

## אנגלית

### על פי תכנית הרפורמה ללמידה משמעותית

### MODULE A

#### PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (70 points)

Read the notice below and then answer questions 1-8.

#### HOW TO HELP OUR BODY CLOCK

Do you wake up easily in the morning? Then you are lucky. Some people are not so lucky. They have a hard time getting out of bed.

The way you feel when you wake up depends on your "body clock". Our body clock is the system in our body that controls when we wake up, when we go to sleep or even when we eat. Here are some ideas to help your body clock work better so you can have lots of energy during the day.

- **Wake up at the same time every morning** (even on weekends!). stretch your arms and legs before you get out of bed. Focus on your breathing. Use this time to plan your day.
- **Open the window and let the sunshine in.** the light of the sun tells your body clock that it's time to start the day. If it's cloudy, turn on your brightest light.
- **Do this easy exercise as you brush your teeth.** Stand on one foot when you brush one side of your mouth. When you brush the other side, stand on the other foot. Stay focused so you don't fall. This exercise will help you wake up.
- **Go for a walk if you have time.** If you are hungry, take a banana with you.
- **Make sure you eat a healthy breakfast.** It will give you lots of energy for the whole day.
- **If you sit a lot during the day, take a short break every hour or two to exercise or do some outdoor activity.** Also do not sleep in the afternoon.

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- **Go to sleep at the same time every night.** Don't eat a lot or drink coffee close to bedtime. Don't exercise or work before you go to bed. All these things will stop you from getting a good night's sleep. A good night's sleep will help you wake up full of energy in the morning.

Answer questions **1-6** in English according to the notice. In questions **1, 2, and 5**, circle the number of the correct answer. In the other questions, follow the instructions.

1. In lines 1-5 we learn (-)

- i) How to begin our day
- ii) When we should go to sleep
- iii) **What our body clock does.**

(7 points)

2. To start the day full of energy you should (-)

- i) **Get up at the same time every day**
- ii) Plan your day the night before
- iii) Sleep a little more on weekends

(7 points)

3. What is the first thing you should do after you wake up? Give ONE thing. (lines 6-7)

ANSWER: **Strech your arms and legs / .**

(7 points)

4. Why is sunshine important? (lines 8-9)

ANSWER: **Because the light of the sun tells your body clock that it's time to start the day.**

(7 points)

5. Why should you stand on one foot? (lines 12-14)

- i) **It will help you wake up**
- ii) Your teeth will be cleaner
- iii) You will stay focused all day

(5 points)

6. Give one thing you should do during the day and one thing you should not do.

(lines 13-16)

COMPLETE THE SENTENCES.

You should: **Open the window and let the sunshine in / Make sure you eat a healthy breakfast (תשובות נוספות אפשריות)**

You should not: **eat a lot or drink coffee close to bedtime (תשובות נוספות אפשריות).**

(2X7=14 points)

7. PUT A ✓ BY THE TWO CORRECT ANSWERS.

To get a good night's sleep we should (-)

..... i) eat a big meal in the evening

**..... ii) go to bed at the same time every night**

..... iii) do some exercise before going to bed

..... iv) drink coffee in the evening

**..... v) not work before going to bed**

(2X7=14 points)

8. This text tells us (-)

i) How many hours to sleep at night

**ii) How to have lots of energy**

iii) How to do outdoor activity

(7 points)

**PART TWO: ACCESS TO INFORMATION FROM SPOKEN TEXT (30 points)**

**A GUIDE TO BIKING**

Answer questions 9-14 according to the broadcast. In all the questions circle the number of the correct answer.

(5 points for each question)

9. "Be Safe" is the name of (-)

- i) A radio program
- ii) A group of bike riders**
- iii) A school for bike riders

10. Bike riders should use sidewalks only when (-)

- i) There are no people on the sidewalk
- ii) There are many cars on the road
- iii) There is a special place for bikers**

11. What advice does Jane give bike riders? She tells them (-)

- i) To be careful about parked cars**
- ii) To ride in the middle of the road
- iii) To listen to quiet music while riding

12. Why should bike riders not talk on their cell phones while riding their bike?

- i) They won't see other bike riders coming down the street
- ii) They won't hear what the person on the phone is saying**
- iii) They won't hear important sounds around them**

13. What other things does Jane's group discuss?

- i) Where to keep their bikes
- ii) Which streets are safest**

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iii) Why they may have problems with their bikes

**14. What does the group say about bike equipment?**

- i) Where they should buy it
- ii) Why they should pay a lot

iii) **Which helmets they should wear**