READING 1 (Items 26-30) (5 marks)

*Read the texts. Are the statements which follow each text **True** or **False**?*
For each item, shade in the bubble ⬭ under the correct option.

26. SCHOOL HEALTH DAY - Thursday 9:00 am - 1:00 pm. Free health checks for all students: height, weight, eyesight and teeth. The school nurse will give a short talk on healthy lunchboxes at 11 am in the library. Parents are welcome from 12 pm.

Statement	True	False
The health talk is for parents only.	⬭	⬭

27. Feeling stressed before exams? Try the 4-7-8 breathing trick: breathe in for 4 seconds, hold for 7, and breathe out for 8. Repeat four times. This exercise tells your body to relax and helps you think clearly. Practice it every evening during exam week.

Statement	True	False
The breathing exercise is repeated four times.	⬭	⬭

28. The school canteen menu has changed this term. Fried food is now served only once a week, and fresh fruit and salads are available every day. Water is free - please bring your own bottle. Enjoy the healthier choices! The Canteen Team

Statement	True	False
Fresh fruit is available every day.	⬭	⬭

29. Walking to school is one of the easiest ways to stay healthy. Thirty minutes of walking a day strengthens the heart, improves mood and helps students sleep better. Students who walk to school arrive more alert than those who come by car.

Statement	True	False
Students who walk arrive less awake.	⬭	⬭

30. Sports Day reminder: races start this Friday at 8:00 am . Students must wear their house colours and sports shoes. Bring a water bottle and a hat. The medal ceremony is at 12:30 pm in the main hall.

Statement	True	False
The medal ceremony is on the sports field.	⬭	⬭

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READING 2 (Items 31-37) (7 marks)

Read the text. Then, for each item, shade in the bubble ⬭ next to the correct option.

At six o'clock every morning, before the sun becomes too hot, a group of women meets on the beach in Al Seeb. They stretch, laugh, and then begin their workout together. They call themselves the Sunrise Sisters, and in two years they have grown from five friends to a community of over two hundred members.

The group was started by Badria Al Amri, a 38-year-old mother of four. "After my fourth child, the doctor told me my blood pressure was too high," she explains. "I didn't want to take medicine for the rest of my life, so I started walking on the beach every morning. Then my neighbour joined me, then her sister... it just grew."

What makes the group special is that it costs nothing and welcomes everyone. There are teenagers training for school sports, office workers exercising before their day begins, and grandmothers in their seventies who come for a gentle walk and the company. The exercises are simple: walking, stretching, and light strength training using water bottles as weights. Twice a month, a professional trainer volunteers to lead a special session.

The health results speak for themselves. Badria's blood pressure is normal again, and she has inspired her whole family - her husband now cycles to work, and her children prefer the beach to their tablets on weekend mornings. A small study by a local university found that regular members lowered their average resting heart rate and reported feeling happier and less stressed.

The Sunrise Sisters have also become a social force. Members organise healthy-cooking evenings, collect clothes for charity, and have planted fifty trees along the beach path. Other towns have noticed: similar groups have started in Sohar, Nizwa and Salalah, all following the same free and friendly model.

"People think getting healthy needs money, gyms and machines," Badria says, filling her bottle at the water station the municipality installed after the group became famous. "All it really needs is a friend who waits for you at sunrise."

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READING 2 (continued)

31. How large is the group now?

⬭ 5 members ⬭ 38 members ⬭ over 200 members

32. Why did Badria start walking?

⬭ to lose weight ⬭ her blood pressure was high ⬭ to prepare for a race

33. What do members use as weights?

⬭ water bottles ⬭ beach stones ⬭ exercise bands

34. How often does a professional trainer come?

⬭ every morning ⬭ once a week ⬭ twice a month

35. What changed in Badria's family?

⬭ they all wake at six ⬭ her husband cycles to work ⬭ the children joined the university study

36. What did the university study find?

⬭ members felt happier and less stressed ⬭ members needed more medicine ⬭ walking is dangerous for older women

37. What did the municipality install?

⬭ a gym on the beach ⬭ lights on the beach ⬭ a water station

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READING 3 (Items 38-45) (8 marks)

Read the text. Then complete the tasks.

Last term, I thought staying awake all night would improve my exam results. Then our school invited a sleep researcher, and her talk changed my routine.

It is the exam season, and across Oman, thousands of Grade 12 students are living on coffee, energy drinks and four hours of sleep. They believe that every extra hour awake is an extra hour learned. Sleep scientists have a different message: those midnight hours may be costing students marks instead of earning them.

Sleep is when the brain does its filing. During deep sleep, the day's learning is moved from short-term storage into long-term memory. A student who studies a new topic and then sleeps well remembers far more than a student who studies twice as long but sleeps badly. In one famous experiment, students who slept eight hours after learning remembered forty percent more than students who stayed awake.

REM sleep, the dreaming stage that comes mostly in the early morning hours, is especially important for problem-solving and creative thinking - exactly the skills that exam questions test. Cut the night short at 4 am, and it is precisely this morning REM sleep that is lost. That is why a student can "know" the material yet freeze when the question is phrased in a new way.

The energy drinks that fuel late nights make everything worse. The caffeine blocks sleepiness signals for hours, and the sugar crash that follows leaves students more tired than before. Sleep doctors call the result "junk sleep" - time in bed that does not refresh the brain.

What do sleep scientists advise? First, protect the eight hours: in exam season, sleep is part of the study plan, not a break from it. Second, stop revising new material ninety minutes before bed; use the last part of the evening for a light review of summaries instead. Third, keep the phone out of the bedroom - its light and its messages both keep the brain awake. Finally, on exam morning, eat breakfast: after eight hours without food, the brain needs fuel as much as it needs facts.

"The all-nighter is the most expensive study method there is," says one sleep researcher. "You pay for one extra hour of reading with a whole day of slower thinking."

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READING 3 (continued)

Task 1: *For each item, write a short answer (**NOT MORE THAN FOUR WORDS OR A NUMBER**).*

38. When is learning moved to long-term memory?

_____

39. How much more did sleeping students remember?

_____

40. When does most REM sleep come?

_____

41. What do sleep doctors call unrefreshing sleep?

_____

Task 2: *For each item, shade in the bubble ⬭ next to the correct option.*

42. What do many students believe about staying awake?

⬭ it earns them marks ⬭ it damages their health ⬭ it saves them money

43. Which skills does REM sleep support?

⬭ reading and writing ⬭ problem-solving and creativity ⬭ memory of names and dates

44. What happens after the sugar crash?

⬭ students sleep immediately ⬭ students feel more tired ⬭ students study faster

45. What should students do 90 minutes before bed?

⬭ learn new material ⬭ drink warm milk ⬭ review summaries lightly

READING SCORE	20

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