9 It was very scary, like the sound of a distant express train.

- 10** It is likely to be the longest continuous around-the-world journey ever made on foot.
- 11** Although local people go out on the ice to hunt and fish, few of them go very far because of the extreme danger.
- 12** He was attacked in Peru, he became very sick in Colombia, he was robbed in Ecuador, and he was jailed for 18 days in Panama.
- A** a reason for doing something
- B** a comment on an experience
- C** examples of dangerous situation
- D** a prediction about the future

Questions 13 – 25

Why you shouldn't drive to work

- 13** _____ (get) the bus or train to work makes us happier than **14** _____ (drive), a study has found. Researchers at the University of East Anglia asked 18000 British workers **15** _____ (answer) questions about sleep and happiness levels, and also **16** _____ (do) some physical tests. The results showed that **17** _____ (travel) to work by bus, train, bicycle or on foot can **18** _____ (make) people happier than those who use their car each day. Researcher Adam Martin said he was surprised **19** _____ (find) that workers felt better when they used public transport, compared to **20** _____ (drive). He thinks it is because public transport gives us time **21** _____ (relax). **22** _____ (walk) to the railway station or bus stop might also **23** _____ (make) people feel better. The results suggest that **24** _____ (reduce) how much we drive our cars can **25** _____ (benefit) our health.