



تم تحميل الملف من موقع **بداية**



للمزيد اكتب
في جوجل



بداية التعليمي ⌚

موقع بداية التعليمي كل ما يحتاجه الطالب والمعلم
من ملفات تعليمية، حلول الكتب، توزيع المنهج،
بوربوينت، اختبارات، ملخصات، اختبارات إلكترونية،
أوراق عمل، والكثير...

حمل التطبيق



Total Mark in Letters		Markers
		Graded by:
5		Revised by:

اختبار استماع مادة (اللغة الإنجليزية - الفصل الدراسي الأول - الدور الأول) للصف _____ ثانوي - للعام الدراسي ١٤٤٤ هـ - نظام المسارات

اسم الطالب: _____ رقم الجلوس: _____ اللجنة: _____

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Listen to the conversation between Waseem and his friend, Mustafa, talking about fitness and health and answer the following questions



3

1) Choose the correct answer: (½ mark each)

1) Waseem joins the gym to _____

- a- get fit b- lose weight c- build muscles d- hang out

2) Mustafa joins the gym to _____

- a- get fit b- lose weight c- build muscles d- hang out

3) The trainer told Mustafa to do _____ minutes on the running machine.

- a- 14 b- 20 c- 40 d- 44

4) The trainer told Mustafa to do _____ minutes on the weights

- a- 14 b- 20 c- 40 d- 44

5) Waseem can have a personal _____ when he joins the gym if he likes.

- a- food menu b- bicycle c- email d- trainer

6) Mustafa will _____ Waseem about the cycle classes.

- a- call b- send a snap to c- text or email d- send voice message to

2) Put (T) for true or (F) for false sentences: (½ mark each)

- [] Mustafa thinks the gym isn't really good.
- [] A free health check is given when you join the gym.
- [] Cycling is one of the best ways to build muscles.
- [] Mustafa will check the website about having cycle classes.

2

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5. [F] Mustafa thinks the gym isn't really good.
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8. [T] Mustafa will check the website about having cycle classes.

2

Audio Script

Waseem and Mustafa - Fitness and Health

Waseem: Hi Mustafa. How are you?

Mustafa: Hi Waseem. Yes, I'm fine apart from I hurt all over!

Waseem: Why? What happened?

Mustafa: I joined the gym.

Waseem: But you aren't supposed to hurt yourself when you join a gym.

Mustafa: I know, but the personal trainer told me to do twenty minutes on the running machine and then we did forty minutes on the weights. It felt fine while I was doing it but now, I can hardly move.

Waseem: Why did you join the gym?

Mustafa: Well, I've put on a lot of weight and I wanted to lose it.

Waseem: And ... what's the gym like?

Mustafa: Oh – it's really good. They give you a full health check free when you join, and you can have a personal trainer if you like.

Waseem: What are the classes like? I want to join a cycle class because I want to get fit. I've heard cycling is one of the best ways to strengthen your heart and burn calories. And I'm so unit – I have to do something.

Mustafa: Why don't you join?

Waseem: But do they have any cycle classes?

Mustafa: Mmm ... I think so. I'll check the website and get back to you. Maybe we could go together?

Waseem: Yes, that's a good idea.

Mustafa: OK, I'll text you or email you tomorrow with the information.

Waseem: Fine.

Mustafa: Bye!

Waseem: Bye!

